



DR. BACCAM



DR. DUQUE



DR. HUYNH



DR. DOROTIK



DR. OGDEE



DR. LIFLAND

# El Campo Memorial Hospital And Mid Coast Medical Clinic

## Physicians and Services

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

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

*Check out our website for more information and current and up-to-date job postings!*

[www.ecmh.org](http://www.ecmh.org)

### Coming Soon ...

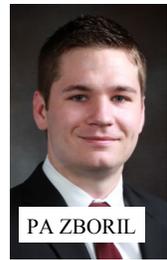
**Dr. Gene Burns, MD**  
(Family Practice Physician  
coming soon to MCMC!)



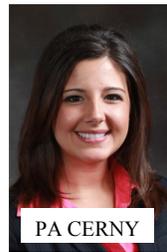
PA FOSTER



PA KOUDELA



PA ZBORIL



PA CERNY



PA Enright



**El Campo**  
Memorial Hospital



## Table of Contents

Mid Coast Medical Clinic “Do You Need A Doctor” .....	3
Mid Coast Medical Clinic Physician and Surgeons .....	4
Laboratory Services and Health Screenings .....	5
Hospice/Respite Room .....	6
Walk In Clinic .....	7
Well Women Services, Well Woman Exams .....	8
Mammograms .....	9
Bone Density.....	10
Therapy Department (Physical, Occupational, Speech).....	11
Pelvic Floor—Physical Therapy .....	12
Sleep Studies.....	13
Emergency Room.....	14
Intensive Care Unit / Critical Care Unit.....	15
Medical Surgical Floor / General Hospitalization .....	16
Medication / Indigent / Charity Program .....	17
Cardiopulmonary / Respiratory Therapy .....	18
Dietary / Public Cafeteria.....	19
Imaging Services (X-Ray, Mammograms, CT Scan, MRI, Ultrasound, Bone Density) .....	20
Surgery Department .....	21
Dialysis: El Campo Dialysis and Kidney Center: Dr. Manaf Alroumoh .....	22
Anesthesiology Specialist / Interventional Pain Management - Dr. Johnny L White .....	23
Orthopedic Surgeon, Dr. Paul Lifland .....	24
Nephrologist & Critical Care Dr. Faisal Khan.....	25
Specialty Doctors at Mid Coast Medical Clinic.....	26
Ear, Nose and Throat: Dr. P.P. Raju .....	27
Foot Problems: Dr. Scott Kobylar (Podiatrist).....	28
Dr. Suneesh Nair, MD - Critical Care, Pulmonary Disease &	
Dr. Priya Oolut, MD - Critical Care, Sleep Medicine, Pulmonary Disease.....	29
Radiologist Services.....	30
General Surgery: Dr. Jerry D. Young .....	31
Urologist: Tony Makhlof, MD, .....	32
Anesthesiology, Pain Management: Dr. P.K. “Bobby” Wadera.....	33
Hematology and Cancer Institute: Dr. Irfan Jawed.....	34
Dr. Mark D’Andrea—Radiation Oncologist.....	35
Allergies: Victoria Allergy & Asthma Clinic .....	36
Ophthalmology: Dr. Michael Caplan.....	37
Cardiothoracic and Vascular Surgeon—Dr. Luis Echeverri.....	38
Swing Bed Program .....	39
Medical Discount Card at Mid Coast Medical Clinic .....	40
Cardiologist: Toussaint Smith, M.D. F.A.C.C.....	41
Orthopaedic—Dr. Stephen J. Ringel, M.D. ....	42
Anisa Longoria Vasquez, LMSW —Social Worker.....	43
ECMH Publicity.....	44
DOT Physicals .....	45
Wellness Exam / Care Coordinator .....	46
Patient Rights /Transfers.....	47
Notes .....	48
Notes .....	49
Directory .....	50

# CLINIC DOCTORS & PHYSICIAN ASSISTANTS



Dr. Tom Baccam  
Family Physician



Dr. Carlos Duque  
Family Physician



Dr. Thai Huynh  
Internal Medicine  
Physician



Dr. Brooke  
Radley Dorotik  
Family Physician



Dr. Paul  
Lifland  
Orthopedic Surgeon



Dr. Robert Ogdee  
MD / GYN  
*Coming in  
June 2017!*



Dana Foster  
Physician Assistant



Ashley Koudela  
MPAS: Physician  
Assistant



Clay Zboril  
MPAS: Physician  
Assistant



Kayla Cerny  
MPAS: Physician  
Assistant



Kathy Enright  
Physician Assistant

## 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](http://www.ecmh.org)*

## Mid Coast Medical Clinic

*“For your family’s primary healthcare needs”*

305 Sandy Corner Rd. - El Campo [www.ecmh.org](http://www.ecmh.org)

**979-543-5510**



Dr. Tom Baccam  
Family Physician



Dr. Carlos Duque  
Family Physician



Dr. Brooke Radley Dorotik  
Family Physician



Dr. Thai Huynh  
Internal Medicine Physician

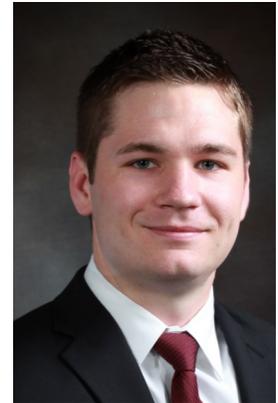


Dana Foster  
Physician Assistant

**Our Team Of Professionals  
Provide Quality Healthcare  
To You And Your Family!!**

**Mid Coast Medical Clinic**  
*305 Sandy Corner Road - El Campo, Texas*  
**979-543-5510**

**COMING SOON!**  
**Dr. Faisal Khan, MD**  
**Nephrologist / Critical Care**



Clay Zboril, MPAS,  
Physician Assistant



Ashley Koudela, MPAS,  
Physician Assistant



Dr. Paul Lifland  
Orthopedic Surgeon



Robert Ogdee, MD, GYN  
Providing Well Women  
Services at MCMC!  
Coming in June 2017!



