

# Inspiring Better

SUMMER 2014

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CREATING BETTER HEALTH

 **Metroplex  
Health System**

A PARTNER WITH  SCOTT & WHITE HEALTHCARE

# Dear Neighbors,

It is often said that it is important to note where you have been before you determine where you are going. Our history is one of



partnerships. Metroplex Hospital was born out of a partnership with the communities of Killeen and Copperas Cove, and a focus on a Christian mission to provide quality health care for both. Other partnerships with the Adventist Health System and Scott & White Healthcare have given us the support and resources to continue to focus on our mission of **Extending the Healing Ministry of Christ.**

As we live out this mission, we are reminded of the responsibilities we have to our patients and community to continue to deliver quality patient care every day and provide screenings and programs to help our community stay healthy. As you review the pages of this new publication, I hope you gain a better sense of our mission and purpose as we move forward in creating community partnerships for health by "Inspiring Better."

Blessings,

Carlyle Walton  
President and CEO,  
Metroplex Health System

## METROPLEX AT A GLANCE

Metroplex Health System is a faith-based organization and member of the Adventist Health System. Through a partnership in 2008, Scott & White Healthcare obtained a 32 percent interest in the hospital.

In 2013, the hospital provided approximately \$16,240,507 of charity care and community benefit, including free screenings, immunizations, education, and fitness classes.

## Colon Screenings Save Lives in 2 Ways

Many screenings spot cancer early, when it's most treatable. But colonoscopies have another lifesaving benefit.

Most colorectal cancers begin as growths called polyps. If your doctor sees polyps during your colonoscopy, he or she can remove them right then and there. And according to a study in the *New England Journal of Medicine*, this reduces your risk of dying from the disease by half.

So not only can colonoscopies catch cancer, they can also catch growths *before* they become cancer.

"Colonoscopies are considered the gold standard, or the most effective test for detecting cancer and precancerous polyps," explains Xiaotuan Zhao, M.D., gastroenterologist at Metroplex Hospital. "Colon cancer is the third most common cancer in the U.S. and is highly curable if diagnosed early. The procedure typically takes 30 minutes to one hour—a very short amount of time to potentially save your life."

Most people should get colonoscopies beginning at age 50. You may need to start earlier if you have a family history of colorectal cancer, inflammatory bowel disease, or other risk factors. Talk with your doctor about the right timing for you.



Xiaotuan Zhao, M.D.  
Metroplex Medical Plaza  
2301 S. Clear Creek Rd., Suite 102, Killeen  
254-526-DOCS

## >> Learn more

Physicians at the Metroplex Endoscopy Center perform procedures to diagnose and treat a variety of gastrointestinal disorders. For a video tour of the center and information on preparing for procedures, visit [www.mplex.org/care-services/endoscopy](http://www.mplex.org/care-services/endoscopy).



# New Moms Need Support to Make Breastfeeding Last

From the child's name to the color of the nursery, expectant moms face a lot of choices. Perhaps the most important is whether to breastfeed.

According to a recent national report card on breastfeeding, more U.S. mothers than ever—about three in four—choose nursing, at least in the beginning. That's good news, since breast milk contains the perfect nutrition for babies. Breastfed infants have a lower risk for allergies, infections, and other illnesses. They're also less likely to be overweight as children. And nursing has perks for moms, too, including:

- Easier weight loss
  - Less risk for breast cancer, ovarian cancer, and postpartum depression
  - A closer bond with baby
- The American Academy of Pediatrics and other medical groups recommend feeding your baby breast milk alone for six months and continuing to nurse for at least one year. But the number of babies still breastfeeding at these points has reached a plateau.

Experts say not all new moms get the support they need to keep nursing. To make nursing work for you, start preparing during

pregnancy. Ask your doctor for help. He or she may recommend a lactation counselor with special experience helping women nurse.

"As an International Board Certified Lactation Consultant (IBCLC), I see up close the difference breastfeeding support can make to families," says Dolores Rodriguez, R.N., lactation consultant at Metroplex Hospital. "While pregnant, attend a breastfeeding class or a La Leche League meeting, which is a local mother-to-mother support group. This type of support provided from one mother to another is invaluable."



