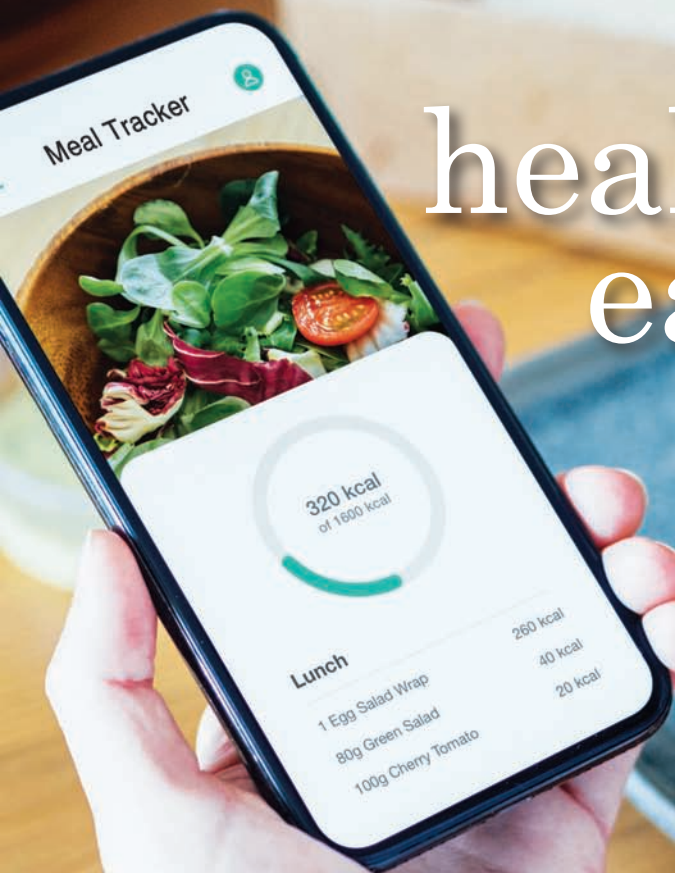


'21-'22 north texas

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mind & body



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- Varicose veins & vein ablations
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- Heart disease in elderly
- Heart disease in women
- Stroke prevention & treatment
- Heart rhythm management (Pacemaker & Defibrillator)
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- Echo (Ultrasound of heart)
- Structural heart disease
  - Heart valve problems
  - Right heart disease
  - Adult congenital (by birth) defects
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- Advanced lifesaving heart

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### KELLER OFFICE

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Keller, TX 76244

### BRIDGEPORT OFFICE

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Cells collaborate on creating balance and harmony within the body. The goal of Biofeedback is self-regulation of the body at a cellular frequency level, to help manage pain and/or stress. Any form of stress, either physical or psychological, produces erratic cell vibrations. Erratic cell vibrations cause body disharmony which can lead to injury or disease. Stress triggers the bodies alarm response, which provokes a variety of unpleasant outcomes. Stress can come from a myriad of sources, including emotional issues, trauma, nutritional deficiencies, toxicity, allergens, pathogens, poor lifestyle habits, heredity and more. Unfortunately, excess stress is a pathway to disease.

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Spa*

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## north texas area health directory

In association with



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MEDIA**

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page 4

2021-2022 health, mind & body

# resource guide

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Gainesville TX. 76240  
24 hour Crisis Line - **940-665-2873**  
Toll Free Number - **1-877-846-4751**  
[www.abigailsarms.org](http://www.abigailsarms.org)

## Alzheimer's Association North Central Texas Chapter

2630 W. Freeway, Ste.100  
Fort Worth TX 76012  
[www.alz.org/northcentraltexas](http://www.alz.org/northcentraltexas)  
**817-336-4949**

## American Cancer Society

3301 West Freeway,  
Fort Worth, TX 76107  
[www.cancer.org](http://www.cancer.org)  
**817-737-9990**  
**1-800-227-2345** 24 hours

## American Red Cross

[www.redcross.org](http://www.redcross.org)

## Bowie Mission

105 E. Greenwood  
Bowie, TX 76230  
**940-872-4678**

## Clay County Outreach

416 E. Gilbert  
Henrietta, TX 76365  
**940-538-4998**

## Dallas VA Medical Center

4500 S Lancaster Rd  
Dallas, TX 75216  
**800-849-3597**

## Helen Farabee Center

1000 Brook  
Wichita Falls, TX 76301  
**940-397-3143**  
[www.helenfarabee.org](http://www.helenfarabee.org)

## Faith Mission

1300 Travis St.,  
Wichita Falls, TX 76301  
**940-723-5663**  
[www.faimissionwf.org](http://www.faimissionwf.org)

## Health Insurance Marketplace

[healthcare.gov](http://healthcare.gov)

## I Heart Denton

[www.iheartdenton.com](http://www.iheartdenton.com)

## Relay For Life

[RelayForLife.org](http://RelayForLife.org)

