

regarding health

A PUBLICATION OF SAN ANGELO COMMUNITY MEDICAL CENTER

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with the
Health Club!**

See back page

Targeting PAD
New technology saves lives

**Meet our new
family physicians**

**Take charge of
your arthritis**

 **San Angelo
Community Medical Center™**

www.sacmc.com



Brad Holland
Chief Executive
Officer

Dear neighbor,

San Angelo Community Medical Center's (SACMC) vision is to be the hospital of choice in West Texas. We're realizing our vision through our ongoing achievements in promoting quality medicine and service to our patients and community.

As you look into your insurance plan, be sure to choose the best health care for your

family. Should you wish to learn more about health plans that contract with SACMC, feel free to call me at **(325) 947-6400**, or visit **www.sacmc.com** to learn more about SACMC.

Sincerely,

BRAD HOLLAND
Chief Executive Officer
San Angelo Community Medical Center

WELCOME OUR TWO NEWEST FAMILY PRACTICE PHYSICIANS

The experienced, dedicated medical staff members of San Angelo Community Medical Center can help keep your family healthy. We'd like to introduce two of them to you.



MICHAEL HAMBRICK, M.D.
Family Practice

Community Medical
Associates
2142 Sunset Drive
(325) 245-4111

Michael Hambrick, M.D., and his wife have returned to Texas. They've supported the Cowboys from afar and are proud to be home. The Hambricks also want their four children to be raised near their family. Board certified in family medicine, Dr. Hambrick trained at University of Texas Health Science Center. His time in rural medicine has made him well rounded and experienced. Dr. Hambrick joins Community Medical Associates and accepts most insurance plans. He's accepting new patients. Call **(325) 245-4111** to make an appointment.



ELISABETH NOELKE, D.O.
Family Practice

Community Medical
Associates
2142 Sunset Drive
(325) 245-4211

Elisabeth Noelke, D.O., grew up in West Texas, so it isn't surprising she loves to ranch and spend time with family. Dr. Noelke has cared for Texans for years, and we're fortunate to have her in San Angelo. Board certified in family medicine, she's experienced in caring for patients of all ages. Dr. Noelke joins Community Medical Associates and accepts most insurance plans. She's accepting new patients. Call **(325) 245-4211** to make an appointment.

To find a physician by specialty, visit www.sacmc.com.

Saving lives and limbs

TurboHawk technology is at SACMC

More than 12 million Americans suffer with peripheral artery disease (PAD), a condition caused by plaque buildup in the arteries of the legs, which blocks essential blood flow. When blood can't get through, tissues downstream don't get enough oxygen, often resulting in leg pain, nonhealing wounds, gangrene or, potentially, amputation.



James Taylor, D.O.,
FACOS
Thoracic and
Cardiovascular
Surgeon

THE FUTURE OF SURGERY

Not long ago, physicians treated PAD with angioplasty or stent procedures to reopen the artery and restore blood flow or with extensive bypass surgery in severe cases. Now, James Taylor, D.O., FACOS, a board-certified thoracic and cardiovascular surgeon with San Angelo Community Medical Center (SACMC), uses a new, minimally invasive procedure to remove significant amounts of plaque without overstressing the

artery. Precision laser-drilled micro vent holes maximize tissue capture by using advanced MEC Technology. SACMC is fortunate to be the second hospital in the United States to use this technology.

"The TurboHawk Plaque Excision System uses a technique called peripheral plaque excision, which actually removes plaque from arteries in the legs," says Dr. Taylor. "The TurboHawk System is particularly effective for patients with diabetic foot wounds since it reopens arteries, allowing more oxygen-enriched blood to reach diabetic foot ulcers to fight infection and aid the healing process."

HOW IT WORKS

During the procedure, a special catheter is inserted through a small puncture in the groin. The surgeon uses an X-ray camera to guide it through the leg artery to the blockage. The catheter contains a tiny blade that spins and shaves plaque from the artery walls with precision and control. A special nose cone on the device's tip collects plaque, which is then completely removed from the body.



Removing the plaque—instead of compressing it against the vessel wall—reduces the threat of recurrence. The technique also lowers the risk of plaque breaking off into the artery and causing further blockage. The procedure typically takes one to two hours, and patients usually go home within a day.

"It's a safe procedure for improving blood flow," says Dr. Taylor. "We're seeing great success with the technique. Without it, many patients may have had to face amputation as their only option."

! Start the healing

For more information about this advanced procedure, call (325) 245-4511.



Regarding Health is published as a community service of San Angelo Community 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 health care provider.

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Look and feel your best!

Community Health Club is the place to be

Community Health Club of San Angelo recently received more national acclaim by winning the new 2009 Program Innovation Award presented by the Medical Fitness Association. The association consists of more than 700 hospital-based fitness centers across the country and awards fitness centers annually for outstanding programs.

TOPS FOR FITNESS

The Program Innovation Award is given to the top U.S. hospital fitness facility with an effective program to benefit the community. The Health Club won the award based on the Better Me program, a wellness initiative to improve health.

Janet Charlesworth, director of Community Health Club, accepted the award at the national Medical Fitness Association conference in Orlando, Fla. in December 2009.

Get a new you this year at Community Health Club of San Angelo, where you'll experience certified personal trainers, a free nursery, racquetball courts, basketball and wallyball courts, 75 exercise classes a week, an indoor walking/jogging track, an indoor swimming pool and whirlpool, wet and dry saunas and extended hours!



Community Health Club of San Angelo can help you get fit!

PUSH YOUR LIMITS!

*EXPIRES 2/28/10

Get a free seven-day trial membership and waived activation fee at Community Health Club of San Angelo



HOURS:

Monday–Thursday, 5:30 a.m.–10:30 p.m.
Saturday, 8 a.m.–7 p.m.

Friday, 5:30 a.m.–8 p.m.
Sunday, noon–7 p.m.

(325) 947-2582 | 3336 W. LOOP 306 | WWW.SACMC.COM