The Sue Mayborn Women's Center at Metroplex Hospital. Call 254-519-8114 to schedule a tour.

## >> Find the support you need

The Sue Mayborn Women's Center at Metroplex is designated a Texas Ten Step Hospital, which means we are recognized for promoting breastfeeding and mother/baby bonding. We offer a **FREE**, two-hour class to prepare moms who are considering breastfeeding. Visit [www.mplex.org/education-events](http://www.mplex.org/education-events) to register for classes and sign up for free e-newsletters about pregnancy and parenting.

# New Physician Brings Additional Minimally Invasive Procedures to Metroplex



Ryan Vancura, M.D.,  
in Metroplex's Cardiac  
and Vascular Center

When Ryan Vancura, M.D., joins the Metroplex Hospital team this August, he'll offer nonsurgical care for everything from cancer to aneurysms to varicose veins. What one doctor can treat so many conditions? An interventional radiologist.

## Advanced Care, Fast Recovery

Interventional radiology uses imaging—ultrasounds and X-rays, for example—to diagnose and treat conditions in almost every system of the body. Instead of making a large cut like in traditional surgery, Dr. Vancura makes a tiny incision in order to pass a small tube into a blood vessel. From there, he can deliver targeted treatments. These procedures

are often easier to recover from and less painful than traditional open surgery.

Take, for example, peripheral artery disease (PAD). It's a common problem that affects blood flow to the limbs and, in serious cases, can result in amputation. To treat this condition, Dr. Vancura goes into the blood vessels that are clogged and reopens them with a small balloon or metal cylinder, called a stent.

## >> Did you know?

The cardiac catheterization laboratory, or “cath lab,” is where physicians can diagnose and treat heart conditions using catheters instead of surgery. Our physicians at Metroplex Hospital perform many different procedures in the cath lab instead of an operating room. To find an interventional radiologist or cardiologist affiliated with Metroplex Hospital, call **254-526-DOCS**.

### First-Rate Treatment Close to Home

Interventional radiology is just one of many services offered by Metroplex’s state-of-the-art Cardiac and Vascular Center, which has all the latest technology to treat any issue related to the heart and blood vessels. Whether you need a blood clot dissolved or require emergency treatment for a heart attack, care is available right here in your community.

“We have advanced equipment, including our new cath lab with all the bells and whistles,” says Valerie Romero, R.T.(R), ARRT, manager of the cardiac cath lab, where many of the heart-related procedures take place. “We have very experienced staff and skilled physicians here.”

With the addition of Dr. Vancura, that staff will become even stronger. Dr. Vancura has received advanced training at UCLA Medical Center and the Dotter Interventional Institute, two groundbreaking institutions in his field. He is looking forward to joining the Metroplex team and forming relationships with patients and colleagues.

“I want people to become more aware of the minimally invasive options available for a lot of common surgical procedures,” he says. “I’ll be working closely with patients and other specialists to help ensure everyone gets the best possible care.”

## Taking a Closer Look at Your Heart

New, advanced imaging technology is helping doctors at Metroplex Hospital diagnose and treat patients with cardiovascular disease. The ILUMIEN Optis system helps physicians better understand which arteries should be treated and how best to treat them. It works by combining two different technologies—Optical Coherence Tomography (OCT) imaging technology and Fractional Flow Reserve (FFR) technology.

> **OCT IMAGING TECHNOLOGY** provides a real-time, three-dimensional view of the patient’s artery, making it easier for physicians to visualize the area they are treating. The images assist physicians in selecting the best stent option for patients and evaluating the location and position of the stent within the artery. All this can help to minimize the need for repeat surgery.

> **WIRELESS FFR TECHNOLOGY** measures pressure differences in blood flow within the coronary arteries leading to the heart and determines the severity of plaque and blockages. Knowing which specific blockages are causing reduction in a patient’s blood flow helps physicians determine which blockages need stenting.



