





303 Sandy Corner Road
El Campo, Texas
979-543-6251
www.ecmh.org



305 Sandy Corner Road
El Campo, Texas
979-543-5510



3703 FM 2765 Suite B, El Campo - 979-543-6251 Ext. 461
1602 N. Mechanic, El Campo - 979-275-1200
10358 Hwy 59 #A, Wharton - 979-543-6251 Ext. 180
408 2nd St. Louise, Tx - 979-475-6240
591 FM 616, Blessing, Tx - 979-475-6270
204 South 4th Street, Ganado, Texas Phone: (361) 771-3311
720 Ave. F North, Bay City, Tx - 979-475-6330
COMING TO BOLING, TEXAS SOON!



HeathPlex, 1602 N. Mechanic, El Campo, Tx
Phone (979)578-5214 Fax (979)401-3242
Dr. Liberoni's Office, Bldg,
720 Ave. F North, Suite 3, Bay City, Tx
At the Palacios Hospital
311 Green Ave, Palacios, Tx



1403 Valhalla Drive, Wharton, Texas - 979-532-2000
Extended Walk-In Clinic - 979-488-2710
Both Clinics Open 24 Hours A Day / 365 Days A Year
720 Ave. F. North, Bay City, Texas
Lab, Therapy, Walk-In Clinic and Specialty Physicians



1602 N. Mechanic, El Campo, Texas
979-275-1200
Walk-In Clinic
Specialty Physicians
Therapy Department



El Campo Campus Care (High School Campus)
600 W. Norris Street, El Campo
Louise Campus Care (Elementary Campus)
408 2nd Street, Louise, Texas
Wharton County Junior College Campus Care
911 Boling Hwy, Ladieu Technology Center, Rm 114 B
Palacios ISD Central Elementary, Room 22
1001 5th St, Palacios, TX 77465



311 Green Ave, Palacios, Texas
361-972-2511
<https://palacioshospital.net/services/>



307 Green Ave, Palacios, Texas
361-972-2000
<https://palacioshospital.net/services/>

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MEDICAL CLINIC

Caring for Seniors to Infants



Dr. Tom Baccam
Family Physician



Dr. Brooke
Radley Dorotik
Family Physician

Scheduled Appointments

Mon.-Thurs. 8:30 a.m. - 5 p.m.
Friday 8:30 a.m. - 4 p.m.



Dr. Robert Ogdee
MD / GYN
Well Women Services
And Weight
Management

Minor Illness Walk-In Clinic

Mon. - Thurs. 7 - 9 a.m. and 5 - 6:30 p.m.
Friday 7-9:00 a.m.
Saturdays (doors open at 8:00 a.m.)

Doctor sees patients
9 a.m.-12 noon on Saturdays

*Appointments in Palacios
and Bay City also.*



Dr. Thai Huynh
Internal Medicine



Dr. Gene Burns
Family Practice
Also, Advanced
Wilderness Expedition
Provider & Trained In
Travel Consultations

Accepting Medicare, Medicaid
and Most Commercial Insurance,
Cash and Credit Cards.

Providing healthcare to
senior citizens to infants.



Dr. Courtney Skow
Family Physician



Dr. Hunter Smith
Family Physician



305 Sandy Corner Rd. - El
Campo www.ecmh.org

979-543-5510

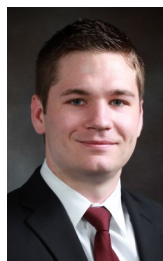
Check out El Campo Memorial Hospital's
Website: www.ecmh.org



Megan Riha,
MSN, RN, CPNP-PC
Certified Pediatric
Nurse Practitioner



Ashley Koudela
MPAS: Physician
Assistant



Clay Zboril
MPAS: Physician
Assistant

CARDIAC CATHETERIZATION

Specialty services in El Campo

A cardiac catheterization lab, also known as a "cardiac cath lab," is a special hospital room where doctors perform minimally invasive tests and procedures to diagnose and treat cardiovascular disease.

The procedures performed in a cardiac cath lab almost always involve tiny, flexible tubes, called catheters, which can be used instead of surgery, to access the heart and blood vessels.

A cath lab has special imaging equipment used to see the arteries and check how well blood is flowing to and from the heart. This information helps the care team to diagnose and treat blockages and other problems in the arteries.

The operators have been taking a shorter path to the heart during catheter-based procedures. Rather than the standard route through a large artery in the groin, they are using a small artery in the wrist as the entry point whenever possible -- a technique called "radial artery access" or Transradial Access. This technique is definitely safer and more comfortable and convenient for the patient.

Research increasingly shows that the wrist approach is associated with fewer complications and a better patient experience.

Potential benefits to the wrist approach: less and more controlled bleeding, fewer complications; easy to see and compress; visible blood loss if any; able to sit up immediately after the radial procedure; no long recovery time; fewer strokes and heart attacks following this procedure vs. the groin approach; in summary radial approach is more comfortable and safer for patients; in summary radial the approach is more comfortable and safer for patients; a strong endorsement from patients; and overwhelmingly favorable. Patients are now asking for this type of catheterization.

Dr. Robin Yue performs the radial artery (wrist) access cardiac catheterizations at El Campo Memorial Hospital.

Robin Yue, MD - Interventional Cardiologist
For Appointments Call 979-578-5228

See more info on Dr. Yue on page 39



Heart Cath Lab at ECMH



LABORATORY

Services in El Campo, Bay City, Palacios and Wharton

BRING IN LAB ORDERS FROM ANY PHYSICIAN

Our Labs perform diagnostic testing procedures that have been ordered by your physician. Our laboratory is staffed and equipped to perform a broad range of tests in-house. Various testing procedures are sent to a regional laboratory or perhaps a specific lab designated by your insurance carrier such as Lab One, Quest and LabCorp.

Our Laboratory features analytical testing equipment that is of cutting edge technology. Our areas of service include: Hematology; Chemistry; Microbiology; Blood Bank; Serology; and Urinalysis.

We perform wellness as well as drug testing. We offer a broad spectrum of routine and specialized testing done in-house which gives our physicians timely and accurate results. The Laboratory is certified under CLIA (Clinical Laboratory Improvement Amendment) and is fully staffed by registered MTs and MLTs. Our trained Phlebotomists are educated to obtain specimens with as little stress as possible to the patient.

Pathology is, in essence, the study of blood, fluid, and tissue samples, which allows doctors to make diagnoses of various illnesses, by looking for specific factors lacking or present in these samples. In medical care, the pathologist is a very valuable part of the medical team, since many diseases are diagnosed or ruled out by microscopic and lab analysis of fluid, blood, or tissue samples.

The total cost of your laboratory tests can cover two areas: the technical fee and the pathology fee. Because the pathologist is an independent physician and not an employee of El Campo Memorial Hospital or Mid Coast Medical Clinic, **you may receive a separate bill for the pathologist's service**

3 Locations To Serve Your Laboratory Needs:

EL CAMPO

*El Campo Memorial Hospital
303 Sandy Corner Road, El Campo
Main Ph. 979-543-6251 Ext 185 / Direct Ph. 979-578-5185 direct / Fax 979-401-3560*

BAY CITY

*Dr. Liberoni's Office Building—Oaktree Medical Building
720 Ave. F. North, Bay City, Texas
Ph. 361-927-0391 / Fax 979-361-4837*

PALACIOS

*Palacios Community Medical Center (Hospital)
311 Green Ave., Palacios, Texas
Ph. 361-972-2511 / Fax 361-972-0165*

*All of the Mid Coast Well-Care Walk-In Clinics and other medical clinics
can do draws for Laboratory testing and specimens will be sent to our nearest lab for results.*



HOSPICE / RESPITE CARE ROOM

Comfort and care for your family

There may come a time during the course of your family member's illness that you as a caregiver need some time away from the duties and stresses of care giving. Caregiver stress can lead to physical and emotional problems that can interfere with your ability to provide care. The ECMH Hospice/Respite Care Room can be utilized during these times as a respite room. The room is also utilized for Hospice patients and end of life care. The room allows for family to be with the patient in a comfortable setting with a homelike atmosphere.

Respite care, is a short-term care given to a patient, so that a family member or friend who is the patient's caregiver can rest or take time off. This type of care was created to allow caregivers time away from caregiving, with the goal being to help the caregivers relieve their stress and at the same time fill the needs of the patient.

There are certain criteria that must be met. Patient scheduling / transfers can be arranged by calling 979-578-5113 or the main hospital line at 979-543-6251 and ask for Hospice / Respite Care information. Hospice can also arrange patient transfer to the Hospice / Respite room at El Campo Memorial Hospital.

"If a patient is admitted to El Campo Memorial Hospital under Hospice, palliative care or end of life measure, please contact ECMH to discuss your options in utilizing this room which can provide a homey atmosphere, with compassionate care and professional staff."

Ask for the Swing Bed Department at

**El Campo
Memorial
Hospital**

303 Sandy Corner Road
979-543-6251
www.ecmh.org



WOMEN'S HEALTH

Also Offering Weight Management Services

Well Woman Exams & More "Well Women Services"

ECMH provides all of your diagnostic testing and "Well Women" needs!

- ⇒ Annual Exams for Women / PAP Tests every three years
- ⇒ Mammograms / Breast Exams
- ⇒ Full Bone Density Testing
- ⇒ Complete Diagnostic Lab Testing
- ⇒ Menopause Identification / Treatment Birth Control
- ⇒ Sexually Transmitted Disease Testing and Treatment
- ⇒ Screening Colonoscopy
- ⇒ Diabetes Testing and Treatment
- ⇒ All women age 21 and older should have a PAP test every three years.

(The following are provided by Dr. Ogdee)

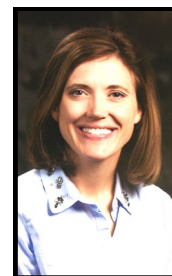
- ⇒ Urinary Tract Infections
- ⇒ Hormone Issues / Hormone Replacement
- ⇒ Weight Management / Consultations
- ⇒ Consultation with young women on women's sexual health issues

(The following are provided by Dr. Dorotik)

- ⇒ GARDASIL Vaccines / HPV Virus / Cervical Cancer
- ⇒ Thyroid Abnormalities
- ⇒ Liver and Kidney Problems
- ⇒ Health Promotion and Wellness
- ⇒ Disease Identification and Management



Dr. Robert Ogdee
MD / GYN



Dr. Brooke
Radley Dorotik
Family Physician



305 Sandy Cr. Rd.
El Campo, TX
979-543-5510

Dr. Robert Ogdee, MD - Gynecology

Dr. Robert Ogdee provides complete women's health services, from teenage to menopause years. Dr. Ogdee has extensive experience with over 25 years in practice, specializing in well woman exams, diagnoses and treatment for gynecological conditions, urinary incontinence, hysterectomy and laparoscopic assisted surgery available at our local El Campo Memorial Hospital. Dr. Ogdee will be providing well women care at Mid Coast Medical Clinic (excluding obstetric care).

Dr. Robert Ogdee Providing Weight Management

With over 40% of Americans in the United States categorized as obese or overweight, new treatments are present including diet modification and medications. Dr. Robert Ogdee, here at Mid Coast Medical Clinic, can help patients with weight management and weight control.

Which diets work? Which medications do I use? Which medications are safer? What are new treatment options?

Some treatments may be covered by insurance! Don't pay for over-the-counter programs and not know what you are actually taking! Have a physician monitor your progress and health during the process! Studies show that the addition of physician prescribed weight-loss medication to lifestyle changes result in greater weight loss than lifestyle changes alone produce. Don't fall for gimmicks. Make an appointment for a medically approved program monitored by a physician.

