



A publication by St. Joseph Medical Center for Houston Area Residents

BUILDING ON LEGACY FOR OVER 130 YEARS

St. Joseph Medical Center continues to build upon its legacy as the first hospital in Houston delivering exceptional care to patients since first opening its doors on June 1, 1887. As the city's first maternity and children's unit delivering one in every three Houstonians to Houston's first teaching hospital, St. Joseph Medical Center helped shape Houston's past and continues to play a critical role, advancing patient care through technology, research, and experience of caring and dedicated physicians, nurses, and staff.

Now part of Steward Health Care System headquartered in Dallas, St. Joseph Medical Center is poised to evolve to meet the health care needs of Houstonians for years to come. The award-winning system includes 37 hospitals, employing 42,000 health care professionals as it cares for about 2.2 million patients annually. The philosophy of Steward Health Care allows St. Joseph Medical Center to partner with multiple urgent care centers, skilled nursing facilities, and a variety of health services, which results in cost-effective, quality care for patients.



"Health care can be very confusing. My personal mission is to make sure every patient is treated like they were my mother," said Kim Bassett, RN, president of St. Joseph Medical Center. "A visit to a hospital is almost always unexpected, and families are in crisis mode. Navigating the health care system adds to whatever stress a family is already feeling. It's our privilege to help families during these turbulent times."

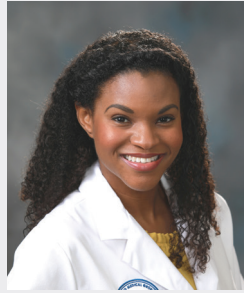
Such challenging times include the COVID-19 pandemic. St. Joseph Medical Center, working in concert with other hospitals in the Steward Health Network, answered the call for Houstonians needing medical attention at the height of the COVID-19 crisis.

"When Houston experienced a dramatic spike in coronavirus cases, it was beneficial to have cross-country support from facilities and leaders across the Steward System who shared their experiences," said Bassett. *(cont. on page 4)*

NEWEST MEMBERS OF PHYSICIAN PRACTICE SHARE COMMON PASSION



Majaz Khan, DO



Stacey Wells, MD



STEWARD DOCTORFINDER™

For an appointment with physicians in this article, please call **713-650-6556** or visit DoctorFinder™ at providers.steward.org

Stacey Wells, MD, who recently joined the Medical Associates of Houston, saw firsthand the effects of a poor diet when her grandfather suffered a significant stroke during her first year in medical school. He was on a fat-based diet and, as a result, developed high blood pressure, had high cholesterol, and was diagnosed with Type II diabetes. This chronic condition affects how your body metabolizes sugar.

This experience with her grandfather inspired Wells to teach her patients how to eat, move, and make healthier choices. She encourages them to eat more vegetables and decrease meat consumption as much as possible. Vegetables contain antioxidants and anti-inflammatories, which are beneficial to preventing diabetes, stroke and heart disease.

She also provides these helpful tips to anyone looking to creating more healthy routines:

- Start your day with one glass of water.
- Shop only the periphery of the grocery store since most processed foods are found in the center aisles.
- Experience and be open to tasting new foods. You may be surprised.

Wells shares this passion for helping her patients develop healthy eating habits with Majaz Khan, DO, who is also new to Medical Associates of Houston. Khan focuses on assisting patients in managing diabetes and keeping blood sugars in check.

“Lifestyle modification, including changes in diet, is key to managing diabetes and increasing life expectancies,” said Khan.

He also says it is essential to eat more complex carbohydrates, found in foods like whole-grain bread, oatmeal, and quinoa, instead of simple sugars, often found in desserts, fruit juices, and candy. While quickly used for energy, these carbohydrates found in sweets can cause a spike in blood sugar and insulin secretion from the pancreas.

Both physicians say it’s essential to be active and exercise to properly manage disease or ward it off altogether.

“You hold the power over your mind and body when you make healthy choices,” said Wells.

THE PHYSICIAN BECOMES THE PATIENT

Ernest Cronin, M.D., spent the majority of his career practicing plastic surgery at St. Joseph Medical Center, where he served patients and educated more than 200 residents along the way. He describes St. Joseph Medical Center as a “special place with a family feel.”

