



Laredo
MEDICAL CENTER

Laredo

Medical Update

FROM YOUR FRIENDS AT **LAREDO MEDICAL CENTER**




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Medical Update
online!**
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Healthbriefs

> Butter and margarine go head to head



You see them next to each other in the grocery store, but which one do you choose? And, more importantly, which type of fat is better for your heart? The decision is in: Most margarine choices are a healthier option than butter, according to the Mayo Clinic.

Because margarine is made from vegetable oils, it doesn't contain dietary cholesterol and it's higher in polyunsaturated and monounsaturated, or "good," fats, which, when substituted for saturated fats, help reduce low-density lipoprotein (LDL), or "bad" cholesterol. On the other hand, butter contains high levels of saturated fat and cholesterol because it's made from animal fat.

Buyers beware, though: Choose your margarine carefully. Solid margarine—which comes in stick form—isn't a good choice because it contains trans fat. Instead, choose soft or liquid margarine and check labels for the spread with the lowest calories, the least amount of saturated fat and no trans fat.



Are you at risk?

Have you been checked for high cholesterol? Make an appointment with your doctor to discuss your risk factors and ways you can lower your risk.

> Long commutes take toll on the heart

Do you have a long ride to and from work? Well, here's another drawback to the aggravation you may feel being trapped in your car: According to a study in the *American Journal of Preventive Medicine*, which looked at almost 4,300 Texas city workers, the longer you're behind the wheel during your commute, the worse your heart health. Waistlines expanded, exercise routines disappeared, and with these bad habits came higher blood pressure and excess pounds.

Even for those who did exercise, these heart disease risk factors didn't disappear, which means there's probably something to the commute itself that's harming hearts. Researchers hypothesize it could be that long-distance drivers are burning fewer calories overall and stress could be taking a toll. Researchers suggest finding other ways to add activity to your day, so don't hesitate to bring a pair of walking shoes to work and hit the sidewalks during your lunch break.



> Could it be a pinched nerve?

Pinched nerves, which occur when too much pressure is applied to a nerve by surrounding tissues, such as bones, cartilage or muscles, can be painful and irritating. Understanding if you're at an increased risk of one day experiencing a pinched nerve is the best way to help prevent it. Here are five risk factors:

- 1 Posture.** Proper posture decreases the pressure to your spine and nerves.
- 2 Bone spurs.** Conditions like osteoarthritis can cause you to develop bone spurs. They can stiffen the spine and narrow the space where your nerves travel.
- 3 Overuse.** Activities that involve extensive use of your hands, wrists and shoulders can increase your risk of a pinched nerve.
- 4 Obesity.** Having excess weight adds more pressure from muscles and body tissue onto your nerves.
- 5 Pregnancy.** Weight gain from pregnancy can swell your nerve passages and pinch your nerves.



Lace up your shoes for WBCA's Founding Fathers' 5K Fun Run and Health Fair

Were exercise and better health part of your new year's resolutions? Laredo Medical Center (LMC) can help.

Sponsored by LMC, the WBCA's Founding Father's Fun Run and Health Fair is scheduled for Saturday, Feb. 16, 2013.

Registration opens at 7:30 a.m., and the race begins promptly at 8:30 a.m.

The pre-registration cost is \$5 prior to, or \$10 on the day of the race.

For those individuals who may want to begin their day by undergoing some important health screenings, doors for the Health Fair will open at 7 a.m. and continue through 10 a.m., at LMC's Tower B, in conference rooms 1 and 2.

Some of the complimentary screenings include blood pressure, cholesterol and glucose, prostate cancer, pulmonary function and more. For some screenings, fasting is required. Visit www.LaredoMedical.com to learn more about how to prepare for different screenings.

Information about a variety of health topics will also be available. To learn more, call (956) 796-3223. ●



LMC ready for WBCA Founding Father's 5K Run and Health Fair

A message FROM OUR CEO



DEAR FRIENDS,

At Laredo Medical Center (LMC), we're excited about 2013! It's a new year that brings a higher standard of care with our Chest Pain Center, which recently earned a Level IV accreditation with PCI—the only medical facility in the area designated at this level of accreditation—and a new initiative educating our community about heart attack symptoms before an attack happens. Read more on page 10.