Call For Appointments
979-578-5162 or 979-543-5510
Apts available in El Campo, Palacios & Bay City.
Talk with Dr. Ogdee to see what program is right for you!

PEDIATRIC CARE

Treating children is a way of life

Megan Riha, MSN, RN, CPNP-PC



Megan Riha, MSN, RN, CPNP-PC certified pediatric nurse practitioner now located at Mid Coast Medical Clinic in El Campo, received her bachelor's in nursing from the University of Texas Medical Branch at Galveston and her master's in nursing from the University of Texas Health Science Center in Houston. She sees patients from newborn to 18 years old. She has special training in breastfeeding / lactation and child safety. Prior to becoming a Nurse Practitioner, Riha obtained years of experience as a neonatal intensive-care nurse and also pediatric care experience in the hospital. She is excited to be providing healthcare in her hometown and looks forward to caring for the young patients of this community.

Megan Riha will see your child for:

- Newborns
- Acute illnesses
- Annual checkup
- Immunizations
- Chronic childhood disease management
- Sports physicals

Pediatric Nurse Practitioners

A Focus on Cure and Care

Along with clinical services, they advocate for health promotion, disease prevention, and health education for your child. We spend time learning about your child's physical and emotional well-being during visits.

Family-Centered Care

You play an active role in your child's health care. CPNPs respect and encourage that relationship, and see you as a partner in the management of your child's health.

Questions?

Please ask me about your child's health or how I promote optimal health for children. I'm here to help!

***CPNPs care for children from
newborns to age 18***

... and beyond in special situations.



PEDIATRIC NURSING
CERTIFICATION BOARD



**305 Sandy Corner Road
El Campo, Texas 77437
979-543-5510 www.ecmh.org**

DIGITAL MAMMOGRAM

Early detection can save lives

When To Have A Digital Mammogram

The American Cancer Society recommends all women age 40 years and over should have annual mammography to screen for early breast cancer. Under the age of 40, breast tissue tends to be very dense, and difficult to image with the mammogram. After 40, the breast tissue involutes, becomes less dense on the xray and imaging then becomes useful.



What To Expect On Your First Digital Mammogram

A Mammogram is an x-ray of the breast; the method of finding breast cancer that can't be felt. A mammogram can show a developing breast tumor before it is large enough to be felt by a woman or even by a highly skilled health care professional. Screening mammography is used to help find breast cancer early in women without any symptoms.

Compression is applied by a paddle like device. Usually 2 views are taken of each breast. Mammograms may be uncomfortable but should not be painful.

The Digital Mammogram Results

The mammogram can show tiny microcalcifications, which indicate early breast cancer. We see many benign types of calcifications also. The radiologist is a well trained and skilled interpreter, who is trained to avoid sending all the benign calcifications to the surgeon for a biopsy.

In the event the mammogram shows a suspicious finding, the patient may be recalled for additional views with spot compression, magnification, or for a breast ultrasound.

Benefits and Risks of Digital Mammography

Early detection of small breast cancers by screening mammography greatly improves a woman's chances for successful treatment. If breast cancer is caught and treated while it is still confined to the breast ducts (DCIS: ductal carcinoma in situ), the cure rate is 93%-98%, which is close to 100%.

Clinical studies in the U.S., Sweden, and the Netherlands have suggested that deaths from breast cancer could be cut by between 36% and 44% if screening mammography were performed annually on all women in their forties.

The FDA reports that mammography can find 85 to 90 percent of breast cancers in women over 50 and can discover a lump up to two years before it can be felt.

Breast cancers found by screening mammography of women in their forties were smaller and at an earlier stage (with less spread to lymph nodes or other organs) than cancers found in women not having mammography.

What are the chances that a woman in the United States might get breast cancer?

Age is the most important risk factor for breast cancer. The older a woman is, the greater her chance of developing breast cancer. A woman's chance of being diagnosed with breast cancer is:

from age 20 to age 30. . . 1 out of 2,000
from age 40 to age 50. . . 1 out of 67
from age 60 to age 70. . . 1 out of 28

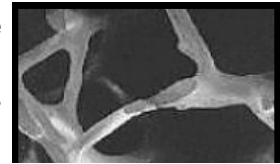
from age 30 to age 40. . . 1 out of 250
from age 50 to age 60. . . 1 out of 35
Never 1 out of 8

Most breast cancers occur in women over the age of 50; the number of cases is especially high for women over age 60. Breast cancer is relatively uncommon in women under age 40.

BONE DENSITY TESTING

Help prevent Osteoporosis

Q. What is osteoporosis? Bones are constantly being rebuilt by the body. Old or damaged bone tissue is dissolved and new bone is laid down in its place. In osteoporosis, this process is out of balance: bone is lost faster than it can be replaced. Over time, this results in decreased bone density and an increased risk of bone fracture. While there is no cure for osteoporosis, it can be prevented and treated.



Osteoporotic Bone

Q. Am I at risk for osteoporosis? Osteoporosis primarily affects women after menopause because bone density decreases more rapidly as estrogen levels decline. However, not all women over 50 are at risk for osteoporosis. You may be at a greater risk for osteoporosis if you: are Caucasian or Asian; are short, small boned and lightweight; have lower than normal estrogen levels (a condition called hypoestrogenia); experienced early menopause; do not have enough calcium and vitamin D in your diet; use caffeine, alcohol, tobacco or steroids; do not exercise regularly



Normal Bone

Q. How can I prevent osteoporosis? Osteoporosis is a disease without symptoms. Often a woman and her physician find that she has osteoporosis after a fracture occurs. That is why prevention and the early identification of women at risk for osteoporosis are important.

All women can decrease their risk of developing osteoporosis by taking preventative measures now. Getting adequate amounts of calcium and vitamin D, not smoking, and doing weight-bearing exercise can help increase the strength and fracture resistance of your bones. Such preventative measures are especially important in adolescent girls and young women since bone mass usually peaks around age 30 and slowly declines afterwards.

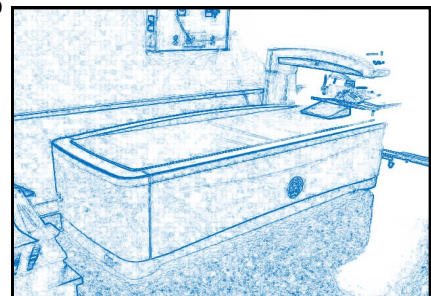
Q. How is osteoporosis diagnosed? If you are at risk, your physician may refer you for a bone density test. A bone density test is used to measure bone density. To determine if you have osteoporosis, or are at risk of developing osteoporosis, your bone density measurement is compared to the bone density measurement of an average healthy woman aged 30.

Q. Once diagnosed, how is osteoporosis treated? If you have osteoporosis or are at risk for developing the disease, there are a number of treatment options available. Consult your physician about treatments and options that are right for you (osteoporosis preventative medications, hormone replacement therapy, etc.).

Q. Should I be tested for osteoporosis? If you are trying to decide whether to have a bone density test, you should consult with your physician.

Osteoporosis Facts

- Nationally, 50% of postmenopausal women will experience a bone fracture as the result of osteoporosis.
- Osteoporosis-related hip fractures have the greatest effect on disability and death. Up to 20% of women die within one year of fracturing their hips and at least half experience decreased social functioning within 2 1/2 years of fracturing their hips.
- A woman's risk of fracturing a hip is equal to her combined risk of developing cancers of the breast, uterus and ovaries.



**Radiology Department
303 Sandy Corner Road
El Campo, Texas 77437
979-578-5242**

IMAGING SERVICES

ECMH the right choice

Digital Mammogram

Ultrasound

CT Scan

X-Ray

Radiology

MRI

Bone Density

Nuclear Medicine



The Radiology Department at El Campo Memorial Hospital offers a full array of Imaging Services. Including Digital Mammogram, Ultrasound, CT Scanning and Nuclear Medicine. Also, MRI (available daily), conventional X-ray and Bone Density Testing.

Whether you need to have your regular yearly Mammogram or want to check for Bone Density and Osteoporosis ECMH Radiology Department can help.

We have an experienced team of professionals that can make your MRI experience as comfortable as possible. Our X-ray team can provide on-the-spot service in the Emergency Room with a mobile X-ray unit or you can utilize our stationary X-ray unit in the Radiology Department.

Our staff can perform the most up-to-date CT Scanning with comfort, no pain and the outcome will be clear detailed images.

So when you are in need of professional Imaging Services come to El Campo Memorial Hospital. It's "*The Right Choice*" for quality medical services.

And remember...you don't have to drive out-of-town for Imaging Services and quality healthcare. We will send your results to the physician of your choice, at your request. No red tape and no hassle!

El Campo Memorial Hospital - Radiology Department
303 Sandy Corner Road El Campo, Texas 979-578-5242

THERAPY DEPARTMENT

Outstanding health and wellness

Physical

- Acute/chronic pain
- Treatment of orthopedic impairments
- Generalized weakness
- Sports injuries
- Post-operative physical therapy
- Transfer training
- Walking with an assistive device
- Balance problems
- Vestibular dysfunction
- Neurological disorders:
Parkinson's, Strokes, MS, etc.
- Aquatic therapy (El Campo location only)

Occupational

- Functional training
- Training to improve ability to perform self-care, dressing and any ADLS.
- Energy conservation techniques
- Assessment of visual and spatial impairments
- Assessment and treatment of cognitive impairments
- Home improvements with and without assistive devices
- Post-operative occupational therapy
- Neurological disorders: Parkinson's, Strokes, MS, etc.
- Aquatic therapy

Speech

- Developmental language deficits
- Articulation disorders
- Fluency (stuttering)
- Voice problems (chronic hoarseness, nasality, breathiness)
- Dysarthria (oral muscle weakness/slurred speech)
- Apraxia (oral/verbal motor programming problems)
- Determination of appropriate diet
- Aphasia
- Memory impairments
- Problem solving deficits
- Organizational difficulties
- Orientation
- Processing problems

Services

We pride ourselves in providing 1 on 1 high quality individualized treatment sessions with each of our patients. We work as a team to treat the entire person.

Our Vision

A community recognized for outstanding health and wellness.

Our Mission

The Physical/Occupational/Speech Therapy Departments will strive to provide the highest quality of rehabilitative services to each patient and their family at Mid Coast Rehabilitation with El Campo Memorial Hospital.

Why Choose

Mid Coast Rehabilitation with El Campo Memorial Hospital?

- Highly qualified healthcare providers
- Near Home
- Individualized Care
- Only providers with all 3 disciplines
- Only provider for aquatic therapy, pelvic floor therapy and vital stimulation in Wharton County

El Campo, Texas

1602 N. Mechanic,
(Beside Sutherland's
parking lot in El Campo)
El Campo, TX
Phone (979)578-5214
Fax (979)401-3242

Bay City, Texas

720 Ave. F North,
Suite 3
(Inside Dr. Liberoni's
Office Bldg)
Bay City, TX

Palacios, Texas

Palacios Hospital
311 Green Ave
Palacios, TX



**Call the Main Phone
(979)578-5214
To Schedule At Any Of Our Locations.**

CARDIAC REHAB

Improve your heart health

What Is Cardiac Rehab?

It's a medically supervised program designed to help improve your cardiovascular health if you have experienced heart attack, heart failure, angioplasty or heart surgery. Cardiac Rehab can help you improve your heart health.

Exercise counseling and training: Exercise gets your heart pumping and your entire cardiovascular system working. You'll learn how to get your body moving in ways that promote heart health.

Education for heart-healthy living: Managing your risk factors, choosing good nutrition, quit smoking...education about heart-healthy living is a key element of Cardiac Rehab.

