

Mid Coast Health System

Physicians & Services
www.ecmh.org



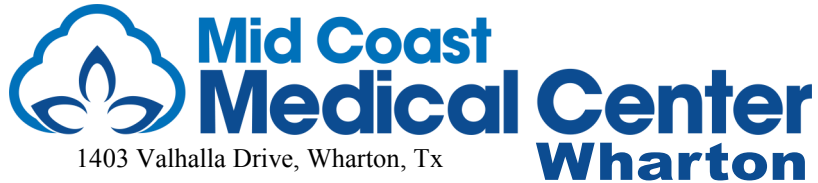
ECMH—303 Sandy Corner Road
El Campo, TX 979-543-6251



MCMC—305 Sandy Corner Road
El Campo, TX 979-543-5510



3 Locations:
3703 FM 2765 Suite B
El Campo, TX
1602 N. Mechanic
El Campo, TX
10358 Hwy 59 #A
Wharton, TX



1403 Valhalla Drive, Wharton, Tx

24-Hour Extended Walk-In Clinic



With El Campo Memorial Hospital

Out-patient Physical - Occupational - Speech Therapy
El Campo - Bay City - Palacios

3 Locations:

El Campo - 1602 North Mechanic
Phone (979)578-5214 Fax (979)401-3242

Bay City - 720 Ave. F North, Suite 3
(Located next to Dr. Liberoni's Office)

Palacios—311 Green Ave
(Located at Palacios Community Medical Center/Hospital)



1602 N. Mechanic
El Campo, Tx

Walk-In Clinic & Therapy Services



El Campo ISD, Louise ISD, WCJC



HOSPITAL: 361-972-2511 - 311 Green Ave, Palacios
CLINIC: 361-972-2000 - 307 Green Ave, Palacios, TX

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CLINIC DOCTORS



PHYSICIAN ASSISTANTS & NURSE PRACTITIONER



Dr. Tom Baccam
Family Physician



Dr. Carlos Duque
Family Physician



Dr. Thai Huynh
Internal Medicine
Physician



Dr. Brooke
Radley Dorotik
Family Physician



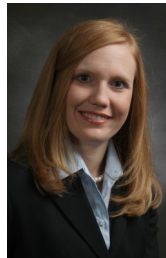
Dr. Gene Burns
Family Practice



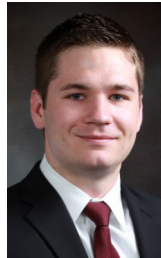
Dr. Paul Lifland
Orthopedic Surgeon
Located at
Mid Coast HealthPlex
979-275-1200
(See page 25 & 46)



Dana Foster
Physician Assistant



Ashley Koudela
MPAS: Physician
Assistant



Clay Zboril
MPAS: Physician
Assistant



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



Dr. Robert Ogdee
MD / GYN
*Well Women
Services*

Scheduled Appointments

Mon.-Thurs. 8:30 a.m.—5 p.m. ~ Friday 8:30 a.m. - 4 p.m.
Saturdays (doors open at 8:00 a.m.) -
Same Day Appointments 9 a.m.-12 noon on Saturdays

Minor Illness Walk-In Clinic

Mon. -Thurs. 7-9 a.m. and 5-6:30 p.m. ~ Friday 7-9:00 a.m.

*Check out El Campo
Memorial Hospital's
Web-site:
www.ecmh.org*

Mid Coast Medical Clinic

“For your family’s primary healthcare needs”

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

979-543-5510

SATURDAY MORNING WALK-IN CLINIC IN EL CAMPO

And More...Early Morning & Late Afternoon

Walk-In Clinic At Mid Coast Medical Clinic

In your busy life, the last thing you want to deal with is an unexpected illness., especially on Saturday Morning. You can consistently rely on Mid Coast Medical Clinic's experienced, caring doctors and staff to provide non-emergency, quality health care in an efficient, timely manner.

Saturday Mornings Doors open 8 a.m.,

Doctor sees patients 9 a.m.-12 Noon.

Just walk-in, no appointment needed.

Walk-n Clinic Also Available: Monday -Thursday Mornings 7-9 a.m.
Monday-Thursday Afternoons 5-6:30 p.m. And Friday Mornings 7-9 a.m.

Sore Throat ~ Flu ~ Fever ~ Cough ~ Pink Eye ~ Ear Ache ~ Vomiting
Cold / Runny Nose ~ Headache ~ Urinary/Bladder Infection ~ Congestion ~ Allergies Rash /
Skin Irritations ~ Infections ~ Strains / Sprains ~ Bug Bites / Stings ~ And More



Mid Coast Medical Clinic

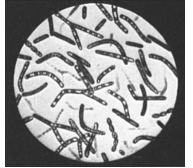
305 Sandy Corner Road

El Campo, Texas 979-543-5510

www.ecmh.org



LABORATORY



Services are available at El Campo Memorial Hospital
and Mid Coast Medical Clinic



The El Campo Memorial Hospital Lab and Mid Coast Medical Clinic Lab perform diagnostic testing procedures that have been ordered by your physician. Our laboratory is staffed and equipped 24/7 to perform a broad range of tests in-house. Various testing procedures are sent to Regional Medical 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 as possible stress to the patient.

Pathology/Lab Services Provided by: BAYLOR COLLEGE OF MEDICINE DEPARTMENT OF PATHOLOGY—Edward Perez, M.D. - 2525 W. Bellfort, Suite 130, Houston, Texas 77054, Phone 713-798-4657, Fax 713-798-7945

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.