We're also excited to welcome five new doctors to Laredo. Two are Laredo natives and happy to return home to care for people in their home community. Read more about them and their specialties on page 6 and 7.

Finally, we're pleased to announce a new leader at the helm of our popular Senior Circle and Healthy Woman programs. We're confident the wealth of experience Adriana Villanueva brings to the position will enhance the two programs and build on their success. On page 12, you'll find more details.

Once again, the team at LMC is proud to provide you with our *Laredo Medical Update* highlighting the latest services and treatments you'll find at our medical center. We're committed to excellence and look forward to serving the people who live and work in the Laredo area.

Best regards,

Tim Schmidt

Chief Executive Officer
Laredo Medical Center

TIM SCHMIDT
Chief Executive
Officer

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Sleep and your brain

For optimal health, get your shut-eye

➤ Sleep is a time for you to rest and, hopefully, get refreshed and ready to face the new day. For your brain, sleep is a time for work.

During those blissful hours of shut-eye, your brain is playing an integral part in the maintenance of your nervous system, laying pathways to help you learn and create new memories. Some experts also think that sleep affords our brains the opportunity to rest hardworking neurons before they have a chance to malfunction. In addition, connections between neurons that aren't frequently

used may finally get a chance to exercise during sleep as a way of preventing their deterioration.

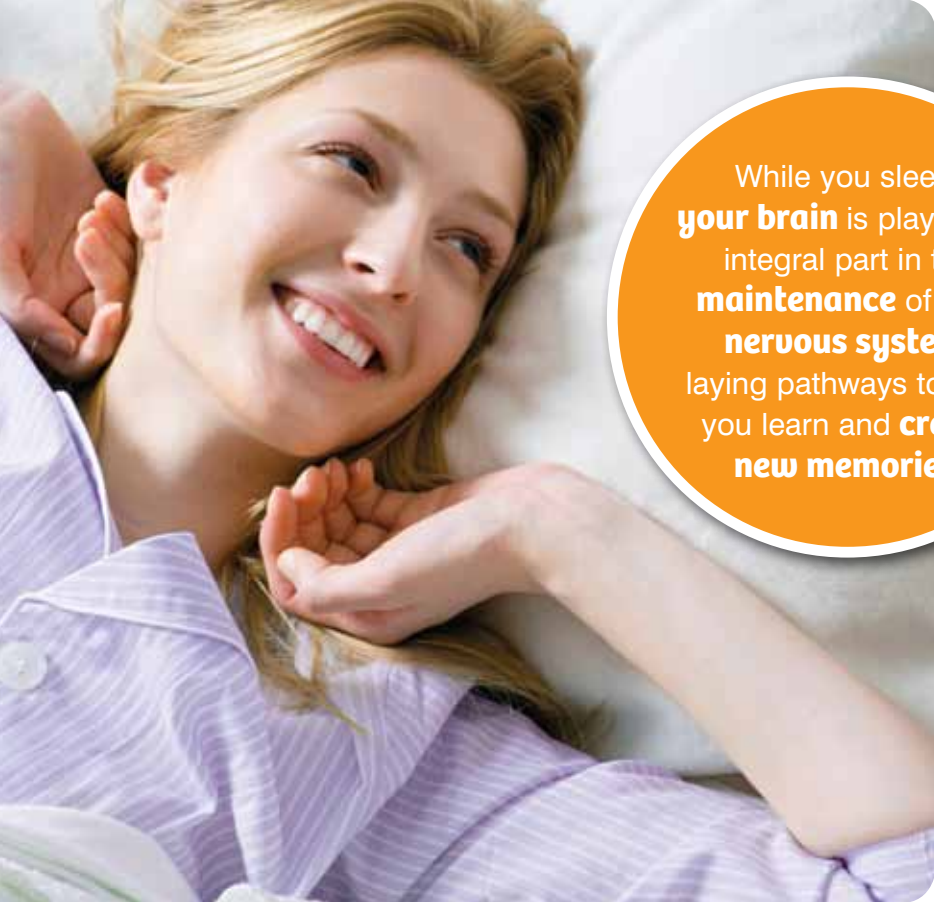
If you cut your sleep sessions short (or get less than the recommended seven to eight hours), you're interrupting these vital processes and, as you probably know, making it more difficult to remember things or concentrate. You may find it more difficult to work, drive or function in general. Hallucinations and mood swings may also develop in more severe cases of sleep deprivation.

