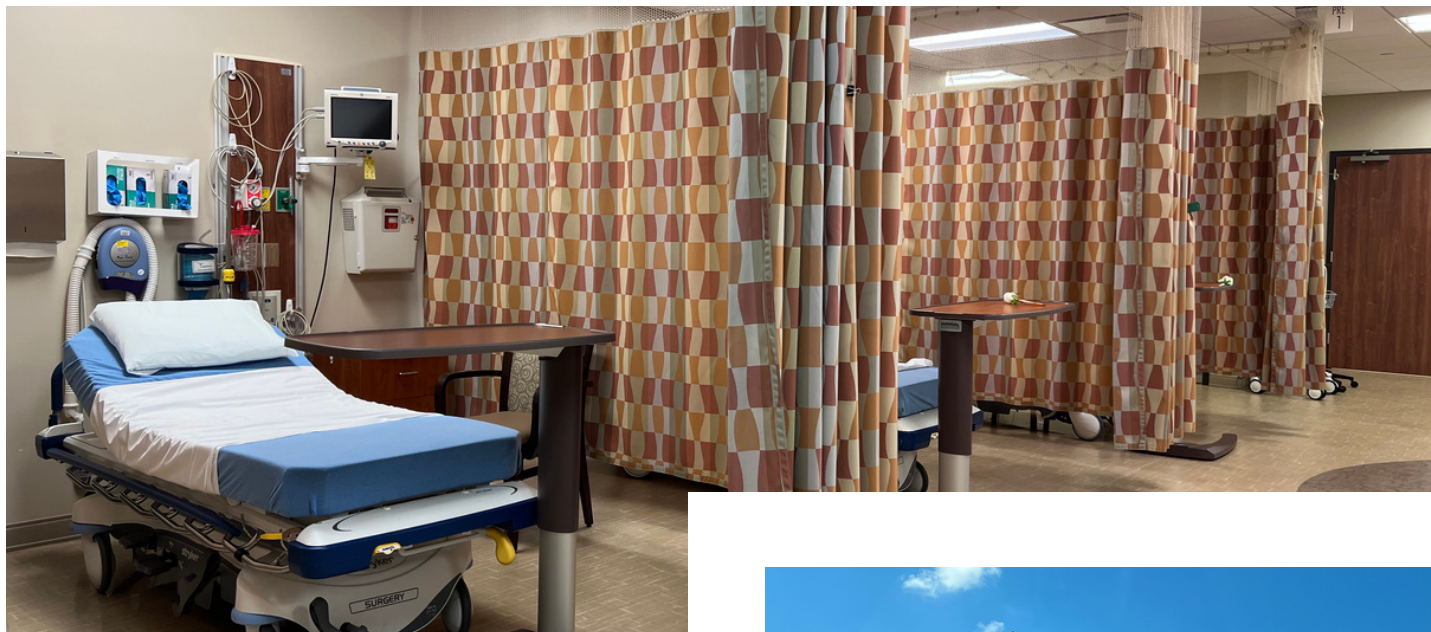


October 2023



INTRODUCTION

As the vibrant hues of autumn surround us, it's time for Village Health's October newsletter. This month, we're focusing on crucial health awareness topics, celebrating our dedicated medical staff, and sharing valuable insights for a healthy fall season. Dive into a wealth of information designed to keep you informed and inspired!



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A NEW CHAPTER IN HEALTHCARE EXCELLENCE

Village Health Welcomes White Rock Medical Center

Village Health, dedicated to delivering "Better Care," proudly announces the successful acquisition of White Rock Medical Center in Dallas, effective October 1st. This strategic move aligns seamlessly with our mission to transform healthcare through transformative acute care community hospitals within a physician-led organization.