## Substance Abuse Help

[substanceabuseusa.org](http://substanceabuseusa.org)

## Texas Department of Family and Protective Services

[www.tccwb.org](http://www.tccwb.org)

### **Cooke County Office**

326 S. Commerce St.  
Gainesville TX 76240  
**940-665-9315**

### **Denton County Office**

535 S. Loop 288. Ste 2001  
Denton TX 76201

**940-381-3400**

### **Montague County Office**

601 E Decatur St. Bldg. A  
Bowie TX 76230

**940-872-6421**

### **Wichita County Office**

925 Lamar St.  
Wichita Falls TX. 76384

**940-235-1995**

### **Wilbarger County Office**

1531 Cumberland St.  
Vernon, TX 76384

**940-553-1660**

### **Wise County Office**

2000 W. Business U.S. 380  
Decatur TX. 76234

**940-627-2188**

## Texas Health and Human Services Commission

[www.hhsc.state.tx.us](http://www.hhsc.state.tx.us)

## United Way

[www.unitedway.org](http://www.unitedway.org)

## U.S. Department of Veterans Affairs

[www.Northtexas.va.gov](http://www.Northtexas.va.gov)

## Veteran Community Clinics

### **Bridgeport CBOC**

806 Woodrow Wilson Ray Circle  
Bridgeport, TX 76426

**940-683-2538**

### **Denton CBOC**

2223 Colorado Blvd.  
Denton, TX. 76205

**940-891-6350**

## Wise Area Relief Mission

300 N. Trinity Street  
Decatur, TX 76234

**940-626-4676**

[www.warmtx.org](http://www.warmtx.org)

## Workforce Solutions

[www.wrksolutions.com](http://www.wrksolutions.com)

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## Physical Therapy Center

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*Alan Trammell, PT*  
*Susan Metzler, PT*

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(940) 665-3496  
Fax (940) 668-2875  
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www.chcwf.com  
*See ad on page 7*

### Helen Farabee Centers

100 Brook  
Wichita Falls, TX 76301  
**940-766-6306**  
605 Decatur St.  
Bowie, TX 76230  
**940-872-2272**  
516 Denver St.  
Wichita Falls, TX 76301  
**940-720-3500**  
2500 Wilbarger St.  
Vernon, TX 76384  
**940-553-4002**  
407 Park W Court  
Decatur, TX 76234  
**940-627-1251**  
www.helenfarabee.org  
*See ad on page 14*

### Wise Health System Behavioral Health Services

2000 S. FM 51  
Decatur, TX 76234  
**940-626-0145** Inpatient  
**940-627-2511** Outpatient  
WiseHealthSystem.com

## beauty & wellness

### Skincare Massage

Amy Taylor, ND  
1257 CR 132  
Whitesboro, TX 76263  
**940-665-1940**  
amysfaces.com  
*See ad on page 19*

## cancer screenings

### Moncrief Cancer Institute

400 W. Magnolia Ave.  
Fort Worth, TX 76104  
**817-288-9800**  
**1-800-405-7739**  
www.moncrief.com  
*See ad on page 11*



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## cancer treatment

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Decatur, TX 76234  
**940-626-2300**  
WiseHealthClinics.com

## cardiology

### Advanced Heart Care

Jason S Finkelstein, MD  
Bradley M. Leonard, MD  
Trieu Q. Ho, MD  
2401 S. FM 51, Suite 200  
Decatur, TX 76234  
**940-627-0044**  
www.advancedheartcare.com  
See ad on page 20

### Excel Cardiac Care

1502 S FM 51, Suite B  
Decatur, TX 76234  
1903 Doctor's Hospital Dr. #33  
Bridgeport, TX 76425  
**817-518-9005**  
www.excelcardiaccare.com  
See ad on page 2

## clinics

### Community Healthcare Center

200 Martin Luther King, Jr. Blvd.  
Wichita Falls, TX 76301  
**940-766-6306**  
www.chcwf.com  
See ad on page 7

### Family Health Center


1301 Third Street  
Wichita Falls, TX 76301  
**940-767-8334**  
www.wfresidency.org  
See ad on page 7

### Wise Health Clinics-eHealth

ehealth.WiseHealthClinics.com  
See ad on page 15

### Wise Health Clinics Community Health Clinic

2000 South FM 51, Suite D  
Decatur, TX 76234  
**940-626-3888**  
WiseHealthClinics.com  
See ad on page 9



## North Central Texas Foot & Ankle

**Ricky Childers, DPM**  
1713 S FM 51, Suite 103 • Decatur, Texas  
(940) 627-0993  
NCTFA.com • info@NCTFA.com


Certified by the American Board of Podiatric Surgery  
in Foot & Reconstructive Foot/Ankle Surgery

**Education:**  
Medical School: California College  
of Podiatric Medicine  
San Francisco, CA 2002  
Residency: St. Mary's Medical Center  
San Francisco, CA 2002-2005

**Fellowship:**  
Sports Medicine, Sports Orthopedics  
& Rehabilitation, Bay Area AO  
International Foot & Ankle Fellowship,  
Lugano, Switzerland, Smith & Nephew  
Ilizarov Technique, Kurgan, Russia

**Philosophy of Care:**  
To provide compassion and  
respect to every patient with  
definitive treatment options  
that allow patients to move  
forward with their health and  
lives.