With the use of OCT imaging technology, John Johnson, R.N., examines the inside of a patient’s artery as a real-time image on a screen.



# Could You Have an Anxiety Disorder?

Everyone gets nervous from time to time. But worry and fear grip some people so completely that they can't leave their house or they have trouble working or socializing. In fact, 25 million American adults feel anxiety and panic so crippling it hampers their lives.

## The 5 Faces of Worry

### 1 Generalized anxiety disorder.

GAD causes worry about everything almost all the time. You may also have physical symptoms, such as headaches and sweating.

**2 PTSD.** Violence, a natural disaster, or another frightening event can trigger this condition. Intrusive memories of the traumatic event, flashbacks, bad dreams, sleeping difficulties, irritability, and feeling jittery or on guard can be experienced.

**3 Panic disorder.** Sudden, terrorizing attacks of physical and psychological symptoms strike people with this condition. You may feel chest pain, trouble breathing, or dizziness and worry that you're "going crazy" or dying.

**4 Obsessive-compulsive disorder.** People with OCD have unwanted and repetitive thoughts and/or images and may have an uncontrollable need to perform certain routines or rituals.

**5 Phobias** are marked by irrational fears of specific objects or situations—such as spiders, flying, or heights. Other fears are broader. For instance, social phobia creates worry and discomfort in social settings and/or performance-related settings.

### Get Help Right Here at Home

Anxiety disorders usually don't go away by themselves. The clinical team of physicians, nurses, and social workers at Metroplex Behavioral Health Center (MBHC) are experts in the assessment and treatment of anxiety disorders, as well as depression, bipolar, psychosis, and other mental conditions. As a TRICARE preferred health care provider, they are also aware of

the unique circumstances that military patients and families face.

"Our physicians and staff provide a personalized and family-focused approach to treating disorders such as anxiety," says Kurt Schwartz, M.D., psychiatrist at MBHC. "We develop an individualized plan designed to cope with the emotional needs of both the patient and family. We're all here to provide the support they need to gain control over symptoms."



**Kurt Schwartz, M.D.**  
Metroplex Behavioral Health Center  
2407 S. Clear Creek Rd., Killeen

## >> Compassionate and confidential care

MBHC is here to help! Call **254-628-1000** or **800-926-9869** to make an appointment, or visit **[www.mplex.org](http://www.mplex.org)** for more information.

## Healthy Change, One Small Choice at a Time

Fad diets, juice fasts, jump ropes, balance balls, expensive exercise equipment, workout videos, and books on health and healing—most of us have tried one or a combination of products to become healthier.

But being healthy doesn't have to be complicated. What about discovering the power of a lifestyle change?

Last year, Metroplex Health System embraced a wellness program called CREATION Health™—God's Eight Principles for Living Life to the Fullest. Staff, volunteers, and even community members are becoming empowered to live healthfully through addressing the mental, physical, social, and spiritual needs of life.

"It's not about making huge life changes, but embracing small healthy changes that become a part of life, resulting in a healthier lifestyle," says Latoya Ellis, wellness coordinator for Metroplex Health System. "The CREATION Health principles are about making choices—everything we do is the result of making a choice."

### The eight principles in C-R-E-A-T-I-O-N are:

- **Choice**—Exercising the power of choice
- **Rest**—Taking time to relax and rest
- **Environment**—Creating an environment that you will flourish in
- **Activity**—Exercising and moving more for growth and strength



CREATION Health coaches lead activities and teach health and wellness to Metroplex staff and community members.

- **Trust**—Having faith and belief in God
- **Interpersonal**—Connecting through interpersonal relationships
- **Outlook**—Living happier leads to longevity
- **Nutrition**—Eating right, the fuel that drives the body

>> Visit [www.creationhealth.com](http://www.creationhealth.com) or call **254-519-8202** to request a free CREATION Health book.

## Recipe for Health: Southwestern Burgers

These tasty, low-fat burgers use extra-lean ground beef combined with mashed black beans to reduce fat content and make moist, flavorful patties. The jalapeño pepper, cumin, and cilantro add a kick.