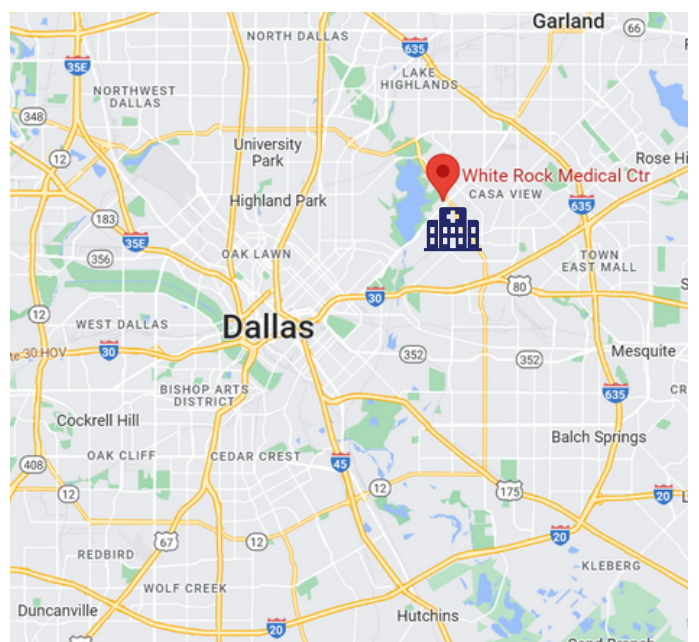
Our core mission at Village Health is simple yet profound: "Better Care." We believe in providing healthcare that prioritizes the needs and preferences of our patients, ensuring that they receive the highest quality of care tailored to their unique circumstances. With this mission at the forefront, our acquisition of White Rock Medical Center further strengthens our commitment to delivering exceptional healthcare experiences.

With the addition of White Rock Medical Center, Village Health welcomes over 500 talented healthcare professionals, further reinforcing our commitment to providing exceptional healthcare experiences to the East Dallas community. White Rock Medical Center, boasting 218 beds, has successfully met a range of critical criteria, including full accreditation by The Joint Commission or Healthcare Facilities Accreditation Program, achieving the required volume of bariatric surgeries within the last 12 months, maintaining an experienced and credentialed bariatric surgical team, and deploying appropriate equipment and staffing.

With its awards and recognitions, it will play a pivotal role in our mission to deliver patient-centered services. This acquisition dovetails with our future plans, including the expansion of service lines and the development of physician-led initiatives.

As we embark on this journey with White Rock Medical Center, our unwavering dedication to "Better Care" remains steadfast. Together, we will continue to transform healthcare, one patient at a time, by providing exceptional elective services and patient-centered care. We eagerly anticipate the positive impact of this expansion on the health and well-being of the White Rock community and beyond.

Stay tuned for more exciting developments as we work together to shape the future of healthcare in Dallas and beyond.



BREAST CANCER AWARENESS MONTH

Empowering Health and Hope

October is more than just a change in season; it's a month of unity, strength, and advocacy. It's Breast Cancer Awareness Month, a time when we come together at Village Health to educate, support, and inspire hope in the fight against breast cancer.

Understanding Breast Health

Breast health is a cornerstone of overall well-being, and knowledge is our greatest ally. Regular breast self-exams and clinical breast exams are essential for early detection. It's a practice that can save lives.

The Power of Early Detection

Early detection of breast cancer significantly increases the chances of successful treatment. That's why we emphasize the importance of mammograms for women aged 40 and older. Mammography remains one of the most effective tools for detecting breast cancer in its early stages when treatment is often less invasive and more successful.

Screening Saves Lives

Mammograms detect changes in breast tissue that may be indicative of cancer long before symptoms appear. If you haven't had a mammogram in a while or if you're due for your first one, this Breast Cancer Awareness Month is the perfect time to take action. Schedule your mammogram and encourage the women in your life to do the same.

Support and Compassion

Breast cancer can be a daunting journey, but no one should face it alone. Village Health offers comprehensive breast cancer care, including expert oncologists, compassionate support services, and state-of-the-art treatments. Our goal is not just survival but providing the highest quality of life for our patients.

Breast Cancer Awareness Month is not just a campaign; it's a movement that saves lives. At Village Health, we're dedicated to empowering our community with knowledge, hope, and unwavering support. Together, we can make strides towards a world where breast cancer is preventable, treatable, and ultimately, curable.



How You Can Help

Get Informed: *Learn about breast health, early detection, and the importance of mammograms.*