Kayla Cerny, MPAS,  
Physician Assistant



Kathy Enright  
Physician Assistant

**Surgical Services At ECMH**

**Jerry D.  
Young, D.O.**  
**-General Surgery**  
**For Appointments**  
**979-241-6186**





# 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



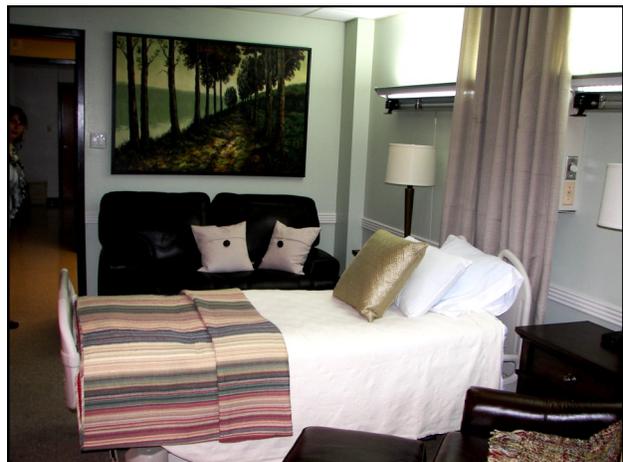
There may come a time during the course of your family member's illness that you as a caregiver need some time away from the duties and stresses of care giving. Caregiver stress can lead to physical and emotional problems that can interfere with your ability to provide care. The ECMH Hospice/ Respite 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 contacting Stacey Silvas at 979-578-5113 or the main hospital line at 979-543-6251 and ask for Stacey Silvas. 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 me to discuss your options in utilizing this room which can provide a homey atmosphere, with compassionate care and professional staff, “ ended Silvas.

**El Campo  
Memorial  
Hospital**  
**303 Sandy Corner Road**  
**979-543-6251**  
**[www.ecmh.org](http://www.ecmh.org)**



# **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](http://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. 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).

**Coming in June 2017!**

**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



Dr. Brooke Radley Dorotik  
Family Physician

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



Kayla Cerny,  
MPAS, PA-C  
Physician Assistant Certified



Ashley Koudela,  
MPAS, PA-C  
Physician Assistant Certified

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



Kathy Enright  
Physician Assistant

**Mid Coast Medical Clinic  
305 Sandy Corner Road  
El Campo, Texas 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.

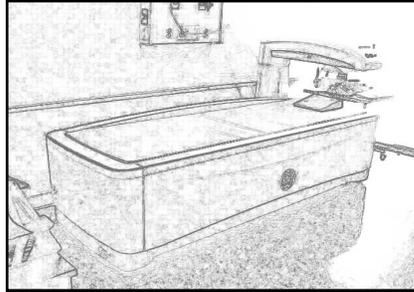


**El Campo Memorial Hospital**  
**Radiology Department**  
**979-578-5242**  
**“Softer MammoPad Provider”**



# 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.

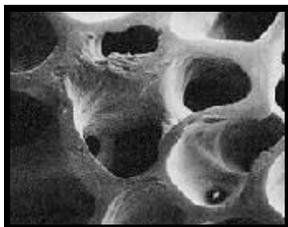
Am I currently taking hormone replacement therapy (HRT)? If yes, then you are already being treated for osteoporosis. A bone density test may be useful in monitoring your response to HRT.

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.



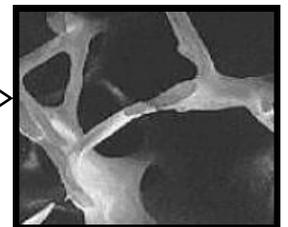
**Normal Bone**



**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 THERAPY



**El Campo Memorial Hospital**  
303 Sandy Corner Road El Campo, Tx 77437  
**979-578-5214**

Physical therapy has a special role in helping people regain or improve their maximum level of function. Many physicians find therapy to be an important part of your medical treatment. We specialize in treatments for all ages, from infants to geriatrics.

**Our department has a wide scope of expertise including:**

- ◆ Acute/chronic pain syndromes
- ◆ Neck/back pain
- ◆ Muscle spasms
- ◆ General weakness
- ◆ Sports injuries

- ◆ Joint sprains/strains
- ◆ Balance problems
- ◆ Vertigo (dizziness)
- ◆ Ambulation problems
- ◆ Soft tissue injury
- ◆ Joint contracture
- ◆ Edema/swelling disorders

- ◆ Wound care
- ◆ Burns
- ◆ Stroke
- ◆ Parkinson's disease
- ◆ Amputation
- ◆ Total joint replacement
- ◆ School based therapy

- ◆ Wellness programs for:
  - ⇒ Diabetes
  - ⇒ High cholesterol
  - ⇒ Osteoporosis
  - ⇒ Osteoarthritis
  - ⇒ Strength/endurance

## OCCUPATIONAL THERAPY



Occupational therapy practitioners work with people of all ages who, because of physical, developmental, social, or emotional disabilities or deformities, require specialized assistance to lead independent, productive, and satisfying lives.

