

Health Connection

BROUGHT TO YOU BY WEATHERFORD REGIONAL
MEDICAL CENTER

We have the right
medical staff for you

Watch us grow!

Are you healthwise?
Take our quiz!

Committed to
your health

See where WRMC ranks

Kids' sports injuries
on the rise

Keep your child safe



Weatherford
Regional Medical Center

The lone star in medical care.

www.weatherfordregional.com



Do you really need a primary care physician?

Sure, most health plans require a primary care physician (PCP) for specialist referrals. But that's just one reason it's a good idea to have one dedicated clinician to oversee all your health concerns.

THE KEY TO SUPERIOR CARE

Developing an ongoing relationship with one physician who knows you and your medical history leads to a better overall outcome and lower costs. The reason? Your PCP can counsel you on healthy lifestyle choices, such as exercise options, an eating plan and other prudent lifestyle adjustments and modifications. Plus, seeing your PCP regularly makes him or her better at evaluating your symptoms than practitioners who don't know you. Additionally, a PCP provides routine health screenings, which can find diseases early—when they're easier to treat (see “Screenings your PCP may provide”). This, in turn, translates into less invasive and less expensive treatments.

A GUIDING LIGHT

If you've ever wished you could go to one place for all your health concerns or worried whether you're approaching the right physician for a particular ailment, you're in luck. A PCP can be your primary contact to address most personal healthcare needs.

The healthcare system can be intimidating—especially when you're faced with a frightening symptom. A PCP can evaluate the problem and either manage it him- or herself or arrange for the appropriate referrals. And if you need specialist care, your PCP can guide you and coordinate all aspects of your care. Plus, he or she can sort through and help explain the advice of other physicians.

Who's who in the PCP world

When picking a PCP, you can choose from many different types of healthcare professionals:

- **Family practitioners.** Physicians who care for children and adults of all ages. They may also practice obstetrics and minor surgery.
- **General practitioners.** Physicians who provide basic care for all ages.
- **Internists.** Physicians who care for adults of all ages and can treat many different medical problems.
- **Obstetricians/gynecologists.** Physicians who specialize in reproductive health. They often serve as a PCP for women, especially those of childbearing age.
- **Hospitalists.** Physicians who care for people who are hospitalized. Most hospitalists are trained in internal medicine and work with a hospitalized patient's PCP to provide the best care.
- **Nurse practitioners and physician assistants.**

Nonphysician providers of primary healthcare. Often referred to as “physician extenders,” they consult with physicians. They may see children, adults or women only and can prescribe medications and other treatments.

- **Pediatricians.** Physicians who treat newborns, infants, children and adolescents.

Screenings your PCP may provide

- | | | |
|--|--|--|
| <input type="checkbox"/> blood pressure | <input type="checkbox"/> cholesterol | <input type="checkbox"/> diabetes |
| <input type="checkbox"/> breast cancer | <input type="checkbox"/> colorectal cancer | <input type="checkbox"/> obesity |
| <input type="checkbox"/> cervical cancer | <input type="checkbox"/> depression | <input type="checkbox"/> prostate cancer |
| <input type="checkbox"/> chlamydia | | |



Newly expanded facilities

to serve you better!

The \$27 million first phase of Weatherford Regional Medical Center's (WRMC) multi-phase expansion project is near completion. In late September, we unveiled our new emergency department (ED), intensive-care unit (ICU), laboratory and pharmacy.

"The demand for WRMC's quality services has steadily grown and this new facility allows us to better serve the residents and physicians of Parker County," says Donnie L. Romine, chief executive officer.

SPACIOUS ED AND ICU

The new ED has more than double the capacity of the old facility—23 beds versus 11 beds—and is triple the size at 4,500 square feet. The enhanced design helps patients get the best possible care in the most efficient manner possible. The new ICU is a significant upgrade from the prior ICU, now with 12 private rooms and triple the size at 2,400 square feet.