Some very preliminary research also seems to suggest that poor sleep habits may age your brain and contribute to cognitive health problems such as dementia, but more research is needed. On other, more definitive health fronts, lack of sleep has been linked to heart disease, obesity and diabetes.

Here's to good sleep

Struggling to get that elusive sleep can be frustrating, but a good night's sleep isn't just a dream. To keep your brain in tip-top shape:

- **Schedule bedtime.** Going to sleep at the same time every night can help program your body into a healthy cycle.
- **Exercise regularly.** A good workout—if not timed too close to bedtime, or about five to six hours before you go to bed—can help you achieve a deeper sleep.
- **Skip the cigarettes, nicotine and alcohol,** all of which can negatively affect your quality of sleep.
- **Relax.** Read a book or soak in a nice, warm bath before going to sleep.
- **Avoid staying in bed if you can't sleep.** Find another low-key activity to do until you feel sleepy.
- **Keep your room cool, but not too cool.** Extreme temperatures that make you uncomfortable will keep you from getting sleep.
- **Wake with the sun.** It helps reset your body's internal clock. ●



While you sleep, **your brain** is playing an integral part in the **maintenance** of your **nervous system**, laying pathways to help you learn and **create new memories**.



Coping with stroke

➤ You didn't see it coming, but few people who have a stroke do. And as you may know by now, surviving a stroke is only half the battle. How do you cope with a life that's forever changed?

First off, know that there are many people facing the same situation as you. Almost 800,000 people have strokes every year. Some may recover with only minor residual effects, while others are left with permanent disabilities. Learning to cope with your individual situation is critical to recovery. Here are some strategies that may help:

➤ **Recognize the emotions.** You'll likely go through a range of emotions, from sadness about things you may no longer be able to do, to anger about why this happened to you, to frustration with the difficulty of communicating with loved ones. All of these are normal feelings. If you're experiencing extended periods of sadness, have lost interest in

life or have thoughts of suicide, seek help immediately because these are symptoms of depression. If you're a caregiver of someone with stroke, learn to recognize the signs.

➤ **Work with the new you.**

Recuperating will take time and a lot of hard work, and you may not totally get back to where you were before. Set small goals for yourself and celebrate as you reach them. And don't be afraid to rest. Remain active. You may not be moving the way you used to, but don't feel embarrassed by having to use a cane or wheelchair. You need to get out, even if only for a short time. If your loved one has had a stroke, encourage him or her to meet up with friends or engage in enjoyable activities, if he or she is up to it.

➤ **Ask for help.** Don't be afraid to reach out to friends and family to assist with errands or just stop by for a visit. ●

HealthWise QUIZ

How much do you know about medication management?

➤ TAKE THIS QUIZ TO FIND OUT.

- 1 **According to the FDA (U.S. Food and Drug Administration), splitting pills:**
 - a. is safe for all medications
 - b. can affect the way a medication is absorbed
 - c. should never be done unless the pills are approved for splitting and you have your doctor's OK
 - d. both b and c
- 2 **Which tip is not recommended for storing medication?**
 - a. Store it in a cool, dry place.
 - b. Keep it in the original container.
 - c. Keep the cotton plug in the bottle.
 - d. none of the above
- 3 **When talking with your doctor, you should let him or her know you take:**
 - a. vitamins
 - b. over-the-counter medicines
 - c. herbal supplements
 - d. all of the above
- 4 **Which of the following drugs can interact with St. John's wort?**
 - a. blood thinners
 - b. antidepressants
 - c. pain medications (narcotics)
 - d. all of the above
- 5 **When ordering medication online, you should only purchase from a website that:**
 - a. has an FDA seal of approval
 - b. is accredited by the Verified Internet Pharmacy Practice Sites (VIPPS) program
 - c. is based in Canada
 - d. has testimonials

Answers: 1. (d) 2. (c) 3. (d) 4. (d) 5. (b)

Five doctors make LMC their new home

➤ A trip out of town to see a specialist is a burden most people can do without. Thanks to recruiting efforts at Laredo Medical Center (LMC), Laredo is home to a growing group of specialists offering a broad range of services.