**ECMH occupational therapy staff offers:**

- ◆ Customized treatment programs aimed at improving abilities to carry out functional activities.
- ◆ Evaluations of home and/or job environments and recommendations on necessary adaptations.
- ◆ Assessments and treatment for work performance skills.
- ◆ Recommendations and training in the use of adaptive equipment to assist with loss of function.

**Services include:**

- ◆ Inpatient acute care; Outpatient therapy; Long term care

**The following individuals benefit from occupational therapy services:**

- ◆ People with strains, tears, broken bones, or post surgical; People who suffer from stroke, heart attack, head injury, falls, or accidents; People with work related injuries; People with physical or mental disabilities; Children with learning or developmental disabilities; People with fine motor manipulation and coordination difficulty or hand injuries; People requiring job specific evaluations and treatment programs; and People requiring ergonomic evaluations.

## SPEECH THERAPY



Communication is an essential part of everyday life. It increases an individual's independence and self esteem. A major goal of speech therapy is to improve a person's ability to communicate, so they can successfully function in everyday activities. Speech Therapy addresses speech, language, cognitive, and swallowing difficulty in the pediatric through geriatric population.

**Speech/Language:** Speech/language evaluation; Developmental language deficits; Articulation disorders; Fluency (stuttering); Voice problems (chronic hoarseness, nasality, breathiness); Dysarthria (oral muscle weakness/slurred speech); Apraxia (oral/verbal motor programming problem); Aphasia (neurologically based language deficit)

**Cognitive :** Cognitive evaluation; Memory deficits; Problem solving deficits; Organizational difficulties; Safety awareness; Orientation (person, place, time, situation); Processing problems

**Swallowing:** Bedside swallow evaluation; Modified barium swallow study; Swallow therapy; Swallowing strategies/precautions; and Determination of appropriate diet.

# PELVIC FLOOR

## ECMH Pelvic Floor Physical Therapy

### What Is It?

Physical therapy that specializes in the treatment of the pelvic floor

### What Can We Treat?

Urinary or Fecal Incontinence

Urinary or Fecal Urgency/Frequency

Prolapse (most beneficial for POP Stage 1-2)

Pelvic Pain

Constipation

Please note we cannot treat patients with an active infection.

### Candice Bruton, PT DPT Training:

7 week PF clinical at Sullivan PT in Austin, Texas

3 week PF clinical at Hendrick in Abilene, Texas

Certified in Pelvic Floor Level 1: Urinary Incontinence/Urgency and Prolapse

### Individualized Treatments:

Evaluation with an external and internal assessment, however a patient can be treated with an external assessment alone

Education

Pelvic floor muscle surface EMG training

Manual therapy techniques

Relaxation techniques

Individualized HEP

### Expected Outcomes:

Improved Bowel and Bladder Control

Decrease Pain

Decrease "Heaviness"

**Please call with any questions to**

**Candice Bruton, PT, DPT**

**Phone: (979)578-5214**

**Fax: (979)578-5219**

**El Campo Memorial Hospital**

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

# 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.

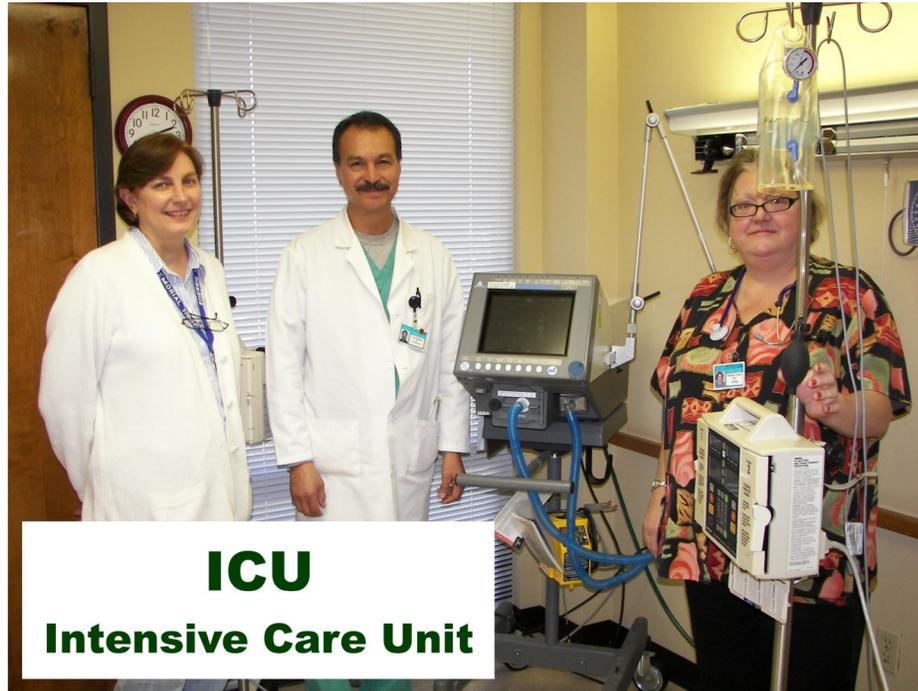
Emergency Room Pay Phone:      (979) 543-5299

---

**El Campo Memorial Hospital**

303 Sandy Corner Road      El Campo, Texas      979-543-6251      [www.ecmh.org](http://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.

