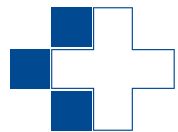


House CALLS



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Houston Healthcare Launches New Community Health Initiative #HoustonHealthy

Healthier Choices Today for a Better Tomorrow

Houston Healthcare President and Chief Executive Officer **Charles Briscoe** recently announced the launch of a new Community Healthcare Initiative called **#HoustonHealthy**. The goal of this initiative is to encourage everyone in Houston County to focus on preventative health measures as a way to protect against diseases such as diabetes, heart disease, cancer and, of course, COVID-19. With a focus on diet, exercise, sleep and lowering stress, this initiative will be part of an overall outreach program powered by **Houston Healthcare**.

As a key component of this initiative, **Briscoe** encouraged everyone in the community to participate by making healthy choices and posting pictures of those choices on social media using **#HoustonHealthy**. From a walk in the park with a friend to making a healthy choice at a local restaurant, the hope is that this will encourage everyone to start thinking more about prevention and



optimal health as the best way to strengthen the immune system and prevent disease altogether.

As part of the **#HoustonHealthy** Initiative, **Houston Healthcare** will continue to expand services to our community partners in business and industry with on-site

healthcare programs such as blood pressure screenings and weight loss initiatives that can be customized to fit age specific needs. **Houston Healthcare** is providing this at no charge. Anyone interested in finding out more about how their organization can participate can email **Roger Culver** at rculver@hhc.org.

So be on the lookout for **#HoustonHealthy**, and we hope you will join us in this effort to make Houston County a happier and healthier place to live.

#HoustonHealthy

"It's part of our mission at Houston Healthcare to promote health and wellness in our community, and we hope that this campaign will be a constant reminder that you do have a choice. You can choose better health and you can make healthy choices for yourself while encouraging others to do the same."

*Charles Briscoe, President and Chief Executive Officer,
Houston Healthcare*

COVID-19 Vaccine Clinics

Another key component of the #HoustonHealthy initiative is encouraging everyone to lower their chances of hospitalizations and severe illness by getting vaccinated against COVID-19. Houston Healthcare continues to offer Vaccine Clinics throughout the county for the convenience of our citizens.

Houston Medical Center and Perry Hospital Receive DNV Healthcare's Certification for Stroke Care

Houston Healthcare has received certifications from DNV Healthcare - for **Houston Medical Center** as a Primary Stroke Center, and also **Perry Hospital** as an Acute Stroke Ready Center - affirming the organization's readiness to handle a full range of stroke-related medical problems.

"These certifications let our community know we have the resources and commitment to provide the best possible stroke care," says **Kevin Rowley**, Public Information Officer for **Houston Healthcare**. "It's a combination of the right equipment, personnel and training to quickly assess and treat strokes. This includes the ability to efficiently transfer patients in the rare instances they require treatment beyond our capabilities."

The DNV Healthcare Primary Stroke Center (PSC) Certification that **Houston Medical Center** earned is based on standards set forth by the Brain Attack Coalition and the American Stroke Association and affirms that the hospital addresses the full spectrum of stroke care – diagnosis, treatment, rehabilitation and education – and establishes clear metrics to evaluate outcomes.

The DNV Healthcare Acute Stroke Ready (ASR) Certification that **Perry Hospital**

earned is derived from evidenced-based standards set forth by the Brain Attack Coalition and the American Stroke Association, and affirms that **Perry Hospital** addresses the initial diagnosis, initial treatment and when necessary, facilitates quick transfer to a specialized Stroke Center with a higher spectrum of stroke care.

"Achieving certification shows commitment to excellence," says Patrick Horine, President of DNV Healthcare USA Inc. "And it helps demonstrate to your community that you are performing at the highest level."

According to the National Stroke Association, stroke is a leading cause of death, killing nearly 130,000 people each year, and is a leading cause of serious, long-term adult disability. Because stroke or "brain attack" effects blood flow to the brain, rapid and effective treatment can save lives and provide the best chance of limiting the extent of long-term damage.

"Achieving certification validates all the effort we have put into this program and to ensuring the health and safety of our patients."