LARGER LAB AND PHARMACY

The new laboratory and pharmacy spaces are significantly larger and are now located next to the new ED. Patient care will be much more timely and efficient. Work is under way on the new diagnostic imaging center and the testing and diagnostic center. Both areas will be complete in January 2010, and will continue WRMC's mission of providing the highest possible levels of quality and service.

! We're here for you!

To learn about WRMC's services and physicians, visit www.weatherfordregional.com today!

Dear neighbors,

As healthcare becomes more transparent to the public, data is more readily accessible than ever before.

Leading Web sites like www.hospitalcompare.hhs.gov/hospital provide the public with information about Processes of Care for every hospital in the country.



Donnie L. Romine
Chief Executive Officer

THE CARE YOU DESERVE

Processes of Care Measures show how often hospitals give recommended treatments to achieve optimal results for certain medical conditions or surgical procedures. They're based on best practices from medical research and reflect the care you should receive if you're a patient in any hospital.

On pages 4 and 5, we've included information found on the Hospital Compare Web site comparing Weatherford Regional Medical Center (WRMC) with other area hospitals. We're proud of our progress and the fact that we provide a level of care that meets or exceeds care provided regionally.

We recommend that you use the information on the Web site to help you make more informed decisions about where to obtain hospital services. You may also want to discuss this information with your healthcare providers.

The medical staff and employees at WRMC are committed to providing enhanced patient care, and we welcome your feedback about what we're doing well and our opportunities for improvement.

Sincerely,

DONNIE L. ROMINE
Chief Executive Officer
Weatherford Regional Medical Center

We treat you right

Our quality scores are in



Quality care means doing the right thing at the right time in the right way—and getting the best possible results. At Weatherford Regional Medical Center (WRMC), we measure quality with data that's reported on the Hospital Compare Web site on a quarterly basis. Below is information found at www.hospitalcompare.hhs.gov/hospital comparing WRMC with averages of other area hospitals for certain categories. We're proud that we're doing well.



HOSPITAL COLOR KEY

■ WRMC ■ Baylor All Saints FTW ■ TX Health Harris Meth. FTW ■ Plaza Med Ctr. FTW ■ TX Health Harris Meth. SW FTW

SURGICAL CARE

▶ Percent of surgery patients who were given an antibiotic at the right time (within one hour before surgery) to help prevent infection

- ☀️ **100%** WRMC
- 100%** Baylor All Saints FTW
- 98%** TX Health Harris Meth. FTW
- 97%** Plaza Med Ctr. FTW
- 97%** TX Health Harris Meth. SW FTW

▶ Percent of surgery patients who were given the right kind of antibiotic to help prevent infection

- ☀️ **100%** WRMC
- 97%** Baylor All Saints FTW
- 96%** TX Health Harris Meth. FTW
- 96%** TX Health Harris Meth. SW FTW
- 82%** Plaza Med Ctr. FTW

▶ Percent of surgery patients whose preventive antibiotics were stopped at the right time (within 24 hours after surgery)

- ☀️ **96%** WRMC
- 96%** Baylor All Saints FTW
- 92%** TX Health Harris Meth. SW FTW
- 90%** TX Health Harris Meth. FTW
- 76%** Plaza Med Ctr. FTW

▶ Percent of surgery patients needing hair removed from the surgical area before surgery who had hair removed using a safer method (electric clippers or hair removal cream—not a razor)

- ☀️ **100%** WRMC
- 100%** Baylor All Saints FTW
- 100%** TX Health Harris Meth. SW FTW
- 99%** Plaza Med Ctr. FTW
- 97%** TX Health Harris Meth. FTW

▶ Percent of surgery patients whose physicians ordered treatments to prevent blood clots after certain types of surgeries

- ☀️ **95%** WRMC
- 95%** Baylor All Saints FTW
- 94%** Plaza Med Ctr. FTW
- 94%** TX Health Harris Meth. SW FTW
- 70%** TX Health Harris Meth. FTW

▶ Percent of surgery patients who got treatments at the right time (within 24 hours before or after their surgery) to prevent blood clots after certain types of surgery

- ☀️ **94%** WRMC
- 94%** TX Health Harris Meth. SW FTW
- 92%** Plaza Med Ctr. FTW
- 91%** Baylor All Saints FTW
- 67%** TX Health Harris Meth. FTW

Data reported for discharges from October 2007 through September 2008 (latest Hospital Compare Web site data—published the week of July 6, 2009).