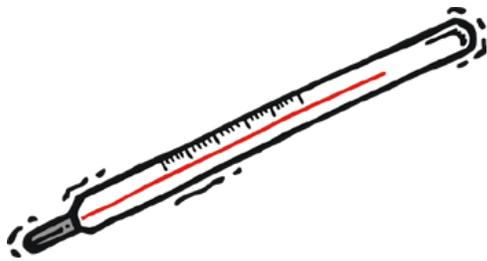
Adjacent to the ICU/CCU Room is the newly decorated waiting area for family and friends. The waiting room has a phone available and family and friends are encouraged to utilize this phone.

### **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.

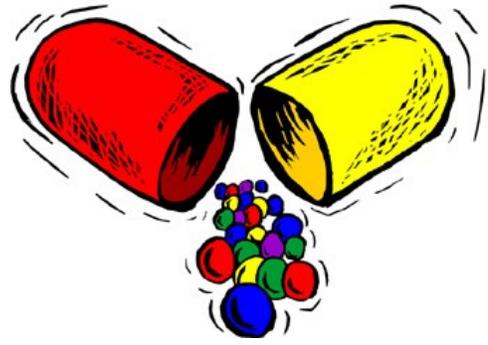
At El Campo Memorial Hospital, the Physician Assistants, the registered nurses, licensed vocational nurses and certified nursing assistants strive to ensure that our patients receive excellent care. Respiratory therapists work with patients who have lung conditions or need supplemental oxygen. Physical, 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 Wharton 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 hospitalization, physician visits and medications. Eligibility based on financial guidelines.

## **Charity Program:**

A program that offers patient assistance for hospitalization and physician visits. 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, Wednesday and Fridays - 8:00 a.m. – 11:00 a.m. and 1:00 p.m. – 4:00 p.m.  
Tuesday and Thursday 8:00 a.m. – 12:00 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 Day Surgery Area.**

### **El Campo Memorial Hospital**

**303 Sandy Corner Road, El Campo**

**979-543-6251**

### **Mid Coast Medical Clinic**

**305 Sandy Corner Road, El Campo**

**979-543-5510**

# 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  **El Campo**  
Memorial Hospital

**Breakfast**  
7:30 a.m. - 9:00 a.m.

**Lunch**  
11:15 a.m. - 1:00p.m.  
979-578-5160

**Call if any questions  
or special requests**



## **Featuring Chef Karl Rosenbusch**

**“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**

# El Campo Dialysis and Kidney Center

Now.... **DaVita**

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

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

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

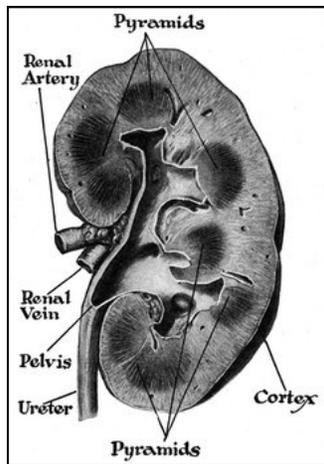
*We are committed to all patients with kidney failure in providing kidney (renal) replacement therapy of the highest quality with a compassionate and knowledgeable staff in state of the art facilities.*

*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.*



Manaf Alroumoh, M.D.  
*Nephrology*



- ◆ 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.



***Medicare / Medicaid and Commercial Insurance Accepted***

***DaVita - El Campo Dialysis and Kidney Center***

***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**

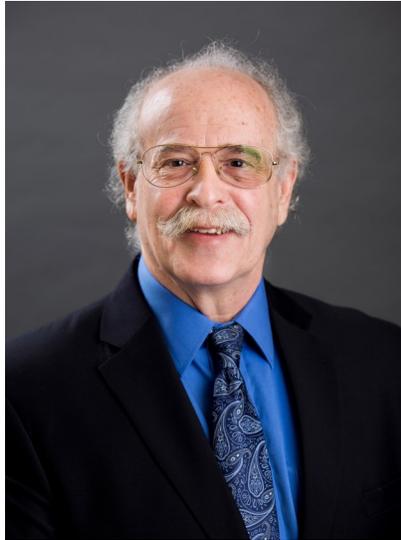
Dr. Johnny L White is an Anesthesiology Specialist that will be providing specialized Interventional Pain Management services at Mid Coast Medical Clinic. He graduated with honors from Duke University School Of Medicine in 1979. Having more than 38 years of diverse experiences, especially in Anesthesiology, 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



**Mid Coast Medical Clinic**

**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**

**979-543-5510**

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

[www.ecmh.org](http://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](http://www.ecmh.org)**

# Specialized Services At ECMH

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

Ask for Appointments at the El Campo Location—Mid Coast Medical Clinic

*\*Physicians located upstairs at Mid Coast Medical Clinic*



**\*General Surgery**  
**Jerry D. Young, D.O.**  
979-241-6186  
In El Campo Tues. & Fri. 2 -4 p.m.



**\*Cardiothoracic and Vascular Surgeon**  
**Luis Echeverri, MD**  
Board Certified  
(713) 776-0655



**\*Cardiologist**  
**Toussaint Smith**  
Board Certified Cardiologist  
(281) 491-6808



**Nephrology**  
**Dr. Faisal Khan**  
*(Kidney Specialist & Critical Care)*  
(361) 582-7999  
Board Certified

Located upstairs at Mid Coast Medical Clinic. El Campo appts. Available 1st & 3rd Monday of each month.