El Campo Memorial Hospital

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

Cholesterol, Triglyceride

& Glucose Screening



El Campo Memorial Hospital Lab offers low cost health screenings every other month! *Call for appointment 979-578-5185 (limited space available).* It is recommended that you fast before this testing procedure for a more accurate reading *(Do not eat or drink for 12 hours).* *Appointments will be taken approximately 2 weeks in advance of screening date. Watch for scheduled dates.*

TESTS AVAILABLE	COSTS: ALL PATIENTS
Cholesterol/ Triglyceride	\$5.00
Cholesterol, HDL, LDL & Triglyceride	\$10.00
Cholesterol, HDL, LDL & Triglyceride and Glucose	\$15.00

HOSPICE / RESPITE CARE ROOM



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.

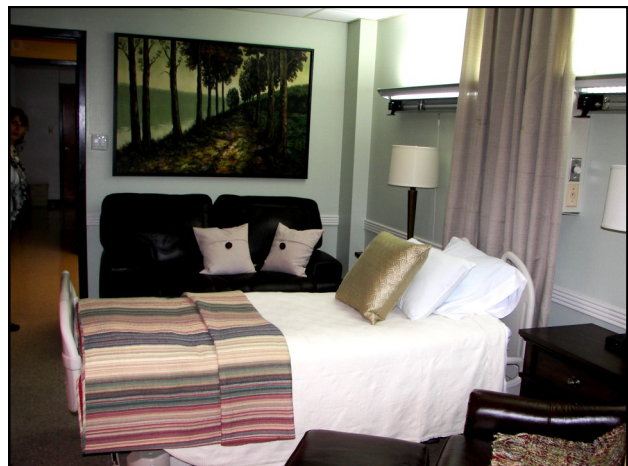
Respite care, is a short-term care given to a patient, so that a family member or friend who is the patient's caregiver can rest or take time off. This type of care was created to allow caregivers time away from caregiving, with the goal being to help the caregivers relieve their stress and at the same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

There are certain criteria that must be met. Patient intake can be arranged by calling 979-578-5116 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.”

El Campo Memorial Hospital

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



WOMEN'S HEALTH



*Well Woman Exams & More
From Our
Medical Professionals
"Well Women Services"*

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

- ⇒ Annual Exams for Women / PAP Tests
- ⇒ Mammograms / Breast Exams
- ⇒ Full Bone Density Testing
- ⇒ Complete Diagnostic Lab Testing
- ⇒ Thyroid Abnormalities
- ⇒ Liver and Kidney Problems
- ⇒ Hormone Issues / Hormone Replacement
- ⇒ Urinary Tract Infections
- ⇒ GARDISIL Vaccines / HPV Virus / Cervical Cancer
- ⇒ Menopause Identification / Treatment
- ⇒ Birth Control
- ⇒ Sexually Transmitted Disease Testing and Treatment
- ⇒ Screening Colonoscopy
- ⇒ Diabetes Testing and Treatment



Dr. Brooke Radley Dorotik
Family Physician

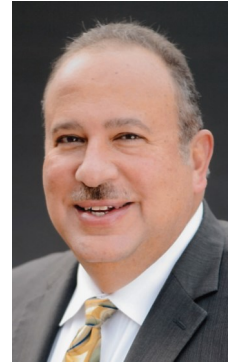
*"Mammogram
is still your
best chance
for early
detection
of breast
cancer."*

*"All women
age 21 and
older should
have yearly
PAP tests."*



Ashley Koudela,
MPAS, PA-C
Physician Assistant Certified

Dr. Robert Ogdee, MD Gynecology



Dr. Robert Ogdee
MD / GYN

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).

*Taking Appointments Now—979-543-5510
At Mid Coast Medical Clinic*

- ⇒ Health Promotion and Wellness
- ⇒ Disease Identification and Management
- ⇒ Weight Management / Consultations
- ⇒ Consultation with young women on women's sexual health issues

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

PEDIATRIC CARE



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 patient from newborn to 18 years old. She has a special interest in breastfeeding and child safety. Prior to becoming a Nurse Practitioner, Riha obtained years of experience as a neonatal intensive-care nurse and also pediatric care 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.

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

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. Mammograms are done with a special type of x-ray machine used only for this purpose. 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. At maximal compression, this is when the technologist activates the xray tube and takes the mammogram picture, and then after this, she releases compression. 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. If the suspicious finding can be seen on the ultrasound machine, then a needle biopsy could be ordered. The needle biopsy is very quick, causes only minor momentary discomfort, and the patient goes home right away. The biopsy usually gives the answer whether the suspicious finding is benign or malignant. If it is malignant, the patient then will proceed to a more complete excisional biopsy of the breast lesion by a surgeon. A patient may choose to have a second opinion before any major surgical procedure is done.

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.

Results reported by the American Cancer Society of the recent compilation of eight randomized clinical trials found 18% fewer deaths from breast cancer among women in their forties who had 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

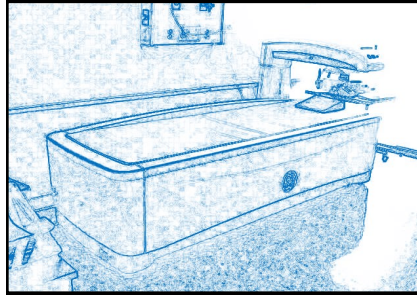
Most breast cancers occur in women over the age of 50; the number of cases is especially high for women over age 60. Breast cancer is relatively uncommon in women under age 40.



