

Northwest

“They saved MY LIFE”

**Getting back on track
after AFib treatment**

**An expectant mom’s
unexpected stroke**

How she achieved a
healthy, happy delivery

.....
**Putting his sleep
apnea to bed**

A patient shares his
success story

Joel Watson tells how doctors helped
restore his heart rhythm.



Compliments of

 **Northwest Texas
Healthcare System**

FROM THE CEO



Our commitment to the community can be felt in many different ways at Northwest Texas Healthcare System. As the region's most comprehensive healthcare provider, we continue to offer innovative and advanced treatments right here close to home through our hospital services and many outpatient facilities. The goals of Northwest remain simple: quality and growth, in that order. Every member of the Northwest team is committed to providing the highest quality care

possible with unrivaled service. We are also committed to developing new clinical programs that allow you to receive quality care. Recently, Northwest performed the region's first cryoablation to treat AFib. Doctors and nurses at Northwest also performed the region's first extracorporeal membrane oxygenation (ECMO) procedure, a lifesaving therapy for the most critical patients. Since that first case, ECMO has been performed many times at Northwest and the results are miraculous.

It's especially rewarding to receive feedback from our patients and share their stories about the lifechanging care they've received. From specialty cardiac treatment and emergency services to maternity services and urgent medical care, we're committed to supporting the best possible patient experiences. Our focus on improving quality and developing programs that improve lives and allow patients to stay in the Panhandle continues to drive everything that we do.

We're here to support you and your family. We invite you to learn about career opportunities at Northwest. We're excited to be YOUR HOSPITAL, making a difference in your life at work and at home.

Sincerely,

Ryan R. Chandler, MHA, FACHE
Chief Executive Officer

IN THIS ISSUE

4 REBOOTING HIS HEART

Joel Watson's
lifesaving AFib care

6 TREATING YOUR ACHES AND PAINS

How orthopedic doctors
can help

7 "I NEEDED TO DO SOMETHING"

Steven Spears tackles
his sleep apnea

**Nationally designated
maternity services -
*delivering for you!***



Designated
BlueDistinction®
Center+
Maternity Care

As a testament to a focus on quality, Blue Cross Blue Shield® of Texas has recognized Northwest Texas Healthcare System with a Blue Distinction® Center for Maternity Care designation as part of the Blue Distinction Specialty Care program. Blue Distinction Centers are nationally designated hospitals that demonstrate expertise in delivering improved patient safety and better health outcomes, based on objective measures developed with input from the medical community. The highly trained providers and specialists at Northwest's Childbirth Center are well prepared to support both normal and high-risk births.

Learn more at nwths.com/maternity and see the back page for information about maternity classes.

A happy ending AFTER A STROKE

At age 33, Jennifer Jackson was in the 37th week of her second pregnancy and everything was going well. Then, things suddenly changed.

"I just felt uncomfortable. It's hard to explain," she says. At first, she thought it might be her body reacting to her new routine because she'd just stopped working. But then she started to feel worse, so she called her parents to come to her house and be with her and her five-year-old daughter.

After her parents arrived, she began coughing really hard, and her condition went quickly downhill. "My mom said I walked from one couch to another and sat down and just started mumbling. I don't remember." She began drooling, the left side of her face was droopy, and she couldn't lift her left side.

She was taken to Northwest Texas Healthcare System. "They told me I had an ischemic stroke," she remembers. This is the most common kind of stroke* and happens when there is a blockage in a blood vessel going to the brain. "I was terrified," she says.

With prompt, specialized care, she made a complete recovery, and her pregnancy remained healthy. "They made sure we had the best care and made us feel comfortable," Jackson remembers of her emergency team. "I was really impressed."

She stayed in the hospital, where the staff closely monitored her and her baby while she waited to have her scheduled C-section about two weeks later. She was worried about having the procedure so close to the stroke, but she tried to stay strong for her family. "It was nerve-racking," she says. "I know God was looking over me."

Reassured by everyone at Northwest, she gave birth to a healthy baby boy, Cole, and says her experience was amazing. Today, the whole family is doing great. Cole is at the top of the growth charts, and mom is back to her busy life, with no deficit from the stroke. "They were all so caring," she says of the team that helped save her and her baby. "I had trust in everybody." ■

Jennifer Jackson
with her newborn
baby, Cole.

Recognizing the symptoms of a possible stroke can help save your life or someone else's life.



BALANCE: Does the person have a sudden loss of balance or coordination?