- 1 cup reduced-sodium black beans, rinsed
- ¼ cup minced red onion
- 1 jalapeño pepper, seeded and finely chopped
- 2 tsp. ground cumin
- ¾ lb. extra-lean ground beef
- ¼ cup tomato sauce
- 1 egg white
- 2 tbsp. fresh chopped cilantro

**1** In a small bowl, mash black beans with a fork. Add onion, jalapeño pepper, and cumin. Mix well. Place ground beef in a large bowl, followed by the bean mixture. Add tomato sauce, egg white, and cilantro. Blend well with a fork. Form into four ¾-inch patties.

**2** Broil or grill for five to six minutes per side until internal temperature reaches 160 degrees.

Source: [www.michigan.gov](http://www.michigan.gov)



↳ Tip: You can also try substituting the ground beef with ground turkey.

CONNECT WITH METROPLEX: [www.facebook.com/MetroplexHealthSystem](https://www.facebook.com/MetroplexHealthSystem) [www.twitter.com/MetroplexHealth](https://www.twitter.com/MetroplexHealth)

## Summer Classes and Events

### BREASTFEEDING CLASS

Sue Mayborn Women's Center  
Education Room  
July 16, Aug. 20, Sept. 17  
6 to 8 p.m., FREE

### DIABETES SELF-MANAGEMENT CLASS

Metroplex Conference Room 3  
Aug. 28, 12:30 to 4:30 p.m., FREE

### IMMUNIZATION CLINIC

Hay Branch Elementary in Killeen  
Sept. 11, 2:30 to 5:30 p.m., FREE

### QUARTERLY HEALTH SCREENING

Metroplex Conference Rooms 3 and 4  
July 10, 9 to 11 a.m., FREE

### CARTER BLOOD DRIVE

Metroplex Conference Rooms 3 and 4  
Aug. 20, noon to 5 p.m.

## Contact Us

**Metroplex Health System**  
Metroplex Hospital  
(main number): 254-526-7523  
Community Relations:  
254-519-8200

**NEED A DOCTOR?**  
Call 254-526-DOCS.  
Visit [www.mplex.org](http://www.mplex.org) for  
additional information and  
a campus map.



**KIDFEST**  
Killeen Civic and  
Conference Center  
Aug. 17, 12:30 to  
3:30 p.m., FREE

KidFest is a health and safety fair for Central Texas families. Metroplex Hospital provides free immunizations and health screenings, along with health and safety information. Join the fun with local exhibitors, interactive activities, door prizes, snacks, snow cones, and entertainment. Free to the public.

### HEALTHCARE PROVIDER CPR CLASS

Metroplex Education Classroom  
(Located in CTC Nursing Building)  
July 18, Sept. 19  
8 a.m. to noon, \$30

### CHILDBIRTH CLASSES

Sue Mayborn Women's Center  
Education Room  
Two-session classes: July 1 and 3, July 15  
and 17, Aug. 5 and 7, Aug. 12 and 14,  
and Sept. 2 and 4, from 5 to 9 p.m., \$25  
Four-session classes: Sept. 9, 11, 16, and  
18, from 7 to 9 p.m., \$25

### INFANT CARE CLASSES

Sue Mayborn Women's Center  
Education Room  
July 31, Sept. 25  
6 to 8 p.m., \$25

### INFANT CPR CLASSES

Metroplex Education Classroom  
(Located in CTC Nursing Building)  
July 14, Sept. 8  
6 p.m., \$50

### TAI CHI CLASS

Metroplex Medical Plaza, Room 122  
Wednesdays, 10 to 11 a.m., FREE

### ARTHRITIS EXERCISE CLASS

Metroplex Medical Plaza, Room 122  
Thursdays, 10 to 11 a.m., FREE

### YOGA CLASS

Metroplex Medical Plaza, Room 122  
Fridays, 10 to 11 a.m., FREE

Register for classes at [www.mplex.org](http://www.mplex.org).