

# GRMC

## HEALTH CURRENTS

STATE OF THE ART TECHNOLOGY, STATE OF THE HEART COMPASSION

## Meet our helping hands

Five hundred years ago, Leonardo da Vinci was working in Italy as an artist and engineer, drawing amazingly detailed sketches of human anatomy and even designing a number of complex machines.

Today, a robot-assisted surgery system bearing his name is used to perform multiport and single-site laparoscopic general and gynecologic procedures at GRMC. The system consists of three pieces: a computerized physician console, a 3-D video monitor and the robot with three robotic arms.

During a da Vinci robotic surgery, the surgeon sits at the console near the operating table. A magnified, high-definition image of the operating area appears on a monitor. Using computerized hand and foot controls to manipulate the robotic arms, the surgeon then performs the procedure.

### Is it safe?

"Every action is directly controlled by the surgeon," says Annette Jones, Executive Director of Perioperative Services at GRMC. "The robotic arms cannot be programmed to move on their own. When the surgeon's forehead is removed from the surgeon console, the robotic arms freeze as a safety precaution."

### What are the benefits?

The magnified view of the operating field, combined with the flexibility and precision of the computer-controlled surgical tools, allows for very small incisions during surgery. The smaller opening can lead to several benefits for the patient:

- Less pain, scarring and blood loss
- A shorter hospital stay
- A lower risk of infection

Not all surgeries can be performed using the da Vinci robotic system, and not everyone is a candidate for its use. If you're considering general or gynecologic surgery at GRMC, ask your doctor whether the da Vinci system is an option.



From left: Bryan Hambric, MD, General Surgery; Alyson Kirchner, MD, OB-GYN; Serapio Vela, MD, General Surgery; and George Mannel, MD, OB-GYN, surgeons trained in and performing da Vinci procedures at GRMC

SPRING 2014

Guadalupe Regional   
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# Feet first and head out

NEW OPEN MRI TECHNOLOGY IS MORE COMFORTABLE FOR PATIENTS

If you haven't had an MRI before, you may be a little uneasy the first time your doctor suggests one. Is it dangerous? Will it help? How long do I have to lie still?

Rest assured. This advanced imaging test is painless, noninvasive and safe. It's a powerful tool that can help your doctor evaluate many medical conditions.

The traditional MRI device can seem complex and even a little imposing, especially when you are asked to remain still in a narrow tube. But the latest in advanced imaging technologies allows you to choose increased comfort in a more spacious MRI. A new design of the MRI, the MAGNETOM Espree, accommodates patients better and eliminates anxiety and claustrophobia. And it's available at GRMC! This makes getting an MRI simpler and more comfortable.

## A clearer view

To understand the different types of MRI devices, you must first understand what an MRI is. MRI stands for magnetic resonance imaging. It provides detailed views of internal organs, soft tissues, bones and other structures.

Instead of x-rays, MRI uses a magnetic field, radio waves and a computer to create images that can be viewed in cross-sections from a number of angles. MRI images often provide additional and different information than standard x-rays, computed tomography (CT) scans or ultrasound.

An MRI can help a doctor accurately evaluate organs like the brain, heart and liver; joints like the knee, shoulder and ankle; and even blood vessels and bile ducts.

Among other things, your doctor may use an MRI to spot tumors, assess disease processes or gauge the extent of a sports-related injury.

## Better images mean more targeted treatment—and healthier outcomes.

### It's all in the details!

With the Espree, the latest in MRI technology, you can experience a new definition of MRI at GRMC. The benefits of this new system include:

- A larger bore (opening) so patients have more headroom, elbowroom and legroom compared to the traditional MRI—perfect for those who get anxious during an MRI
- One foot of spacious headroom—you'll no longer feel like you are nose-to-nose with the top of the magnet
- A short design—most exams can be done with your head outside of the system
- Advanced software—you can relax knowing that higher

quality images allow radiologists to provide a more targeted diagnosis to your physician

- More power—most importantly, it delivers excellent images so you can rest easy inside. These high-quality images are not available in an "open-sided" MRI.

Should your doctor order an MRI in your medical future, you can feel confident that the latest imaging technologies are available at GRMC. You'll love it for the comfort, and we love it for its power! Call **830.401.7850** to learn more about imaging at GRMC.

Sources: Radiological Society of North America; Siemens Corporation

HEALTH CURRENTS is published as a community service for the friends and patrons of GUADALUPE REGIONAL MEDICAL CENTER, 1215 E. Court St., Seguin, TX 78155, 800.506.6394 or 830.379.2411. Website: [www.grmedcenter.com](http://www.grmedcenter.com)

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## GHN BENEFIT ID PROGRAM

# One smart card

GRMC, most Seguin and New Braunfels physicians, and Resolute Health are partnering with Guadalupe Health Network (GHN) to create a BeneFIT ID card program.

As a patient with a GHN BeneFIT ID card, you will have:

- A convenient card that stores your basic medical and insurance information
- Confidence that your information will be safe and secure
- More time because of easier

registration at participating hospitals and physician offices

- Discounts at participating national and local retailers

### How the GHN BeneFIT ID card works

Once you register and join as a member, you will be able to present your smart ID card at your local hospital and participating physician offices. With one swipe, you'll be checked in for your appointment. A record of your visit will be documented on the card, keeping all of your basic medical and emergency information in one place.