**Special Interests:**  
Sports Medicine, Pediatric  
and Adult Foot & Ankle  
Reconstruction, Ankle  
Arthroscopy



**Personal Interests:**  
Enjoying family, back country skiing, golf, cycling,  
hunting, and fishing





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 <b>Center For Emotional Wellness</b>	 <b>Internal Medicine</b>	 <b>Vascular and Bariatric Surgery</b>
<b>Community Health Clinic</b> 	<b>Obstetrics and Gynecology</b> 	<b>Pediatrics</b> 
 <b>Dermatology</b>	 <b>Primary Care</b>	 <b>Wise eHealth</b>

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## clinics

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WiseHealthClinics.com  
*See ad on page 9*

### Wise Health Clinics Family & Sports Medicine

2301 South FM 51, Suite 100  
Decatur, TX 76234  
940-626-8810

WiseHealthClinics.com  
*See ad on page 9*

### Wise Health Clinics Internal Medicine

1821 S. FM 51  
Decatur, TX 76234  
940-489-4212

WiseHealthClinics.com

### Wise Health Clinics Primary Care – Boyd

133 N. FM 730, Suite 105  
Boyd, TX 76023  
940-433-2151

WiseHealthClinics.com  
*See ad on page 9*

## counseling

### Wise Health Clinics Center for Emotional Wellness

1000 Medical Center Dr.  
Decatur, TX 76234  
940-539-0683

WiseHealthClinics.com  
*See ad on page 9*

## dentistry

### Children's Dentistry of Wichita Falls

4021 Rhea @ Callfield  
Wichita Falls, TX 76308  
childrensdentistrywichitafalls.com  
940-613-0210



## Orthopaedic & Sports Therapy Center



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Dr Brandon Perez



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www.chcwf.com  
See ad on page 7

**dermatology**

**Wise Health Clinics  
Dermatology**

2000 Ben Merritt Dr. Suite B  
Decatur, TX 76234  
**940-539-8687**  
WiseHealthClinics.com  
See ad on page 9

**diabetes**

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Luke 11:34



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Decatur, TX 76234

940-626-1890

WiseHealthSystem.com

See ad on page 32

## dialysis

### Wise Health System

#### Dialysis Clinic

2150 S. FM 51

Decatur, TX 76234

940-626-1700

WiseHealthSystem.com

See ad on page 32

## health supply

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Bowie, TX 76230

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See ad on page 18



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Jill Sheppard, B.S., SLP/Audiology  
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Sherman, TX 75092  
800 E. California, Suite 4  
Gainesville, TX 76240  
**903-868-2650**  
www.hearcareinc.com  
See ad on page 30

## home health

### Local Hearts

320 County Road 466,  
Gainesville, TX 76240  
**940-736-0496**  
www.local-hearts.com  
info@local-heartsllc.com

## hospitals

### Nocona General Hospital

100 Park Road,  
Nocona, TX 76255  
**940-825-3235**  
www.noconageneral.com  
See ad on page 31

### North Texas Medical Center

1900 Hospital Blvd.  
Gainesville, TX 76240  
**940-612-8340**  
www.ntmconline.net  
See ad on page 4

### Wise Health System

609 Medical Center Dr.  
Decatur, TX 76234  
**940-627-5921**  
WiseHealthSystem.com  
See ad on page 32

## mammography

### Wise Health System Imaging Center


2000 Ben Merritt Dr., Suite A  
Decatur, TX 76234  
**940-626-1329**  
WiseHealthSystem.com/Mammo

## medical supply

### Heritage Home Medical Equipment

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See ad on page 6

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## mri

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940-626-1329

WiseHealthSystem.com/Imaging

## ob/gyn

### Community Healthcare Center

200 Martin Luther King, Jr. Blvd.

Wichita Falls, TX 76301

940-766-6306

www.chcwf.com

See ad on page 7

### Decatur Women's Healthcare Center

Douglas Kyle, M.D.

2451 S. FM 51 Suite 300

Decatur, TX 76365

940-627-4216

See ad on page 22

### Wise Health Clinics Obstetrics and Gynecology

2451 S. FM 51 Suite 200

Decatur, TX 76234

940-627-2409

WiseHealthClinics.com

See ad on page 9

## optometrists

### Decatur Eye Center

Edward H. Fries, M.S., O.D.

303 Washburn St.

Decatur, TX 76234

940-627-2020

www.decatureyecenter.com

See ad on page 13

### York Eye Associates

Cynthia G. Fleitman, OD

Christopher R. Deaton, OD

Jaclynn R. Fisher, OD

2020 W. U.S. 82

Gainesville, TX 76240

940-668-7500

See ad on page 11

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# healthy eating

Eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and boosting your mood.