EYES: Has the person lost vision in one or both eyes or have they had sudden double vision?



FACE: Ask the person to smile. Does one side of the face droop?



ARMS: Ask the person to raise both arms. Does one arm drift downward?



SPEECH: Ask the person to repeat a simple phrase. Is it slurred or strange?



TIME: is critical! If you see any of these signs, call 9-1-1 immediately.



*American Heart Association/American Stroke Association®

I OWE MY **LIFE** TO NORTHWEST

Joel Watson's heart rhythm reset

"My heart was in such bad shape that my heart rate would go from a normal rate of 60 or 70 to over 200, just from walking from one place to another," says Joel Watson. "When I was experiencing chest pain, I checked into Northwest." ➤



His irregular heartbeat was related to atrial fibrillation (also called AFib). This condition affects at least 2.7 million Americans, and can lead to blood clots, stroke, heart failure and other heart-related complications.*

For Watson, specialty cardiac care was needed to treat his condition. After arriving at the Heart Hospital at Northwest Texas Healthcare System, he was deemed a candidate for cardioversion. This procedure involves delivering an electrical shock that briefly stops the heart and resets its rhythm.

Before having this treatment, a test called a transesophageal echocardiography (TEE) was conducted to make sure there were no blood clots in his heart, which could lead to serious complications. With TEE, a scope is placed down the throat into the esophagus, and ultrasound is used to capture highly detailed images of the heart and its blood vessels.

After the results of that test confirmed it was okay to proceed, the cardioversion was performed by cardiologist Arunava D. Ray, MD, FACP, FAAC. "My wife initially was terrified," Watson says. "But the nurses and Dr. Ray helped her through all this."

The treatment was successful, and after a couple of days recuperating in the hospital, he was able to go home. He is now back into his routine and his job as a dispatch employee for LIFESTAR air medical transport. "Today, I feel great. I feel rejuvenated," he says of his lifesaving care at Northwest. "I'm back on track of being where I need to be." ■

**American Heart Association*

See a video of Joel Watson's story at nwths.com/joel.

Warning signs of possible AFib

Sometimes, people with AFib have no symptoms, and other times they may experience a number of signs, with the most common one being a quivering or fluttering heartbeat, according to the American Heart Association. Chest pain or pressure may be signs of a possible heart attack and are a medical emergency. Also, people with AFib may be at increased risk of a possible stroke and should know the BE FAST acronym to help remember the warning signs. For an easy-to-read reference, see page 3.

New treatments at the Heart Hospital

Putting the freeze on AFib

To provide another treatment alternative for patients with AFib, Northwest recently became the first healthcare facility in Amarillo to offer cryoablation, a minimally invasive approach that isolates pulmonary veins and uses cooling technology to stop erratic signals that can cause AFib. This can help improve quality of life for patients and significantly reduce symptoms. **Learn more at nwths.com/cryo.**

Advanced heart-lung support with ECMO

Adding to its comprehensive cardiac services, Northwest now offers extracorporeal membrane oxygenation (ECMO), a lifesaving machine that mimics the natural function of the heart and lungs. With ECMO, the patient's blood is pumped out of the body where it is infused with oxygen, carbon dioxide is removed, and it is returned to the patient. Candidates may include people with reversible organ damage from illnesses such as respiratory failure, sepsis, blood clots and pneumonia. Northwest is the first facility in the Panhandle to offer this technology. **Learn more at nwths.com/ecmo.**

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.

PAIN, STIFFNESS, INSTABILITY?

AN ORTHOPEDIC DOCTOR MAY BE JUST WHAT YOU NEED.

Orthopedic physicians treat disorders of the bones, joints, ligaments, tendons and muscles from head to toe. In some cases, they may specialize in a particular area. Some of the many conditions they address may be associated with trauma, sports injuries, arthritis, joint replacement and more.

While many orthopedic physicians are also surgeons, they do much more than perform surgery. They also help with prevention, diagnosis and a variety of care options. For instance, they may recommend physical therapy, pain medication, injections or in some cases immobilization with a boot or cast.

If non-surgical care is not working and a medical procedure is recommended, minimally invasive options may be able to treat some conditions with smaller incisions and shorter recovery times. For example, a procedure called arthroscopy may be used to diagnose and treat conditions affecting the joints, using a tiny video camera inserted through a

small incision in the skin. If surgical care is needed, sometimes it may be performed arthroscopically using tiny instruments.