**El Campo Memorial Hospital
Radiology Department
979-578-5242
Director: Amy Schoppe**

BONE DENSITY TESTING

*Medicare, Medicaid and
Most Private
Insurance Accepted.
Doctor's referral may be
required for insurance
billing requirements.*



ECMH

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

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.

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

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 preventive 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 preventive 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. In addition, you may want to ask yourself the following questions:

Do I have one or more risk factors for osteoporosis? If yes, then you and your physician may want the additional information a bone density test provides to make decisions about your care.

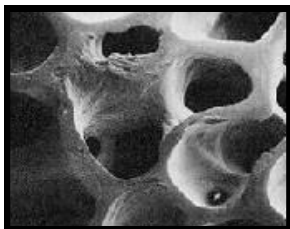
Am I currently taking hormone replacement therapy (HRT)? If yes, then you are already being treated for osteoporosis. A bone density test may be useful in monitoring your response to HRT.

If I had a bone density test, would it make a difference in my decision to accept or reject treatment? If the answer is yes, then a bone density test could be beneficial.

Will my health care plan pay for a bone density test? Coverage of bone density testing may be subject to conditions or limitations. Be sure to check with your individual health plan before being tested.

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.



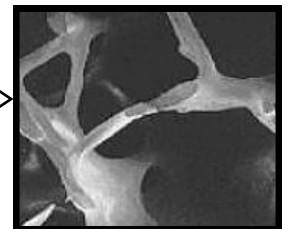
Normal Bone



**Normal bone
is dense and strong.**

Osteoporotic Bone

**Bone with osteoporosis
has thinned out and
become more porous,
making it more
likely to break.**



THERAPY DEPARTMENT

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?

- High 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

NEW LOCATION / 3 LOCATIONS:

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

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

Palacios, Texas
 Palacios, TX
 Palacios Hospital
 311 Green Ave



**Mid Coast
 Rehabilitation**
 With El Campo Memorial Hospital

CARDIAC REHAB

What Is Cardiac Rehab?

Cardiac rehab can help you improve your heart health. 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.



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, quitting 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 Therapy Department to schedule your therapy.
- Bring in your cardiac rehab orders from any doctor.

Please call with any questions to
Phone: (979)578-5214 Fax: (979)578-5219

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

PULMONARY REHAB



**Do you have problems
with COPD,
Shortness of Breath or
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.**

Or 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 STUDIES

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 - is a series of complex behaviors that are initiated during slow wave sleep and result in walking during sleep. If the sleepwalker is having frequent episodes and could injure themselves - - DO NOT DELAY, it's time to seek professional help.

Sleep Terrors/Night Terrors - are characterized by a sudden arousal from slow wave sleep with a piercing scream or cry, accompanied by autonomic and behavioral manifestations of intense fear.

Sleep Bruxism - is a stereotyped movement disorder characterized by grinding or clenching of the teeth during sleep. The disorder has also been identified as nocturnal bruxism, nocturnal tooth-grinding and nocturnal tooth-clenching.

Hypersomnia - is excessive sleepiness. It is an excessively deep or prolonged sleep period. It may be associated with difficulty in awakening. It is believed to be caused by the central nervous system and can be associated with a normal or prolonged major sleep episode and excessive sleepiness consisting of prolonged (1-2 hours) sleep episodes of non-REM sleep.

Nocturnal Seizures - an uncommon manifestation of a seizure disorder, and not much is understood about them. Sleep deprivation usually induces seizures, so an EEG while sleep-deprived makes it easier to see where the problem area is in the brain.

Other Sleep Disorders Also Include:

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

EMERGENCY ROOM



24 Hours Per Day / 7 Days Per 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 Down Payment of \$75 for Hospital Emergency Room
Insurance / Co-Pays Verified & Collected 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.**

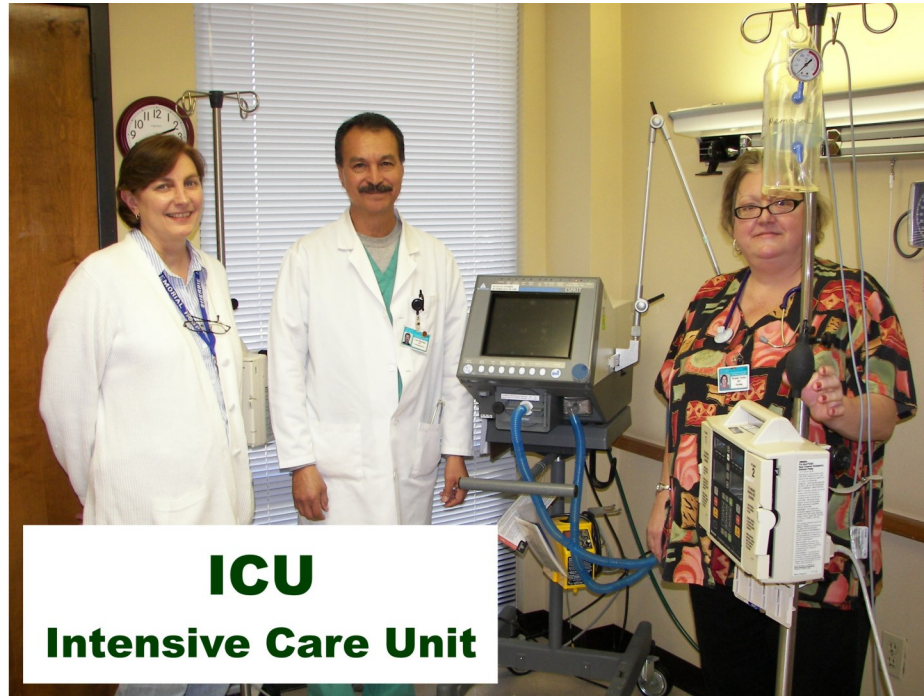
The hospital's Emergency Department is ready 24 hours a day, 7 days a week to handle emergencies. The department is well equipped to treat all types of injuries and illnesses. Emergency health care is crucial to El Campo Memorial Hospital and for those emergencies that require transportation by helicopter 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) 543-5299

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.