## **Energy and eating**


The connection between energy and eating is significant. A healthy diet and approach to eating can vastly improve energy levels, while a poorly planned diet that lacks nutrition can contribute to feelings of fatigue and increase a person's risk for various ailments.

The Harvard Medical School notes that different kinds of foods are converted to energy at different rates. That's why some foods, such as candy, provide quick boosts of energy while foods such as whole grains tend to supply the body with energy reserves that it can draw on throughout the day.

It's not just what people eat but how they eat that can affect their energy levels. In addition to choosing the right foods, men and women can try the following strategies as they look to eat to boost their energy levels.

## **Be careful with caffeine**

The foods people eat are not the only components of their diet that can affect their energy levels. Caffeinated beverages can provide a temporary boost of energy as well. However, men and women who drink coffee or other caffeinated beverages to boost their energy levels should avoid doing so in large amounts after 2 p.m. That's because caffeine can cause insomnia, and insufficient sleep can dramatically affect energy levels.



### **Eat smaller, more frequent meals**

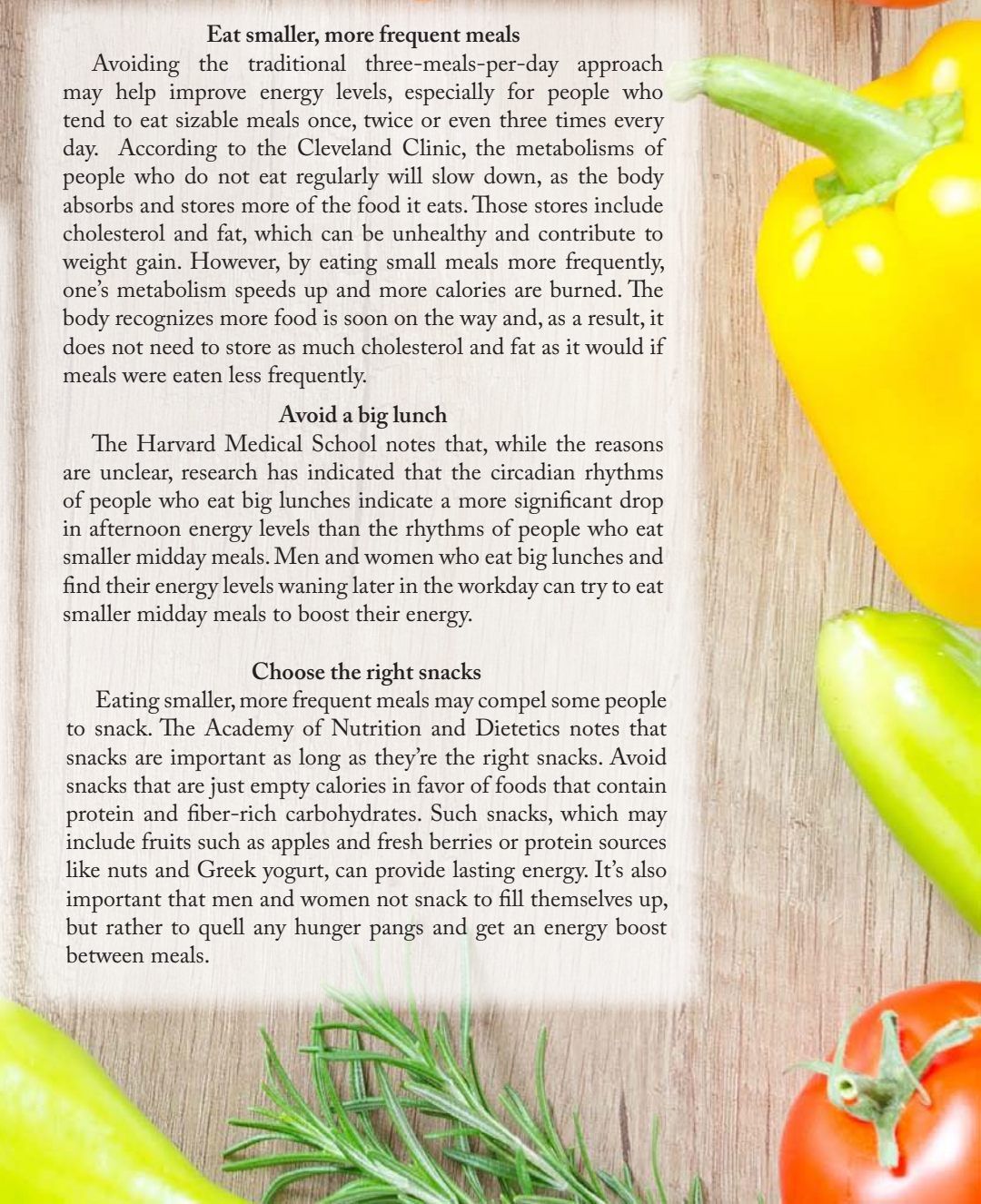
Avoiding the traditional three-meals-per-day approach may help improve energy levels, especially for people who tend to eat sizable meals once, twice or even three times every day. According to the Cleveland Clinic, the metabolisms of people who do not eat regularly will slow down, as the body absorbs and stores more of the food it eats. Those stores include cholesterol and fat, which can be unhealthy and contribute to weight gain. However, by eating small meals more frequently, one's metabolism speeds up and more calories are burned. The body recognizes more food is soon on the way and, as a result, it does not need to store as much cholesterol and fat as it would if meals were eaten less frequently.

