

GRMC

HEALTH CURRENTS

ADVANCED MEDICINE. PERSONAL TOUCH.

GUADALUPE REGIONAL WELLNESS CENTER

'More than a gym'

15 years later and stronger than ever!

Fifteen years ago, Guadalupe Regional Wellness Center (GRWC) opened its doors with the promise of bringing wellness to the Seguin community. GRWC has since grown into so much more! The facility offers cardio and weight equipment, a heated saltwater pool, spa services, racquetball courts, over 50 group fitness classes, locker rooms, and the list goes on.

As GRWC approaches its 15th year, it's ready to bring something new to the facility—something to reignite the community's excitement about wellness in Seguin! The Wellness Center is excited to announce its newest partnership with the Parisi Franchise!

Starting in the summer of 2016, the Parisi Speed School at GRWC will officially open. The wellness center

joins approximately 90 other Parisi franchises throughout the U.S. The Parisi Speed School is unique in the fitness industry because the focus is on the training and fitness of kids ages 7 to 18. Some of the world's best athletes have benefited from

the Parisi Youth Training System, including Chris Long, No. 2 overall draft pick in the 2008 NFL draft and current St. Louis Ram, as well as Tobin Heath, midfielder for the U.S. Women's National Soccer Team and two-time Olympic gold medalist. GRWC is here to make sure that residents of all ages and all fitness levels have a facility where they feel safe to push their limits and are given the tools and attention needed to become healthier versions of themselves!



Want more information on Guadalupe Regional Wellness Center? Call **830.401.7676** or visit www.grmedcenter.com.

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Guadalupe Regional 
MEDICAL CENTER

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When tension targets your head

You're up against a tight deadline at work. And you're afraid you're about to miss it. Making matters worse, it feels as though a belt is tightening around your head.

If that pain sounds familiar, you've had what's called a tension headache.

Headaches are the most common type of pain we experience, and tension headaches are the most common type of headache.

Viselike pain is this headache's giveaway symptom. And typically, it has at least two of these traits. It:

- Is mild to moderate in intensity
- Doesn't get worse with routine physical activity, such as bending over or climbing stairs
- Is characterized by pain with a tightening sensation—not throbbing
- Occurs on both sides of your head

Migraine or tension? Sometimes it's tough to distinguish a bad tension headache from a migraine attack. But there are differences.

Unlike migraines, tension headaches never cause vomiting. And while migraines can cause a sensitivity both to light and to sound, these symptoms never occur together in tension headaches.

Still, be aware that a tension headache might bring on a migraine.

Triggers and treatments As the name implies, stress may bring on a tension headache. But so might missed meals or lack of sleep; strained head and neck muscles; or a medical condition, such as sleep apnea.

If you only have occasional tension headaches, you might treat them with an over-the-counter (OTC) pain reliever, such as acetaminophen. But check the label for possible side effects and to be sure that it's safe to



Our neurology physicians at GRMC are here to assist with migraines, headaches, Parkinson's, stroke, Alzheimer's, dementia, tremors and more. Please call **830.379.1510** for more information.



Colin Sanner, MD



Kevin McMahon, MD

take with other medicines.

See your doctor if you have frequent tension headaches or if OTC medicines don't help your pain.

Your doctor will check to see if an underlying disease might be causing your headaches and needs treatment.

Assuming that's not the case, your doctor may prescribe a pain reliever

to take when you have a headache and one to help prevent headaches if you have more than two or three a week.

You'll need to take this preventive medicine daily, even when you're headache-free.

Sources: American Academy of Family Physicians; American Headache Society; National Institutes of Health; UpToDate

Quality: What does it mean?

Quality healthcare is defined as being safe, effective, patient-centered, timely and efficient, with the cornerstone of all aspects of quality care being safety. GRMC is committed to providing safe, quality healthcare to every life we are privileged to touch.