Antonio E. Mancera, M.D.
Rheumatology

Dr. Mancera, a Laredo native, is board certified by the American Board of Internal Medicine and

specializes in rheumatology. He diagnoses and treats arthritis, musculoskeletal disorders and several autoimmune diseases such as rheumatoid arthritis and lupus with the latest in medical therapy.

Dr. Mancera received his medical degree from the University of Texas Health Science Center in San Antonio. He completed his internal medicine residency and rheumatology fellowship in San Antonio as well. Dr. Mancera is a member of the American Medical Association, the American College of Physicians and the American College of Rheumatology.

➤ **For my patients:**

"I'm thrilled to return home to Laredo to practice medicine. As we all know, Laredo needs more medical specialists. I'm honored to bring my skills in rheumatology to help people with rheumatoid arthritis, osteoarthritis, gout, lupus, fibromyalgia and any other rheumatological conditions."



Javier Montes, M.D.
Family Medicine

Dr. Montes, a Laredo native, specializes in family medicine and is trained to care for the whole person, regardless

of age or sex. In addition to diagnosing



John G. Knecht III, M.D.
Hematology/Oncology

Dr. Knecht is board certified by the American Board of Internal Medicine and specializes in hematology/oncology. He diagnoses and treats blood diseases and cancer, including iron deficiency anemia, hemophilia, sickle cell disease, the thalassemias, leukemia and lymphoma.

Dr. Knecht received his medical degree from St. George's University in Grenada, West Indies, and completed his residency in internal medicine at the University of Texas Medical Branch in Galveston. He is a member of the American College of Physicians, the American Society of Clinical Oncology and the American Medical Association.

➤ **For my patients:**

"For most patients and their families, the diagnosis of cancer is a frightening and stressful time. I feel they should have someone who can provide them with comprehensive information, so they never feel alone when dealing with the stresses that illness may bring. I seek to be that person."

Make an appointment today!

To make an appointment with one of our new medical staff members, call (956) 796-3224 or visit www.LaredoMedical.com.

"We're excited to welcome five new doctors to Laredo. Two are Texas natives and happy to return home to care for people in their home community."

—TIM SCHMIDT, LMC CEO

and treating acute and chronic illnesses, family physicians provide routine health screenings and counseling on lifestyle changes in an effort to prevent illnesses before they develop.

Dr. Montes received his medical degree from the University of Texas Southwestern Medical School in Dallas. He completed his residency program in family medicine at the Family Health Center in Waco, Texas. Dr. Montes is a member of the American Academy of Family Physicians and the Texas Medical Association.

> For my patients:

"This is my community, where I was born and raised, and I'm happy to return. Family medicine is a field that allows me to care for patients who range from newborn to elderly and I look forward to providing my patients with quality and compassionate care."



Eduardo E. Robles Emanuelli, M.D.
Ob/Gyn

Dr. Robles Emanuelli specializes in obstetrics/gynecology. He evaluates and treats diseases of the reproductive system. Dr. Robles Emanuelli oversees the care of pregnant women, manages their labor and provides post-childbirth care.

Dr. Robles Emanuelli received his medical degree from the University of Puerto Rico School of Medicine and completed his residency at University Hospital of Puerto Rico. He is a Junior Fellow of the American College of Obstetrics and Gynecology and a member of the American Medical Association.

> For my patients:

"My patients come to see me for several reasons. In some ways, I

become their confidante. I work with each patient as an individual, because each one has different, unique characteristics. I take pride in listening to my patients' concerns and then providing recommendations for her medical needs."