### **Avoid a big lunch**

The Harvard Medical School notes that, while the reasons are unclear, research has indicated that the circadian rhythms of people who eat big lunches indicate a more significant drop in afternoon energy levels than the rhythms of people who eat smaller midday meals. Men and women who eat big lunches and find their energy levels waning later in the workday can try to eat smaller midday meals to boost their energy.

### **Choose the right snacks**

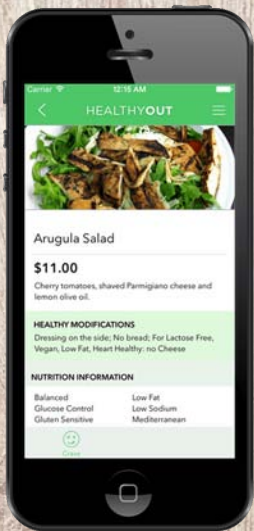
Eating smaller, more frequent meals may compel some people to snack. The Academy of Nutrition and Dietetics notes that snacks are important as long as they're the right snacks. Avoid snacks that are just empty calories in favor of foods that contain protein and fiber-rich carbohydrates. Such snacks, which may include fruits such as apples and fresh berries or protein sources like nuts and Greek yogurt, can provide lasting energy. It's also important that men and women not snack to fill themselves up, but rather to quell any hunger pangs and get an energy boost between meals.



# healthy eating

*Literally watch what you eat with food tracking apps*

The easiest way to lose weight and improve your health is to watch what you eat. Literally. That's why digital food trackers, basically a next-level food log, are so popular. "The consistent act of logging your food helps you take a moment to consider what you're actually in the mood for and builds in a moment of mindfulness," says Jaelyn London, MS, RD, CDN, nutrition director at the Good Housekeeping Institute. Food tracker apps go beyond calorie counting. They're a learning tool for discovering the foods you crave and enjoy, the ones you don't love so much, and the kind of situations that lead you to eat those foods.



## HealthyOut

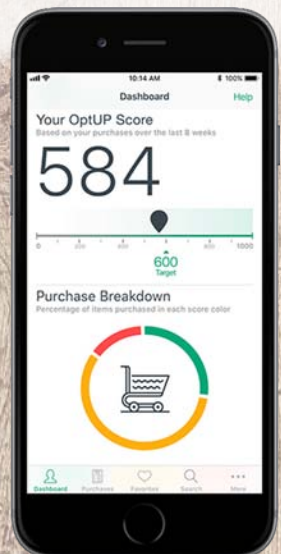
Dining out can derail even the most conscientious eater with the beckoning bread baskets, over-the-top entrees, and supersized portions. And let's not even get started on dessert! Thankfully, HealthyOut delivers on its promise to manage the menu. You can filter out anything that doesn't satisfy your dietary requirements, whether it's specific calorie counts, heart-healthy choices, glucose-sensitive options, etc. With all of the nutrition insights in your pocket, you'll feel more equipped to decide whether that cookie is splurge-worthy.

Free on iOS

## OptUp

Developed by Kroger's dietitians, OptUp simplifies the grocery shopping experience. It numerically groups foods into one of three color-coded categories — green, yellow, and red — to visually convey their nutritional status. It also tracks your purchases and educates you about making healthier buying decisions by suggesting smart swaps. Through gradual changes you'll start following a healthier eating plan. No Kroger nearby? No problem. The barcode scanner works with other retailers, too.

Free on iOS and Android.







## Protein Tracker

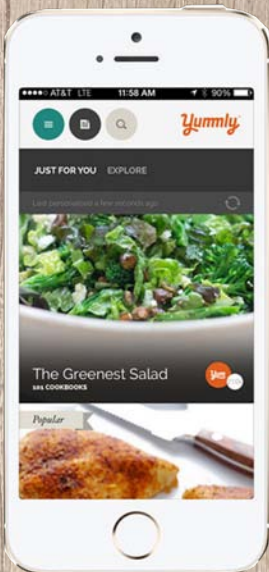
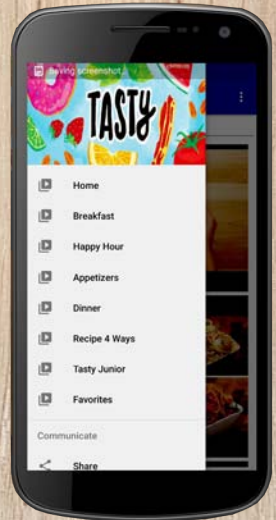
Like the name implies, Protein Tracker tracks the amount of protein you eat. Once you enter your daily protein goals, this food tracking app shows you the percentage of your daily protein goal by calculating how much protein you eat each day, as well as a historical view over time.