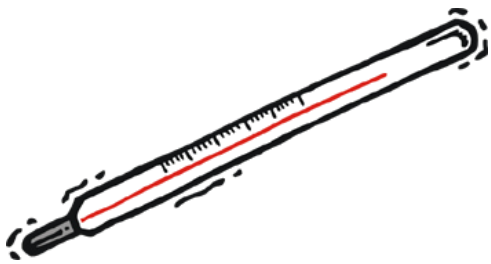
Adjacent to the ICU/CCU Room is the newly decorated waiting area for family and friends. The waiting room has a phone available and family and friends are encouraged to utilize this phone.

EL Campo Memorial Hospital

ICU/CCU Nurses Station Phone: (979) 578-5258
ICU/CCU Waiting Room Phone: (979) 578-5139

MEDICAL SURGICAL FLOOR

General Hospitalization



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

Medication / Indigent / and Charity Program For Patient's In West Whar- ton County

(Eligibility Screening for Medicaid,
Medicare, Food Stamps)



**East Wharton County Patients contact the Brazos
Valley Council of Government—979-575-2800**

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

RESPIRATORY THERAPY



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

Specialized medical care, ranging from diagnostic testing of the heart, lungs and brain 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**



At



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.

IMAGING SERVICES



Digital Mammogram



Ultrasound



CT Scan



X-Ray

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**

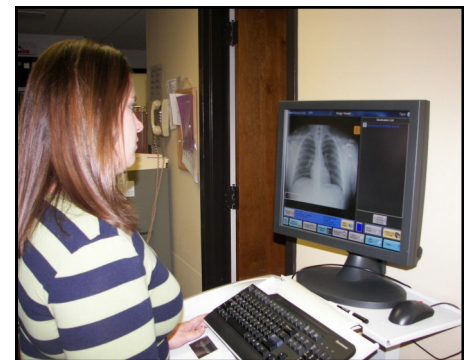
Radiology



MRI



Bone Density



SURGERY SERVICES

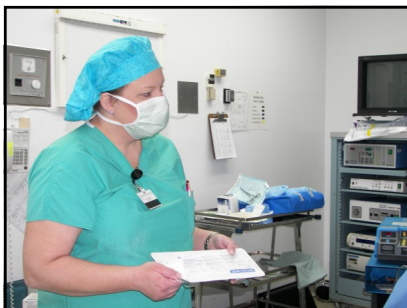
Is Surgery In Your Future?
Choose El Campo Memorial Hospital!

General Surgery
Endoscopy
Orthopedics
ENT
Podiatry
Pain Management
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:**

**ECMH Surgery Department
979-578-5272**



***(Adjacent to Mid Coast Medical Clinic)
307 Sandy Corner Road, Suite A***

***For Appointments with Dr. Alroumoh
979-543-7400 or 713-988-8776***

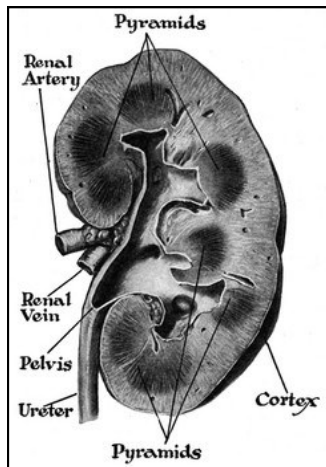
**Manaf Alroumoh, M.D.
Nephrology**

Providing services to patients with chronic kidney disease, hypertension, diabetes, kidney transplants, kidney disorders and end stage renal disease.

We are committed to all patients with kidney failure in providing kidney (renal) replacement therapy of the highest quality with a compassionate and knowledgeable staff in state of the art facilities.

Our emphasis is on public education in the prevention as well as treatment of kidney disease.

We strive to reverse kidney failure and when not possible, to preserve kidney function and the total health of the patient..



- ◆ Consultation for kidney disease
- ◆ Treatment of acute kidney failure
- ◆ Outpatient and inpatient dialysis supervisions and management
- ◆ Peritoneal dialysis training and support
- ◆ The evaluation of patient suitability for kidney transplants.
- ◆ The preparation of patients of kidney transplants.
- ◆ Follow up of patients with kidney transplants.
- ◆ Medical management and prevention of kidney stones.
- ◆ The treatment of severe or complicated hypertension.
- ◆ The treatment of high risk obstetric patients with renal disease.
- ◆ In-hospital consults, follow up care, and intensive care nephrology.
- ◆ Kidney Ultrasound.

