

HealthyLiving

CHRISTUS Santa Rosa Hospital – Westover Hills



In This Issue

CHRISTUS Weight Loss Institute – Westover Hills

Offering FREE Weight Loss Seminars.
Why Weight? Get your life back.

Coronary Artery Calcium Scoring For Only \$99

When seconds matter, count on CHRISTUS Santa Rosa Hospital – Westover Hills for complete cardiovascular services.

Mark Your Calendar

Reserve your seat for FREE health education opportunities.



Call for a physician: 1.877.250.DOCS (3627) • christussantarosa.org



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San Antonio, TX 78251

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Your *health* care home *for life.*

Our *Mission*: "To Extend the Healing Ministry of Jesus Christ."

CHRISTUS Santa Rosa is the only Catholic, faith-based not-for-profit health system in San Antonio and South-Central Texas.

Why Weight? Get Your Life Back!



The **CHRISTUS Weight Loss Institute – Westover Hills**, headed by bariatric surgeon Dr. Richard Peterson in partnership with UT Medicine San Antonio, offers a complete program designed to help you lose weight with the education and support you need for lifelong success.

Patients with a Body Mass Index (BMI) of 40 or greater, or a BMI of at least 35 with other medical issues, are invited to attend one of our **FREE seminars** the first and third Thursdays of each month at 6:30 p.m. or the fourth Saturday of each month at 10:00 a.m. at CHRISTUS Santa Rosa Hospital – Westover Hills. Seminars are also offered the second and fourth Tuesdays of each month at 6:30 p.m. at UT Medicine's Medical Arts & Research Center (MARC) in the Medical Center, located at 8300 Floyd Curl Drive, 4th Floor, General Surgery, San Antonio 78229.

Call **210.GetThin (438.8446)** to reserve a seat or visit **GetThinSA.org** to learn more about the CHRISTUS Weight Loss Institute – Westover Hills. Our seminars include discussion on how to decide which procedure is right for you, specific details on preparing for surgery, and life after the procedure – plus the opportunity for one-on-one counseling.

Call 210.GetThin (438.8446) or visit GetThinSA.org to register for one of these FREE seminars:

CHRISTUS Santa Rosa Hospital – Westover Hills on the first and third Thursday of the month at 6:30 p.m.

February 2, February 16, March 1, March 15, April 5, and April 19

CHRISTUS Santa Rosa Hospital – Westover Hills on the fourth Saturday of the month at 10:00 a.m.

January 28, February 25, March 24, and April 28

In the Medical Center at UT Medicine's Medical Arts & Research Center on the second and fourth Tuesday of the month at 6:30 p.m.

January 24, February 14, February 28, March 13, March 27, April 10, and April 24



Dear Westover Hills Neighbors:

With the busy holiday season behind us, we are proud to bring you the latest edition of *Healthy Living*.

In this edition, you'll learn about our series of FREE health education opportunities available to our neighbors in the coming months. With your wellness in mind, we're working to offer seminars to help our neighbors improve the health of our community.

Coronary Artery Calcium Scoring is now available at CHRISTUS Santa Rosa Hospital – Westover Hills for only \$99. This ten-minute scan measures the hardening of the heart's arteries, a leading indicator of heart disease.

The CHRISTUS Weight Loss Institute – Westover Hills offers minimally invasive Gastric Band, Sleeve Gastrectomy, Roux-en-Y Gastric Bypass, and Revision surgeries. If you, or a family member, have a BMI of greater than 40, or a BMI of at least 35 with other medical issues, please call 210.GetThin (438.8446) to register to attend a FREE weight loss seminar. Most weight loss procedures are covered by insurance.

Since introducing interventional cardiovascular services in September 2011, I'm happy to report our Hospital's "door-to-balloon" time is well below the national target of 90 minutes.

I wish you and your family a happy and healthy new year. If you have any questions or comments, please feel free to contact me at 210.703.8440.

Blessings,

Jeff Bourgeois, FACHE, Vice President/Administrator

KNOW WHEN TO CALL 911

When seconds matter, count on CHRISTUS Santa Rosa Hospital – Westover Hills for complete Emergency Room care for chest pain or any of the following signs and symptoms of a heart attack:

- Pain or discomfort in the upper body, including the arms left shoulder, back, jaw, or stomach
- Difficulty breathing or shortness of breath
- Nausea, sweating, or vomiting
- Upper abdominal/mid-back discomfort or pressure
- Dizziness
- A feeling of fullness, indigestion, or choking
- Extreme weakness or anxiety
- Rapid or irregular heartbeats

Cardiovascular Service Success

We are proud to provide interventional cardiovascular services in the Westover Hills community. CHRISTUS Santa Rosa Hospital – Westover Hills now offers more timely treatment for patients with coronary artery syndrome. By offering these crucial services, we are reducing wait times for patients needing interventional procedures, and ultimately, positively impacting outcomes.

With an average "door-to-balloon" time of 77 minutes for STEMI (ST segment elevation myocardial infarction) patients, our Hospital is well below the national target of 90 minutes. Door-to-balloon time refers to the time it takes from when a patient enters the Hospital's door to the time the blocked artery is opened.

Other Interventional Cardiovascular services include: Endovascular Aortic Aneurysm Repair and Replacement; Angioplasty and Stent Placement; Cardiac CT Angiography; Cardiac Catheterization; Electrocardiography (EKG); Echocardiography; Holter and Event Monitoring; Intravascular Ultrasound; Pacemaker and Defibrillator Insertion; Peripheral Vascular Procedures; and Stress Testing.

To find a cardiologist, please call **1.877.250.DOCS (3627)**.



Peace of Mind, Only \$99

CHRISTUS Santa Rosa Hospital – Westover Hills is offering **Coronary Artery Calcium Scoring for only \$99**, for a limited time. This ten-minute scan, on our 64-slice Volumetric Cardiac CT scanner, will measure hardening of the heart's arteries, a leading indicator of heart disease. If you or a loved one are at risk for heart disease, peace of mind may be only a phone call away. Contact us today to set up an appointment.

Call **210.703.8100** to schedule your calcium-scoring test today.

Join MYHEALTHCONNECT™ Today

My Health Connect™ is a CHRISTUS Santa Rosa program designed to improve the total health and wellness for women of all ages. We understand that women's health care needs are unique, so that's why we have developed personalized information and services for women at every stage of life. So whether you are just beginning your health care journey, or you are seeking treatment for a specific condition, you will find everything you need from the women's health experts at CHRISTUS Santa Rosa Health System.

To join and for a complete list of membership privileges, please visit www.christussantarosa.org/myhealthconnect.

Scan this code with a smartphone to become a member today.



Do You Suffer from Knee Pain?

You are invited to attend a **Knee Replacement Seminar**. This **FREE seminar** will provide insightful information on the latest medical treatments including: signature total knee replacement and partial knee replacement.

Dr. Eloy Ochoa, Board-Certified Orthopedic Surgeon
Monday, February 27, 2012 | 6:00 p.m.

Call **1.877.250.DOCS (3627)** to reserve a seat. Reservation required.

FREE Heart Health Awareness Seminar

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk.

CHRISTUS Santa Rosa Hospital – Westover Hills and Cardiologist Dr. Jarrett McGehee invite you to a **FREE seminar** about the importance of heart health and how to prevent coronary heart disease.

Monday, March 26, 2012 | 6:00 p.m.

Call **1.877.250.DOCS (3627)** to reserve a seat. Reservation required, as space is limited.