Get Screened: *If it's time for your mammogram, schedule it promptly.*

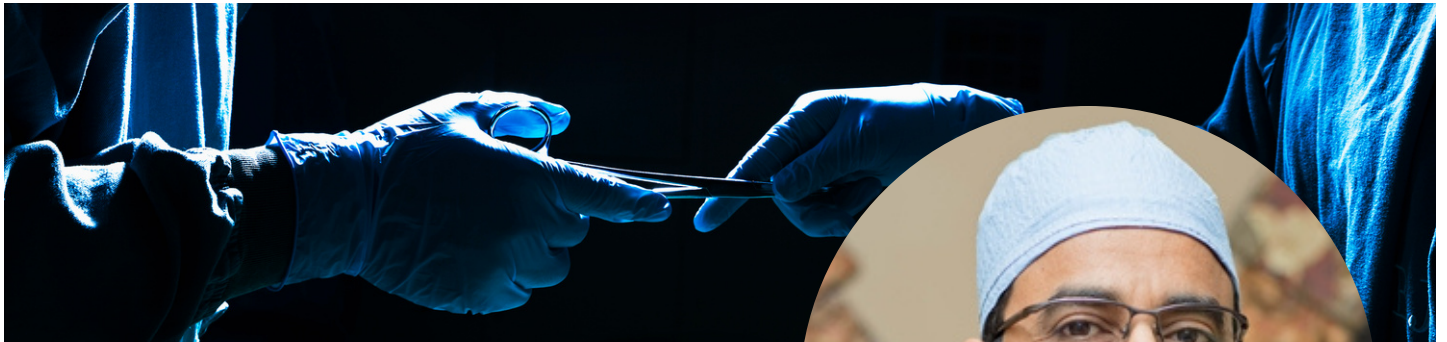
Spread the Word: *Encourage friends and family to prioritize breast health.*

Support the Cause: *Participate in Breast Cancer Awareness Month events and fundraisers.*

Celebrate Survivors: *Recognize and celebrate the strength of breast cancer survivors in our community.*

DR. IRFAN I. WADIWALA

A Pioneer in Bariatric Surgery



In the world of healthcare, certain individuals stand out as true pioneers, dedicating their careers to making a profound difference in the lives of patients. Dr. Irfan I. Wadiwala, a distinguished general bariatric surgeon at Village Health, is one such remarkable individual whose commitment to excellence has transformed the landscape of bariatric surgery.

A Distinguished Career of Innovation and Excellence

Dr. Wadiwala's journey in healthcare is marked by a relentless pursuit of knowledge and a commitment to patient care. During his extensive training, he actively participated in various scientific articles and attended several conferences focused on morbid obesity surgery and outcomes. His thirst for knowledge and his dedication to mastering the art of bariatric surgery led him to become a member of prestigious organizations such as the American Society for Metabolic and Bariatric Surgery, Society of American Gastrointestinal and Endoscopic Surgeons, Accountable Care Organizations, Harris County Medical Society, and the Texas Medical Association.

A Lifelong Learner and Innovator

What sets Dr. Wadiwala apart is his unwavering commitment to staying at the forefront of his field. He continues to perfect his surgical techniques by actively participating in conferences and keeping up to date with the newest advancements in technology. This dedication to lifelong learning ensures that his patients receive the most advanced and effective treatments available.

Transforming Healthcare, One Patient at a Time

Dr. Wadiwala's impact on Village Health and our mission to transform healthcare cannot be overstated. Dr. Wadiwala, a valued member of our team since 2018, holds the distinction of being among the pioneering surgeons at Spring Hospital. Throughout his tenure, he has consistently brought a substantial caseload to the hospital, reaffirming Village Health's steadfast commitment to delivering essential services to the communities we proudly serve.

We are immensely proud to have Dr. Irfan I. Wadiwala as a valued member of our healthcare family. His contributions have not only elevated the standard of care but have also inspired those around him to strive for excellence in every aspect of healthcare delivery.

Dr. Wadiwala, thank you for your outstanding dedication to improving the lives of our patients and for being a true healthcare visionary. Your unwavering commitment to excellence continues to drive us forward as we work together to fulfill our mission of delivering the best care possible to our community.

PREPARING FOR FLU SEASON

Your Guide to Staying Healthy

Flu season is just around the corner, and at Village Health, your health and well-being are our top priorities. As we gear up for the colder months, it's essential to be proactive in protecting yourself and your loved ones from the flu. Here are some valuable tips to help you prepare and stay healthy during flu season:

1. Get Vaccinated:

The flu vaccine remains one of the most effective ways to prevent influenza. Village Health offers flu vaccination clinics to make it easy for you and your family to get immunized. Schedule your flu shot early in the season to ensure optimal protection.

2. Practice Good Hand Hygiene:

Wash your hands frequently with soap and water for at least 20 seconds, especially after coughing or sneezing, using the restroom, or being in public places. If soap and water are not available, use hand sanitizer with at least 60% alcohol.

3. Cover Coughs and Sneezes:

Use a tissue or your elbow to cover your mouth and nose when coughing or sneezing. Dispose of tissues in a lined trash can and wash your hands immediately to prevent the spread of germs.

4. Avoid Close Contact:

If you or someone in your household becomes sick with flu-like symptoms, try to limit close contact. Stay home from work or school if you're feeling unwell.