Free on Android

## Tasty

The Tasty app is like having your own recipe coach. And when you cook more, you eat better. Studies have shown that cooking meals is a key ingredient for a healthy lifestyle. Users praise Tasty for its practicality, intuitive interface, and easy-to-follow step-by-step instructions. Enter a food and you'll see suggested recipes incorporating that item, along with instructional videos. You can even make specific recipe requests, like meat-free meals only.

Free on iOS and Android.



## Yummly

Yummly bills itself as a smart cooking sidekick. The user-friendly features include a beyond extensive recipe database — 2 million and counting — with step-by-step guidance. There also are shopping lists, filters based on allergy and other dietary restrictions, and a robust health section run by an R.D. You can even tell it when you plan to eat and it will remind you, nicely, to get cooking. Coming soon: Personalized meal planning.

Free on iOS and Android.



## Fooducate

When it comes to eating healthy, it's not just the calories, but the quality of your food that counts. Fooducate, by Fooducate LTD, provides a comprehensive database of 300,000 foods found in supermarkets. Simply scan the barcode with your smartphone camera to get in-depth nutritional analysis of added sugars, trans fats, high-fructose corn syrup, food coloring, genetically modified organisms (GMO), additives, preservatives, and artificial sweeteners. Personalize your tracking by entering your weight, age and fitness goals. The Fooducate app itself is free, but you could choose to pay for some of the premium functions. then it's \$3.99 for the basic pro plan. Adding the gluten and allergen info is another \$4.99 per month.

Available on iOS and Android



## iTrackBites

Once you start tracking your food, you'll quickly begin to see that what you think you're eating rarely matches up to what you are actually eating. iTrackBites uses a point system to help you see how close you are to your nutritional goals. Free for the basic app, but up to \$35.99 for pro version.

Available on iOS and Android



## Lifesum

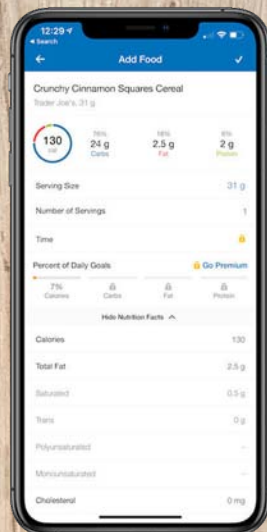
Lifesum, by LIFESUM AB, is a food-tracking app built on the idea that observing small habits can make a big difference toward meeting nutritional goals. With a comprehensive list of recipes and meal plans, Lifesum also includes barcode scanning and macro tracking to see your daily nutrition and calories. Lifesum is free, however, the premium subscription does charge you a fee of \$8.33 for a 3-month subscription. The more months you commit for, the less you pay.

Available on iOS and Android

## MyFitnessPal

With more than 6 million foods in its database and more than 4 million food barcodes, MyFitnessPal makes it easy to log breakfast, lunch, dinner, and afternoon snacks. With powerful metrics, My FitnessPal gives insights on calories, fat, protein, carbs, sugar, fiber, cholesterol, and vitamins. It's easy to plan your meals in advance and stay on track with your nutritional goals. Free version available. Upgrade to get the full MyFitnessPal experience for \$59.99 for the year

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## MyPlate

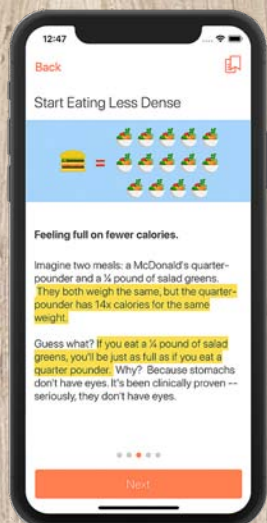
We all start out with the best intentions when it comes to eating healthy. But hunger, life, crazy schedules, and cravings often get in the way. MyPlate by Livestrong.com, is a food-tracking app that lets you create customized goals for macro and micronutrients and provides a comprehensive dietary analysis of the food you're taking in. Choose between three price tiers and periods (one month for \$9.99, six months for \$29.99 or one year for \$44.99).

Available on iOS and Android

## Noom

Noom wants you to become more mindful of your eating decisions and how they impact your weight loss. And then it can then help modify the behaviors that made you gain in the first place. Get-to-know-yourself quizzes and questionnaires — along with food and activity tracking — delve further into your eating psyche. A health coach guides you into meeting an agreed-upon goal through a customized plan, advice and support. You can even request the type of motivation you respond to best: soft touch, tough love, or something in-between. The personalized attention will cost you, though. The Noom program starts at around \$50 per month.

