

Messgae from the Administrator

Dear Madison County Reader,

I think we can all agree that 2020 has been an unexpected and challenging year. Much of this year did not go according to plan, but thanks to the collaboration of the leadership in Madison County and our local healthcare heroes, we have gotten through. As the holidays approach, it seems appropriate to reflect back on all of the experiences we have had this year. Many of us have been given the blessing of extra family time and a chance to spend time doing activities we maybe didn't have time for in the past. Still others have dealt with hardships that this pandemic has caused. While some of these things are difficult to look back on, it is easy to feel pride in how our Madisonville community pulled together to navigate this uncertain time in history.

Our team at Madison St. Joseph Health has been impressive over these last few months. I know I am grateful for the team members across our organization, from our hospital staff to our local physicians, who came together as a work family in the face of this unknown, all to ensure that our patients received exceptional care and our community stayed strong. We are made up of a diverse team of talented individuals who come together for the common good and carry out our mission day in and day out, and have done so with love and respect for each other. From our hospital's beginnings, we have been called to care for those who are vulnerable and in need of healthcare. Madison County is a special place to live, and we look forward to continuing our mission here in this blessed place.

May you and your loved ones have a safe and blessed holiday season!

Erin Marietta
Administrator, Madison Hospital



**Mammograms correctly identify 87%
of women who have breast cancer.**

Schedule your mammogram today!

Our comprehensive program was designed to treat cancer while allowing our patients to live as normally as possible during their treatment. With our new 3D mammography machine, we are better able to serve the needs of the women in Madison County.

Early detection is key to surviving breast cancer! Make your appointment today by calling 979-776-5999.

Radiation Oncologists Join St. Joseph Health Medical Group

We're pleased to announce that Radiation Oncologists Dr. Scott Goble and Dr. Jamie Marie Pawlowski have joined our St. Joseph Health Medical Group.

Dr. Pawlowski most recently served as Chief Resident in Radiation Oncology at Mays Cancer Center, part of UT Health San Antonio MD Anderson Cancer Center. Mays is the only National Cancer Institute (NCI)-designated cancer center in South Texas. She completed her medical degree at University of Texas Health Science Center at San Antonio and a preliminary year in Internal Medicine at Baylor Scott & White Hospital in Temple. She also holds a Bachelor's degree in Biomedical Science from Texas A&M University.

Dr. Goble, who has been part of our Cancer Center since 1996, also serves as Clinical Assistant Professor in the Department of Radiology at the Texas A&M Health Science Center College of Medicine. A graduate of the University of Louisville School of Medicine, he served his residency in Radiation Oncology at the University of Kansas Medical Center.

PHYSICIAN SPOTLIGHT

Meet Dr. Jessica Ohaju

Dr. Jessica Ohaju is a board certified Family Medicine Specialist in Madisonville, Texas with special training and skill in family-centric healthcare. As a Family Medicine Doctor, Jessica Ohaju, MD, performs medical history analysis, diagnostics, and treatments for a wide variety of dysfunctions, conditions and injuries. Dr. Jessica Ohaju offers same or next day appointments.

Call 936-348-3418 to schedule an appointment.

HealthPoint Madisonville | 100 W. Cross Street | Madisonville, TX 77864

Hours: Monday-Friday, 8 a.m. - 5 p.m.



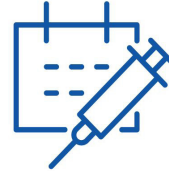
THIS FLU SEASON, KEEP THEM SAFE.



If you're in Madison County, you can depend on convenient care for the whole family. Find a doctor and schedule your appointment for a flu shot today.

PROTECTING YOUR FAMILY IS WORTH A SHOT

It is easy to protect your friends and family this flu season. Schedule your appointment at [St-Joseph.org/FluSeason](https://www.st-joseph.org/FluSeason).



Cancer Prevention: Reducing Your Risk Through What You Eat

"While there is no sure-fire way to prevent cancer, many scientific studies show specific lifestyle factors that can reduce a person's risk of developing it," says Yemi Chukwuago MD, physician at St. Joseph Health Madison Hospital. Among these, nutrition has proved to be a good indicator of who will or won't develop cancer later in life.

6 Foods to Fend Off Cancer

To get all the benefits you can from your nutrition, try implementing the following foods that seem to result in lower rates of cancer.