Chalit Wanthakawikran, M.D.
Nephrology

Dr. Chalit brings his specialty of nephrology to Laredo. Dr. Chalit's expertise allows him to diagnose and treat kidney disease, including electrolyte disturbances and hypertension, and the care of those requiring renal replacement therapy, including dialysis and renal transplant.

Dr. Chalit graduated from the Faculty of Medicine Siriraj Hospital, Mahidol University in Bangkok, Thailand. He completed his residency in internal medicine at the Advocate Illinois Masonic Medical Center in Chicago, Ill., and a fellowship in nephrology at the Baylor College of Medicine in Houston, Texas. Dr. Chalit is a member of the American Society of Nephrology, the American Medical Association and the American College of Physicians.

> For my patients:

"I believe that many medical conditions can be prevented if we take good care of our bodies. Once disease sets in, however, I would like my patients to be able to understand their illness and feel free to ask me questions about it." ●



Link to learn

A quick stop at www.LaredoMedical.com can offer you valuable information. Choose "Health Resources," and you'll find an award-winning online health library that includes 12,000 adult and pediatric topics in English and Spanish.

All doctors listed are independent members of the medical staff at Laredo Medical Center.



Just desserts

Satisfying a sweet tooth—without the guilt

➤ You make it through dinner, keeping your promise to limit the calories and fat. But then comes the course that almost always gets you to cave: dessert.

Though it can be a calorie and fat trap, you don't have to skimp on the meal's finale. Instead, you need to find a way to satisfy that sweet tooth without guilt. And that's where nature's sweetest low-fat, low-calorie offering—fruit!—comes in:

- **Apple of your eye:** Slice up some apples and sprinkle with a little bit of cinnamon, then bake.
- **Layer:** Alternate layers of nonfat yogurt with fresh fruit in a parfait glass.
- **Get your calcium, too:** Keep low-fat

or nonfat fruit yogurt on hand for an afternoon pick-me-up.

➤ **The grill isn't only for meat:** Slice up peaches, bananas and pineapples and give them a little heat, which will bring out their natural sweetness.

➤ **Try an even quicker sweet fix:** Pop open some canned fruit (canned in its own juice or water—no heavy syrup!) and enjoy.

➤ **Think heavenly:** Not all cakes are created equal. Angel food cake is a healthy option that's made even better with the addition of some fresh fruit or fruit puree on top.

➤ **Make your own icy treat:** Freeze grapes and bananas for an ice cream alternative. Choose wisely: If your dessert options are limited to a restaurant menu, look for a fruit salad or sorbet, sherbet or meringues and skip the chocolate lava cake.

➤ **Get creative:** OK, so you really want to make that brownie recipe. You can still cut down on the sugar intake by substituting equal amounts of unsweetened applesauce, or cutting the amount of sugar in half. ●



'V' is for vitamin

Do your kids need vitamin supplements?

➤ Growing up, health sources touted that getting all your vitamins and minerals was your ticket to a life spent big and strong. Today, parents have a multitude of vitamin choices to help their children get all those necessary

nutrients. But does your child really need them?

It's a question with no easy answer, experts say. Research has only seemed to make things more confusing for parents. A recent study led by the National Institutes of Health found that children who could have benefited the most from vitamins often weren't getting them, and those children who didn't need them were taking them. The study also found that some children—whether their parents supplemented their diet with vitamins or not—were deficient in the nutrients vitamin D and calcium while many took in too much iron and vitamin A,

leading researchers to hypothesize that those pills may not be a good match for today's childhood diets.

What should you do?

The general recommendation from the American Academy of Pediatrics is that supplements are rarely needed in children ages 5 to 10 because most children can get all the vitamins and minerals they need through diet alone. But for children who may have more erratic or poor eating habits, or follow a certain diet (for example, vegetarian without dairy), a supplement may be necessary.

Start by talking with your pediatrician about your child's eating habits to see if a supplement might be beneficial. Your pediatrician might have other suggestions about how your child can meet nutritional goals (for example, finding alternative food sources that your child enjoys). ●



Be kind to your kidneys

Help prevent kidney disease

➤ You may not think about them often, but tucked away underneath your rib cage, on each side of your spine, your kidneys labor away, filtering about 200 quarts of blood daily to rid it of waste and excess water to make urine. Your kidneys also release hormones that, among other functions, help regulate blood pressure and calcium, and trigger red blood cell production.

