Family Practice Doctors works to prevent health problems in Humble

Ask Dr. Lawrence Oragwu and his wife, nurse practitioner Milady Mortimer-Oragwu, and they will tell you that the best way to ensure good health is prevention.

Their enthusiasm for serving the families of Humble is clear from the moment you meet them. Dr. Oragwu was a strong voice in leading the HSH community health fair last summer, where he was delighted to educate residents about the steps they could take to prevent diabetes and lower their cholesterol, as well as making sure local schoolchildren got the immunizations they need.

The Oragwus opened Family Practice Doctors, located in the Medical Office Building next to Humble Surgical Hospital, with the goal of promoting better health in the community. They were happy to talk about their approach to care:

**WHAT IS THE PHILOSOPHY BEHIND YOUR PRACTICE?**

Our philosophy is to provide the best possible patient-centered care for our families. We believe that optimal health is a team approach where patient, family and healthcare provider are communicating effectively. Our desire to see a healthy and thriving community drives our care.

**WHAT SHOULD PATIENTS KNOW ABOUT FAMILY PRACTICE DOCTORS?**

The care is unsurpassed. Our providers are caring, patient and listen to each patient's concerns. Our staff is top notch. We pride ourselves in providing a full range of services, as well as continuous inpatient and outpatient care. We are board-certified in Family Medicine. We pride ourselves on having a short waiting period, so that patients spend the majority of their time with our providers and not in the waiting room.

Upfront

Milady Mortimer-Oragwu examines a patient.

**The Next Steps**

At Avida Therapy Services, HSH surgery patients can build on their recovery

Billie Carr, a manager of the physical therapy clinic at Avida Therapy Services, apologizes for tearing up a bit when telling the story of a particular patient. For 18 years, he had suffered with severe injuries from a car accident, and was confined to a wheelchair.

In and out of treatment over the years, he had a procedure done at Humble Surgical Hospital, which referred him to Avida for physical therapy. Carr prepared him for therapy, talking through his fears, getting to know what situations made him anxious. They did six weeks of therapy, leading up to a crucial moment in the Avida hallway.

“I got him talking before we started to take his mind off the what-ifs that worried him,” Carr recalls. “We kept on talking as he stood and took his first steps in 18 years. We were counting the steps, and got to 16. He stopped and said, ‘I’m walking!’”

That moment perfectly encapsulates Avida’s devotion to seeing their patients succeed, and

Continued on back
Humble Surgical Hospital’s doctors and staff like nothing more than helping the community stay healthy, but they do much more than provide medical services. In particular, the hospital team plays a special role mentoring area youth.

Four years ago, the hospital launched the Humble Scholarship Foundation (HSF), which supports northeast Houston high school seniors who are going into the healthcare field. That same year, the annual HSF Golf Tournament, a fundraiser for the scholarship fund, was launched. Both have been rousing successes.

“The students submit an essay, and we choose from those to award three scholarships,” says Debbie Cormier, chief nursing officer/administrator. “We award $500, $1,000 and $2,000 prizes each year, and in 2014 we received the most essays ever. The scholarship has been a huge success.”

The golf tournament is equally popular, drawing in an ever-growing number of medical and other professionals from around the region every year.

Area students benefit from some heavy-duty equipment donations as well. Kingwood High School’s Health Occupations Students of America chapter recently received 110 stethoscopes, compliments of the hospital, which has also given 110 penlights and even a hospital bed to the school.

“We also have given them nasogastric, or NG, tubes to practice with,” Cormier says. “It’s great when we can go and work with them to see how they are using the equipment and supplies as they learn more about careers in healthcare.”

Now add to that the mission trips undertaken by physicians with the hospital as well as support for the annual Humble Thanksgiving Feast, and you’ve got a local hospital that is very dedicated to the welfare of others.

Cormier says Humble Surgical Hospital wouldn’t have it any other way.

“We will continue to make all these projects bigger and better, even as we work on new ones,” she says. “We are working hard to be of value to the community, and we want to keep giving back. We are blessed to be here, and we know that our role is to help our community grow and thrive thanks to quality healthcare.”

5 Ways to Couchersize

Easy exercises for sofa sitters

The average American watches 34 hours of television each week. That’s a lot of couch time, and people who spend much of their lives sitting are at increased risk of illness.