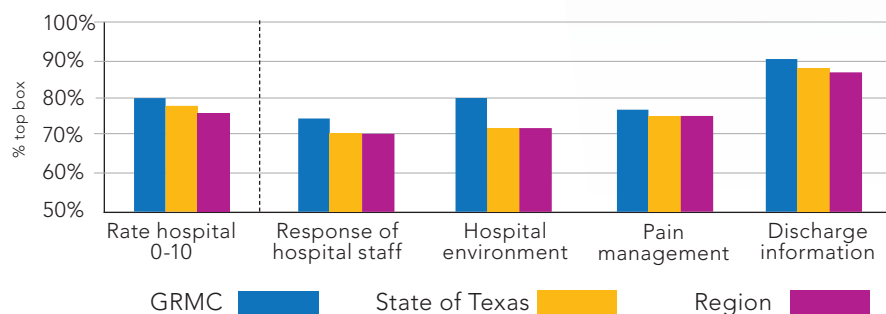
Evidence of this commitment is GRMC's recent score for hospital-acquired conditions (HACs), a national quality measure based upon a hospital's avoidance of adverse outcomes like healthcare-associated infections, pressure ulcers or blood clots. These metrics are published on websites, newspapers and billboards so that consumers can be better informed on their healthcare choices.

GRMC's score of 3.25 was not only one of the lowest (low is better) in the San Antonio region, but it was also among the lowest scores of hospitals statewide and nationally.

The HAC score is just one of many quality measures where GRMC's attention to quality and service shines. GRMC also ranks well above state and national ratings in patient perception of care, which is measured by a standardized survey sent to hospital patients after discharge from a facility. GRMC scores related to patient communication, responsiveness, pain management, hospital environment and discharge instructions are significantly and consistently high. (See chart below. Higher is better. The blue bar for each measure indicates GRMC's ratings compared to various peer hospitals in the state and nation.)

GRMC's commitment to quality begins with the nearly 1,000 dedicated employees, physicians and volunteers who make up Seguin's 2015 "best place to work." These talented individuals ensure excellent outcomes and compassionate care for our patients. We are pleased to see the results of those efforts evident in the many ways that quality healthcare is being measured, though we know that the most important measure will always rest with each patient, each interaction and each opportunity we have to care for our community.

Most recent survey comparisons



Happy National Nutrition Month!

March is National Nutrition Month. Eating a well-balanced diet can help reduce the risks of chronic diseases such as diabetes, obesity and cancer. Below are several nutrition tips encouraged by our Diabetes 101 class.

- Add more fiber to your diet for good intestinal health and blood sugar control. You can do this by including whole grains and fresh fruits and vegetables in your daily meals and snacks.
- Try healthier alternatives for your drinks, like cutting up some of your favorite fruits or vegetables, placing them in a pitcher of water and leaving it in the refrigerator overnight to

allow flavors to infuse.

- Prepare most of your meals at home to prevent eating foods high in salt, fat and sugar. By preparing your own meals, you have control over how much salt and sugar you put in your food.
- When trying new fresh fruits and vegetables, many grocery stores will allow you to taste the item before you purchase. Ask an associate for help next time you're in the grocery store.
- Healthy eating is for everyone. Be a role model for children. By introducing and practicing healthy eating behaviors we can avoid, delay or prevent many health-related complications like diabetes, heart disease, stroke and cancer.



GRMC awarded 'Best of the Best'

Thank you, Seguin! We couldn't be prouder of recent awards through *Seguin Gazette's* "Best of the Best" award survey. GRMC was voted the best place to work for the second year in a row, and nurses such as Gina Mannel, Daphne Blake, Isaac Camacho, Tavie Erwin, Jesse Herrera and Amy Rockett were recognized for the excellent personal touch they provide patients each day. Lucas Elisk, from Guadalupe Regional Wellness Center, was voted as the Best Massage Therapist in Seguin; another shining example of why our state-of-the-art Wellness Center is so successful. We're excited to continue our mission of bringing advanced medicine to you, our neighbors in Seguin.

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Information in HEALTH CURRENTS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos and illustrations.

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Growing to serve you better

This spring issue of *Health Currents* is an appropriate time to celebrate the continued growth in services and facilities at GRMC.

Inside the hospital facility, we have embarked on the first step of a three-year journey which will result in a beautiful new surgical floor, expanded Cardiac Cath Lab capacity and post-operative recovery space, and eventually a significantly expanded Birthing Center and level II NICU.

Immediately to the south of our campus, the two new medical office buildings under construction by The Koehler Company will soon be complete, providing elegant new physician office suites for the many

new doctors who recently started practice in Seguin.

While these projects continue to pave the path for our community's healthcare, we at GRMC continue to work diligently to meet patient needs from the ever-growing region we serve.

Our formula continues to be basic: build trust, build relationships and create opportunities. It continues to be our privilege to make a positive difference in every life we touch through advanced technology and the personal touch.



Robert G. Haynes, FACHE, CEO