Damage to the kidneys can impair their filtering ability and may lead to what's called kidney disease or chronic kidney disease, and ultimately kidney failure. The most common culprits in kidney damage are high blood pressure and diabetes. People with kidney disease are also more likely to develop heart disease.

Unfortunately, early kidney disease doesn't have any symptoms. When it's advanced, a person may have to urinate more or less often, feel tired, lose his or her appetite or vomit, experience swollen hands or feet, feel itchy or numb, have difficulty concentrating or feel sleepy, have darkened skin or have muscle cramps.

The lack of early warning signs is exactly why prevention is so important.

Keeping kidney disease at bay

To help prevent kidney disease, keep these suggestions in mind:

- If you have diabetes, monitor your blood glucose level closely and work to keep it within your doctor's recommended range.
- If you have high blood pressure, be sure to have regular checkups and ask your doctor about home monitoring. You may need to take blood pressure medication to



The most common culprits in **kidney damage** are **high blood pressure and diabetes**. People with kidney disease are also more **likely to develop heart disease**.

keep it below 130/80 mm Hg.

- If signs of kidney damage are already present, ask your doctor about taking medication to prevent further damage. Regular testing for the presence of protein in your urine and creatinine in your blood can tell your doctor how well your kidneys are functioning.
- Follow a healthy eating plan—a low-fat diet full of fruits and vegetables and whole grains. If you already have kidney disease, you may need to limit your protein intake.
- Quit smoking.
- Use care when taking painkillers such as ibuprofen, naproxen and high-dose aspirin. Long-term use can cause kidney damage.
- Seek medical attention right away if you have symptoms of a bladder infection (for example, cloudy urine, burning when urinating, constant urge to go to the bathroom, fever). Left untreated, infections can result in kidney damage. ●



Talk with your doctor

Make an appointment with your doctor if you are experiencing any symptoms of kidney disease.



Heart attacks have beginnings: Understanding EHAC

BY ARTHUR D. SANTOS, M.D., CARDIOVASCULAR SURGEON

Alarming statistics

- ▶ About 600,000 people die of heart disease in the United States every year—that's 1 in every 4 deaths.
- ▶ Heart disease is the leading cause of death for both men and women. More than half of the deaths due to heart disease in 2009 were in men.
- ▶ Coronary heart disease is the most common type of heart disease, killing more than 385,000 people annually.
- ▶ Each year about 935,000 Americans have a heart attack. Of these, 610,000 are a first heart attack, and 325,000 happen in people who have already had a heart attack.

Source: Centers for Disease Control and Prevention



Learn the early warning signs

For more information, call LMC at (956) 796-3223 or visit www.LaredoMedical.com and choose "Health Resources."

➤ A heart attack occurs, in most cases, when a vessel supplying the heart muscle with blood and oxygen becomes completely blocked. Over time, the vessel is narrowed by a buildup of fatty deposits of cholesterol. Eventually, this completely blocks the supply of blood to the heart muscle. Without immediate medical attention, the heart muscle will begin to die.

It's important to note that 85 percent of muscle damage in the heart takes place within the first hour, often referred to as the "golden hour." It's within this timeframe that the heart vessel needs to be opened. If the vessel isn't opened within this timeframe, the heart's condition and function are significantly decreased.

Of course, the best way to stop a heart attack is to detect the symptoms early, before damage to the heart muscle occurs. In an effort to educate people about the symptoms, an education campaign called EHAC (Early Heart Attack Care) is spreading across the nation. The EHAC initiative encourages early recognition, when symptoms may be mild and the heart attack can be prevented with early treatment before any damage to the heart can occur.