“Processes of Care Measures show how often hospitals give recommended treatments to achieve optimal results for certain medical conditions or surgical procedures. They’re based on best practices from medical research and reflect the care you should receive if you’re a patient in any hospital.”

—Donnie L. Romine, chief executive officer, WRMC



Donnie L. Romine
Chief Executive Officer

PNEUMONIA

▶ Percent of pneumonia patients given smoking cessation advice/counseling

- ☀️ **100%** WRMC
- 100%** TX Health Harris Meth. SW FTW
- 98%** TX Health Harris Meth. FTW
- 95%** Plaza Med Ctr. FTW
- 94%** Baylor All Saints FTW

▶ Percent of pneumonia patients given the most appropriate initial antibiotic(s)

- 96%** TX Health Harris Meth. SW FTW
- 93%** Baylor All Saints FTW
- ☀️ **87%** WRMC
- 86%** Plaza Med Ctr. FTW
- 83%** TX Health Harris Meth. FTW

▶ Percent of pneumonia patients assessed and given influenza vaccination

- 96%** TX Health Harris Meth. SW FTW
- 91%** Baylor All Saints FTW
- ☀️ **90%** WRMC
- 89%** Plaza Med Ctr. FTW
- 86%** TX Health Harris Meth. FTW

▶ Percent of pneumonia patients given initial antibiotic(s) within six hours after arrival

- 97%** Baylor All Saints FTW
- 96%** TX Health Harris Meth. SW FTW
- 96%** TX Health Harris Meth. FTW
- ☀️ **95%** WRMC
- 90%** Plaza Med Ctr. FTW

▶ Percent of pneumonia patients whose initial emergency room blood culture was performed before the administration of the first hospital dose of antibiotics

- ☀️ **98%** WRMC
- 97%** TX Health Harris Meth. SW FTW
- 94%** Baylor All Saints FTW
- 94%** TX Health Harris Meth. FTW
- 93%** Plaza Med Ctr. FTW

▶ Percent of pneumonia patients assessed and given pneumococcal vaccination

- 95%** Baylor All Saints FTW
- ☀️ **93%** WRMC
- 91%** TX Health Harris Meth. FTW
- 91%** Plaza Med Ctr. FTW
- 84%** TX Health Harris Meth. SW FTW

Data reported for discharges from October 2007 through September 2008 (latest Hospital Compare Web site data—published the week of July 6, 2009).

HEART FAILURE

▶ Percent of heart failure patients given discharge instructions

- ☀️ **98%** WRMC
- 93%** TX Health Harris Meth. FTW
- 93%** Plaza Med Ctr. FTW
- 92%** TX Health Harris Meth. SW FTW
- 88%** Baylor All Saints FTW

▶ Percent of heart failure patients given an evaluation of left ventricular systolic function

- 99%** Baylor All Saints FTW
- ☀️ **97%** WRMC
- 97%** Plaza Med Ctr. FTW
- 96%** TX Health Harris Meth. SW FTW
- 92%** TX Health Harris Meth. FTW

▶ Percent of heart failure patients given ACE inhibitor or ARB for left ventricular systolic dysfunction

- ☀️ **100%** WRMC
- 97%** Plaza Med Ctr. FTW
- 97%** TX Health Harris Meth. SW FTW
- 96%** Baylor All Saints FTW
- 94%** TX Health Harris Meth. FTW

Data reported for discharges from October 2007 through September 2008 (latest Hospital Compare Web site data—published the week of July 6, 2009).