You and your family can register for the GHN BeneFIT ID card in time for summer 2014! Ask how you and/or employer groups can sign up by calling GHN at **830.303.4846**.

## The doctor will see you now



Sandra Drager, MD

**Sandra Drager, MD,** joined the GRMC medical staff as a hospitalist. Dr. Drager received her medical degree from University of Texas Medical School at San Antonio and completed

her residency in Family Practice at Duke/Southern Regional Area Health Education Center. She also completed an internship in general surgery. As a hospitalist at GRMC, Dr. Drager oversees and treats hospitalized patients. She acts as a patient's primary care doctor while a patient is hospitalized, ensuring tests, treatment and observation are performed in a timely manner.



Tiffany Remsing, MD

**Tiffany Remsing, MD,** joined GRMC as an OB-GYN physician. Dr. Remsing received her medical degree from University of Texas Health Science Center (UTHSC) in Houston and

completed her residency at UTHSC in San Antonio. She grew up farming and recognizes the importance of good medical care for rural communities. She enjoys educating patients and specializes in women's health, utilizing up-to-date technologies, procedures and therapies.

Dr. Remsing's office is located at 1339 E. Court St., Suite 230, in Seguin. She can be reached at **830.372.0800**.

# GRMC

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## Calendar

### Spring into Wellness

GRMC offers a series of classes designed to keep you educated, informed and well!

#### Diabetes 101: Coping, Education and Prevention

FREE | Newly accredited, this six-week series teaches you how to care for and manage diabetes. Call **830.401.7689** for more information.

#### Lean Seguin

A 12-week evening course that helps you learn ways to live and maintain a healthy lifestyle. This positive community initiative is taught by weight management experts, including local physicians, who will speak about goals, overcoming challenges, managing stress and staying active. To register or for more information, call **830.401.7689**.

#### Wellness Center classes

Our world-class gym provides individual and group fitness training. Aquatics, racquetball, cardio and strength training are all available. Group fitness options include yoga, Zumba, spin, strength training, water aerobics, cardio dance and seated classes. Join the Wellness Center staff and friends every second Saturday of the month for a free fun run or walk at Max Starcke Park. Call **830.401.7676** for more information.

Other classes and support groups at GRMC include: Prepared Childbirth,

Breastfeeding, Mental Health for Seniors, Chemical Dependency and Stroke Support Group. Call **830.379.2411** to learn about additional classes.

## MESSAGE FROM THE CEO

### Stronger than ever

Having had the privilege of being in this position at GRMC for the past 10 years, I am very proud of the dramatic and ongoing improvements our organization has achieved in facilities, breadth of services, reputation, measurable quality indicators, financial stability and the impressive talents of our dedicated staff.



Robert Haynes,  
FACHE, CEO

This newly formatted newsletter, *Health Currents*, contains details of many of these accomplishments. I am never prouder, however, than in the frequent moments when I am approached or contacted by a previous patient or family member complimenting our compassionate and prepared professionals at GRMC. It truly is our privilege to care for our community each day, with each interaction.

The hospital's technological advances continue at a fast pace: Our surgeons have performed over 50 robotic surgeries, and our cardiac interventionalists have performed over 750 diagnostic and interventional cardiac catheterizations. Newly updated CT and MRI scanners provide state-of-the-art and patient-friendly diagnostics. Our new patient portal allows patients to conveniently access their electronic medical records, and the new BeneFIT patient ID cards quickly provide retrievable medical history. Our collaboration with Methodist Healthcare System in San Antonio provides round-the-clock, on-site medical helicopter service for immediate transfers as needed, and our collaboration with University Hospital System in San Antonio is providing an opportunity to explore a new, expanded line of women's healthcare services, including our goal to establish a level 2 neonatal ICU in the future.

We welcome Dave Calkins as the newly appointed GRMC Governing Board Chairman. I join the GRMC Board, physicians and staff in their hospital pride and in our ever-expanding visions for continued progress. Stay tuned!

Robert Haynes, FACHE  
CEO



## Put your health info on the record

Now you can sign up online to access your personal health information through the patient portal. You can:

- Have 24/7 access to your inpatient and ER records for lab results and radiology reports; visit history; discharge instructions; health summary; and allergies, immunizations and medications
- View and pay your bill
- Authorize family members to access your health information

To learn more about what you can expect to find at the patient portal, contact GRMC Medical Records at **830.401.8200**.

[www.grmedcenter.com](http://www.grmedcenter.com)

#### Bookmark it

Here's your 24/7 source for the latest in healthcare information. At work or at home, you can connect with the resources you need, including doctors in your area, health education classes, support groups and more.

#### 1 Find a doctor

Get connected to the right physician for you and your family. Our provider directory makes it easy to search by name or specialty.

#### 2 Wellness

Learn about our gym and fitness classes and find wellness information to keep you fit and healthy.

#### 3 Patient tools

Find reliable, up-to-date health information through a health encyclopedia, a drug interaction checker, specific drug information and a symptom navigator.