**Outpatient Services by appointment.
Medical Care provided at El Campo Memorial Hospital and other area facilities.**

Medicare / Medicaid and Commercial Insurance Accepted

***DaVita
Dialysis Clinic Adjacent to Mid Coast Medical Clinic
307 Sandy Corner Road El Campo, Texas 979-543-8200***

ANESTHESIOLOGY SPECIALIST INTERVENTIONAL PAIN MANAGEMENT



Dr. Johnny White **Anesthesiology** **Specialist** **Interventional** **Pain Management**

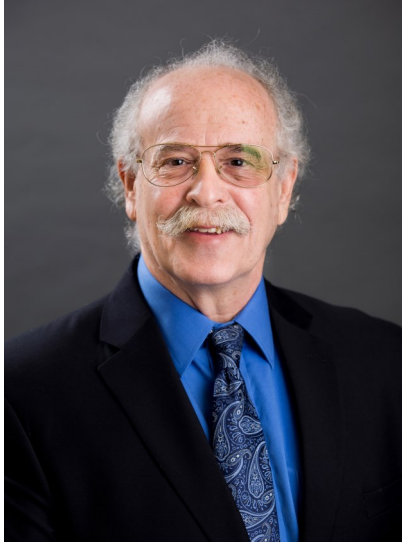
Dr. Johnny L White is an Anesthesiology Specialist that will be providing specialized Interventional Pain Management services at Mid Coast Medical Clinic. He graduated with honors from Duke University School Of Medicine in 1979. Having more than 38 years of diverse experiences, especially in Anesthesiology, Interventional Pain Management, Pain Management, Dr. Johnny L. White affiliates with many hospitals including the following: Cuero Community Hospital; Cumberland Surgical Hospital; Eclipses Surgicare; El Campo Memorial Hospital; Methodist Hospital (MASH); Southwest General Hospital; Swiss Avenue SurgiCenter; and Vista Surgical Hospital.

Appointments: 877-750-1027
Appointments available in El Campo the
2nd and 4th Wednesday each month.



305 Sandy Corner Road, El Campo, Tx

ORTHOPEDICS



Dr. Paul Lifland, MD **Orthopedic Surgeon**

Dr. Paul Lifland will begin seeing patients at Mid Coast Medical Clinic on May 1, 2017. He received his Medical Degree from Far Eastern University and completed his residency in Orthopedic Surgery at The Robert Wood Johnson Medical Foundation at Rutgers University in New Jersey. He has over 25 years of diverse experience in Orthopedic Surgery.

He will be providing general Orthopedic Surgery, Sports Medicine, Orthopedic Trauma procedures, Joint Arthroscopy and Pediatric Orthopedics. His clinical interests include: knee, hand and shoulder injuries; carpal tunnel syndrome and joint replacement.

Dr. Lifland is eager to meet and serve the patients in our community. His hobbies include outdoor activities and he loves fishing!

Appointments Monday—Friday

Phone 979-275-1200

Fax the Doctor's Orders to: 979-401-3475

1602 N. Mechanic, El Campo, Texas 77437
(out in front of Sutherland's Parking Lot)

www.ecmh.org



NEPHROLOGY



**Mid Coast Medical Clinic
Welcomes**

**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

**A FOOT IS NOT JUST A
UNIT OF MEASUREMENT...**



Scott Kobylar, DPM

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

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 Include:

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 Fasciitis— 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

PULMONARY DISORDERS SLEEP DISORDERS



Houston Methodist Pulmonary & Sleep
Medicine Specialists

Dr. Suneesh Nair, MD

Critical Care, Pulmonary Disease

Dr. Priya Oolut, MD

Critical Care, Sleep Medicine,
Pulmonary Disease

*Specializing in treating and managing a wide range
of pulmonary and sleep disorders:*

Pulmonary Disorders and Sleep Disorders

Appointments will be available on the
2nd & 4th Wednesday of each month from 1-5 p.m.

- Asthma
- Chronic Obstructive
- Pulmonary Disorder (COPD)
- Lung Cancer
- Pneumonia
- Sarcoidosis
- Solitary Pulmonary Nodule
- Tuberculosis
- Pleural Effusion
- Lung Abscesses
- Pulmonary Fibrosis
- Pulmonary Hypertension
- Insomnia
- Narcolepsy
- Sleep Apnea
- Restless Leg Syndrome

Call **281-325-0005** for Appointments
(Please request the El Campo Location.)

MID COAST MEDICAL CLINIC

305 Sandy Corner Road, Suite 220, El Campo, TX 77437
979-543-5510 www.ecmh.org

Pulmonary Rehabilitation & Pulmonary Function Testing are available at
El Campo Memorial Hospital (ECMH). Doctor's orders required.
Sleep Studies are also available at ECMH. Call ECMH for more info at 979-543-6251.

RADIOLOGY



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



**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 the newest 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



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



Dr. Makhlouf 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. Makhlouf (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. Makhlouf speaks several languages including English and Spanish.

Dr. Makhlouf 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

**El Campo
Memorial Hospital
is proud to introduce
Priscilla J. Metcalf, MD
Ophthalmologist**

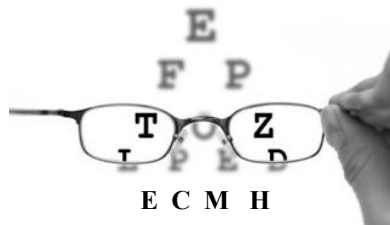


Providing Surgical Services at ECMH

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 know 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

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

Welcome to Medicare Preventative Visit:

How often is it covered?

Medicare Part B (Medical Insurance) covers: A "Welcome to Medicare" preventive 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 preventive 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 preventive services you need. Get details about coverage for screenings, shots, and other preventive 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 preventive services. Get details about coverage for screenings, shots, and other preventive 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" preventive 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 preventive 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



*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

THERAPY SERVICES & WALK-IN CLINIC



More healthcare locations to meet your needs.



New Location To Serve Your THERAPY Needs

We accept any physician's orders for Therapy. You can have your Therapy at any of our locations—El Campo; Bay City or Palacios.