Counseling to reduce stress: Stress hurts your heart. This part of rehab helps you identify and tackle everyday sources of stress.

Cardiac Rehab is a medically-supervised program in which you with your doctors, nurses, pharmacists — plus family and friends — to take charge of the choices, lifestyle and habits that affect your heart.

Ask your doctor if you are eligible for Cardiac Rehab.

- If you are eligible for Cardiac Rehab, ask your doctor for orders for this specialized therapy.
- Contact ECMH Cardiopulmonary Dept. to schedule your therapy.
- Bring in your Cardiac Rehab orders from any doctor.

Please call with any questions to
Phone: (979)578-5152 Fax: (979)275-1141

Located inside of El Campo Memorial Hospital
303 Sandy Corner Road, El Campo, Texas 77437 979-543-6251



PULMONARY REHAB

Breathe better, improve your life



Do you have problems with COPD, Shortness of Breath or Other Breathing Problems?

How to get started: Contact your physician and let them know of your interest in the Pulmonary Rehab Program at ECMH.

**You must get physician orders
to start this program.**

For more information, or if you have any unanswered questions, call 979-543-6251 or 979-578-5152 (Cardiopulmonary Dept)

We can help you: breathe better; have more energy; and improve your life!

- ⇒ Custom-designed program
- ⇒ Multifaceted approach
- ⇒ Combat the progression of your disease
- ⇒ Relieve your medical symptoms
- ⇒ Decrease your disability
- ⇒ Improve your quality of life
- ⇒ Unique treatment methods
- ⇒ Increase your exercise capacity
- ⇒ Reduce your shortness of breath
- ⇒ Help you lead a more active life
- ⇒ One-On-One Support with a Respiratory Therapist

Medicare and most private insurances accepted.

El Campo Memorial Hospital

303 Sandy Corner Road, El Campo, Texas www.ecmh.org
979-543-6251 or 979-578-5152

SLEEP STUDY

Get a good night's sleep

Sleep Apnea the Basics

Sleep Apnea is a disorder of breathing during sleep. Typically it is accompanied by loud snoring. Apnea during sleep consists of brief periods throughout the night in which breathing stops. People with sleep apnea do not get enough oxygen during sleep. There are 2 major types.

Obstructive Sleep Apnea is the most common type and is due to an obstruction in the throat during sleep. Bed partners notice pauses approximately 10 to 60 seconds between loud snores. The narrowing of the upper airway can be a result of several factors including physical characteristics, excess weight, and alcohol consumption before sleep.

Central Sleep Apnea - caused by a delay in the signal from the brain to breathe. With both obstructive and central apnea you must wake up briefly to breathe, sometimes hundreds of times during the night. Usually there is no memory of these brief awakenings.

Most Common Symptoms Of Sleep Apnea

- ⇒ Loud Snoring
- ⇒ Waking up non refreshed and having trouble staying awake during the day
- ⇒ Waking up with headaches
- ⇒ Waking up during the night sometimes with the sensation of choking
- ⇒ Waking up sweating
- ⇒ Being overweight
- ⇒ Having been observed holding your breath during sleep

Insomnia Information

Insomnia comes in many different forms. They include difficulty falling asleep, no problem falling asleep but difficulty staying asleep (many awakenings) and waking up too early.

How much sleep does a person need? Enough to feel alert during the day. Typically 7 to 9 hours (varies from person to person) of good quality sleep.

Three basic types of Insomnia

- ⇒ Transient Insomnia - lasting for a few nights
- ⇒ Short-term Insomnia - two or four weeks of poor sleep

⇒ Chronic Insomnia - poor sleep that happens most nights and last a month or longer.

Difficulty sleeping at night is only one of the symptoms. Daytime symptoms include sleepiness, anxiety, impaired concentration, impaired memory and irritability.

Narcolepsy Information

Some people, no matter how much they sleep, continue to experience an irresistible need to sleep. People with narcolepsy can fall asleep while at work, talking, and driving a car for example. These "sleep attacks" can last from 30 seconds to more than 30 minutes. They may also experience periods of cataplexy (loss of muscle tone) ranging from a slight buckling at the knees to a complete, "rag doll" limpness throughout the body.

Narcolepsy is a chronic disorder affecting the brain where regulation of sleep and wakefulness take place. Narcolepsy can be thought of as an intrusion of dreaming sleep (REM) into the waking state.

The prevalence of narcolepsy has been calculated at about 0.03% of the general population. Its onset can occur at any time throughout life, but its peak onset is during the teen years. Narcolepsy has been found to be hereditary in addition to being caused by some environmental factors.

Symptoms of Narcolepsy

- ⇒ Excessive sleepiness.
- ⇒ Temporary decreased or loss of muscle control, especially when getting excited.
- ⇒ Vivid dream-like images when drifting off to sleep or waking up.
- ⇒ Waking up unable to move or talk for a brief time.

Restless Legs

Restless legs syndrome (RLS) is a discomfort in the legs which is relieved by moving or stimulating the legs. This feeling is difficult to describe and commonly referred to as crawling, tingling or prickling sensation. Medications have been found to be useful.

Most likely situations for symptoms to occur are riding in a car, watching TV, reading, inactivity, sitting (in a movie

theater for example) and lying in bed trying to fall asleep.

Techniques to provide temporary relief of symptoms include: getting up and walking around; taking a hot shower; and rubbing the legs.

One variation of RLS is Periodic Limb Movements in Sleep (PLMS). PLMS are characterized by leg movements or jerks which typically occur every 20 to 40 seconds during sleep. PLMS causes sleep to be disrupted. These movements fragment sleep leaving the person with excessive daytime sleepiness.

Other Sleep Disorder Information

There are several hundred sleep disorders that people may experience. Some of the more common problems are listed below.

Sleepwalking

Sleep Terrors/Night Terrors

Sleep Bruxism

Hypersomnia

Nocturnal Seizures

Snoring

Fibromyalgia

REM Behavior Disorder

Nocturnal Eating

If you suspect that you or your bed partner have any of the above sleep disorders consult your physician about scheduling a sleep study...don't lose another nights sleep!

Various Treatments for Sleep Disorders

- ⇒ Properly diagnose the problem and treat any underlying problems or medical issues.
- ⇒ Specialized adaptive equipment
- ⇒ Surgical procedures might be considered.
- ⇒ Identify behaviors that may worsen your sleep disorder and try stopping/reducing them.
- ⇒ Using medications to help control sleep disorders (patients taking medications for sleep disorders should be under the supervisions of a physician).
- ⇒ Behavioral techniques may improve sleep.
- ⇒ If a Sleep Disorder is affecting the quality of your life, talking to your physician is advised.

ECMH Sleep Study 979-578-5152

El Campo Memorial Hospital

303 Sandy Corner Road El Campo, Texas 77437 979-543-6251

EMERGENCY ROOM

24 Hours A Day / 7 Days A Week



Going To The Emergency Room?

When a patient visits the El Campo Memorial Hospital
Emergency Room This is What Can Be Expected:

MEDICAL SCREENING EXAMINATION LAB AND X-RAYS IF NEEDED

If the licensed medical professional determines that the patient
DOES NOT HAVE AN EMERGENCY MEDICAL CONDITION,

YOU WILL HAVE THE FOLLOWING OPTIONS:

(Being sick or hurting does not necessarily mean an emergent condition)

1. You can follow up with your family physician.
2. An appointment will be made for you at Mid Coast Medical Clinic or your clinic of choice (If after hours the appointment will be for the following business day).
3. We will treat your condition here in the emergency room if you wish, but you will first be referred to the emergency department clerk to make definitive financial arrangements which may include any and all of the following:

Down Payment of \$75 for Physician
Insurance / Co-Pays Verified & Collected

Down Payment of \$75 for Hospital Emergency Room
Cash or Credit Cards Accepted

Patients who choose to leave prior to completion of screenings and testing do so at their own risk.
If conditions worsen, patients are always welcome to return to the ER.

NOTE: All patients that are classified as URGENT or EMERGENT will be treated as an emergency patient.

The hospital's Emergency Department is ready 24 hours a day, 7 days a week to handle emergencies. The department is well equipped to treat all types of injuries and illnesses. Emergency health care is crucial to El Campo Memorial Hospital and for those emergencies that require transportation by helicopter to a tertiary center, a Life Flight helipad is located only yards away. Local ambulance services are available to provide patient transportation as well. Adjacent to the Emergency Room is the waiting room for family and friends. The waiting room has a pay phone available, and family and friends are encouraged to utilize this phone.

Emergency Room Pay Phone: (979) 578-5299

El Campo Memorial Hospital
303 Sandy Corner Road El Campo, Texas 979-543-6251 www.ecmh.org

ICU AND CCU

Intensive Care & Critical Care Unit



The Intensive Care / Critical Care Unit provides individualized specialized nursing care. Visual observation and electronic monitoring of the patients helps to provide high quality care.

The unit is a place where caring professionals work as a team utilizing their skills to treat the seriously ill patient.

Adjacent to the ICU/CCU Room is the newly decorated waiting area for family and friends. The waiting room has a phone available and family and friends are encouraged to utilize this phone.

EL Campo Memorial Hospital

**ICU/CCU Nurses Station Phone
(979) 578-5258**

**ICU/CCU Waiting Room Phone
(979) 578-5139**

MEDICAL SURGICAL FLOOR

Inpatient and Outpatient Surgical Services



General Hospitalization

Our Medical Surgical Unit is located to the left as you enter the front lobby of El Campo Memorial Hospital. The floor has private and semi-private patient rooms where attentive staff care is provided for patients of all ages and medical conditions, or who have had surgery. The services we provide are focused on patient safety, satisfaction, and high-quality care. Our concern for the patients and their experience extends throughout our team.

At El Campo Memorial Hospital, the Physician Assistants, the registered nurses, licensed vocational nurses and certified nursing assistants strive to ensure that our patients receive excellent care. Respiratory Therapists work with patients who have lung conditions or need supplemental oxygen. Physical, occupational and speech therapists evaluate patients' abilities and work with them to regain strength and independence with a focus on safety. Environmental services staff ensure cleanliness throughout the unit to promote a healing environment. Dietary staff ensures that patients' nutritional needs are met. A Discharge Planner will assist patients and family with any needs upon returning home after a hospitalization.

ECMH Nurses Station
979-578-5115

El Campo Memorial Hospital Main Line
979-543-6251

CHARITY PROGRAM

Medication, Indigent and Charity Program

Program For Patients In West Wharton County

**(Eligibility Screening for Medicaid,
Medicare, Food Stamps)**



Medication Program:

Programs that are sponsored by pharmaceutical companies which provide free medicines to low-income and uninsured people who meet the guidelines. Eligibility criteria are different for every Pharmaceutical Company.

Indigent Program:

A program that offers patient assistance for approved hospital services and medications. Eligibility based on financial guidelines.

Charity Program:

A program that offers patient assistance for approved hospital services only. Eligibility based on financial guidelines.

Our programs offer assistance in screening for eligibility of Medicare, Medicaid and Food Stamps. Eligibility based on State financial guidelines.

Medication / Indigent / Charity Program

Hours of Operation:

Monday—Fridays - 8:00 a.m. – 11:00 a.m. and 1:00 p.m. – 4:00 p.m.

Office Phone: 979-578-5194

Office Fax: 979-578-5156

(May be out of the office for home visits on occasion)

Office Location:

Adjacent to the Emergency Room.