5. Maintain a Healthy Lifestyle:

A well-balanced diet, regular exercise, and adequate sleep contribute to a robust immune system. Prioritize self-care to keep your body in optimal condition to fight off infections.

6. Keep Surfaces Clean:

Regularly disinfect frequently touched surfaces like doorknobs, light switches, and countertops. This simple step can help reduce the risk of virus transmission in your home.

7. Stay Informed:

Keep an eye on flu activity in your area. Stay informed about local outbreaks and follow any guidance or recommendations provided by healthcare authorities.



By following these tips, you can help protect yourself and your community during flu season. At Village Health, we are committed to keeping you informed and healthy. Don't hesitate to reach out to our healthcare professionals for guidance and support throughout the season.

Village Health proudly encourages our team to get flu shots at one of our ERs or local pharmacies. Stay well, stay vigilant, and let's tackle flu season together!

Seasonal Flu Facts

- Based on significant flu activity in the Southern Hemisphere, this flu season could be severe. In the U.S., flu can start as early as October, peak between December and February, and extend through May!
- It's not "just" flu! On average every year in the U.S., flu results in millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths.
- Flu vaccines can be given at the same time as other vaccines, including COVID-19 vaccines. And an important note: COVID vaccines DO NOT protect you against flu!
- It's recommended that you get a flu vaccine by the end of October and BEFORE flu starts spreading in your community, although vaccination later in the season can still be beneficial.

WHERE PRECISION MEETS PATIENT CARE

A Spotlight on Village Health's Billing Department



In every healthcare organization, behind the scenes, there is a dedicated team that ensures the smooth financial operation of the institution. At Village Health, that team is none other than our remarkable Billing Department. Though small in number, they are mighty in their commitment to our mission: delivering the best care possible to our patients.

One of the striking aspects of our Billing Department is the incredible teamwork that defines their daily operations. They collaborate seamlessly to achieve their goals, and this synergy plays a pivotal role in helping Village Health fulfill its mission. Their collective expertise and willingness to go the extra mile are at the core of their success.

Despite their small size, the members of our Billing Department boast an impressive 30 years of combined experience in healthcare billing. This wealth of knowledge and experience is a testament to their dedication to their craft. Their deep understanding of the complexities of healthcare billing ensures that the financial aspect of patient care is handled with the utmost precision.

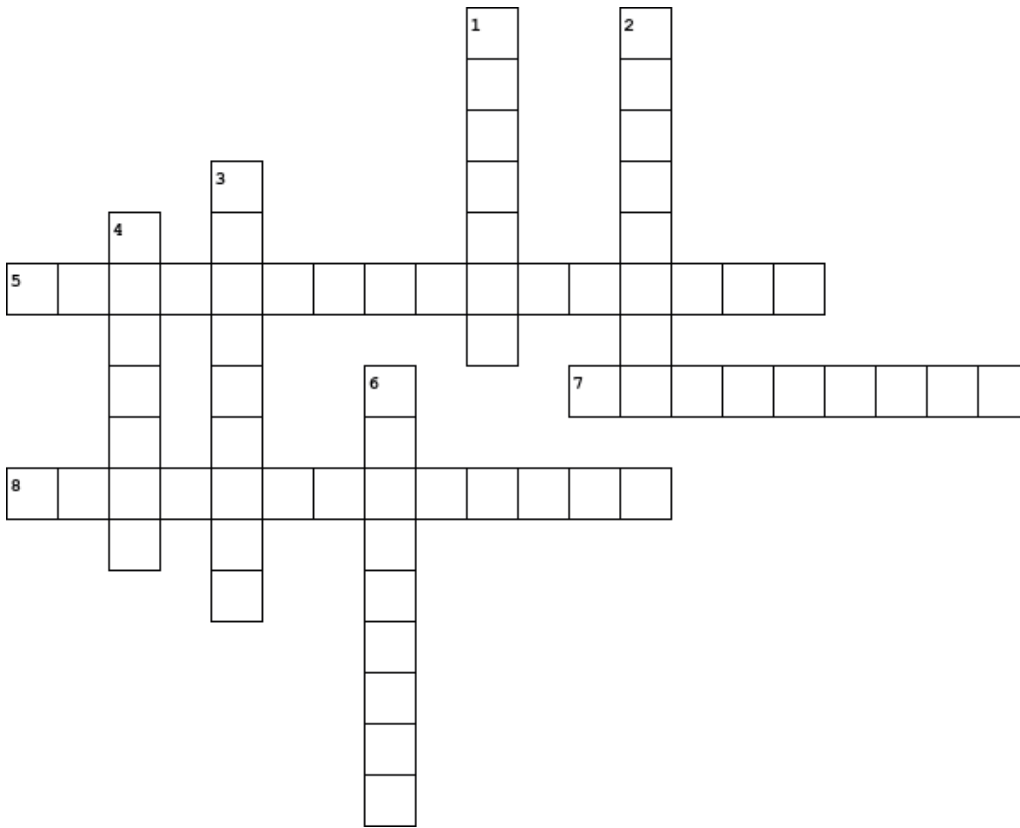
What truly sets our Billing Department apart is their unwavering commitment to patient-centric care. They understand that navigating the financial aspects of healthcare can be daunting, and they strive to be as accommodating as possible. "We understand that our patients come first," shares Edna Omoregbee, Village Health's Director of Revenue Cycle. "Our patient-first approach ensures that our patients receive the support they need during their healthcare journey."