HEALTHWISE QUIZ

How much do you know about breast cancer?

Take this quiz to find out.

- 1** Your risk of developing breast cancer is increased by which of the following?
 - a. radiation exposure to the chest as a child or a young adult
 - b. first pregnancy after age 30
 - c. use of estrogen and progesterone to treat menopausal symptoms for four or more years
 - d. all of the above
- 2** Which is not a risk factor for developing breast cancer?
 - a. having a family history of the disease
 - b. being overweight
 - c. antiperspirant use
 - d. excessive drinking
- 3** Symptoms of breast cancer typically don't include:
 - a. changes in the size or contour of the breast
 - b. breast pain
 - c. an indentation of the nipple
 - d. a clear or bloody discharge from the nipple
- 4** Which of the following is not true about male breast cancer?
 - a. One in five men with breast cancer has a close male or female relative with breast cancer.
 - b. The average male is 60 to 70 years old at diagnosis.
 - c. Being overweight doesn't increase breast cancer risk.
 - d. Health conditions that affect the testicles may increase risk.
- 5** An annual mammogram once you turn 40 is important because:
 - a. your chance of being diagnosed with breast cancer increases with age
 - b. you may have a small cancer that won't show up until your next annual screening
 - c. the sooner you're diagnosed with breast cancer, the easier it is to treat
 - d. all of the above

ANSWERS: 1. (D), 2. (C), 3. (B), 4. (C), 5. (D)



Living with heart disease

Being diagnosed with heart disease can be scary. You may wonder: Will I still be able to do the things I love? By making a few adjustments, you can control your condition and enjoy life to its fullest. Here's how:

Master your medications. If your physician prescribes cholesterol- or blood pressure-lowering pills, tape a note to your mirror, set an alarm—whatever's necessary—to ensure you take them as directed every day.

Learn food math. Don't worry: You can still eat delicious meals. But you'll have to learn to read labels and keep tabs on your daily intake of certain foods. The basics:

- Keep total fat to less than 35 percent of your calories (saturated fat should equal just 7 percent).
- Limit cholesterol to 200 mg a day.
- Restrict sodium to 2,400 mg or less a day.
- Eat just enough calories to maintain or achieve a healthy weight.

Move more. Joining a gym is great (if you'll go), but it's not a requirement. Cleaning your house, walking your dog briskly and biking to the store are all examples of valid activity. Just 30 minutes a day will help protect your heart—even if you do only 10 minutes at a time. Of course, always check with your physician before beginning any exercise program.

If you follow these recommendations, you'll drop any extra pounds slowly, which means your weight loss is more likely to stick. The great news: Losing even 5 to 10 percent of your current weight can reduce your risk of heart attack and improve your overall health.

Keeping little athletes safe



Kids love sports, and we love watching them play. But each year, more than 3.5 million children under age 15 are treated for sports-related injuries, according to the American Academy of Pediatrics (AAP). That number is on the rise. One reason: Many kids now play the same sport year-round, resulting in overuse injuries such as chronic muscle strains, stress fractures and tendonitis. Plus, some sports have gone more extreme. Cheer-leading alone injured almost 70,000 children in 2007. So how can you keep your child out of the ER?

- **Don't start too soon.** Don't let your child join a team until he or she is at least 6 years old, says the AAP.
- **Get a pre-season checkup.** Visit your pediatrician to make sure your son or daughter is indeed sports-ready.
- **Gear up correctly.** Make sure your child doesn't compete without the right sporting shoes, helmet and safety equipment.

- **Teach the wisdom of warming up and cooling down.** Insist that young athletes exercise lightly for at least three minutes, then stretch the muscles to be used for at least 30 seconds each before practice or a game.
- **Fill 'er up.** Make sure your child carries a water bottle and knows the importance of drinking frequently, even if he or she isn't thirsty. Dehydration can cause fatigue and sickness.
- **Watch carefully.** Discourage participation in just one sport. If your child shows sign of strain or injury, insist he or she stop playing immediately—then see your pediatrician.