**\*Anesthesiology / Pain Management**  
**P.K. Bobby Wadera, MD.**  
Board Certified  
281-265-0774



**Anesthesiology Specialist**  
**Interventional Pain Management**  
**Dr. Johnny White**  
877-750-1027



**\*Ear/Nose/Throat**  
**P.P. Raju, M.D.**  
Board Certified  
**Surgical Procedures**  
Available At ECMH  
979-241-6116



**\*Dr. Suneesh Nair, MD**  
Critical Care, Pulmonary Disease  
And  
**Dr. Priya Oolut, MD**  
Critical Care, Sleep Medicine,  
Pulmonary Disease  
Call 281-325-0005  
Appointments available  
at Mid Coast Medical Clinic.  
Pulmonary Rehab at ECMH!



**\*Ophthalmology**  
**Michael Caplan, M.D.**  
Board Certified  
979-543-6821 - 713-526-1600  
800-899-2020



**\*Podiatry**  
**Scott R. Kobylar, D.P.M.**  
Board Certified  
979-578-5228 El Campo  
979-245-9500



**Nephrology**  
*(Kidney Specialist)*  
**Manaf Alroumoh, MD**  
979-543-7400  
713-988-8776  
Dialysis Center 979-543-8200  
Located at  
El Campo Dialysis and Kidney Center



**\*Orthopedic Surgeon**  
**Paul Lifland, MD**  
(979) 543-5510  
Mid Coast Medical Clinic  
Procedures at El Campo  
Memorial Hospital  
Appointments daily!



**\*Urologist**  
**Tony Makhoulouf, MD,**  
Board Certified Urologist  
(713) 273-5845  
Every Wednesday



**Orthopedic Surgeon**  
**Dr. Stephen J. Ringel, M.D.**  
Orthopaedic  
Appointments on Mondays 1-5 p.m.  
Call 979-282-2786 For Appointments  
(Request the El Campo Location)



**Radiation Oncologist**  
**Dr. Mark D'Andrea**  
Board Certified  
713-474-1414  
Located upstairs at MCMC

**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

**Hematologist / Oncologist**

**Dr. Irfan Jawed, M.D.**  
832-879-2942 phone  
832-962-4937 fax  
Friday Mornings at Mid Coast Medical Clinic

**VICTORIA ALLERGY  
AND ASTHMA CLINIC**

Appointments in El Campo  
**800-392-5797**

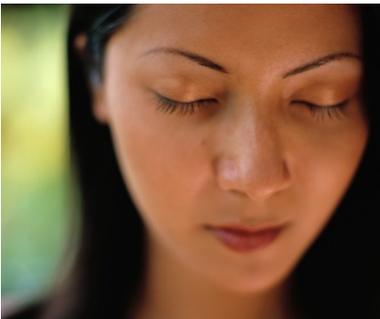
**Radiology Services Provided by  
West Houston Radiology Associates**

# EAR NOSE THROAT



**We perform complete diagnostic evaluations to determine the cause and extent of ENT problems**

- Tonsillectomy with Coblation
- Micro Laser Surgery In The Office
- Nasal Polyps
- Nasal Endoscopy—Sinus Surgery
- Laser Surgery on Hemangioma and Port Wine Tumors
- Bell's Palsy
- Tinnitus
- Sinusitis
- Ear Ache
- Hoarseness
- Nosebleeds
- Snoring Disorders
- Tonsils & Adenoids
- Swallowing Disorders
- Dizziness & Motion Sickness / Balance
- Vocal Cords Problems / Voice Issues
- Diagnosis and staging of cancers
- Evaluation of speech and language
- Assess structural problems related to the sinuses
- Comprehensive hearing tests for adults and children, including newborns
- And More



## Dr. P. P. Raju

Board Certified E.N.T.



*Call and Request Your Appointments in El Campo.  
Upstairs at Mid Coast Medical Clinic.*

**979-241-6116**

*600 Hospital Circle, Suite 201. Bay City*

**Request Appointments at Mid Coast Medical Clinic**

**305 Sandy Corner Road, El Campo**

**Request Surgical Procedures At El Campo Memorial Hospital**

# PODIATRY

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

YOUR FEET ARE AN IMPORTANT PART OF YOUR HEALTH, SO TAKE GOOD CARE OF



## 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](http://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**

# General Surgeon

**Jerry D. Young, D.O.**  
*General Surgeon*



Laparoscopic Cholecystectomy (Gallbladder Surgery)  
Laparoscopic Appendectomy ~ Colon and Rectal Surgery  
Colonoscopy and EGD ~ Laparoscopic Hernia Repair  
Skin Lesions and Masses ~ Mediport Placement for Chemotherapy  
Breast Biopsy ~ Breast Cancer Surgery (Mastectomy)  
Above Knee Amputation ~ Wound Debridement



**Dr. Young will see patients every  
Tuesday and Friday afternoons  
2 p.m. to 4 p.m.  
at Mid Coast Medical Clinic  
in El Campo**

Other locations: Bay City and Sweeny

Bay City Location: 600 Hospital Circle, Suite 201,  
Bay City, Texas

**For Appointments Call 979-241-6186**

**Ask for an appointment at the El Campo location  
at Mid Coast Medical Clinic—Upstairs**

*Surgical Procedures Provided At...*

**El Campo Memorial Hospital**  
303 Sandy Corner Road, El Campo, Texas  
979-543-6251      [www.ecmh.org](http://www.ecmh.org)

# 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**

# ANESTHESIOLOGY & PAIN MANAGEMENT CLINIC



**P.K. "Bobby"  
Wadera, MD.**  
*Anesthesiologist  
Board Certified*



- ⇒ Pain Management is a medical specialty.
- ⇒ Dr. Wadera can help you manage your chronic pain.
- ⇒ Learn how specialized pain treatment works.
- ⇒ Learn about a comprehensive service with a broad variety of treatment methods.