Early symptoms include:

- anxiety
- back pain
- chest pressure, squeezing or discomfort
- fatigue
- a feeling of fullness

- jaw pain
- nausea
- pain that travels down one or both arms
- shortness of breath

Laredo Medical Center (LMC) is committed to educating the community about EHAC. LMC's Chest Pain Center recently earned a Level IV accreditation from the Society of Cardiovascular Patient Care, an international organization dedicated to eliminating heart disease as the No. 1 cause of death worldwide. It's the only medical facility in the area to obtain this level of accreditation, and in doing so, has achieved a higher level of expertise in dealing with patients who arrive with symptoms of a heart attack. ●

Dr. Santos is a member of the medical staff at Laredo Medical Center.



Get moving, mama!

➤ You're tired and easily winded these days, and probably the last thing on your mind is exercising. Sure, there are more hurdles to conquer now as your body adapts to pregnancy, but there are many benefits of being a mother-to-be who works out.

For starters, it can keep your weight gain in check. It can also help alleviate those aches and pains related to pregnancy and temper constipation and swelling. Exercising also reduces your risk of gestational diabetes, improves your mood and sleep, may shorten labor, increases your energy level and helps you recover more quickly from pregnancy.

So what are you waiting for? It's time to get started!

Exercise safely

When choosing to exercise while pregnant, it's important to get the OK from your doctor. Some conditions, such as preterm labor, may make it more difficult for you to exercise safely. Pregnant women should also avoid working out in hot conditions, certain yoga poses (such as those that have you lie flat on the back later in pregnancy), contact sports, high-impact sports and activities that increase your risk of a fall (such as skiing or horseback riding).

Your best bets

So what can a pregnant woman do? Plenty! Why not try these?

- **Swimming** provides a great cardiovascular workout without beating up your joints. It also has the bonus of keeping you cool while you exercise.
- **Walking** is a simple—and free—way to keep moving.
- **Cycling** can give you a great workout while taking the stress off of your joints, but it can present a fall risk. Consider exercising on a stationary bike instead.
- **Stair-climbing machines** can really help you raise your heart rate; just make sure to hold onto side rails!



Warning signs

Make sure you drink plenty of water when you exercise and discontinue your activity if you feel unwell. Call your doctor if you experience:

- breathing problems
- chest pain
- contractions
- dizziness
- headache
- loss of amniotic fluid
- loss of fetal movement
- pain or swelling in the legs
- vaginal bleeding
- weak muscles

- **Aerobics** provides a great workout for the heart. If you've never taken an aerobics class or you're feeling a little more unsteady on your feet these days, take a class specifically geared for pregnant women.
- **Running or jogging** can keep you in good form, especially if you've previously incorporated this exercise into your routine. If you're just starting to run or jog, make sure to talk with your doctor.

Remember, unlike when you may exercise to lose weight, your workout goal when you're pregnant is not to shed pounds, but rather to stay active and maintain optimal weight gain during this special time in your life. ●

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Villanueva ready to lead Senior Circle and Healthy Woman



Laredo Medical Center (LMC) is pleased to announce Adriana Villanueva as the new director of LMC's Senior Circle program and coordinator of the LMC Auxiliary Group. Villanueva will also oversee LMC's successful Healthy Woman program. Senior Circle and Healthy Woman boast a combined membership of almost 2,000 members.

"I'm looking forward to my new role. My goal is to enhance both programs by growing the membership," says Villanueva. "From good health and well-being to enriching their lives, it's exciting to have the opportunity to make a difference in the lives of women and senior adults."

Villanueva joins LMC after a successful 10 years in the health care industry, having worked with Mercy Health Plans.

This year, LMC's Senior Circle and Healthy Woman programs celebrate their eighth year. The programs represent a commitment by LMC to care for the needs of the community by providing residents with opportunities to continue to live the healthiest, most fulfilling lives possible.

Membership benefits of Senior Circle include a subscription to LMC's chapter newsletter, free monthly activities, free exercise classes, free monthly educational "lunch and learn" programs, discounts at area shops, day and overnight travel opportunities, free Notary Public, holiday parties, volunteer opportunities and more. ●



Join a community program today

For membership information, call **(956) 796-2007**, or stop by the Senior Circle office at LMC, Tower B. You can also visit www.LaredoMedical.com.



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exclusive
access
online ...
And help us go
green!**

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