Available on iOS and Android



## Nutrients

Nutrients (formerly known as Foodle) offers comprehensive nutrition information at your fingertips. Find fast facts on tens of thousands of foods, including your own recipes. Plus, the app lets you track your own meals, and it supplies a complete breakdown of your daily nutrition so you can make adjustments as needed. The cost is only \$4.99.

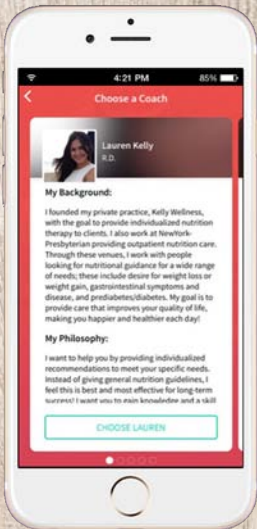
Available on iOS



## Rise

When that creamy pasta dish or brownie sundae is calling your name, Rise can take you back from the brink of temptation. The app assigns you to your own registered dietician — or, as Rise calls it, "a nutritionist in your pocket" — with real-time access for advice, support, and accountability. Instead of logging your food, you snap photos of everything you eat. Your nutritionist then reviews the pics daily and shares feedback. Like Noom, this one is not a freebie — a monthly plan is around \$50.

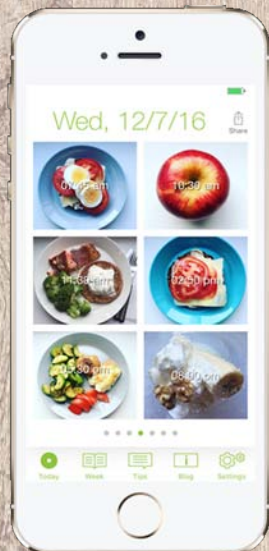
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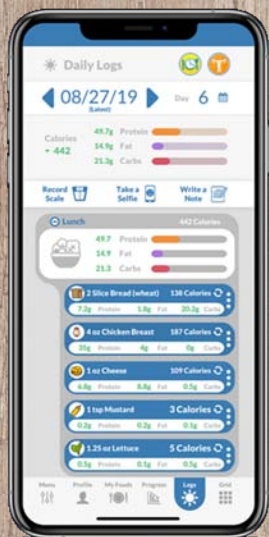


## See How You Eat

Rather than typing a daily log of your meals, snap a photo instead. See How You Eat, by Health Revolution Ltd, is an app built on the belief that seeing what you eat can help you make more positive dietary changes and help you check to see if you're eating from the rainbow. This food-tracking app does exactly what it says—it simply lets you document your meals visually, without any complicated calorie or macronutrient support. Premium one year subscription available for \$24.99.

Available on iOS and Android





## Stupid Simple Macro Tracker

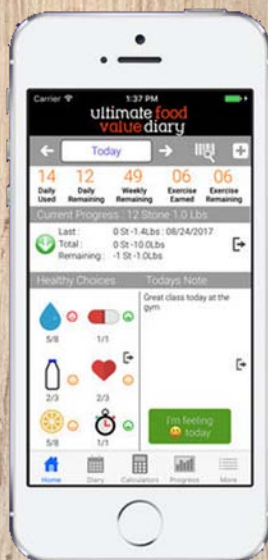
If you're confused about how to count your macros, Stupid Simple Macro Tracker, by Venn Interactive, can help. More than tracking what you eat, this food tracking app tracks your fat, protein, and carb levels. Customize your own macro levels and tag them with food icons to make it fast and easy to log your daily macros. Cost is anywhere from \$4.99 per month to \$79.99.

Available on iOS and Android

## Ultimate Food Value Diary

In addition to tracking food, the Ultimate Food Value Diary, by Fenlander Software Solutions, Ltd, tracks exercise, weight, and your measurements. This food app uses caloric values to calculate food values using the standard macronutrients of protein, carbs, fat, and fiber. Ultimate Food Value Diary is a one time fee to download & use. If you choose to upgrade to Premium you'll be billed \$25.99 annually or \$4.99 monthly depending on the package you choose.

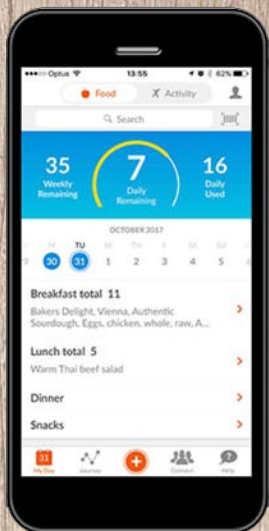
Available on iOS and Android



## WW

WW (formerly Weight Watchers) lets you lose weight your way. (So if you love bread like Oprah, you get to eat bread!) WW offers more than 4,000 recipes, multiple filter options (dietary needs, SmartPoints, prep time, etc.), bar code scanning, support from the WW community, and more. By saving your most popular meal items, it makes it easier-than-ever to track that iced coffee with a ¼ cup almond milk and apple with peanut butter combo you have for breakfast each morning. Plus, you can add your go-to recipes to the app, so when you cook up your homemade black bean burgers, you don't have to rewrite each individual ingredient. The app is free to WW members; fees vary based on plan.