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

Outpatient Physical Therapy / Occupational Therapy / Speech Therapy



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

New Location:

1602 N. Mechanic, El Campo, Tx
(Beside Sutherland's parking lot in El Campo)

Watch For Added Healthcare Services At This Location!



El Campo Memorial Hospital Announces Dr. Nathan P. Nguyen, M.D. As Its Newest Team Member

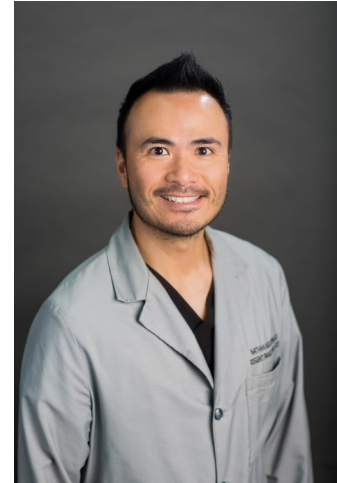
El Campo Memorial Hospital is proud to announce Nathan Nguyen, M.D. as the newest member of the ECMH medical staff as of July 1, 2018. Dr. Nguyen will be the lead physician of the newly formed Mid Coast Medical Center, at his current location, 1403 Valhalla Drive, Wharton, Texas.

Dr. Nguyen brings over 10 years of family medical experience to the medical group. El Campo Memorial Hospital is excited to add Dr. Nguyen, a physician who provides quality care in a patient centered environment.

El Campo Memorial Hospital will be adding further medical services to Dr. Nguyen's present location to meet the health care needs of the Wharton Community. These services include physical, occupational and speech therapy as well as access to physician specialists.

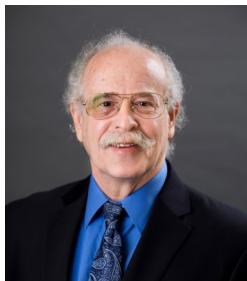
Dr. Nguyen's patients will not see any changes in their health care services. The only change will be a name change and new billing information. Dr. Nguyen will remain contracted with all of his current insurance plans.

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 newly formed Mid Coast Medical Center of Wharton with Dr. Nathan Nguyen leading the way!



Call 532-2000 for appointments
in Wharton with

**Raytoysha
McMillian, FNP-C**
Family Nurse Practitioner
Women's and Children's Health
And sees patients of all ages



Appointments with
Dr. Paul Lifland,
Orthopedic Surgeon
Every Wednesday Afternoon
Call 979-543-5510

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

**1403 Valhalla Drive,
Wharton, Texas**

Also a



**Mid Coast
Medical Center**

WHARTON

OPEN 24 Hours A Day

7 Days a Week!

➔ EXTENDED WALK-IN CLINIC

No appointment needed—just walk in!

Full Diagnostic Lab Available

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, Well Women Exams, 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)

CARDIOLOGY

Coming Soon...July 1, 2019



***Dr. Robin Yue, MD
(Cardiologist)***

**Dr. Yue will be seeing patients at Mid Coast Medical Clinic
305 Sandy Corner Road**

(Adjacent to El Campo Memorial Hospital)

For Appointments **979-543-5510**

Dr. Yue, MD is a practicing Cardiologist (Heart Specialist). Dr. Yue graduated from Zhejiang Medical University in 1985 and has been in practice for 34 years. He completed a residency at Shadyside Hospital.

Mid Coast Medical Clinic
305 Sandy Corner Road , El Campo

CARDIOLOGY



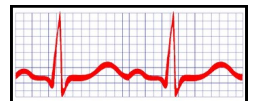
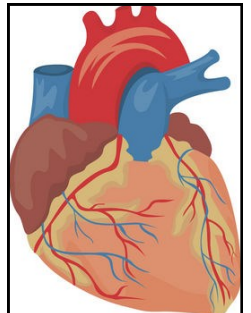
**Toussaint Smith,
M.D. F.A.C.C.
(Cardiologist)**

**Dr. Smith will be seeing patients upstairs at Mid Coast
Medical Clinic (Upstairs) 305 Sandy Corner Road
(Adjacent to El Campo Memorial Hospital)**



For Appointments 281-491-6808
(Be sure and ask for an appointment in the El Campo Office)

Toussaint Smith MD is a graduate of the Massachusetts Institute of Technology and earned his MD from Boston University School of Medicine in Boston, Massachusetts. He completed his internship and residency programs at Brigham and Women's Hospital, a teaching affiliate of the Harvard Medical School in Boston. He also completed his cardiology fellowship at the Brigham and Women's Hospital. During his final year of cardiology training, he completed a fellowship in heart failure and transplantation. Dr. Smith is board certified in cardiovascular diseases, nuclear cardiology, adult echocardiography as well as cardiac computed tomography. He is fully trained in general cardiology and has special training in non-invasive imaging and cardiac failure. He is a Fellow of the American College of Cardiology. Dr. Smith is a member of the Texas Medical Association and Travis County Medical Society. He lives in Sugar Land with his wife Jacqui and their four children.



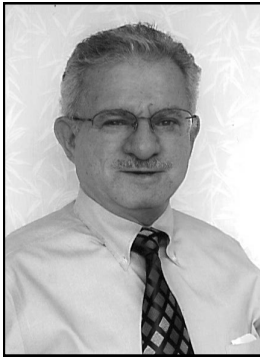
Sugar Land Office Location: Sugar Land Cardiology Associates; 3527 Town Center Blvd. South; Sugar Land, TX 77479; Phone: 281-491-6808



Mid Coast Medical Clinic
305 Sandy Corner Road , El Campo

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

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. On KULP 1390 AM Radio

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 and E-Card

Look for our weekly advertisements
in the El Campo Leader–News and more area papers.