El Campo Memorial Hospital
303 Sandy Corner Road, El Campo 979-543-6251

East Wharton County Patients

Assistance with the Program is available on the third and fourth Tuesdays of the month from 1:00 p.m. to 3:00 p.m. at

Wharton County Courthouse Annex D
315 E. Milam St, Room 104, Wharton, Texas 77488

Applications for the CIHC Program are also available by writing or calling
Brazos Valley Council of Governments

P.O. Drawer 4128, Bryan, Texas 77805 (979) 595-2800

RESPIRATORY THERAPY

Breathe in, breathe out



Our trained professionals work directly with the physicians to monitor and treat cardiopulmonary and respiratory functions. Our services include mechanical ventilation (conventional and non-invasive), continuous positive airway pressure, delivery of aerosolized medications, airway management, bronchopulmonary hygiene, oxygen and specialty medical gas administration, cardiopulmonary resuscitation, patient consultation, internal and external transports, home care discharge planning and education and other clinical aspects of respiratory care. We provide diagnostic services, including pulmonary function, exercise testing and sleep studies. Our therapists are Registered Respiratory Therapists (RRT), registry eligible by the National Board of Respiratory Care (NBRC) or Certified Respiratory Technicians (CRT) and licensed by the State of Texas (RCP). In addition to CPR training, they also have additional training on a continuing education basis.

CARDIOPULMONARY

We are here for you

Specialized medical care, ranging from diagnostic testing of the heart and lungs to the treatment of lung disorders is provided by the Cardiopulmonary Department. 24-hour Holter Monitoring and treadmill stress testing, utilized to determine cardiac function during exercise, are some of the procedures provided by the department. Extensive educational materials are also available for cardiopulmonary patients and family members.

El Campo Memorial Hospital

Respiratory Therapy /
Cardiopulmonary Department
979-578-5152

SANDY CORNER CAFE

Homecooked meals just for you



Breakfast

8:00 a.m. - 9:30 a.m.

Lunch

11:30 a.m. - 1:00p.m.

979-578-5160

**Call if any questions
or special requests**

“To-Go Meals” Also Available

MEAL GIFT CERTIFICATES AVAILABLE

Visitor's Evening Meals...

May be purchased / pre-paid by contacting the
Dietary Department before 3:00 p.m. at extension 160.
Pre-paid meals will be sent to a designated room.

Vending Machines / Drink Machines Available in different areas

The Cafeteria is located at
the back of the hospital,
There is also a back entrance door.



SURGERY SERVICES

Is surgery in your future

Choose El Campo Memorial Hospital!

**General Surgery
Endoscopy
Orthopedics
Podiatry
In-Patient Surgery
Out-Patient Surgery**



El Campo Memorial Hospital's Department of Surgery is dedicated to providing high-level care to patients with medical surgical needs. We also maintain the highest standards of clinical practice to serve people of our community.

Our qualified Board Certified Specialists, Medical Surgical Team and Nursing Staff work together to provide the best possible health care.



**Consult one of the
ECMH Medical Staff Members
For Your Surgery Needs
Or Contact General Surgeon
Dr. Michael Belew
(Info on page 30)**



**ECMH Surgery Department
979-578-5267**

TEXAS ONCOLOGY

Oncology Services

Mid Coast Medical Clinic is pleased to welcome Texas Oncology physicians Dr. Sanjay Sethi and Dr. Caesar K. Tin-U to the El Campo area. They will see patients at Mid Coast Medical Clinic in suite 220 on the first and third Wednesday of the week starting July 8, 2020

Services provided in El Campo: Medical Oncology & Hematology

Patients will be seen at 305 Sandy Corner Rd, El Campo, Texas 77437, Suite 220

Ease of access to radiation therapy, gynecologic oncology, diagnostic imaging, and genetic risk evaluation and testing.



Sanjay Sethi, M.D.

Dr. Sethi is board certified in oncology as well as hospice and palliative care. He completed his fellowship in medical oncology at the University of Oklahoma College of Medicine in Oklahoma City, OK. He also completed a fellowship in geriatric medicine at Union Memorial Hospital in Baltimore, MD. Dr. Sethi has a special interest in lung, breast, colon, and prostate cancers. He also specializes in care of elderly patients and has previously served as assistant professor in the Department of Geriatric Medicine at University of Oklahoma College of Medicine.



Caesar K. Tin-U, M.D.

Dr. Tin-U is board certified in medical oncology. He completed his fellowship in oncology and hematology at the University of Texas Health Science Center in Houston, TX. He also completed a fellowship in infectious diseases at The University of Texas MD Anderson Cancer Center. He obtained a medical doctorate from the Institute of Medicine in Rangoon, Burma. He is especially interested in establishing clinical trials related to chemoprevention and cancer treatments, with focus on developing targeted drugs and therapies for breast and prostate cancers. He was previously assistant instructor at the University of Pennsylvania's Department of Medicine and instructor of medical oncology at Baylor College of Medicine.

For appointments call 281-277-5200, ask for an appointment in El Campo at Midcoast Medical Clinic.

TEXAS ONCOLOGY—SUGAR LAND

1350 First Colony Boulevard

Sugar Land, Texas 77479

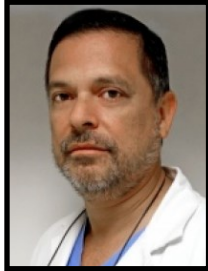
T: 281-277-5200 F: 281-277-7295

www.TexasOncology.com

TEXAS  ONCOLOGY®
More breakthroughs. More victories.®

CHRONIC LUNG & RESPIRATORY CONDITIONS

And All Infectious Diseases



Miguel A. Sierra-Hoffman M.D.

Diplomate - American Board of Internal Medicine
Diplomate - American Board of Infectious Disease
Diplomate - American Board of Pulmonary Medicine
Subspecialty, Critical Care; Wound Care Certified

Invited Professor of Baylor Scott & White Infectious Disease Fellowship

Invited Professor of Medicine, Internal Medicine Program -

National Autonomous University of Honduras

Invited Professor Incarnate Word University, Internal Medicine, Laredo, Texas

Research Director of Texas A&M Detar Navarro Residency Program



**Dr. Sierra-Hoffman will be seeing patients on
Fridays at 1602 N. Mechanic - 979-275-1200
(In front of Sutherlands—El Campo)**

Call 979-275-1200 for appointments.

**Dr. Sierra-Hoffman treats chronic lung
and respiratory conditions
along with all infectious diseases.**

Dr. Sierra-Hoffman has over 29 years of experience in Internal Medicine; Infectious Disease, Pulmonary Medicine and Critical Care and has been in private practice for over 15 years. Dr. Sierra Hoffman also has experience working in an Emergency Department, General Medicine and as a clinical instructor. He is fluent in both English and Spanish.

He received and completed his fellowship program from the University of South Alabama in 2006 in Pulmonary Medicine; his fellowship from the Scott & White Clinic and Hospital / Texas A & M University in Infectious Disease in 2004; his Internal Medicine residency program from Mercy Fitzgerald/Mercy of Philadelphia in 2002; his General Medicine Program from Honduras National Autonomous University in 1991; Transitional Year Internship from Hospital Vicente D'antoni in 1990; and Mandatory Social Science for Emergency Medicine in 1991. He ranked in the 95th percentile in Internal Medicine Certification Exam and ranked #1 in his graduation class of 1991.

Dr. Sierra-Hoffman has contributed to multiple research publications and research poster publications. He also provided lectures in the Infectious Disease Core Curriculum at Baylor Scott and White Infectious Disease Fellowship.

NEPHROLOGY

Kidney Disease & Critical Care



Dr. Faisal Khan
Nephrologist
& Critical Care

Dr. Faisal Khan is a nephrologist and specialist in Internal Medicine (critical care). He is affiliated with multiple hospitals in the area. He received his medical degree from Aga Khan Medical College in 2001. He completed his residency at the University Of Connecticut Health Center, Farmington, Connecticut and fellowship at Westchester Medical Center, New York Medical College, Valhalla, New York. He is Board Certified by the American Board of Internal Medicine.

Appointments: 361-582-7999

**Appointments available in El Campo
the 1st and 3rd Monday each month.**

**Upstairs at..Mid Coast Medical Clinic
305 Sandy Corner Road, El Campo, Tx**

www.ecmh.org

PODIATRY

Treating common foot problems



Scott Kobylar, DPM

*Diplomate, American Board of Podiatric Surgery,
Certified in Foot Surgery*

And

Vorice Batts, DPM

For Appointments Call 979-245-9500

**Appointments available at the El Campo Location...
Located Upstairs at Mid Coast Medical Clinic
(305 Sandy Corner Road)**



Surgical procedures may be done at El Campo Memorial Hospital.

Common Foot Problems Including Wound Care:

Warts— An infection caused by a virus. Warts are commonly seen on the bottom of the foot (plantar wart), but can appear on the top. Children, teens and people with allergies or weakened immune systems are more vulnerable to the wart virus.

Hammer Toes— This term describes the buckling of any of the toe joints. Joints at the end or middle of the toe, as well as the joint near the ball of the foot, may be affected. The joints usually curl because of a muscle imbalance or tight tendons. Hammer toes vary in severity and in the number of joints and toes involved.

Bunions— Usually occur at the base of the big toe. Bunions are often caused by incorrect foot mechanics. The foot may flatten too much, forcing the toe joint to move beyond normal range. Joint damage caused by arthritis/injury may cause bunions. Some people are born with the tendency to develop bunions. High-heeled/poor fitting shoes makes the problem worse.

Ankle Sprains— before treatment for Ankle Sprains, your physician must rule out damaged ligaments, inflamed tendons, and displaced or broken bones. X-rays of your ankle may be taken to rule out a fracture. Treatment may range from pain control to immobilization of the joint. If the sprain is severe or the bone damaged, surgery may be needed.

Neuromas— Commonly called Morton's neuroma, this problem begins as the outer coating of a nerve in your foot thickens. This is usually caused by irritation that results when two bones repeatedly rub together. The area between the third toe and fourth is the most commonly affected. Nerve problems due to diabetes/alcoholism may also cause neuroma-like symptoms.

Arthritis— Your feet pound the pavement every day. They support and propel your body as you move through life. Such constant use takes its toll. Aging, the wear and tear of daily use, and injury—these are the common causes of arthritis.

Ingrown Nails— Result of the nail growing into the skin that surrounds it. Ingrown nails may be caused by improper trimming, inherited nail deformities, injuries, fungal infections, or pressure.

Nail Problems —Abnormally thick or crumbling nails may be caused by injuries, pressure from shoes, fungal infections, or conditions such as diabetes, psoriasis, or vascular disease. Also, Black-And-Blue Nails may be caused by sudden/repetitive injury to a toe. Often from sports that involve running/stopping quickly or from a heavy object falling on a toe. If your toe is black and blue and not injured, see your doctor immediately.

Plantar Fascitis— A ligament like band that runs along the bottom of your foot is strained. Pain will be on the inside of your foot, where the arch and heel meet. Walking and even standing may hurt. Your Doctor may suggest Endoscopic Plantar Fasciotomy (outpatient surgical procedure) if medication and devices to control foot movement have not reduced your symptoms.

CALL FOR A CONSULTATION AND APPOINTMENT

979-245-9500

AT MID COAST MEDICAL CLINIC—Upstairs

ENDOCRINOLOGIST

Treatment with an individual approach



Masha Resman M.D. Endocrinologist



***Dr. Resman will be seeing patients
at Mid Coast Medical Clinic
(Suite 200, upstairs)***

SCHEDULE AN APPOINTMENT TODAY!

Call (832) 500-1320

and ask for the El Campo office.