- 1. Broccoli and cruciferous vegetables.** These foods—including cabbage, kale, and cauliflower—contain glucosinolates, which produce protective enzymes that may reduce cancer risk by detoxifying harmful substances in the body. These foods seem to mostly protect against prostate, lung, colon, breast, bladder, liver, neck, head, mouth, esophagus, and stomach cancers.
- 2. Tomatoes and other red produce.** The red color comes from a phytochemical called lycopene, a powerful antioxidant. Studies have shown that lycopene-rich diets result in lower levels of prostate cancer, and they can also decrease your risk of heart disease. Studies show lycopene preventing other types of cancer cells from growing in lab tests, including breast, lung, and endometrial. Other foods with lycopene include watermelon, pink grapefruit, and red bell peppers.
- 3. Berries.** These fruits contain both antioxidants, including vitamin C and ellagic acid, and flavonoids. In lab tests, ellagic acid displayed anti-cancer properties. It boosted enzymes, which slows the growth of tumors and destroys cancer-causing substances. Meanwhile, flavonoids suppress an enzyme that damages DNA and may be responsible for lung cancer. Blueberries, in particular, are rich in anthocyanins—powerful antioxidants that reduce inflammation.
- 4. Carrots.** Carrots are rich in an antioxidant called beta-carotene, a pigment that could protect cell membranes from damage and slow the growth of cancer cells. This vegetable delivers vitamins and phytochemicals that seem to guard against breast, mouth, pharynx, larynx, esophagus, and stomach cancer. Carrots also contain falcarinol, a natural pesticide that has anti-inflammatory properties. In a British study, rats given falcarinol were less likely to develop cancerous tumors.
- 5. Spinach and dark leafy greens.** These veggies contain lutein, an antioxidant that may guard against cancer. Folate in these plants also helps your body produce new cells and repair DNA. Studies have shown positive effects of dark leafy greens in pregnant women's diets, as folate can prevent neural tube defects in a developing fetus.
- 6. Whole grains.** Any form of fiber is good, but whole grains also contain lignans, which act as antioxidants, and saponins, which could keep cancer cells from multiplying. You can integrate more whole grains into your diet with whole grain bread, brown rice, quinoa, air-popped popcorn, barley, oatmeal, and other delicious options.



Sources

Cancer Prevention Diet: How to Lower Your Risk with Cancer-Fighting Foods, The Cancer Prevention Diet, Super Foods That May Help Prevent Cancer

TCAR: A New Alternative for Treating Carotid Artery Disease

In the United States alone, there are 427,000 new diagnoses of carotid artery disease every year, and up to 3% of people over the age of 65 experience this condition. Carotid artery disease is a buildup of plaque in the carotid arteries, and if left untreated, these arteries will narrow and slow down blood flow to the brain. If blood flow stops or plaque fragments travel to the brain, it can cause a stroke. Historically, severe cases of this disease were treated with carotid endarterectomy, an open surgery. However, St. Joseph Health is the first in the Brazos Valley to perform TransCarotid Artery Revascularization, a minimally invasive and safer alternative for lowering the risk of stroke.

How to Prevent Strokes

“Up to 80% of strokes can be prevented by eating healthy, exercising regularly, refraining from smoking, and treating high blood pressure, high cholesterol, and diabetes,” says Dr. Imelda Villa-Nueva. If you experience any of these conditions, schedule an appointment with your St. Joseph primary care physician to discuss the right treatment.

Madison Hospital is designated as a Level III Support Stroke Facility by the Texas Department of State Health Services. The Stroke Center at St. Joseph Health is the region’s front runner in stroke care, having been designated the first Joint Commission Certified Stroke Center in the Brazos Valley, and St. Joseph Health Regional Hospital was recently awarded the American Heart Association/American Stroke Association’s Get With The Guidelines®- Stroke Gold Plus Quality Achievement Award with Target: Stroke Honor Roll Elite Plus. If you have carotid artery disease, ask your doctor if TCAR is right for you.

Sources:

American Stroke Association | Stroke Risk Factors, National Heart, Lung and Blood Institute | Carotid Endarterectomy, Silk Road Medical | The TCAR Procedure, Society for Vascular Surgery | Carotid Artery Disease

EMPLOYEE SPOTLIGHT

Madison Hospital Employee of the Month

Congratulations to our August and September Employee of the Month winners! We’re proud of the quality healthcare we’re able to provide to our communities. What we do would not be possible without each employee putting compassion, innovation and hard work into everything they do. That’s why we’re honored to be able to recognize our employees who are making a big impact in creating healthier futures for the residents of Madison County.



Julia Parten
August 2020



Towanda Webber
September 2020