DOT PHYSICALS

Looking For A DOT Physical

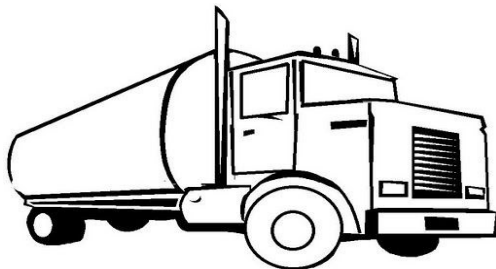
**Licensed Professional in Wharton County?
Or in El Campo?**

Let MCMC Help Keep our Company Drivers Safe!

Choose from Mid Coast Medical Clinic's 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.



(Ashley Koudela, MPAS, PA-C both provide DOT Physicals at Mid Coast Medical Clinic.



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.



Mid Coast Medical Clinic

305 Sandy Corner Road, El Campo, Tx

979-543-5510

www.ecmh.org

PATIENT RIGHTS



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

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 CLINIC



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; Well Women Exams; 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!

Three 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. - Thurs. 8 a.m. - 7 p.m.; Fridays 8 a.m. - 5 p.m.; Sat. & Sun. 8 a.m. - 2 p.m

EL Campo (Newest Location):

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 979-543-251 ext 180

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

Mon. - Thurs. 8 a.m. - 7 p.m.; Fridays 8 a.m. - 5 p.m.; Sat. & Sun. 8 a.m. - 2 p.m.



Mid Coast HealthPlex

New Location To Serve Your THERAPY Needs



Mid Coast Rehabilitation

With El Campo Memorial Hospital

We accept any physician's orders for Therapy. You can have your Therapy at any of our locations—El Campo; Bay City or Palacios.

**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

**midcoast
WellCare**
walk-in clinics 

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



Dr. Paul Lifland, Orthopedic Surgeon
will be relocating to this location starting June 3. Call the
new number below as of June 3:

For appointments call 979-275-1200.

Dr. Lifland Office Fax: 979-401-3475



Mid Coast HealthPlex

New Location:

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

ADVANCED WILDERNESS EXPEDITION PROVIDER TRAVEL CONSULTANT



**Are you heading to the
Smoky Mountains, Mountains
of Colorado or Abroad?
Let us help you prevent problems
or surprises on your next trip.
Vaccine & Prophylactic Medication questions?
We can help!**

Dr. Gene Burns, Family Physician
Completed Certification As An

Advanced Wilderness Expedition Provider
Also, Trained In Travel Consultations

For Those Traveling Aboard for Business or Pleasure



AWEP is a comprehensive certification course designed to prepare health care providers with an extensive background in key topics and practical skills needed to become a competent expedition, wilderness, or search and rescue medical provider. It is also relevant in disaster areas when hospital based care may be lacking. Establish a set of treatment priorities for care of the sick or injured in wilderness settings. Educate participants in basic aspects of improvised care, rescue, and evacuation. Some of these topics include wilderness survival skills, field skills, planning an expedition medical kit, field water disinfection, and “improvisational” medical skills. Educate participants about some of the current recommendations regarding prophylaxis and treatment for so – called “Traveler’s Illnesses”.

- Safely lifting and moving patients
- Evacuation techniques
- Improvised traction splints
- Moving a person with a suspected fractures
- Scene management
- Treatment priorities
- Improvised evacuation techniques
- Fracture diagnosis, immobilization and transfers
- Stabilization of injured or ill patients including treatment priorities



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

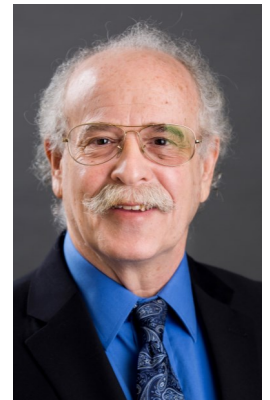
APPOINTMENTS IN BAY CITY



Dr. Robert Ogdee

Appointments
Available
On Tuesdays

Introducing
Dr. Robert Ogdee, Gynecologist and
Dr. Paul Lifland, Orthopedic Surgeon
Providing Appointments at the
MEDICAL ARTS CLINIC
1120 Avenue G, Bay City, TX 77414



Dr. Paul Lifland
Orthopedic Surgeon

Appointments
Available
On Tuesdays

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 El Campo Memorial Hospital.

Dr. Ogdee will be providing well women care at the Medical Arts Clinic 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.

Dr. Paul Lifland will now see patients at the Medical Arts Clinic in Bay City. He also sees patients at Dr. Marconi's office in Wharton, at the Palacios Community Medical Clinic and at Mid Coast Medical Clinic in El Campo.

He received his Medical Degree from Far Eastern University and completed his residency in Orthopedic Surgery at The Robert Wood Johnson Medical Foundation at Rutgers University in New Jersey. He has over 25 years of diverse experience in Orthopedic Surgery.

He will be providing general Orthopedic Surgery, Sports Medicine, Orthopedic Trauma procedures, Joint Arthroscopy and Pediatric Orthopedics. His clinical interests include: knee, hand and shoulder injuries; carpal tunnel syndrome and joint replacement.

Dr. Lifland is eager to meet and serve the patients in our community. His hobbies include outdoor activities and he loves fishing!