Kevin Rowley, Public Information Officer for Houston Healthcare



Get Vaccinated Against the Flu This Season

Houston Healthcare urges adults and children over the age of six months to get a flu shot and take the following steps to help prevent the flu this year:

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Wash your hands often with soap and water.
- Cover your coughs and sneezes.
- Avoid touching your eyes, nose and mouth to prevent the spread of germs.
- Clean and disinfect surfaces and objects that may be contaminated with flu viruses.
- Take everyone in the family to get a flu shot this year.

The flu virus can be passed from person-to-person beginning a day before the person feels sick. The virus is spread when someone coughs or sneezes. A person can also get the flu by touching a surface, such as a doorknob, that has the flu virus on it and then touching their nose, mouth or eyes. Adults may be contagious from one day before developing symptoms to up to seven days after getting sick. Children can be contagious for longer than seven days.

"Getting the flu vaccine is simple, and it's the most important thing you can do to protect yourself and your family from the flu."

Andrew Wang, DO, Family Medicine physician on the Medical Staff at Perry Hospital

Houston Medical Center and Perry Hospital Earn American Heart Association Awards for Efforts to Improve Stroke Treatment

The American Heart Association (AHA) awarded both **Houston Medical Center** and **Perry Hospital**, respectively, for their commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines.

Houston Medical Center

AHA's *Get With The Guidelines*®-Stroke **GOLDPLUS** Level Quality Achievement Award with *Target: Stroke Honor Roll Elite* and *Target: Type 2 Diabetes Honor Roll*

Perry Hospital

AHA's *Get With The Guidelines*®-Stroke **SILVERPLUS** Quality Achievement Award with *Target: Type 2 Diabetes Honor Roll*

Stroke is the number 5 cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds, and nearly 795,000 people suffer a new or recurrent stroke each year. Early stroke detection and treatment are key to improving survival, minimizing disability and speeding recovery times

Get With The Guidelines-Stroke was developed to assist healthcare professionals to provide the most up-to-date, research-based guidelines for treating stroke patients.

“Houston Healthcare as a whole, with **Houston Medical Center** and **Perry Hospital**, are honored to be recognized by the American Heart Association for our dedication to helping patients have the best possible chance of survival after a stroke,” said **Kevin Rowley**, Public Information Officer for **Houston Healthcare**. “*Get With The Guidelines*-Stroke makes it easier for our teams to put proven knowledge and guidelines to work on a daily basis to improve outcomes for stroke patients.”

Each year program participants apply for the award recognition by demonstrating how their organization has committed to providing quality care for stroke patients. In addition to following treatment guidelines, **Houston Medical Center** also provides education to patients to help them manage their health and rehabilitation once at home.

“We are pleased to recognize **Houston Medical Center** and **Perry Hospital** for their commitment to stroke care,” said Lee H. Schwamm, M.D., national chairperson of the Quality Oversight Committee and Executive Vice Chair of Neurology, Director of Acute Stroke Services, Massachusetts General Hospital, Boston, Massachusetts. “Research has shown that hospitals adhering to clinical measures through the *Get With The Guidelines* quality improvement initiative can often see fewer readmissions and lower mortality rates.”

For **Houston Medical Center** to qualify for the *Target: StrokeSM Honor Roll/Target: StrokeSM Elite Therapy* awards, hospitals must meet quality measures developed to reduce the time between the patient’s arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke.

For **Houston Medical Center** and **Perry Hospital** to qualify for *Type 2 Diabetes Honor Roll* award, hospitals must meet quality measures developed with more than 90% of compliance for 12 consecutive months for the “Overall Diabetes Cardiovascular Initiative Composite.”



“*Get With The Guidelines*-Stroke makes it easier for our teams to put proven knowledge and guidelines to work on a daily basis to improve outcomes for stroke patients.”

Kevin Rowley, Public Information Officer for Houston Healthcare

Statement of Nondiscrimination

Houston Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 478-975-5662 (Houston Medical Center), 478-218-1635 (Perry Hospital) 번으로 전화해 주십시오.



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Houston Healthcare Launches New Website

Be sure to check out **Houston Healthcare's** new website at www.hhc.org.

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