**SPECIALIZING IN:**

⇒ Pain Management

⇒ Neck Pain

⇒ Back Pain

⇒ Medication Management

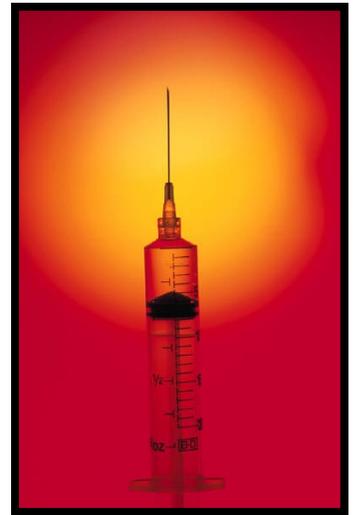
⇒ Epidural Steroid Injections

⇒ Facet Joint Injections

⇒ Fibromyalgia

⇒ Botox Injections

⇒ Reflex Sympathetic Dystrophy



*Dr. Wadera, Board Certified Anesthesiologist is providing  
Services at El Campo Memorial Hospital*

**For Appointments:**

**281-265-0774**

**El Campo Memorial Hospital**

303 Sandy Corner Road - El Campo 979-543-6251 [www.ecmh.org](http://www.ecmh.org)

# ONCOLOGY - HEMATOLOGY



**Irfan Jawed, M.D.**  
Consultant Oncology / Hematology

## **Medical Oncology**

Our physicians are specialists in the field of cancer. They specialize in specific types of cancer such as breast cancer, lung cancer, prostate cancer, leukemia, lymphoma, osteosarcomas, head and neck, etc. Treatment options include chemotherapy, biological agents, immunotherapy and targeted therapy.

## **Hematology**

As Hematologists, our doctors are able to treat many types of blood disorders such as Anemia, Polycythemia, DVT, Hepatitis, etc. Treatment options include iron infusion therapy and other infusion therapies.

## **Diagnostic Testing**

Tests and procedures we perform in the office include Complete Blood Count (CBC) blood testing and Bone Marrow Aspiration and Biopsies.

We also draw various other types of blood work that is sent out to a lab.

**For Appointments and Consultations**  
**Call (832) 879-2942 ph. or 832-962-4937 fax**

**Friday Morning Appointments available at**  
**Mid Coast Medical Clinic upstairs**

# RADIATION ONCOLOGY



## **Dr. Mark D'Andrea Award Winning Radiation Oncologist**

Dr. Mark D'Andrea is a board certified radiation oncologist providing services in Houston and surrounding areas such as Brenham, Huntsville and Pasadena, Texas. He will now be providing services in El Campo at Mid Coast Medical Clinic. He received his medical degree from Ponce School of Medicine and has been in practice for more than 32 years. He specializes in Radiation Oncology in the areas of Breast Cancer, Central Nervous System Cancer, Gastrointestinal Cancer, and Gynecologic Cancer.

Dr. D'Andrea was credited in the Journal of "Clinical Gerontology & Geriatrics" for his expertise on symptoms, adverse health effects and illness due to benzene exposure to patients following a flare disaster in Texas City.

He also speaks multiple languages, including Spanish and is affiliated with multiple hospitals and treatment facilities such as University Cancer Centers.

**Appointments: 713-474-1414**

**Appointments available in El Campo on Friday mornings  
at Mid Coast Medical Clinic.**

**305 Sandy Corner Road, El Campo, Tx  
[www.ecmh.org](http://www.ecmh.org)**

# 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

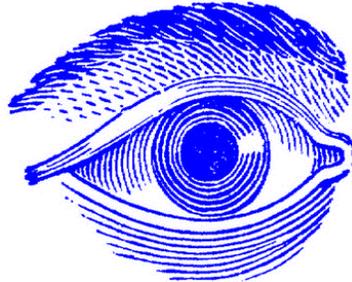
El Campo, Texas

**For Appointments Call**

**800-392-5797**



# OPHTHALMOLOGY



## CATARACT & LASER EYE SURGERY

Michael Caplan, M.D., *Board Certified*

For Appointments Call....

979-543-6821    713-526-1600    800-899-2020

*Appointments Available at*

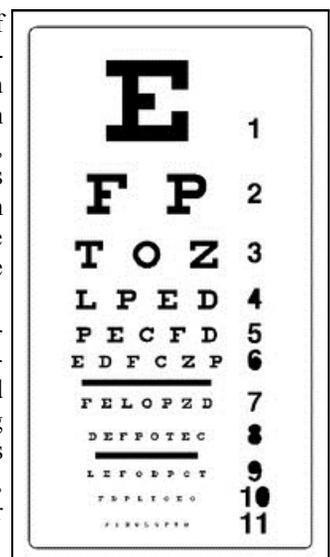
**Berkeley Eye Center at El Campo**  
**2012 W. Loop    El Campo, TX 77437**

Surgical Procedures Available at El Campo Memorial Hospital.