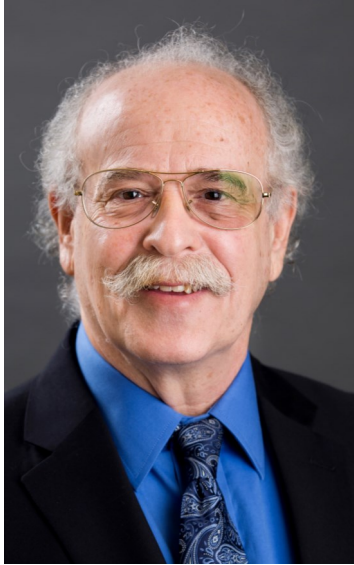
Call 979-543-5510 for an appointment.

**Ask for your appointment at
The Medical Arts Clinic in Bay City.**

**MCMC Location:
305 Sandy Corner Rd., El Campo**



APPOINTMENTS IN PALACIOS



Dr. Paul Lifland
Orthopedic Surgeon

Appointments
available on Tuesdays.

Introducing
Dr. Paul Lifland, Orthopedic Surgeon

Providing Appointments at Palacios Community Medical Clinic

1519 4th Street
Palacios, Texas



Mid Coast Medical Clinic Introduces Dr. Paul Lifland, Orthopedic Surgeon

Dr. Paul Lifland will now see patients at the Palacios Medical Clinic. Patient need to call Mid Coast Medical Clinic at 979-543-5510 and ask for an appointment at the Palacios location. He also sees patients at Dr. Marconi's office in Wharton, the Medical Arts Clinic in Bay City and at Mid Coast Medical Clinic in El Campo.

He received his Medical Degree from Far Eastern University and completed his residency in Orthopedic Surgery at The Robert Wood Johnson Medical Foundation at Rutgers University in New Jersey. He has over 25 years of diverse experience in Orthopedic Surgery.

He will be providing general Orthopedic Surgery, Sports Medicine, Orthopedic Trauma procedures, Joint Arthroscopy and Pediatric Orthopedics. His clinical interests include: knee, hand and shoulder injuries; carpal tunnel syndrome and joint replacement.

Dr. Lifland is eager to meet and serve the patients in our community. His hobbies include outdoor activities and he loves fishing!

Call 979-543-5510 for an appointment.

Ask for your appointment at
Palacios Medical Clinic in Palacios.

MCMC Location:

305 Sandy Corner Rd., El Campo



APPOINTMENTS IN PALACIOS

FAMILY PHYSICIANS AND PHYSICIAN ASSISTANTS AVAILABLE



Alexis Martinez, Family Nurse Practitioner
Alexis is a Family Nurse Practitioner, 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.



Brooke Dorotik, MD, 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 two children.



Thai Huynh, MD, 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, PA.



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.

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 & HYPERBARIC THERAPY



Wound Care & Hyperbaric 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 physicians 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, which is staffed by wound-certified physicians with years of experience treating all types of chronic wounds. Our comprehensive wound care team includes physicians, nurses, technologists, diabetic educators, and clinical dietitians.

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

El Campo Memorial Hospital now provides physicians and patients with even more advanced treatment for healing wounds through its hyperbaric oxygen therapy chamber (coming soon) located on the campus. Hyperbaric oxygen therapy is administered to patients in a comfortable, spacious chamber pressurized with 100% pure oxygen. The oxygen rich environment allows the body's natural wound-healing mechanisms to function more effectively, dramatically speeding up the healing process of chronic wounds.



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



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

Presents

Senior TREK

(Travel, Recreation, Entertainment, Knowledge)

Active adults and Senior Citizen's 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 2017—Sept 2018).

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.



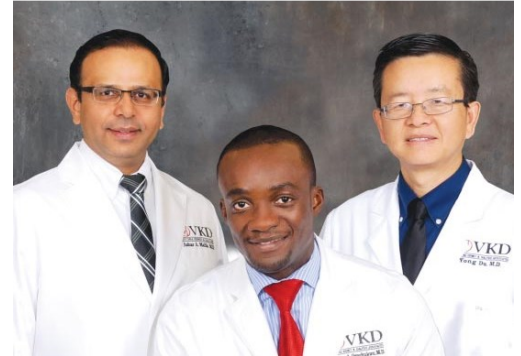
Carol Wootton

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



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

Victoria Kidney & Dialysis Associates
will begin seeing patients at

Mid Coast Medical Clinic in El Campo.

Appointments available monthly on the first and third Tuesday morning
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 77437 979-543-5510

GASTROENTEROLOGIST

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

Hospital Main Line	543-6251
Account Services	578-5143
Admitting	578-5148
Administration PHONE.....	578-5250
Administration FAX	979-275-1140
Business Office	578-5145
Cardiac Rehabilitation	578-5214
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	578-5144 or 578-5145
Intensive Care Unit (Nurses Station)	578-5258
ICU/CCU Waiting Room Phone	979-578-5139
Laboratory	578-5185
Managed Care / Marketing	578-5261
Mid Coast Medical Clinic	543-5510
MRI Services	578-5242
Physical Therapy	578-5214
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	543-5267
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
Mid Coast WellCare Walk-In Clinic (Wharton).....	979-543-6251 ext 180
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



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



305 Sandy Corner Road
El Campo, Texas 77437
979-543-5510



Two Locations:
3703 FM 2765 Suite B - El Campo, TX
(Located in the strip center across from
the EC Civic Center)
and
10358 Hwy 59 #A —Wharton, TX
(Located in the Wharton Wal-Mart
Parking Lot Area)



24 Hour Extended Walk-In Clinic and Family Medical Center
For Appointments with Dr. Nathan Nguyen 979-532-2000
After Hours Phone: 979-488-2710
1403 Valhalla Drive, Wharton, Texas

