



ST. LUKE'S®

Episcopal Health System

### St. Luke's Episcopal Health System

St. Luke's Episcopal Hospital, in the heart of the Texas Medical Center, has a tradition nearly five decades long of providing compassionate care to the community.

And we continue to build on that tradition. St. Luke's Episcopal Health System now delivers comprehensive, convenient and world-class healthcare to people throughout the Houston area.

### Bishop Wimberly Succeeds Bishop Payne

In June, The Right Reverend Don Adger Wimberly, DD, formerly the Bishop Coadjutor of Texas, succeeded The Right Reverend Claude E. Payne, DD, Bishop of the Episcopal



Bishop Wimberly

Diocese of Texas, as chairman of the Board for St. Luke's Episcopal Health System and St. Luke's Episcopal Hospital. Bishop Wimberly also assumed Bishop Payne's duties as Bishop of the Episcopal Diocese of Texas.

Bishop Wimberly formerly served as Bishop of Lexington,

Kentucky, for 15 years before accepting the invitation to serve in Texas. His diocesan board positions include St. Vincent's House, Galveston; St. James' House, Baytown; Episcopal High School, Houston; Camp Allen, Navasota; El Buen Samaritano, Austin; and St. Stephen's School, Austin.

skilled care, Comfort Care Services are able to assist. Registered Nurses are on call 24 hours a day and can be reached at (832) 355-2273 to discuss your personal care needs.

### Lung Health Day Activities Scheduled

Mark your calendar for October 22. An educational presentation and a free lung screening will be held at St. Luke's Lung Institute<sup>SM</sup> in recognition of Lung Health Day. In addition to assessing blood pressure, this screening measures the airflow into and out of the lungs as well as the blood's oxygen levels. Individuals with asthma, chronic bronchitis, those who smoke, or those who experience shortness of breath, unexplained coughing or COPD will benefit from this screening.

St. Luke's Lung Institute<sup>SM</sup> is located at 2457 S. Braeswood (at Kirby). To schedule an appointment for a screening, call (832) 355-5864. Free parking is available.

### Comfort Care Available for Families

Some patients, whether recovering at home or still being cared for in the hospital need help with activities like dressing, moving around, or bathing. While these activities are very important, they do not require skilled nursing care. Help is available through Comfort Care, a service of St. Luke's Episcopal Health System.

Comfort Care's home health aides are employees of St. Luke's, experienced and supervised by St. Luke's Registered Nurses. When your needs, or the needs of a loved one, do not require

## Preventing (and Detecting) Colon Cancer is Critical

Colorectal cancer is the second leading cause of cancer-related death in the United States.

“According to a recently published article in the *New England Journal of Medicine*, the use of one baby aspirin per day and a calcium supplement have been shown to help prevent colorectal cancer development by a chemopreventive/biochemical reaction,” said John I. Hughes, MD, FACS, chief of Gastroenterology at Kelsey-Seybold Clinic. “We could save thousands of lives each year if men and women, 50 years or older, followed the recommended screening guidelines.”

The American College of Gastroenterology and the American Cancer Society recommend that everyone over the age of 50 have an annual digital rectal exam and fecal occult blood test. In addition, one of these elective procedures is recommended: flexible sigmoidoscopy (every five years), colonoscopy (once every 10 years if the first test is normal), or double contrast barium enema (once every 5 to 10 years if the first test is normal).

“Colorectal cancer is treatable and preventable,” explained Dr. Hughes. “The key is to get tested. Regular screenings to detect and

remove pre-cancerous polyps before those polyps turn into cancer can save many lives.”

## Blood Donor Center Relocates

St. Luke’s Blood Donor Center has relocated to room C-110, on the 1st floor by the Green Elevators in the Texas Heart



*Spacious modern surroundings and individual tv monitors make blood donations more enjoyable for St. Luke’s blood donors.*

Institute at St. Luke’s Episcopal Hospital–The Denton A. Cooley Building. The new location brings with it more spacious and attractive surroundings for donors, additional private interview areas and individual televisions at platelet-donor stations. Visitors (and of course, donors) are welcome any time. Walk-ins are accepted; however, if you wish to schedule an appointment, please contact St. Luke’s Blood Donor Center at (832) 355-GIVE (4483).

## Minor Emergency Care: A Quick Way to Receive Quality Care

Have you wondered what to do about medical care during the evening or weekend hours? St. Luke’s two Minor Emergency Centers (located at 2727 W. Holcombe Blvd. and 5749 San Felipe) are designed to provide quick, convenient,

Department visit. Free parking is available at both locations. To contact St. Luke’s Minor Emergency Center–San Felipe, call (713) 267-7100. To contact St. Luke’s Minor Emergency Center–Holcombe, call (713) 442-0249.

quality care for children and adults 24 hours a day. Patients can rest assured knowing they are receiving prompt care (treating non-life-threatening conditions) and treatment for minor emergencies, whether it involves injury or illness.

Diagnostics available, include lab, and x-ray. Most insurance plans, Medicare, credit cards and cash are accepted. Co-payments at St. Luke’s Minor Emergency Centers vary based on your insurance plan but will be less than a hospital Emergency