If you have an ache or injury that's holding you back, it can be frustrating. Getting specialty care from an orthopedist can help you stay active and keep doing the things you enjoy. ■



The Northwest Texas Physician Group
Ridgeview is located at 1600 South Coulter,
Building F, Amarillo, TX 79106.

To request an appointment or for more
information, visit nwtpg.com/ortho
or call 806-398-3627.

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.

ORTHOPEDIC SURGEONS at Northwest Texas Physician Group Ridgeview



**Major E.
Blair, MD**
General orthopedics,
new onset back pain



**Christopher R.
Glock, MD**
Hand and upper
extremity surgery



**Blake
Obrock, DO**
Orthopedic
sports medicine



**Craig
Sessions, MD**
General
orthopedics

Steven Spears can now enjoy family time feeling well-rested.

Overcoming *sleep apnea*

Snoring, restlessness, waking up multiple times in the night – all of these issues were affecting Steven Spears' ability to get a good night's sleep, and they were disrupting his wife, too. "I needed to do something," he says, mentioning that his lack of sleep left him feeling constantly exhausted.



CPAP therapy tailored just for him

He'd been diagnosed years ago with obstructive sleep apnea, which occurs when the throat muscles relax during sleep, blocking the airway and causing repeated stops and starts in breathing. He tried using a CPAP machine to help manage his condition but found it cumbersome and stopped using it. After meeting with his doctor this time, they decided it was time to try CPAP again to address the recurring problem he was having.

As part of his treatment, he participated in an overnight study at Northwest's Sleep Disorders Center, where the staff could monitor his sleep patterns in real time and customize the settings on his CPAP machine. "We can make adjustments as the night goes on and know by the end of the morning that we fixed the problem," explains Missy Mitchell, RRT-SDS, RCP, manager of the center. Spears recalls that it felt a little strange to be hooked up to the monitoring equipment, but the staff and restful atmosphere put him at ease. "They did a very good job of making me feel comfortable and explaining everything," he says.

Sleeping success!

After completing the study and starting therapy with his new CPAP equipment, his sleep improved. One of the best things is being able to spend time with his family without feeling tired all the time. "If my 12-year-old wants to go out and play basketball, I'll go because I feel so much better," he says. Also, before treatment, he had trouble getting his legs comfortable while sleeping because of restless legs syndrome. That problem also got better.

Since then, he went on a diet and says that losing weight helped relieve his sleep problems. After consulting with his doctor, he stopped using CPAP. Still, he's thankful for the specialty care that helped him get on track. "It's a big change now because of the weight, but it made a difference with the CPAP machine to have that rest at night." ■

The Sleep Disorders Center can help diagnose and evaluate conditions that include: sleep apnea, insomnia, narcolepsy, restless legs syndrome and periodic limb movement disorder.

For information, visit nwths.com/sleephelp or call 806-351-7013.

Family-Centered Maternity Care

Specialty Education Classes

Childbirth Education Series (9 a.m. - 12:30 p.m.)

July 13, August 10, September 14

This course is offered monthly, and is designed to provide mom and her support person with information in a relaxed and supportive environment.

Breastfeeding Classes (12:45 - 2 p.m.)

July 13, August 10, September 14

Learn the basics of breastfeeding, including positioning baby, latching, milk supply and other topics to ensure successful breastfeeding. This class emphasizes the first two weeks of life, and questions are answered by an International Board-Certified Lactation Consultant (IBCLC). Lunch is provided. *Classes are offered in conjunction with the Childbirth Education classes.*

Lactation Office: 806-354-1394

Baby You, Baby Me (6 - 8 p.m.)

June 25, October 17

Your baby's almost here ... but what about after you and the new addition to your family return home? Are you as prepared to take care of your baby, and yourself, as you are for childbirth? Come to a FREE seminar at Northwest Texas Healthcare System for answers to your questions about the "Fourth Trimester" - postpartum. *You'll enjoy dinner, gifts and a great time! (Women only, please) Panel of Experts: Obstetrician, pediatric nurse practitioner, dietitian and a new mom.*

Daddy Survival Camp (6 - 8 p.m.)

June 25, October 17

This special class for new fathers teaches the skills you'll need to take care of your baby and is a refresher course for fathers preparing for the next exciting event.

Register for a class. Call 806-354-1701 or visit nwths.com.



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806-354-1000

HEALTH NEWS FROM
NORTHWEST TEXAS HEALTHCARE SYSTEM

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