Healthy eating on the run

You're out and about when hunger pangs hit. Stopping at the nearest fast-food joint, you order a cheeseburger, fries and a soda and quickly wolf it all down in your car. Minutes later you feel sluggish, bloated—and guilty.

The good news: Your healthy diet doesn't have to suffer just because you're racing from one obligation to the next, spending the day running errands or hitting the road for a family vacation. Be prepared with these smart-snacking tips:

- **Always take water with you.** If it's too

bland, add a slice of fruit or a splash of juice.

- **For an on-the-run breakfast,** grab low-fat string cheese and a piece of fruit.
- **Fill an insulated lunch box with fresh fruit,** carrots, celery sticks, walnuts, yogurt or peanut butter on 100 percent whole-wheat bread for snacks during the day. Keep protein bars or snack bags of almonds or raisins in your purse, glove compartment or tote bag for hunger attacks.
- **If you must hit the drive-through,** opt for a kid-sized meal with fresh fruit or a side salad (with low-fat dressing) instead of fries, and a grilled chicken sandwich instead of one that's breaded and fried. Skip the mayo and other fatty spreads.
- **Need a coffee break?** Order the low-fat, sugar-free version of your favorite frozen coffee or latte and skip the whipped cream and caramel drizzle.



Health Connection is published as a community service of Weatherford Regional Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

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FALL 2009



PHYSICIAN SPOTLIGHTS



SANDRA D. RODRIGUEZ, D.O.
Pediatrics

Aledo Primary Care
311 FM 1187 S., Suite D
Aledo • (817) 441-5795

Sandra D. Rodriguez, D.O., received her medical degree from Western University of Health Sciences in Pomona, Calif. She completed her pediatric internship/residency at Driscoll Children's Hospital in Corpus Christi and is a member of the American Academy of Pediatrics. Dr. Rodriguez is accepting new patients.



LINDSAY M. McBRIDE, D.O.
Obstetrics/Gynecology

Weatherford OB/GYN Associates, PA
706 E. Eureka
Weatherford • (817) 599-7373

Lindsay M. McBride, D.O., received her medical degree from the University of North Texas Health Science Center—Texas College of Osteopathic Medicine in Fort Worth. Dr. McBride completed her residency at John Peter Smith Hospital in Fort Worth. Dr. McBride is accepting new patients.



LEAH A. DILL, D.O.
General Surgery

Weatherford Specialty Care
716 E. Anderson St., Suite 102
Weatherford • (817) 341-7246

Leah A. Dill, D.O., received her medical degree from the University of North Texas Health Science Center in Fort Worth. Dr. Dill completed her internship with an emphasis in general surgery and her general surgery residency at Tulsa Regional Medical Center in Tulsa, Okla. Dr. Dill is accepting new patients.



JESSICA A. RAMSEY, M.D.
Pediatrics

Weatherford Children's Clinic
945 Hilltop Drive, Suite 100
Weatherford • (817) 613-2572

Jessica A. Ramsey, M.D., received her medical degree and completed a pediatric residency at the University of Kansas School of Medicine in Wichita, Kan. Dr. Ramsey is a member of the American Academy of Pediatrics and American Medical Association. Dr. Ramsey is accepting new patients.



STEVEN M. MELCHER, M.D.
Family Practice

Willow Park Primary Care
136 El Chico Trail, Suite 103
Willow Park • (817) 441-1441

Steven M. Melcher, M.D., received his medical degree at the Louisiana State University School of Medicine in Shreveport, La. Dr. Melcher completed his family practice residency at San Jacinto Methodist Hospital in Baytown, Texas, and is a member of the American Academy of Family Physicians. Dr. Melcher is accepting new patients.