So, it’s no wonder after he retired and was diagnosed with cancer, he sought treatment at the very place he spent so much time practicing medicine and, incidentally, the place where he was born.

While he was recovering from his surgery, Cronin pursued writing his memoir, *The Healing Mission of Plastic Surgery*. The book takes readers on a personal journey as Cronin reflects on the joys and disappointments of his illustrious career, recounting the time spent at St. Joseph Medical Center. He also discusses what he considers one of his most rewarding opportunities: helping physicians in third-world countries learn how to treat cleft lip and palate.

“As a plastic surgeon, you have the chance to see immediate and visible results, which is particularly fulfilling,” said Cronin.

The Healing Mission of Plastic Surgery is available for purchase on Amazon.



Ernest Cronin, MD

NURSE NAVIGATION PROGRAM LAUNCHES FOR BREAST CANCER PATIENTS

Learning you have breast cancer can be overwhelming at best with all the many twists and turns a treatment plan can take. To help ease the stress and anxieties such a diagnosis can bring, St. Joseph Medical Center has launched a Breast Navigation Program to centralize and manage care for breast cancer patients.

“We know from research that early detection, diagnosis, and swift intervention are the key to surviving breast cancer,” said Pranam Baweja, program director for the Breast Cancer Navigation Program at St. Joseph Medical Center. “Our goal with this program is to take a multi-disciplinary approach to the disease and provide a centralized point of contact to help a patient navigate an appropriate treatment journey.”

A specialized nurse navigator works closely with a team of specialists, including a medical oncologist, radiation oncologist, breast imaging technician, pathologist, surgeon, and plastic surgeon to discuss the options and map out the best path to care for each particular patient. The nurse navigator then becomes the centralized point of contact for the patient every step of the way.

“Instead of specialists coordinating with one another on behalf of a particular patient, the nurse navigator serves as the intermediary, making the process more efficient with the end goal of giving patients the best possible outcome,” said Baweja.

If you are diagnosed with breast cancer, your primary care physician or obstetrician-gynecologist can make a referral directly to the Breast Cancer Navigation Program at St. Joseph Medical Center. From there, a nurse navigator will be in touch with you directly and will serve as your primary contact throughout your entire experience.

For your convenience, St. Joseph’s Medical Center offers an array of breast cancer services, including:

- 3D mammography
- Breast ultrasound
- Biopsies (stereotactic and U/S guided)
- Fine needle aspirations
- Bone density screening
- Medical oncology
- Breast surgery
- Breast reconstruction
- Wound care



SPECIALISTS WITH OUR NURSE NAVIGATION PROGRAM

(L to R) Kevin Hude, MD; Eniola Dawodu, MD; Ngoc Pham, MD; Amanda Garza, MD; Shima Mousavi, MD and Nandhika Wijay, MD



SCHEDULE YOUR MAMMOGRAM TODAY

The best protection against Breast Cancer is Early Detection.


It has never been easier to schedule your annual mammogram.

A yearly mammogram is recommended for all women over the age of 40, but life is full of interruptions. The St. Joseph Women’s Center for Breast Care makes it easy to keep up with your annual breast exam by scheduling over the phone.

Because our primary goal is to deliver the highest quality of care to our patients, St. Joseph Medical Center is **offering \$100 Digital Screening Mammograms**. This offer is valid for all appointments made through December 31, 2020. This is a cash/credit card payment offer. Insurance cannot be billed.

To schedule your mammogram call 713-757-7416.



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St. Joseph Medical Center

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SAFE  **READY**

BUILDING ON LEGACY FOR OVER 130 YEARS (CONT.)



Kim Bassett, RN
President of St. Joseph Medical Center

“This support, ensured that we had everything we needed from PPE to beds, lab equipment, and ventilators to meet the demand.”

Because St. Joseph Medical Center planned so well, it continued to have the lowest diversion rate in the entire city.

“Texas was hit so hard. So many community hospitals were overwhelmed and desperate for a place to bring their patients,” said Bassett. “It was great to see us come together and rise to such an unprecedented occasion.”