

GRMC

HEALTH CURRENTS

ADVANCED MEDICINE. PERSONAL TOUCH.



Leapfrog is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American healthcare. The grades are based on hospitals' records of patient safety—helping consumers protect themselves and their families from errors, injuries, accidents and infections.

Developed under the guidance of an expert panel, Leapfrog uses 30 measures of publicly available hospital safety data to assign the A through F grades to U.S. hospitals twice a year. The data is calculated by top patient safety experts and is peer-reviewed, fully transparent and free to the public.

Local dedication earns national recognition

Every year, Leapfrog Hospital Safety Grades assigns A through F letter grades to more than 2,600 hospitals nationwide. In the fall of 2016, Guadalupe Regional Medical Center was one of 844 hospitals in the nation, and one of only six in a 50-mile radius, to receive an "A," ranking among the safest hospitals

in the United States.

Robert Haynes, CEO of Guadalupe Regional, says he is extremely proud of the work the staff at GRMC are doing on a daily basis. He is happy to see that GRMC's hard work has been recognized by Leapfrog as an outstanding facility for safety and quality.

To see GRMC's full grade, and to access consumer-friendly patient tips for staying safe in the hospital, you can visit hospitalsafetygrade.org.

SPRING 2017

Guadalupe Regional 
MEDICAL CENTER

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Partners in your health

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A partnership for good health

WHY A GOOD RELATIONSHIP WITH A PRIMARY CARE PHYSICIAN IS A MUST

After years of specialized medical training, your doctor is an expert on the human body. He or she knows how it works, how to help keep it healthy, and how to treat it if something goes wrong.

But even with all that expertise, your doctor will have a hard time treating you without knowing the details of your unique medical situation. That's why it's so important for you and your doctor to have a strong working relationship based on open communication.

Your primary care doctor

The main doctor-patient relationship for most people involves a primary care physician. Among other things, these doctors:

- Diagnose medical problems
- Treat a variety of illnesses and conditions
- Coordinate healthcare with other medical professionals, if needed
- Help patients learn how to care for their own needs
- Help prevent health problems from occurring in the first place

Types of primary care doctors

- Family physicians, who are trained to care for people of all ages—from babies to older adults



PICK YOUR PHYSICIAN



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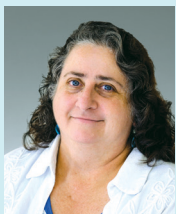
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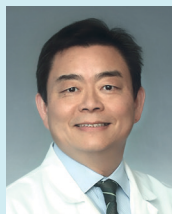
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- Internists, or internal medicine physicians, who focus on the medical conditions faced by adult patients
- Pediatricians, who work with newborns, infants, children, teens and even young adults

Do your part

No matter what type of doctor you decide is best for you, you're likely to be more satisfied with your treatment if you take an active role in your healthcare. For example:

Be prepared. Before your next doctor's appointment, take a little time to get ready.

Gather up your medications—including any over-the-counter drugs or herbal or alternative remedies that you take—and bring them with you to the doctor's office. Be ready to tell your doctor if you are allergic to any medications.

Also, before your visit, consider

Looking for other local physicians?

Call our Physician Referral Line:
830.401.7401

writing down any questions you want your doctor to answer. You'll be less likely to forget something. Put the most important questions first, so you'll be sure to ask them before the visit ends.

Speak up. During your visit, tell your doctor about your symptoms and anything else you think he or she needs to know. For instance, be sure to mention when your symptoms started, how often they occur and

how long they last.

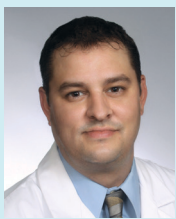
Be honest. Answer all your doctor's questions, even the ones that might seem a little embarrassing. Remember, with few exceptions, everything you talk about with your doctor is confidential.

Listen carefully, and ask questions. Pay attention when your doctor speaks. It can be a good idea to repeat what he or she says in your own words so you're sure you understand. If you're confused, don't hesitate to ask questions.

If your doctor recommends medication, ask how to take it and about possible side effects. If he or she suggests surgery, be sure you understand why you need it and the risks and benefits.

If you have a condition that has a number of treatment options, ask about the pros and cons of each one.

Sources: Agency for Healthcare Research and Quality; American Academy of Family Physicians



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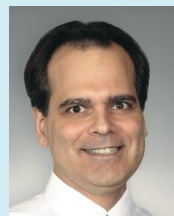
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PEDIATRICS



Robert G. Haynes,
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New arrivals, ever growing

This edition of *Health Currents* arrives at the beginning of spring, with the annual blessing of Texas wildflowers and fresh beginnings. Similarly, GRMC is enjoying new arrivals and continued growth this season.

Several of these changes are detailed in this newsletter, such as the arrival of Elena McAtee, MD, and the ongoing excellent care provided by other family practitioners in Seguin.

Other signs of growth evident on our campus include the construction work on the third floor of our Patient Tower, where we will be moving our Surgical Unit and Dialysis Center by August of this year.

The new Medical Office Buildings adjacent to our campus on King Street are also busy with activity—spine and pain management experts have joined the existing neurology, rheumatology, endocrinology and family practice physicians who see patients here.

A positive difference

This newsletter gives specifics about GRMC's recent Leapfrog recognition for high-quality care.

We appreciate knowing that the comparative statistics and outcomes of care at GRMC verify the professional, evidence-based care provided here. But we are especially gratified with each personal thank-you note received, noting how the staff at our hospital truly make a positive difference in the lives of our patients and their families.

Wishing you and your family good health this season,

Robert G. Haynes
Chief Executive Officer



Elena McAtee, MD

Whole-person medicine

NEW DOCTOR TAKES AN INTEGRATIVE APPROACH

GRMC welcomes our newest board-certified Family Practice Physician, Elena McAtee, MD. She grew up in the South Texas town of Kingsville.

Dr. McAtee earned her bachelor's degree from Guilford College in North Carolina and her medical degree from the University of Texas Medical Branch in Galveston. She completed her residency at the University of Arizona.

She has a special interest in integrative, preventive and holistic medicine. While at the University of Arizona, she earned a certificate of Integrative Medicine in Residency and plans to continue to embrace this in her clinical practice.

Comprehensive family care

Dr. McAtee's goal is to empower her patients to take control of their own health. She excels in providing comprehensive family care, including pediatric, adult, gynecologic and geriatric care.

She and her husband are new to Seguin. They look forward to becoming active members of the community while growing their family and enjoying all that this part of Texas has to offer. In her spare time, she enjoys ceramics, yoga, traveling, kayaking, camping and spending time with her family.

Dr. McAtee has joined Family Practice Physician Frank Wright, MD, in the GRMC Medical Terrace Palm Building, located at 411 S. King St.

To schedule an appointment with Dr. McAtee,
please call **830.484.4200**.

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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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