Online at yourendocrinedoc.com

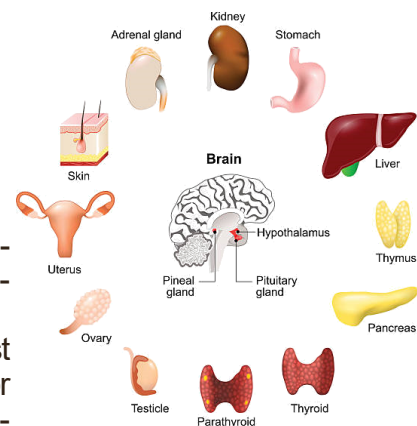
About Dr. Masha Resman

Dr. Masha Resman MD received her MD from University of California of San Diego, she completed her residency in Internal Medicine in San Francisco, and her fellowship in Endocrinology at UT Houston where she trained at MD Anderson. Dr. Resman is Board Certified in Internal Medicine and Endocrinology.

Dr. Resman has extensive experience treating hormonal imbalances, diabetes, thyroid conditions, as well as adrenal and pituitary tumors.

Dr. Resman believes that an individualized approach is the best way to effectively treat patients. Each patient experiences his or her symptoms in a unique way, and being able to develop a relationship with a doctor is critical to improving their well being. Dr. Resman is also a strong believer in educating her patients about their respective conditions to allow them to take more control of their health.

ENDOCRINE SYSTEM



Contact Information:

**Fondren Office (Houston)
2450 Fondren Rd.**

Office (832) 500-1320

Fax (713) 917-5744

RADIOLOGY

Imaging Services



A radiologist is a medical doctor specially trained to interpret x-rays and other imaging examinations such as: X-rays; Ultrasound; CT scans; Nuclear medicine tests; Mammography and Magnetic imaging resonance (MRI).

They also perform interventional radiology procedures. Radiologists help other physicians detect and diagnose injuries and diseases. The radiologist is a consultant to whom patients are referred to by other physicians. Radiologists do not order imaging tests directly, but are asked to perform these tests on behalf of the referring physician.

The total cost of your x-ray covers two areas: the technical fee and the radiologist's fee. Because the radiologist is an independent physician and not an employee of El Campo Memorial Hospital or Mid Coast Medical Clinic, **you will receive a separate bill for the radiologist's service.**

El Campo Memorial Hospital
303 Sandy Corner Road, El Campo
979-543-6251

GENERAL SURGERY

Patient centered care



Mid Coast Medical Clinic
is proud to announce

Dr. Michael Belew, M.D.
General Surgeon

Call 979-543-5510 for appointments

Dr. Michael Belew is a member Mid Coast Medical Clinic. He is a native Texan, being raised in Beeville, Texas. Dr. Belew graduated from Texas A&M University in 1993 and is board certified in general surgery. After completion of his residency at Scott and White Hospital in Temple, Texas in 1998, he joined Beeville Surgical Associates and partnered with Dr. Rodney Schorlemmer. He joined Victoria Surgical Associates in December 2006 and expanded the practice into Beeville, Kenedy, Karnes City, Refugio and surrounding areas as well as seeing patients in Victoria. In addition to El Campo Memorial Hospital and Mid Coast Medical Clinic, Dr. Belew sees patients at Detar North, Detar, Citizens Medical Center, and Otto Kaiser Hospital. Dr. Belew and his wife Joy are the proud parents of three sons. Dr. Belew is involved in area outreach programs such as the livestock show and the science club. Dr. Belew is excited about adding El Campo Memorial Hospital and Mid Coast Medical Clinic to his practice areas.

Surgical Procedures Provided At...

El Campo Memorial Hospital



Hospital - 303 Sandy Corner Road, El Campo, Texas 77437 979-543-6251
Clinic - 305 Sandy Corner Road, El Campo, Texas 77437 979-543-5510

UROLOGY

Your health is important



Tony Makhoulf, MD,
Board Certified Urologist
Dr. Makhoulf Sees Patients Upstairs
At Mid Coast Medical Clinic
Every Wednesday
(305 Sandy Corner Road)

Dr. Makhoulf received his Medical Degree and PhD from the Medical University of South Carolina in Charleston, SC; his General Surgery Internship and Urology Residency from the University of Virginia, Charlottesville, VA. He also received a Fellowship in Andrology/Male Infertility from the University of Illinois, Chicago, IL.

He is certified by the American Board of Urology and presently has a busy practice in Sugar Land. Previously he has been an Assistant Professor of the Department of Urologic Surgery at the University of Minnesota.

Dr. Makhoulf (rhymes with McCluth) has received many honors and awards throughout the years; has been involved in basic science grants; participated in clinical trials; is a member of several professional urology and male reproductive organizations and has had publications in many medical journals.

Dr. Makhoulf speaks several languages including English and Spanish.

Dr. Makhoulf looks forward to providing Urology services to adult men and women of El Campo and surrounding areas

SERVICES PROVIDED INCLUDE BUT ARE NOT LIMITED TO THE FOLLOWING

- | | |
|---|-----------------------------------|
| •Kidney Stones | •Vasectomy |
| •Female Urinary Incontinence | •Vasectomy Reversal |
| •Male Urinary Incontinence | •Enlarged Prostate |
| •Elevated PSA (Prostate Specific Antigen) | •Male Factor Infertility |
| •Male Sexual Dysfunction | •Hematuria (Blood in Urine) |
| •Prostate Cancer | •Cystitis |
| •Bladder Cancer | •Testosterone Replacement Therapy |
| •Renal Cancer | |

Main Office: Hillcroft Medical Clinic:

1429 Highway 6 South; Suite 103; Sugar Land, TX 77478; Fax: (713) 273-5820

El Campo Location:

Mid Coast Medical Clinic; 305 Sandy Corner Road; El Campo, Texas 77437
Adjacent to El Campo Memorial Hospital

**To schedule an appointment at the
El Campo Location Call: (713) 273-5845**

OPHTHALMOLOGIST

Your vision is our priority

Priscilla J. Metcalf, MD Ophthalmologist

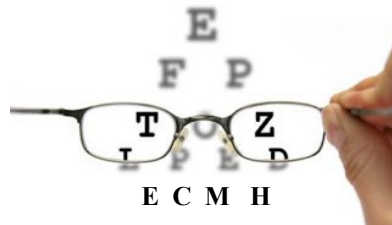
Providing Surgical Services at ECMH

Dr. Priscilla Metcalf, M.D. has over 30 years of experience as a board certified eye surgeon. She completed her residency in Ophthalmology at Tulane University and has been helping patients in the greater Wharton County area ever since. Her dedication to bringing quality eye care to this region of Texas has become the professional practice known as Wharton Eye Associates.



Conditions treated by Dr. Metcalf: Acute Conjunctivitis, Cataract, Diabetic Retinopathy, Glaucoma, Keratitis, Macular Degeneration, Orbital Infection, Retinal Detachments

Procedures performed by Dr. Metcalf: Corneal Surgery, Lens and Cataract Procedures, Eye Muscle Surgery, Ophthalmological Exam.



Call for appointments— request your surgery (Cataracts) to be done
at El Campo Memorial Hospital
(979) 533-7337

ALLERGY / ASTHMA

Victoria Allergy and Asthma Clinic

**Hay Fever-Sinusitis
Rashes-Hives?
Reactions to Pollens,
Foods or Insect Stings?
We can help!**

Office locations: El Campo, Victoria, Weimar and Beeville

**Robert E. Harvey, M.D.
Gullapalli K. Rao, M.D.
Beverly B. Haliburton, R.N., F.N.P.
Susan Hall, PA-C**

EL CAMPO CLINIC

(Upstairs at Mid Coast Medical Clinic)

**305 Sandy Corner Rd
El Campo, Texas**



**For Appointments Call
800-392-5797**

FREE WELLNESS EXAM

Provided by Medicare

Get Your Free Yearly Wellness Exam Or Your "Welcome to Medicare" Preventative Visit Preventative Visit & Yearly Wellness Exams

Welcome to Medicare Preventative Visit:

How often is it covered?

Medicare Part B (Medical Insurance) covers: A "Welcome to Medicare" preventative visit: You can get this introductory visit only within the first 12 months you have Part B. This visit includes a review of your medical and social history related to your health and education and counseling about preventative services, including certain screenings, shots, and referrals for other care, if needed. It also includes:

Height, weight, and blood pressure measurements

A calculation of your body mass index

A simple vision test

A review of your potential risk for depression and your level of safety

An offer to talk with you about creating advance directives.

A written plan letting you know which screenings, shots, and other preventative services you need. Get details about coverage for screenings, shots, and other preventative services.

This visit is covered one time. You don't need to have this visit to be covered for yearly "Wellness" visits.

Yearly "Wellness" visits:

If you've had Part B for longer than 12 months, you can get this visit to develop or update a personalized prevention help plan to prevent disease and disability based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a "Health Risk Assessment,"

as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. It also includes:

- A review of your medical and family history
- Developing or updating a list of current providers and prescriptions
- Height, weight, blood pressure, and other routine measurements
- Detection of any cognitive impairment
- Personalized health advice
- A list of risk factors and treatment options for you
- A screening schedule (like a checklist) for appropriate preventative services. Get details about coverage for screenings, shots, and other preventative services.

This visit is covered once every 12 months (11 full months must have passed since the last visit).

Who's eligible? All people with Part B are covered.

Your costs in Original Medicare: You pay nothing for the "Welcome to Medicare" preventative visit or the yearly "Wellness" visit if your doctor or other qualified health care provider accepts assignment. The Part B deductible doesn't apply.

However, if your doctor or other health care provider performs additional tests or services during the same visit that aren't covered under these preventative benefits, you may have to pay coinsurance, and the Part B deductible may apply.

**Schedule your "Welcome To Medicare" Preventative Visit
or Your Yearly Wellness Exam!
At Mid Coast Medical Clinic—979-543-5510**

SWING BED PROGRAM

Rehabilitation in the a hospital setting



*Not all patients are entitled to be on the Swing Bed Program.
Certain criteria must be met.*

The ECMH Discharge Planner and the Physician will evaluate the patient and if certain criteria are met, the patient/or significant other will be given the opportunity to decide to transfer over to this program. The patient will not be changing rooms and the care provided will not be disrupted.

ECMH's Swing Bed Program is to assist patients in improving their physical, emotional and social function to become as independent as possible.

Daily activities are provided to patients in the Swing Bed Program.

ECMH Swing Bed Program is an alternative to short term Nursing Home Rehabilitation Care.

ECMH Swing Bed is a Medicare sponsored program that "swings" patients from acute care to skilled care who need temporary and transitional care.

If you have any questions regarding the Swing Bed Program, please call 979-578-5116.

El Campo Memorial Hospital

303 Sandy Corner Road El Campo 979-543-6251

Swing Bed also available in Palacios.

FAMILY MEDICAL CLINIC

Dr. Nathan Nguyen Family Practice



Nathan P. Nguyen, M.D.

Nathan Nguyen, M.D. is a member of the ECMH medical staff and is located at the Mid Coast Medical Center in Wharton. Dr. Nguyen is the lead physician of the Mid Coast Medical Center, at his current location, 1403 Valhalla Drive, Wharton, Texas.

Dr. Nguyen brings over 11 years of family medical experience to the medical group.

El Campo Memorial Hospital has added additional medical services to Dr. Nguyen's present location to meet the health care needs of the Wharton community. These services include imaging services (x-ray) and laboratory services.

Dr. Nguyen will remain contracted with all of his current insurance plans.

El Campo Memorial Hospital and Mid Coast Medical Clinic are pleased to offer not only the Mid Coast Well Care walk-in clinics, but also the Mid Coast Medical Center of Wharton with Dr. Nathan Nguyen leading the way!