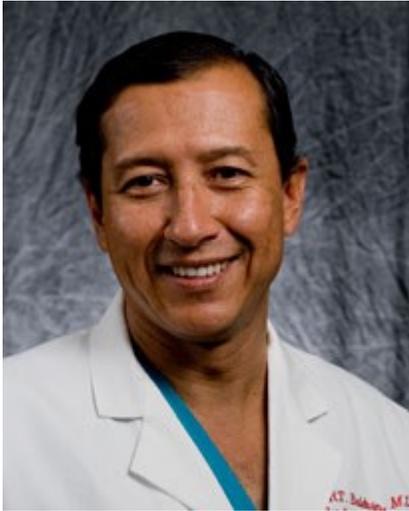


Michael B. Caplan, M.D., is a distinguished member of the Houston ophthalmology community and a founding partner of Berkeley Eye Center. Dr. Caplan is board certified in ophthalmology and specializes in the latest technology in refractive surgery and no-stitch cataract surgery. In addition, he is a fellowship-trained glaucoma specialist. Dr. Caplan is known locally and nationally as a leading ophthalmic surgeon and LASIK expert. He has performed over 15,000 refractive procedures and has been recognized by VISX as one of the top 100 refractive surgeons in the country.

Dr. Caplan offers the most advanced options for refractive surgery candidates, including procedures such as conductive keratoplasty and refractive lensectomies. He has served as an investigator in several nationwide studies evaluating implantable contact lenses, new technologies for cataract surgery, and multi-focal lens implants. He is a founder and Medical Director of Houston's Caplan Surgery Center, which provides state-of-the-art outpatient eye surgery in a caring, convenient setting for patients and their families.



# CARDIOTHORACIC & VASCULAR SURGERY



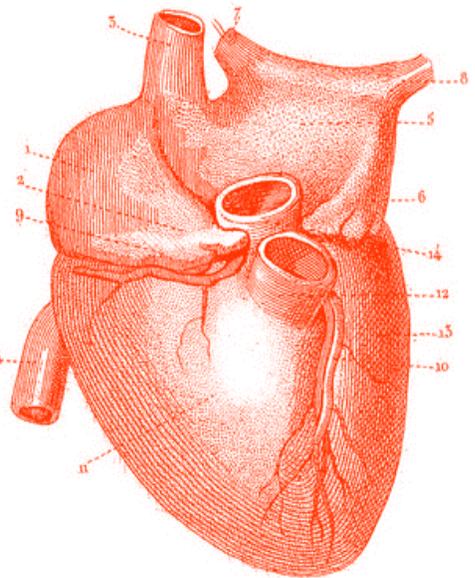
**DR. LUIS  
ECHEVERRI**  
**BOARD CERTIFICATIONS:  
General Surgery  
and Thoracic Surgery**

*Luis Echeverri, M.D.*

Dr. Luis Echeverri earned his medical degree at the National University of Colombia School of Medicine and completed his residency in surgery at Bogota's National University, where he served as an assistant professor of surgery. He completed his fellowship in transplantation at the University of Pittsburgh followed by a general surgery residency at the University of Texas Medical Branch in Galveston. He then completed additional fellowships in cardiac transplantation and mechanical circulatory support at the Texas Heart Institute and a residency in thoracic surgery at the University of Arizona.

Board certified in general surgery and thoracic surgery, Dr. Echeverri has clinical interest and expertise in aortic root reconstruction, stentless aortic valve replacement, mitral valve repair, aortic dissection surgery, aortic aneurysm surgery, thoracic aortic aneurysm and endovascular aortic aneurysm repair.

Dr. Echeverri and his office staff speak Spanish and Chinese.



**For Appointments Call  
(713) 776-0655**

**Appointments available at  
Mid Coast Medical Clinic  
305 Sandy Corner Road, El Campo, Texas  
Upstairs at MCMC**

# 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 notify the Discharge Planner and she will be happy to assist you...979-578-5113.

**El Campo Memorial Hospital**

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

# MEDICAL DISCOUNT CARD

**El Campo Memorial Hospital** **ECMHI**  
**Mid Coast Medical**

**www.ecmh.org**

*Family Name*

**MEDICAL DISCOUNT CARD**

**If you do not have health insurance...**  
 This card entitles you to a discount at El Campo Memorial Hospital or Mid Coast Medical Clinic when services are paid for at the time of service. Present this card to the admissions desk. This card is not a contract for medical services or an insurance agreement. It does not guarantee that medical services will be performed on a cash payment basis. Program and prices are subject to change without notice.

**El Campo Memorial Hospital**  
 303 Sandy Cr. Rd., El Campo, Tx 979-543-6251

**Mid Coast Medical Clinic**  
 305 Sandy Cr. Rd., El Campo, Tx 979-543-5510

**Are You Interested  
 In A Medical  
 Discount Card?  
 Employees, Family  
 Or Friends Can  
 Sign Up For A Free Card!  
 One card per family!**

El Campo Memorial Hospital and Mid Coast Medical Clinic have developed a Medical Discount Card to help uninsured individuals in the community with healthcare needs. The card is free and the cash discount will apply to various medical services that are paid at the time of service at the clinic or hospital **(no billing of services)**.