In celebrating our Billing Department, we honor their dedication to our mission, their wealth of experience, and their unwavering commitment to putting our patients' needs first. They are an integral part of the Village Health family, and we are grateful for all they do to ensure that our patients receive the best care possible, both medically and financially. Thank you, Billing Department, for your outstanding contributions to our healthcare community.



CCRI is currently enrolling potential patients for clinical research studies. If you or any one you may know may be interested, please contact our office at 346-396-1217 or visit our website, ccriresearch.com

IT'S ALL FUN & GAMES...



S	N	N	L	M	O	D	N	R	A	A	W	I	V
E	D	E	S	A	B	A	O	O	O	C	H	O	E
N	A	Z	A	M	A	L	O	S	C	L	I	R	S
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B	C	N	N	G	A	S	T	T	V	T	R	F	G
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M	G	O	C	E	L	R	L	A	C	N	I	M	I
R	E	C	N	A	C	T	S	A	E	R	B	S	B

Down

1. The month for Breast Cancer Awareness
2. Name of one of Village Health's general bariatric surgeons
3. Name of Village Health's newest medical center in Dallas
4. Department that ensures the smooth financial operation at Village Health
6. medical term for a variety of procedures dealing with obesity

Across

5. What does CCRI conduct?
7. can be used to check for breast cancer in women who have no signs or symptoms of the disease
8. Village Health's Director of Revenue Cycle

Words to Find

- COUGH
- BARIATRIC
- MAMMOGRAM
- BILLING
- DALLAS
- BREAST CANCER
- VACCINE
- FLU
- SNEEZE
- WHITE ROCK

Employee of the Month

Congratulations to Brittany De La Rosa, Village Health's October Employee of the Month! Her unwavering commitment to teamwork and exceptional patient care shines bright every day. She goes above and beyond, ensuring all visitors at The Heights Hospital feel the warmth of welcome. Brittany is truly one of Village Health's valued friendly faces, making a positive impact on everyone she meets. Thank you, Brittany, for your outstanding dedication and infectious positivity!



Brittany De La Rosa
Lead Surgical Technician

BIRTHDAYS + WORK ANNIVERSARIES

BIRTHDAYS

Ruby Espericueta	10/03
Yesenia Gallegos	10/03
Miles Walter	10/03
Elizabeth Cruz	10/04
Maxine Anderson	10/07
Alexandria Anguiano	10/08
Adrian Cedric Reynes	10/10
Rashid Barkaat	10/13
Lina Alhimri	10/20
Diana Ramirez	10/20
Eric Wright	10/20
Camelia Susanto	10/23
Kyle Huff	10/24
Josie Morales	10/24
Joanna Kemp	10/26
Andres Perez	10/26
Heather Anderson	10/29
Laura Mendoza	10/29
Gina Pena Bonilla	10/30

WORK ANNIVERSARIES

Daisy Conde	10/01 - 4 years
Carolina Ortiz	10/01 - 3 years
Jenny Jackson	10/04 - 2 years
Wendy Jones	10/06 - 8 years
Maggie Cornell	10/10 - 1 year
Raquel Gutierrez	10/24 - 1 year
Muzamil Sheraz	10/24 - 1 year
Tyler Singer	10/24 - 1 year



If you want to read more about healthcare, developments, and other news at Village Health [click here](#) to check out our weekly blogs!

To leave comments and contribute ideas for future newsletters, email us at



digitalmarketing@villagehealth.care