For Appointments with Dr. Nguyen Call - 979-532-2000

1403 Valhalla Drive, Wharton, Texas

Anne Mazel, MSN, RN, ACNP-BC

Anne Mazel, MSN, RN, ACNP-BC will continue to provide specialty services to Cardiology Patients in Wharton, El Campo and the surrounding area. She will also be accepting new patients.

As a member of Mid Coast Health System, Mrs. Mazel will now be working directly with Dr. Robin Yue, Interventional Cardiologist at Mid Coast Medical Clinic.

In her role as a Cardiology Nurse Practitioner, Mrs. Mazel has vast experience interpreting EKGs, stress tests, and lab results. She routinely formulates care plans, prescribes medications, and works with pacemakers and defibrillators.



For Appointments with Anne Mazel, MSN, RN, ACNP-BC

Call 979-488-2289

Office Location: 1403 Valhalla Drive, Wharton, Texas

Also a 24-Hour Walk-In Clinic

—see next page for details

EXTENDED WALK-IN CLINIC

Open 24 Hours A Day/365 Days A Year



**No appointment needed—just walk in!
Full Diagnostic Lab & X-Ray Available**

EXTENDED WALK-IN CLINIC THIS CLINIC NEVER CLOSES!

Accepting: Most Commercial Insurances; Medicare; Medicaid; Cash and Credit Cards.

After Hours Phone: 979-488-2710

Ear Aches, Ear Lavage (wash), Migraines, Steroid Shots, STD Screening with exam, Cholesterol, Lipid screenings, Glucose Screenings, Suture Removal (stitches), Abscess treatment, Constipation issues, Overheated: IV Hydration/ Stabilization /Evaluation, Urinary Tract Infection (Bladder infections), School Physicals, DOT Physicals, Sore Throats, Adult Tetanus, Diphtheria, and Pertussis (whooping cough) Vaccines, Blood Pressure Issues, Sore Throats, Lacerations, Fish Hook Removal, Pregnancy Tests with Exam, Rashes, Allergies, And More!

1403 Valhalla Drive, Wharton, Texas

(Located at Dr. Nathan Nguyen's Office—Dr. Nathan Nguyen's Office will continue to be open during regular business hours at this location —979-532-2000)

FAMILY MEDICAL CLINIC

Medical Services in Bay City



Bay City

720 Avenue F North (Oaktree Medical Bldg)

EXTENDED WALK-IN CLINIC 24 Hours A Day / 365 Days a Year!

Mid Coast Well Care Walk-In 979-475-6330
Walk In Clinic Fax 979-320-8236
Registration Desk x 587
Nurse Station x 588
Provider x 589

LABORATORY SERVICES

Accepting orders from any physician and your results will be sent to your physician.

Lab Phone 361-972-0391
Lab Fax..... 979-316-4837

THERAPY SERVICES

Accepting orders from any physician.

Therapy Phone (979) 244-4720
Therapy Fax..... (979) 244-4728

INTERNAL MEDICINE / GENERAL INTERNAL MEDICINE

Dr. Barry J. Liberoni (979) 245-9797

VISITING PHYSICIANS

Robin Yue, MD, Interventional Cardiologist..... (979) -578-5228

Dr. Robert Ogdee - Gynecology 979-578-5162
Or call and request your appt. in Bay City 979-543-5510

**720 Avenue F North
(Oaktree Medical Bldg)
Bay City, Texas**

FAMILY MEDICAL CLINIC

Medical Services in Ganado



**Ganado Medical Clinic
Has Joined
Mid Coast Health Systems
& El Campo Memorial Hospital**

Location: 204 South 4th Street, Ganado, TX

OPEN

**Monday – Friday 7:30 a.m. to 5:00 p.m. and on
Saturdays from 8:00 a.m. to 12:00 noon.**

Dr. Sam Williams will continue to
provide services at the clinic along with
Ron Kosanke and PA-C, Bruce Ramsey, PA-C

Phone: (361) 771-3311

**Be on the lookout for
specialty services coming soon!**

CARDIOLOGY

Interventional Cardiologist

Robin Yue, MD **Interventional Cardiologist**



Dr. Yue, Cardiologist (heart specialist) graduated with honors from Zhejiang Medical University in 1985 and has more than 34 years of diverse experience, especially in cardiovascular disease.

Dr. Yue is board certified in internal medicine and cardiovascular disease. He specializes in the treatment of cardiovascular disease, heart failure, and cardiac arrhythmia for patients age 16 years and older.

Dr. Yue completed his residency at Pittsburgh Shadyside Hospital and his cardiology fellowship at Heart & Vascular Institute at Ochsner, New Orleans. He most recently practiced at Beauregard Memorial Hospital in Louisiana.

Dr. Yue and his family are very happy to call El Campo their home.

For Appointments Call 979-578-5228 \ Fax: 979-578-5103
Dr. Yue is located in Suite 210 (upstairs) at Mid Coast Medical Clinic.
305 Sandy Corner Road, El Campo, Tx

You can also ask about appointments in...

Bay City: At Dr. Barry Liberoni's Office, 720 Avenue F North, Bay City, TX

Wharton: At Dr. Nathan Nguyen's Office (Mid Coast Medical Center), 1403 Valhalla Dr., Wharton, TX

Palacios: At Palacios Community Medical Center, 1519 4th St., Palacios, TX



Anne Mazel, MSN, RN, ACNP-BC

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In her role as a Cardiology Nurse Practitioner, Mrs. Mazel has vast experience interpreting EKGs, stress tests, and lab results. She routinely formulates care plans, prescribes medications, and works with pacemakers and defibrillators.

For Appointments with Anne Mazel, MSN, RN, ACNP-BC
Call 979-488-2289

Office Location: 1403 Valhalla Drive, Wharton, Texas

ORTHOPAEDICS

Stephen J. Ringel, MD, PA FAAOS



Surgical Procedures Available at
El Campo Memorial Hospital

35 Years of Orthopaedic Practice

Most Procedures Are On
An Out-patient Basis

General Orthopaedics With An
Interest In Back Problems

Work Related Injuries:

- Back Injuries
- Bone and Joint Injuries
- Fractures
- Strains, Sprains
- Carpal Tunnel
- Shoulder Injuries
- Knee Injuries
- Hand Injuries
- Independent Medical Evaluations
- Workers Compensation
- Prompt Appointments
- Cost Effective Care
- Communication with employers a priority

Dr. Ringel sees
patients at
Mid Coast
Medical Clinic,
Upstairs.

For Appointments Call

979-282-2786

Stephen J Ringel MD, PA FAAOS

305 Sandy Corner Rd - Upstairs

El Campo, Texas

(Inside Mid Coast Medical Clinic)

SOCIAL MEDIA & MORE

Keep up-to-date on what's going on

Join Us On



El Campo Memorial Hospital (Business Page)

And

Donna J. Mikeska

And

Walk In Clinic - Wharton (Business Page)

And

Wharton Walk

Listen To

“Meet The Healthcare Professionals”

Every Wednesday Morning

7:15 a.m. & Commercials with Hospital info

On KULP 1390 AM Radio



Listen To

KIOX-FM 96 FM

Commercials with Hospital Info



ECMH Website: www.ecmh.org

Check out our new website: Pay Bills On-Line; Pre-Register On Line;

Check out all of the services we provide; Check out FAST HEALTH:

Online Health Dictionary; General Health Center;

FastNurse™ Coordinator & Top Health Conditions

Send Patients an E-Card

Look for our advertisements in area papers.

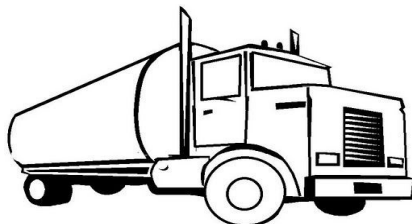
DOT PHYSICALS

Looking for a DOT Physical

Licensed Professional in Wharton County?
Or in El Campo?

Choose from our licensed "Medical Examiners" listed on the Federal Motor Carrier Safety Administration (FMSCA) National Registry. An updated physical examination is required every two years by The Department of Transportation (DOT) for applicants and holders of commercial drivers' licenses.

<p>Janie Avila, MSN, APRN, FNP-BC Mid Coast WellCare - Wharton 10358 Hwy 59 #A (in front of the Wharton Walmart). 979-543-6251 Ext. 180</p>	<p>Nicole Bramwell, FNP 1602 N. Mechanic, El Campo, Tx (Next to Sutherlands) You Must Call For An Appt. for DOT Physical: 979-275-1200</p>
<p>Christi Morris, FNP Bay City, Texas - 720 Avenue F North (Oaktree Medical Bldg—located in the same building as Dr. Liberoni) Call to make sure NP Morris is available. 979-475-6330</p>	<p>Mid Coast Well-Care Walk-In Clinic El Campo Location Only 3703 FM 2765 Suite B, El Campo 979-543-6251 Ext. 461</p>
<p>Dr. Nathan Nguyen Mid Coast Medical Center 1403 Valhalla Dr., Wharton 979-532-2000</p>	<p>Schedule Your TEX DOT Physical Today!</p>



DOT PHYSICALS

If the medical examiner finds that the person he/she examined is physically qualified to drive a commercial motor vehicle (CMV), the medical examiner will furnish one copy of the results to the person who was examined and complete a Medical Examiner's Certificate.

A DOT physical exam is valid for up to 24 months. The medical examiner is required to issue a medical examiner's certificate for less than 24 months when it is desirable to monitor a condition, such as high blood pressure. A DOT physical should not replace an annual wellness physical.

For more information contact:

Mid Coast Medical Clinic
305 Sandy Corner Road, El Campo
979-543-5510 www.ecmh.org

PATIENT RIGHTS

It is the patient's choice



Attention Patients: **You have the RIGHT to Choose Your Health Care Services and Location**

If you are transferred to another hospital (out-of-town)
for care after an illness or injury upon discharge
you can request to be sent back to
El Campo Memorial Hospital for Rehabilitation (Swing Bed),
providing you meet the criteria for that program.

Many physicians will attempt to
send you to a Rehabilitation Center out-of-town.
If this is not convenient for you, or this is not your choice
and you would rather have your rehab at home,
contact ECMH at 979-578-5115.
and ask about availability and eligibility
for ECMH Rehab or other services.

You also have the right to choose your...

Imaging Services
(X-ray, MRI, CT Scan, Nuclear Medicine, Bone Density, Ultrasound, etc.)
Diagnostic Lab (Blood work, urinalysis, etc.)
Physical, Occupation and Speech Therapy
Cardiac and Pulmonary Rehabilitation

You have the right to Choose, not the physician. Speak up!

Ask for your Physician Orders for any of these services
and take them to the provider of **YOUR CHOICE!**

WALK-IN CLINICS



No Appointment Needed Just Walk In!

Accepting: Most
Commercial
Insurances;
Medicare;
Cash and
Credit Cards.



*Check your provider
list for Dr. Brooke
Dorotik for
In-Network
Coverage.*

We treat: Ear Aches; Ear Lavage (wash); Migraine /Migraine Shots; Sore Throats; Allergies; Steroid Shots;; STD Screening with exam; Cholesterol/Lipid screenings; Glucose Screenings; Suture Removal (stitches); Abscess treatment; Constipation issues; Overheated; IV Hydration; / Stabilization / Evaluation; Urinary Tract Infection; (Bladder infections); School Physicals; DOT Physicals; Adult Tetanus; Diphtheria; Pertussis (whooping cough); Vaccines; Blood Pressure Issues; Sore Throats; Lacerations; Fish Hook Removal; Pregnancy Tests with Exam; Well Woman Exams; Diagnostic Lab with Exam; Rashes; Allergies; And More!