A recent Harvard Health Letter offered a solution. Couchersizing — staying by the couch and exercising while you watch TV — can counteract the health dangers of sitting for hours at a time. Here are some sample couchersizes to try:

1. Twist your torso from side to side for the length of a commercial break. This will boost your heart rate, work your oblique muscles and slim your waist.

2. While lying on the couch with legs extended, squeeze the muscles on the front of the thigh — your quadriceps — for 10 seconds, then relax. Repeat 10 times.

3. Try leg lifts while lying flat to strengthen your abs, or do side lifts to strengthen hip muscles.

4. Pinch your shoulder blades together, but not up (don’t shrug). Hold for 10 seconds and release. Repeat 10 times. This will improve your posture, which is especially helpful for people who sit in front of a computer most days.

5. Go from sitting to standing to sitting again, 10 times in a row. Rest for one minute and repeat. This strengthens the quadriceps and gluteus muscles.

You can also walk around the room swinging your arms to boost heart, muscle and brain activity. The more you move, the better your body and brain will feel.

First place scholarship recipient Patricia “Caroline” White will study nursing.

Second place recipient Kevin Jiang plans a career in medicine.
How to use herbs and spices to reduce your sodium intake

For many Americans, a high-sodium diet is at the root of many health problems. Eating too much salt can lead to high blood pressure, which then can increase your risk of heart disease, stroke and osteoporosis. Ninety-seven percent of American children eat too much salt, so it’s no surprise that one in three Americans will develop high blood pressure at some point in life.

But there may be a simple solution. Research presented at a recent American Heart Association meeting showed that using herbs and spices instead of salt on food may help adults decrease their sodium intake.

Because herbs and spices provide a lot of flavor, they make a meal taste well-seasoned without the addition of salt. Plus, many herbs offer health benefits of their own, so they’re an affordable, simple substitute for salt that can actually make your body feel better.

THREE WAYS TO SEASON YOUR FOOD WITH HERBS AND SPICES INSTEAD OF SALT:

1. Season olive oil with garlic powder and use it on pasta, bread or vegetables in place of salt.

2. Make a marinade using lime juice, black pepper, garlic powder, smoked paprika, onion powder and honey. In addition to giving your food a sweet, spicy flavor, smoked paprika provides vitamin B-6, which helps boost energy and reduce your risk of heart disease.

3. Add herbs whenever you can — in salad dressings, sauces or on top of foods like pizza or pasta. Fresh herbs, in particular, boost flavor and offer increased health benefits. For sauces, try basil; it’s full of vitamin A, which is good for your skin and vision. Or sprinkle thyme on eggs or pasta; it’s fresh, earthy and helps the body retain good fats like omega-3 fatty acids.

How does salt increase blood pressure?

Sodium increases blood pressure by keeping excess fluid in the body, which places an extra burden on the heart.
We spend much of our time teaching about illness and ways to help prevent disease. We safeguard patient information, yet make records accessible to them when needed via our patient portal. We offer an array of services, including adult health care, well-woman, DOT physicals and camp physicals. We offer adult and childhood immunization and TB screening.

WHAT KIND OF ATMOSPHERE SHOULD A PATIENT EXPECT?

It sounds cliché, but “when you are here, you are family.” Most importantly, patients can expect a provider who will listen to their concerns and work with them to help address the issues.

WHAT IS YOUR NEXT GOAL?

We want to increase health and prevention awareness through community events and educational seminars.

Avida Continued from front

Why so many physicians refer their post-surgery patients to the new facility.

PERSONAL ATTENTION

“After a patient is discharged from HSH, we will come over to set up their therapy plan before they go home,” says Dan Grunau, marketing director. “We will transport them to appointments and offer home health care, if needed.”

Avida has six treatment rooms, and a 1,500 square-foot gymnasium with all the equipment needed for a patient to get back to peak mobility. Of course, reaching that goal requires the patient to stay on track.

“I let all my patients know that the biggest factor in their therapy is homework,” says Carr. “So we bring their family or caregivers in to let them know what I do and what we need for them to do at home.”

Avida Therapy Services makes appointments convenient, with flexibility in treatment hours, as well as transportation.

“We are not a 9-to-5, you-must-fit-our-schedule place,” says Grunau. “We make an effort to fit the typical patient’s lifestyle, so that they get the therapy they need in a way that makes sense for them. We are focused on concierge-level service that mirrors the superior service of Humble Surgical Hospital.”

To learn more about Avida Therapy Services, please visit www.avidatherapyservices.com.