Available on iOS and Android



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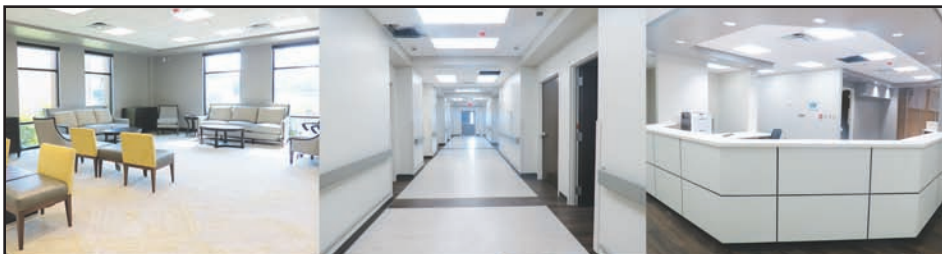


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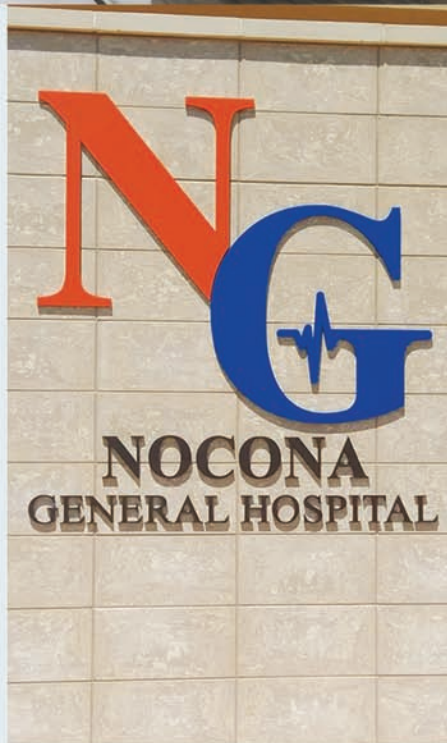
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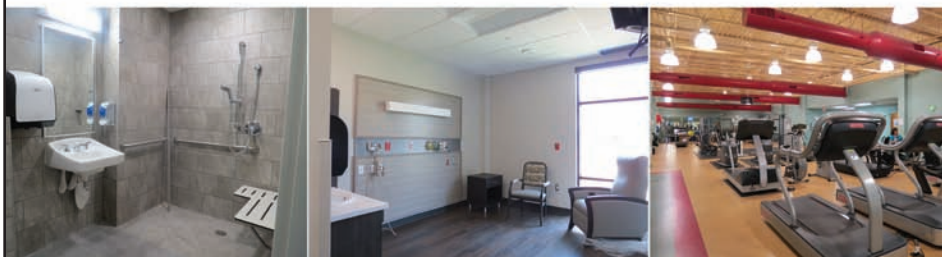


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At **Wise Health System**, we are committed to leading the growth and development of health care services in our area and providing quality, specialized care for the communities we serve.

For over 35 years, Wise Health System has been accredited by the Joint Commission, recognizing us for meeting or exceeding established health care standards.

We are the region's largest employer with more than 1,900 employees, providing inpatient and outpatient services at more than 70 locations in North Texas. These include a five-story main hospital, two surgical hospitals, an emergency/urgent care location, primary care and specialty clinics, physical therapy and rehabilitation centers, imaging centers and bariatric surgery program offices. **Our main hospital services include:**

- Anesthesiology
- Bariatric Surgery
- Behavioral Health Services
- Cancer Treatment & Services
- Cardiovascular Services
- Dermatology
- Dialysis (Inpatient & Outpatient)
- Ear, Nose and Throat (ENT)
- Emergency Services
  - Chest Pain Center w/PCI
  - Primary Stroke Center
- Endocrinology
- Gastroenterology
- Geriatric Medicine
- Hyperbaric Oxygen Therapy
- Imaging Services
- Inpatient Rehabilitation
- Intensive Care Unit
- Internal Medicine
- Interventional Pain Services
- Labor & Delivery Services
- Men's Health Services
- Nephrology
- Neurology
- Ophthalmology
- Orthopedics
- Pain Medicine
- Pediatrics
- Podiatry
- Primary Care Clinics
- Pulmonology
- Rehabilitation & Therapy
  - Occupational, Speech, Pediatric, Physical, Sports Medicine
- Rheumatology
- Robotic General Surgery
- Sleep Studies
- Spine Services
- Telemedicine Services
- Thoracic Surgery
- Transitional Care Services
- Urology
- Vascular Surgery
- Women's Health Services
- Wound Care