Locations:

EL Campo:

3703 FM 2765 Suite B - El Campo, TX 979-543-6251 Ext. 461

(Located in the strip center across from the EC Civic Center)

Mon. - Friday 8 a.m. - 5 p.m.; Sat. & Sun. 8 a.m. - 2 p.m

EL Campo (Healthplex):

1602 N. Mechanic - El Campo, TX 979-275-1200

(Located in in the side parking lot of Sutherlands)

Monday—Friday 8 a.m. - 5 p.m. (walk-in or scheduled appt)

Located At



Wharton:

10358 Hwy 59 #A —Wharton, TX 979-543-6251 ext 180

(Located in the Wharton Wal-Mart Parking Lot Area) Monday—Friday 8:00 a.m. - 5:00 p.m.

For appointments with Janie Avila, Nurse Practitioner Specialist: or Obuchukwuneme Calais, Nurse Practitioner Specialist please call 979-543-6251 Ext. 180 .

Louise (School Campus):

408 2nd Street, Louise, TX 979-475-6240

(Located on the Louise School Campus)

Monday—Friday 7:30 am—4:30 pm

Blessing:

591 FM 616, Blessing, TX 979-475-6270 Monday—Friday 7 a.m.—4 p.m.

BayCity :

720 Avenue F North (Oaktree Medical Bldg), TX 979-475-6270

Open 24 Hours a Day / 365 Days A Year—This clinic never closes!

Ganado:

204 South 4th Street, Ganado, TX (361) 771-3311

By Appointment Only: Walk-Ins may be available.

Monday – Friday 7:30 a.m. to 5:00 p.m. and on Saturdays from 8:00 a.m. to 12:00 noon.

[Boling, Texas: Coming Soon!](#)

WALK-IN CLINICS



No Appointment Needed Just Walk In!

Accepting: Most Commercial Insurances; Medicare; Cash and Credit Cards.

Check your provider list for Dr. Brooke Dorotik for In-Network Coverage.

We treat: Ear Aches; Ear Lavage (wash); Migraine /Migraine Shots; Sore Throats; Allergies; Steroid Shots;; STD Screening with exam; Cholesterol/Lipid screenings; Glucose Screenings; Suture Removal (stitches); Abscess treatment; Constipation issues; Overheated: IV Hydration; / Stabilization / Evaluation; Urinary Tract Infection; (Bladder infections); School Physicals; DOT Physicals; Adult Tetanus; Diphtheria; Pertussis (whooping cough); Vaccines; Blood Pressure Issues; Sore Throats; Lacerations; Fish Hook Removal; Pregnancy Tests with Exam; Well Woman Exams; Diagnostic Lab with Exam; Rashes; Allergies; And More!

Wharton:

10358 Hwy 59 #A —Wharton, TX

(Located in the Wharton Wal-Mart Parking Lot Area)

Monday—Friday 8:00 a.m. - 5:00 p.m.

We are proud to introduce Family Nurse Practitioners Calais and Avila to our team of professionals to Mid Coast Health Systems. They will both be providing appointments at the Mid Coast WellCare in Wharton (in front of the Wharton Walmart).

Patients can call the main clinic number 979-543-6251 Ext. 180



Janie Avila,
Nurse Practitioner Specialist:

I will continue to see current patients as well as new patients. My plan is to continue to provide care for management of chronic conditions such as diabetes, high blood pressure, high cholesterol and much more. I will also continue to perform DOT exams, pre-employment physicals, etc. If you are a current patient, you are welcome to call the clinic and make an appointment to establish care with us at the new clinic. If you are a new patient looking for a provider, please feel free to call and make your first appointment. We ask that ALL patients bring ALL medicine bottles with them to their visit along with any previous medical records such as previous lab results they may have. This will help us in our efforts to start your new chart

I thank you in advance for the trust and confidence you have placed in me over the years as your health care provider. I look forward to continuing to care for your health care needs, and I very much look forward to seeing you at Mid Coast WellCare Wharton.



Obuchukwuneme Calais,
Nurse Practitioner Specialist:

It has been a pleasure to be your care provider and I am excited to announce I will continue to practice in Wharton, TX. The new clinic is directly located in front of Walmart and shares a parking lot with Texas Home Health.

I plan to provide seamless care. If you have been seen within the Mid Coast Health System, simply call and schedule an appointment with me at my new location. If you are new to the Mid Coast Health System, I recommend an appointment within the next two months to facilitate record requests and establish care. We plan to continue to meet your chronic, urgent and women's health needs. We hope to see you soon. We recommend you come in for an appointment so we can facilitate records request, during the initial appointment.

Help us welcome Obuchukwuneme Calais, Nurse Practitioner Specialist and Janie Avila, Nurse Practitioner Specialist to the Mid Coast Health System! Now taking appointments 979-543-5510 ext 457.

CAMPUS CARE

Medical care at local school clinics



**El Campo ISD - Louise ISD
Wharton County Junior College**



Wharton County Junior College CampusCare
will be available for students, teachers and employees of WCJC.

El Campo CampusCare
will be available for students, teachers and employees of ECISD.
Located on the High School Campus.

Louise CampusCare / Walk-In Clinic
will be available for students, teachers and employees of LISD
and this Walk-In Clinic location will also be open to the public.
Located on the Elementary Campus.

Louise Campus Care/Walk-In Clinic —OPEN TO THE PUBLIC:

Hours: Monday—Friday 7:30 am—4:30 pm
408 2nd Street, Louise, Tx (Located on the Louise School Campus) 979-475-6240

Palacios CampusCare
will be available for students, teachers and employees of PISD.
Located on the Central Elementary Campus.

ECMH is reaching out into our local communities to provide healthcare to all!

ECMH is your regional healthcare provider.



HEALTHPLEX BUILDING

Therapy, Walk-In and Specialty Physician



We accept any physician's orders for Therapy. You can have your Therapy at any of our locations—El Campo; Bay City or Palacios.
Located at the Mid Coast HealthPlex Building
1602 N. Mechanic, El Campo

Call 979-578-5214 to register for Therapy
Or FAX in Doctor's Orders to 979-401-3242

Outpatient Physical Therapy / Occupational Therapy / Speech Therapy



No appointment needed.
Just Walk-In!
8 am to 5 pm
Monday - Friday



1602 N. Mechanic El Campo, Tx
(Beside Sutherland's parking lot in El Campo)
Ph 979-275-1200 /Fax 979-401-3103

APPOINTMENTS IN BAY CITY

Visiting Specialty Physicians

Providing Appointments at the
Mid Coast Medical Center/Oaktree Medical Bldg.
720 Avenue F. North, Bay City, TX 77414



Dr. Robert Ogdee, Gynecology

Dr. Robert Ogdee provides complete women's health services, from teenage to menopause years. Dr. Ogdee has extensive experience with over 27 years in practice, specializing in well woman exams, diagnoses and treatment for gynecological conditions, urinary incontinence, hysterectomy and laparoscopic assisted surgery that are all available at El Campo Memorial Hospital.

Dr. Ogdee will be providing well women care in Bay City (excluding obstetric care). Dr. Ogdee received his education from Texas A&M University, his medical degree from Texas A&M University College of Medicine and completed his residency from the University of Florida in Pensacola. Dr. Ogdee was formerly in practice in Wharton, Texas and is now residing in El Campo. He looks forward to connecting with former and new patients in the Bay City area.

For Appointments Call 979-543-5510

Ask for your appointment at Mid Coast Medical Center in Bay City



Robin Yue, MD, Interventional Cardiologist

Dr. Yue, Cardiologist (heart specialist) graduated with honors from Zhejiang Medical University in 1985 and has more than 34 years of diverse experience, especially in cardiovascular disease. Dr. Yue is board certified in internal medicine and cardiovascular disease. He specializes in the treatment of cardiovascular disease, heart failure, and cardiac arrhythmia for patients age 16 years and older. Dr. Yue completed his residency at Pittsburgh Shadyside Hospital and his cardiology fellowship at Heart & Vascular Institute at Ochsner, New Orleans. He most recently practiced at Beauregard Memorial Hospital in Louisiana. Dr. Yue and his family are very happy to call El Campo their home.

For Appointments Call 979-578-5228 \ Fax: 979-578-5103

Ask for your appointment at Mid Coast Medical Center in Bay City



PALACIOS HOSPITAL

PCMC's Health Care Service Providers Are "Caring for Life"



Since 1960 Palacios Community Medical Center has compassionately served the healthcare and medical needs of Palacios, Southern Matagorda County and the surrounding communities. PCMC provides a range of healthcare programs and services including: primary care (clinic) medicine for the entire family, 24/365 ER care, on-site laboratory and radiology services, therapy and rehab programs as well as inpatient and swing bed services. Our focus has always been and always will be on ensuring local access to quality healthcare services for you and your loved ones!

PRIMARY CARE SERVICES

EMERGENCY CARE

LABORATORY

RADIOLOGY (IMAGING SERVICES)

PHYSICAL & OCCUPATIONAL THERAPY

IV THERAPY AND TRANSFUSIONS

WOUND CARE

SWING BED PROGRAM / REHABILITATION

Palacios Community Medical Center (PCMC) Hospital

311 Green Ave.
Palacios, TX 77465
(361) 972-2511
Fax: (361) 972-0149

Palacios Medical Clinic (PMC)

307 Green Ave.
Palacios, TX 77465
(361) 972-2000
Fax: (361) 972-2009

<https://palacioshospital.net/services/>



John Pulvino, D.O.

Family Medicine

**Dr. Pulvino
will be seeing Patients at the**



And



Call 361-972-2000 for appointments.

Dr. John Pulvino, is a native Texan, born in Galveston and raised in rural East Texas. He graduated from Texas College of Osteopathic Medicine in Fort Worth. He then completed residency in Bryan at Texas A&M Family Medicine.

Dr. Pulvino has experience in Emergency and Hospital medicine at Lavaca and Limestone County hospitals. He also has experience in urgent care clinics across the Dallas/Fort Worth metroplex.

Dr. Pulvino's hobbies include fishing, duck and deer hunting and back country camping. He has been married 12 years to his wife, Crystal and they have three children, Anthony (7), John (6) and Lillyann (4).

Dr. Pulvino and his family are excited to make Palacios their home and he is looking forward to providing healthcare to Palacios and the surrounding community.

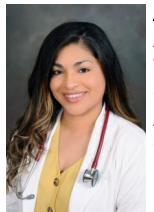
PALACIOS CLINIC

Family Physicians, Physician Assistants and Visiting Physicians available



Dr. John Pulvino, Family Medicine

Dr. John Pulvino, is a native Texan, born in Galveston and raised in rural East Texas. He graduated from Texas College of Osteopathic Medicine in Fort Worth. He then completed residency in Bryan at Texas A&M Family Medicine. Dr. Pulvino has experience in Emergency and Hospital medicine. He also has experience in urgent care clinics across the Dallas/Fort Worth metroplex. Dr. Pulvino's hobbies include fishing, duck and deer hunting and back country camping. He has been married 12 years to his wife, Crystal and they have three children, Anthony (7), John (6) and Lillyann (4). Dr. Pulvino and his family are excited to make Palacios their home and he is looking forward to providing healthcare to Palacios and the surrounding community.



