

**Facility
Upgrades**


NEW MOBILE MRI HIGHLIGHTS CONTINUED INVESTMENT IN LOCAL COMMUNITY SERVICES

El Campo Memorial Hospital's investment in new Magnetic Resonance Imaging equipment -- commonly known as an MRI machine -- gives patients local access to the latest imaging technology without a long commute.

Amy Schoppe, Mid Coast Health System director of radiology, said the new equipment complements other areas of imaging investment such as a new 3D mammography

system thanks to additional support of the El Campo Medical Foundation. "We know that easier access to imaging systems locally reduce barriers and obstacles that impede positive outcomes for patients," Schoppe said. "The new equipment are physical representations of the ongoing commitment our entire care team has for patients from our front office staff to our nurses, physicians, and other specialists."

Brett Kirkham, CEO of Mid Coast Health System, the investments in new, updated equipment are intended to provide a high level of quality to ensure great care while also ensuring availability locally for convenience – a critical component in developing a strong healthcare infrastructure.

"This investment is a great asset for our patients, providing advanced technology locally and serves as the latest example of our commitment to keeping care close to home where we can. This is important not only for the convenience of parents and caretakers, but also for our businesses and schools so that patients don't have to miss out on work and classes to get the imaging they need," Kirkham said.

ECMH APPROVED BY FEMA TO INSTALL NEW ROOF

El Campo Memorial Hospital officials worked with the Federal Emergency Management Agency to replace roof damage from July 2024's Hurricane Beryl.

Damage from the aftermath of the storm remains evident across the region, and with new funds appropriated as [part of FEMA's response, the entire roof will be replaced, said Brett Kirkham, Mid Coast Health System CEO.

"The team has worked directly with FEMA over the last five months, and we are excited to announce the repairs for the entire facility," Kirkham said.

Roof installation has already begun and will continue through February of 2025.

EL CAMPO MEDICAL FOUNDATION SECURES NEW 3D MAMMOGRAPHY

Recent advances in imaging technology, particularly 3D mammography, are revolutionizing the way breast cancer is detected and diagnosed.

Pamela Hunt, ECMP executive director, led fundraising efforts through a campaign that included additional grant requests and local philanthropy. She said local support in collaboration with hospital leaders is part of the commitment to expand the strength of services offered at Mid Coast Women's Health Center in El Campo.

"Breast cancer is one of the most common cancers among women, and early detection remains the cornerstone of successful treatment," said Robert Ogdee, MD with Mid Coast Women's Health Center.

Unlike traditional 2D mammography, which captures flat images of the breast, 3D mammography creates a series of detailed images from multiple angles. These images are compiled into a three-dimensional representation, allowing radiologists to examine breast tissue layer by layer, Schoppe said. This enhanced visualization reduces the chances of missing abnormalities that might be hidden in overlapping tissue.

The Mid Coast Women's Health Center is located at 1201 N Mechanic St. in El Campo. If you are interested in a 3D Mammogram screening, please call (979) 942-3584. A doctor's order is not required to receive a screening.



**Community
Impact**



Read more about the benefits of 3D Mammography on our health system blog by scanning the QR code.

SCHEDULE AN ANNUAL MEDICARE WELLNESS VISIT

Staying on top of your health is essential as you age, and Medicare's Annual Wellness Visit offers a valuable opportunity to do just that. Annual Medicare Wellness visits are a vital part of every senior's health and serve as an important touchpoint between seniors and our care team. These visits are designed to help seniors create a personalized health plan, address potential health concerns, and promote overall wellness.

Schedule your appointment today at Mid Coast Medical Clinic by calling (979) 543-5510.

Your Medicare Annual Wellness Visit and what to expect.

An Annual Wellness Visit is a preventive service covered by Medicare Part B. It's not a traditional physical exam but is instead a focused discussion with your healthcare provider to evaluate your health and create a personalized prevention plan.

Key Components of the Visit

During your AWV, your healthcare provider will:

1. Review Your Medical and Family History: Understanding your history helps identify risk factors for chronic diseases or hereditary conditions.
2. Develop or Update Your Personalized Prevention Plan: This plan includes recommendations for screenings, vaccinations, and lifestyle changes tailored to your needs.
3. Conduct Routine Assessments: These may include measurements of your height, weight, and blood pressure, as well as cognitive and functional assessments.
4. Review Medications: Discussing your prescriptions and over-the-counter medications ensures they're safe, effective, and appropriate for your current health.
5. Identify Risk Factors: Your provider will evaluate potential health concerns, such as fall risks, depression, or memory issues, and suggest steps to address them.

Benefits of Annual Wellness Visits

1. Preventive Care: The AWV focuses on identifying potential health issues early, allowing for timely interventions that can improve outcomes.
2. Tailored Health Planning: A personalized prevention plan empowers you to take proactive steps toward maintaining your health and managing chronic conditions.
3. Improved Communication: These visits foster better relationships with your healthcare provider, ensuring your concerns and goals are addressed.
4. Cost-Free Preventive Service: Since the AWV is fully covered under Medicare Part B, it's a cost-effective way to prioritize your health.

How to Prepare for Your Visit

- Bring Your Medical Records: Include a list of your current medications and any previous test results.
- Know Your Family History: Having this information ready will help your provider assess potential hereditary risks.
- Think About Your Goals: Consider any health concerns or lifestyle changes you want to discuss during your visit.

Your Annual Wellness Visit is more than just an appointment — it's a chance to take control of your health and ensure you're on the right track for a healthier future. By addressing potential issues early and creating a personalized prevention plan, you're investing in your well-being for years to come.

Don't wait! Schedule your Medicare Annual Wellness Visit today and take the next step toward a healthier you. Schedule your appointment today at Mid Coast Medical Clinic by calling (979) 543-5510.

6 Reasons to Make an Annual Medicare Wellness Visit Your New Year's Resolution

 Preventive Care
 Medication Management
 Get to Know Your Doctor

 Home Safety Review
 X-Rays and Lab Work
 Mental Health Check-In



**LEARN MORE ABOUT THE
6 REASONS TO MAKE AN
ANNUAL WELLNESS VISIT**