



UNIVERSITY MEDICAL CENTER
OF EL PASO

Our People – Our Successes:

NOT A DAY GOES BY that I do not hear of something wonderful that happened at UMC. Almost every time, it involves the work and professional success of our Associates in service to our patients. One of those stories involved Mr. Allen Clearance. When he walked into a room at his house, his wife looked at him and told him to sit down because he was not looking well. Mr. Clearance also thought something was wrong – and he was right. He had a blood clot and it was affecting his brain with each passing minute.

HE CAME TO UMC last weekend, unable to talk and with total paralysis in the right side of his body. That's when our Associates at UMC, which include some of the most skilled doctors, nurses and technicians anywhere, immediately got to work. Mr. Clearance underwent an IV tPA infusion and adjunctive mechanical embolectomy that pulled out a large clot from the brain. That's right, our team removed the clot that could have caused him permanent physical damage and paralysis – all within 90 minutes from when he came to our Emergency Department.



Friday Letter

Jan. 16, 2015

By James N. Valenti

UMC President & CEO



MR. CLEARANCE IS BACK TO NORMAL and able to talk and move as he had before. Congratulations to all of our doctors, nurses, technicians and other Associates who participated in Mr. Clearance's treatment. Well done!

Life-Saving Care:

IN A RELATED STORY TO WHAT I JUST SHARED regarding Mr. Clearance, the Associates who helped to remove his clot will soon welcome the opening of our new Interventional Lab on Friday, Jan. 30th at 10 a.m. This new equipment further enhances and assists our Associates in caring for many brain, heart and circulatory

issues.

RADIOLOGY, CARDIOLOGY, AND NEUROLOGY will all benefit from the new state-of-the-art equipment that allows our Associates to enter and treat complex cases through the circulatory system. Similar equipment already on hand at UMC allowed our Associates to enter Mr. Clearance's system with tiny instruments that maneuvered through a vein and removed his clot. Spectacular!



Nursing All-Stars at UMC:

OUR NURSING TEAM FROM UMC'S CENTER for Diagnostic and Advanced Endoscopy recently got word that they were chosen by EndoNurse Magazine as "Endo All-Stars." The national publication features an endoscopic Nursing team that is working at a higher level and making a difference in their respective organizations.

I COULDN'T AGREE MORE WITH THE MAGAZINE. Our team of Endoscopy Registered Nurses, Technicians, Unit Coordinators, and Transporters is one that has been getting noticed since we opened the Center back in the summer of 2013.

Since then, the team has been honored with the Excellence in Professionalism Award from the American Board of Certification for GI Nurses; seen two certified gastroenterology registered nurses (Linda Sanchez, RN; and Claudia Acuna, RN) participate in research done by faculty in the center and published by the American College of Gastroenterology; and the entire team, together with our Foundation, coordinated and volunteered at a community 5K run whose proceeds benefitted the Center. Needless to say, this is a dedicated group and one that is deserving of the "Endo All-Star" designation.

Keep up the good work team.

Flu Update:

AS I MENTIONED IN LAST WEEK'S LETTER, cases of the flu are on the rise. This week I reviewed our latest cases to date. During the 2014-2015 flu season, as of Jan. 10th, we have seen 310 cases of the flu at UMC. Of those, 72 required hospitalization.

THE VACCINE IS AVAILABLE at any of our centers throughout the El Paso region (East, Ysleta, Fabens, Crossroads) by calling 790-5700 to set-up a convenient appointment. The centers are open after work until 8 p.m. but these slots fill fast so make an appointment today. For more information on a center nearest to you [click here](#).

Worse: Lack of Exercise or Obesity?:

A NEW STUDY THIS WEEK INDICATES that a lack of exercise may be worse than obesity. While neither situation is healthy, the study says that not exercising may be twice as deadly as being obese.

THE STUDY TOOK PLACE AT CAMBRIDGE University and was published in the American Journal of Clinical Nutrition. The study involved more than 334,000 people over 12 years. Additionally, the researchers found that 337,000 of the 9.2 million examined deaths amongst European men and women were attributed to obesity, but over twice the number of deaths were attributed to lack of physical inactivity.

THE STUDY STATES THAT AS LITTLE OF 20 minutes of brisk walking a day may do the trick. As always, check with your physician before starting a new exercise program.

Weekend Sports: UNFORTUNATELY, WE WON'T BE HAVING any Texas teams in the conference championships this weekend. It's down to the Green Bay Packers taking on the Seattle Seahawks, and the New England Patriots battling the Indianapolis Colts. Two of these teams will make it to the Super Bowl. If you are a fan of any of these teams, I wish you the best of luck.

Have a great weekend! - Jim



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