Alexis Martinez, Family Nurse Practitioner

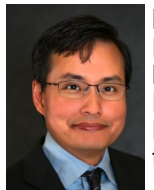
Alexis is a Family Nurse Practitioner and a graduate from Texas Tech University Health Sciences Center. Prior to graduating from the Nurse Practitioners Master's Program, NP Martinez worked as a Medical, Surgical, Cardiac and ICU Registered Nurse. NP Martinez, a veteran, served four years in the United States Marine Corp. Aside from her professional accomplishment, NP Martinez loves spending time with her husband and 3 children. Her goals are to provide quality patient care. NP Martinez is very happy to be providing health care to the Palacios Community. Semper Fidelis.



Dr. Brooke Dorotik, Family Medicine

Dr. Dorotik accepts patients of all ages, newborns to senior citizens. She received her Medical Degree from The University of Texas Health Science Center in San Antonio, Texas in May 2012 and she completed her internship with the Memorial Family Medicine Residency Program in June 2015.

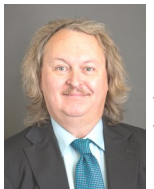
Dr. Dorotik is the daughter of Susan and Gary Radley from El Campo and is an ECISD Ricebird Graduate. She is married to Chad Dorotik also from El Campo and they have three children.



Dr. Thai Huynh, Internal Medicine Physician

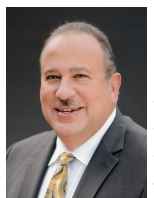
Dr. Huynh accepts patients ages 18 and older and he specializes in complex medical conditions. He received his Medical Degree from the University of Miami in 1999 and his Internal Medicine Residency from Orlando Regional Healthcare in 2002.

Dr. Huynh's past experience was with Memorial Hermann Medical Group in Wharton, Gulf Coast Medical Center and South Texas Medical Clinics.



Dr. Gene Burns, Family Physician

Dr. Burns accepts patients of all ages, newborn to senior citizens. He has provided medical services in Ballinger, Texas and Louisiana. Dr. Burns is certified as an Advanced Wilderness Expedition Provider and he is trained in International Travel Medicine. Dr. Burns has grown children in college and the military. In his spare time, Dr. Burns has served on School Boards, as a physician for school athletic teams and he has played an active role in Samaritan's Purse, a non-denominational Christian International relief organization.



Dr. Robert Ogdee, Gynecology (Well Women)

Dr. Robert Ogdee provides complete women's health services, from teenage to menopause years. Dr. Ogdee has extensive experience with over 27 years in practice, specializing in well woman exams, diagnoses and treatment for gynecological conditions, urinary incontinence, hysterectomy and laparoscopic assisted surgery that are all available at El Campo Memorial Hospital. Dr. Ogdee received his education from Texas A&M University, his medical degree from Texas A&M University College of Medicine and completed his residency from the University of Florida in Pensacola. For appointments, call 361-972-2000 or 979-543-5510 and ask for your appointment in Palacios.

More Healthcare Coverage For The Patients of Palacios....IN PALACIOS!

Our Commitment To You...El Campo Memorial Hospital "Your friends and healthcare partner!"

For appointments call 361-972-2000

(361) 972-2000 311 Green Ave Palacios, TX 77465

WOUND CARE

Advanced Wound Care Center



Wound Care Therapy

**Advanced treatment options for patients
with chronic non-healing wounds**

Millions of Americans suffer from chronic wounds caused by diabetes, poor circulation or other conditions which can slow the body's healing process. These wounds can not only cause severe health risks but can also reduce the patients' quality of life by causing pain and discomfort, reduced mobility and the fear of amputation.

Treating a wound that won't heal can be frustrating, expensive and time-consuming. That's where the **Advanced Wound Care Center** comes in. We offer a comprehensive and individualized approach to wound care using evidence-based treatment and advanced therapies. Our team of expert providers and nurses treat wounds that have resisted healing after months or even years of traditional treatment. In fact, many patients are completely healed in just a short time after visiting a wound center.

The Advanced Wound Care Center is located at El Campo Memorial Hospital - 303 Sandy Corner Road, El Campo, Texas.

Our experienced wound care team provides personalized and specialized treatment for:

Diabetic foot ulcers / leg and foot wounds
Venous stasis
Arterial ulcers
Traumatic wounds
Pressure ulcers
Chronic Bone infection
Radiation related problems

Necrotizing infections
Carbon monoxide poisoning
Crush injuries
Selected non-healing wounds
Post-surgical wounds and slow healing incisions
Burns covering up to 15 percent of the body
Collagen vascular

**For more information about El Campo Memorial Hospital's
Advanced Wound Care Center please contact us at 979-543-6251**



303 Sandy Corner Road,
El Campo, Texas 77437
www.ecmh.org 979-543-6251
979-578-5155 Wound Care Receptionist
979-578-5146 Wound Care Nurse

SENIOR CITIZEN PROGRAM

Live your life and forget your age



**Mid Coast Medical Clinic,
El Campo Memorial Hospital
& Palacios Community Medical Center**

Presents

Senior TREK

(Travel, Recreation, Entertainment, Knowledge)

Active adults and Senior Citizens 55 years and older are encouraged to join and enrich their lives. Sign up for Senior TREK and you'll receive information on upcoming bus trips, activities, entertainment and more. Registration forms are available at the Walk-In Clinic in Wharton, El Campo Memorial Hospital and Mid Coast Medical Clinic. Senior TREK registration fee is only \$10.00 per year (year runs Sept to Sept).

Members that are active patients at Mid Coast Medical Clinic (MCMC) or the Wharton Walk-In Clinic will receive special perks, discounts, priority boarding and other advantages throughout this program.

Sign-up is required on all trips and programs, even when the program is free. We will need an accurate headcount on all activities to ensure that we have ample space and materials. Completed registration and release forms will be required on all participants.

This program is planned to deliver fun and rewarding social experiences to the senior patients of Mid Coast Medical Clinic and the community.



Carol Wootton

Individuals can contact Carol Wootton, Marketing/Senior Program Coordinator at 979-533-2390 or Donna Mikeska, Marketing Coordinator for more information and registration 979-578-5261 or the hospital main line at 979-543-6251 ext. 261.

**Live Your Life
And Forget Your Age!**

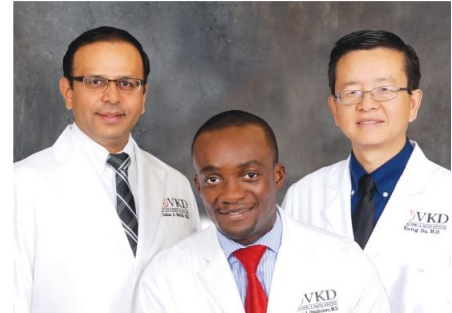


KIDNEY & DIALYSIS

Victoria Kidney & Dialysis Associates



Dr. Azhar Malik, Dr. George Osuchukwu & Dr. Yong Du



Victoria Kidney & Dialysis Associates
sees patients at

Mid Coast Medical Clinic in El Campo.

Appointments available monthly on the first and third Tuesday mornings
Located upstairs Suite 220 (305 Sandy Corner Road, El Campo)

**Call (361) 576-0011
and ask for your appointment in El Campo**

Victoria Kidney & Dialysis Associates is a group of physicians engaged in the practice of internal medicine and nephrology. All of our physicians have received their training in some of Texas' most prestigious medical institutions. All of our physicians are board certified in internal medicine and Nephrology. Victoria Kidney & Dialysis Associates has been serving the Crossroads Area for over 10 years.

We specialize in the management of various kidney problems such as : Urinary tract infections; Chronic kidney diseases; Advanced kidney failure requiring dialysis; Preparation and management of people with or in need of kidney transplants; Difficult to treat hypertension; Kidney stones and Pregnancy related kidney disorders

We offer outpatient services in several convenient locations and will work with your personal physician to provide the best care, close to home. Our physicians are credentialed at El Campo Memorial Hospital.

Our patient services include: Outpatient evaluation and treatment; Monitoring of Procrit and iron treatments with local hospitals; Dialysis care and weekly supervision rounds; Inpatient/hospital evaluation and treatment; Transplant care and coordination and Access care and coordination

VICTORIA OFFICE: 605E San Antonio St Suite 430 E , Victoria, TX 77901 Ph. (361) 576-0011

EL CAMPO OFFICE: Mid Coast Medical Clinic, 305 Sandy Corner Road, El Campo, TX 77940-5510

GASTROENTEROLOGIST

Helping you maintain good gastrointestinal health

Dr. Marc Kudisch Gastroenterologist

Dr. Kudisch is a gastroenterologist who has been practicing in the area since 1995. He and his staff are committed to providing you with the best possible care for any gastrointestinal condition you might have. He received his GI training at UTMB in Galveston and his medical degree from Sapienza University of Rome and has been in practice for more than 20 years. He also speaks multiple languages, including Spanish and Italian.

Maintaining good gastrointestinal health is essential for your comfort and well being.

Dr. Kudisch can evaluate, diagnose, and provide therapeutic options for the following digestive diseases and symptoms:

- Colonoscopy
- Upper Gastrointestinal Endoscopy
- Abdominal Pain
- Esophagitis
- Heartburn
- Gastritis
- Diarrhea
- Irritable Bowel Syndrome
- Constipation
- Celiac Disease
- Hepatitis
- Pancreatitis
- Crohn's disease
- Colonic Polyps
- Colon Cancer Screening



Marc Kudisch, M.D.
Gastroenterologist

For Appointments: 713-777-9995

Ask for your appointment in El Campo

At Mid Coast Medical Clinic, upstairs suite 200.

Procedures available at El Campo Memorial Hospital.

305 Sandy Corner Road, El Campo, Texas 979-543-5510

ECMH DIRECTORY

Important contact numbers

Hospital Main Line	979-543-6251
Account Services	578-5143
Admitting	578-5148
Administration PHONE	578-5250
Administration FAX	979-275-1140
Business Office	578-5145
Cardiac Catheterization Lab	578-5385
Cardiac Rehabilitation	578-5386
Cardiopulmonary	578-5152
Dietary / Cafeteria	578-5160
Discharge Planning	578-5113
Emergency Room	543-6251
Emergency Waiting Room Pay Phone	578-5299
Health Information Management	578-5169
HOSPICE/ Respite Room	578-5115
Insurance / Billing	578-5140
Intensive Care Unit (Nurses Station)	578-5258
ICU/CCU Waiting Room Phone	979-578-5139
Laboratory El Campo	979-578-5185
Laboratory Bay City	361-927-0391
Laboratory Palacios	361-972-2511
Managed Care / Marketing	578-5261
Mid Coast Medical Clinic	543-5510
MRI Services	578-5242
Physical Therapy El Campo	578-5214
Physical Therapy Bay City	979-244-4720
Occupational Therapy	578-5214
Speech Therapy	578-5218
Senior TREK (Senior citizen program)	979-533-2390
Swing Bed / Rehabilitation	578-5115
Therapy Main Line	578-5214
Surgery / Day Surgery	578-5267
Radiology	578-5242
Mid Coast HealthPlex (1602 N. Mechanic)	979-275-1200
Mid Coast WellCare Walk-In Clinic (El Campo 3703 FM 2765 Suite B)	979-543-6251 ext 461
Mid Coast WellCare Walk-In Clinic (El Campo 1602 N. Mechanic)	979-275-1200
Mic Coast WellCare Walk-In Clinic (Louise 408 2nd Street)	979-475-6240
Mid Coast WellCare Walk-In Clinic (Wharton)	979-543-6251 ext 180
Mid Coast WellCare Walk-In Clinic (Blessing)	979-475-6270
Mid Coast WellCare Walk-In Clinic (Bay City)	979-475-6330
Mid Coast Well Care.....	979-543-6251 and asked to be transferred to the El Campo or Wharton Walk-In
Wound Care Receptionist	578-5155
Wound Care Nurse	578-5146