**See the website for more information: [www.ecmh.org](http://www.ecmh.org)**

**Ask about a short application to enroll!**

Applications are available at the front reception desk of Mid Coast Medical Clinic.

If you would like more information on this program please contact  
**Donna Mikeska at 979-578-5261**  
 (leave a message).

**El Campo Memorial Hospital**  
**979-543-6251**  
**Mid Coast Medical Clinic**  
**979-543-5510**

**El Campo Memorial Hospital** **ECMHI**  
**Mid Coast Medical Clinic**

**Restrictions:** Fees must be paid at the time of service to be eligible for discount (no billing of services). Not to be used in conjunction with Medicare and Medicaid. Not to be used in conjunction with Insurance Co-Pays, deductibles and co-insurance. Some services do not include professional fees such as pathologist, radiologist, or anesthesiologist. Discount is not available on all services (see booklet on website for details [www.ecmh.org](http://www.ecmh.org)).

EKG	\$87.00	New patient level 1 -	\$41.00
Chest X-Ray (1 view)	\$90.00	New patient level 2 -	\$61.00
Mammogram (bilateral)	\$110.00	New patient level 3 -	\$85.00
CBC / Blood Work	\$53.00	New patient level 4 -	\$125.00
Full Lipid Panel	\$53.00	New patient level 5 -	\$154.00
Urinalysis	\$29.00	Established patient level 1 -	\$25.00
Bone Density	\$60 or \$207	Established patient level 2 -	\$33.00
PSA	\$45.00	Established patient level 3 -	\$49.00
Strep Screen	\$48.00	Established patient level 4 -	\$73.00
MRI (view dependent with contrast)	\$1,182.00	Established patient level 5 -	\$109.00
Ultrasound Abdomen	\$346.00		

Prices vary depending on complexity of visit.

# CARDIOLOGY



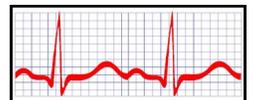
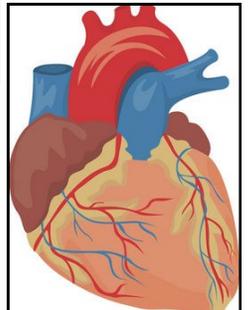
**Toussaint Smith,  
M.D. F.A.C.C.  
(Cardiologist)**

**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 WORK



**Anisa Longoria  
Vasquez, LMSW  
—*Social Worker***

Call for appointments  
or for more information:

**979-543-6251**

*(Request Social Work Service)*

Anisa is available through ECMH and can provide social work services to help people cope with challenges they are facing in their lives.

- Advocate for others (young or seniors)
- Works with every station in life
- Ease you through transitions
- Help with hardships and mentally-tough times
- Assist in finding proper resources (for care, health, supplements)
- Help you sustain a certain quality of life
- Provide a link between people and care-givers (in health and psychology professions)
- Help by offering viable options for those who may not be capable, or willing to help themselves..

Anisa resides in El Campo with her family and looks forward to providing social work services to our community. She is a graduate of Texas State in San Marcos, Texas: Class of 2006 - MSW - Social Work - Direct Practice and the University of Texas at San Antonio: Class of 2002 · Interdisciplinary Studies. She is also a graduate of El Campo High School: Class of 1997.

**El Campo Memorial Hospital**  
303 Sandy Corner Road, El Campo, Texas 77437  
979-543-6251 [www.ecmh.org](http://www.ecmh.org)

# SOCIAL MEDIA & MORE

Join Us On

**facebook**

**El Campo Memorial Hospital  
And  
EC-Memorial**

---

Listen To

**“Meet The Healthcare Professionals”**

Every Wednesday Morning 7:15 a.m.

On KULP 1390 AM Radio



---

ECMH Website: **[www.ecmh.org](http://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

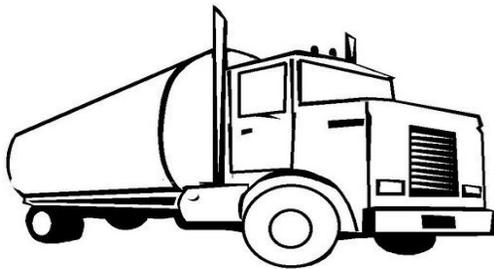
**Licensed Professional in Wharton County?  
Or in El Campo?**

**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](http://www.ecmh.org)**

# 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.



**Do you have a Care Coordinator: Meet Mid Coast Medical Clinic's  
Care Coordinator, Jessica Hopper**

**I can schedule your "Welcome To Medicare" Preventative Visit or Your  
Yearly Wellness Exam! 979-543-5510 ext. 325      [jhopper@ecmh.org](mailto:jhopper@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 Stacey Silvas (Discharge Planner) at 979-578-5113 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!**





# ECMH DIRECTORY

Hospital Main Line .....	543-6251
Account Services .....	578-5143
Admitting .....	578-5148
Administration PHONE .....	578-5250
Administration FAX .....	543-8420
Business Office .....	578-5145
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 (Stacy Silvas).....	578-5113
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
Pulmonary Rehabilitation (979-543-6251 x 202 .....	578-5202
Occupational Therapy .....	578-5214
Speech Therapy .....	578-5218
Therapy Main Line .....	578-5214
Surgery / Day Surgery .....	543-5267
Radiology .....	578-5242

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

**Mid Coast Medical Clinic  
305 Sandy Corner Road  
El Campo, Texas 77437**