Knapp’s Orthopedic Surgeons

R. Chandrasekharan M.D.
1210 E. Eighth St, Suite 1, Weslaco 968-8523
Ramchandran Chandrasekharan M.D. or Dr. Chandra, as he is fondly called, chose to study orthopedic surgery because of his interest in sports and sports’ injuries. Although his father, brothers and uncles are all engineers, Dr. Chandra never considered another career other than medicine. Dr. Chandra has served in many leadership roles at Knapp including Chief of Staff in 1998-99. Board Certified by the American Board of Orthopedic Surgery, he is a Fellow of the American Academy of Orthopedic Surgeons. Dr. Chandra has been performing joint replacements, fracture, and ligament surgeries and arthroscopies for over 25 years. He has been on the staff in the Department of Medicine and the Arthroscopy Association of the American Orthopedic Society for Sports Medicine and the Arthroscopy Association of North America. Dr. Chandra and his wife, Mae, have one son, Ashok.

S. Gopal Krishnan M.D.
1311 E. Sixth St, Weslaco 968-9502
S. Gopal Krishnan M.D. is a pioneer in arthroscopy in South Texas. He was the first to perform arthroscopic surgery in 1978 and has been performing joint replacements since 1973, a first for the Valley. He is a Clinical Associate Professor in Orthopedics at the University of Texas Health Science Center in San Antonio. Currently the Chief of Surgery at Knapp Medical Center, Dr. Krishnan has served in many leadership roles at Knapp including Chief of Staff in 1989-90. He is a Fellow of the American College of Surgeons. Dr. Krishnan has been performing joint replacements, fracture, and ligament surgeries and arthroscopies for over 25 years. He has been on the staff in the Department of Orthopedics at the Health Science Center in San Antonio. Over the years, he has served as a team physician to several schools. Dr. Chandra and his wife, Mae, have one son, Ashok.

Michael Sander M.D.
Knapp Medical Plaza (South of 6th St. on Hospital Dr.) Suite 105, Weslaco 947-9797
Dr. Sander’s family has been established in the Mid Valley for three generations. After graduating from Weslaco High, he received his Bachelor of Arts degree in Biology with High Honors in 1996 from the University of Texas in Austin. In 2000, he graduated with honors from the medical school at Baylor College of Medicine in Houston and began training in Orthopedic Surgery at The University of Iowa Hospitals and Clinics. After completing an internship and residency in 2005, he moved back to Texas for a fellowship in Orthopedic Sports Medicine at The University of Texas Health Science Center at San Antonio. This experience included advanced training in treatment of athletes/sports related injuries, arthroscopic surgery techniques, and joint total replacement. Dr. Sander and his wife, Jennifer, are expecting their third child. Claudia Sander, Dr. Sander’s mother, is the Pharmacy Director at Knapp and Mike, his dad, owns Sander Pharmacy in Weslaco.

Community Services

Here is a list of some of the support groups that meet at Knapp Medical Center and community programs offered by Knapp. For more information, call the numbers below Wednesday between 8 a.m. and 4:30 p.m. All Knapp community programs are free unless a fee is specified.

- **Basic Life Support (CPR & AED Training)**
  - Call 969.5455 for schedules
  - $3 requested

- **Childbirth Education Classes**
  - 10 a.m. – 12 p.m. Saturdays English classes
  - 7 p.m. – 9 p.m. Monday Spanish classes

- **Diabetes Support Group**
  - For information please call 969.5484

- **Doctor Directory**
  - 8 a.m. to 4:30 p.m. weekdays for Knapp Medical Staff information

- **First Aid Course**
  - Call 969.5455 for schedules

- **Grief/Bereavement Support Group**
  - 10-11 a.m. on last Tuesday in Knapp Conference Center located on Knapp Medical Boulevard between 6th and 8th Streets in Weslaco. The Fit N Fun Fair offers health screenings, health information and giveaways.

- **Screenings to include:**
  - Blood Pressure Checks
  - Blood Sugar Checks
  - Pulmonary Function Screen

- **Tours**
  - Available to public and school groups and tailored to the age, interest and group size.
  - Please schedule at least two weeks in advance

- **Community Programs**
  - 969.5455 for more information

For more information contact Peta Flores at 969-5142 or pflores@knappmed.org
A State in Crisis:
Health Care Coverage Unaffordable

Everything is bigger in Texas, and the percentage of our residents without health care coverage is no exception. Nearly one-fourth of the Texas population—or about 5.6 million men, women and children lack health insurance coverage. The uninsured rate in every major Texas city is higher than the national average, and Texas’ share of uninsured children—more than 25 percent—is also higher than the national average.

Studies show that lack of health insurance is a major contributor to the higher rate of death and physical illness in Texas as compared with the nation. The average rate of death due to injuries, such as hospitalizations, and access to health care is a major cause for concern.

The crisis is real, and it’s time to act.

Some potential solutions include:

- Creating access to a new, more affordable minimum benefits package that provides preventive and primary care health coverage with a low deductible for Texans and their families.
- Making health insurance products affordable and accessible to regional or statewide pools or cooperatives of individuals and small employers.
- Providing incentives for businesses—including hospitals—to pay a reasonable percentage of an employee’s health insurance premium or pay into a state pool providing health care coverage for uninsured individuals.
- Requiring that companies receiving tax rebates, as well as those companies that do business with local and state government, provide adequate and affordable health insurance to their employees.
- Establishing a personal mandate—similar to auto insurance—that requires individuals to have at least a minimal level of health insurance coverage, with premium assistance for certain low-income populations and the disabled.
- Allowing parents to cover adult children on their health insurance policy, regardless of age or student status.
- Funding state Medicaid and the Children’s Health Insurance Program (CHIP) adequately so that the working poor and disabled have access to health care.
- Leveraging federal matching funds for Medicaid more efficiently and effectively at the state and local level.
- Allowing adult family members of children enrolled in government insurance programs like the Children’s Health Insurance Program (CHIP), to buy into these programs and become insured, based on their ability to pay.

A State in Crisis:
Health Care Coverage Unaffordable

The crisis is real, and it hurts us all—even if you currently have health insurance.

Even if you are fully covered, your family’s health care—your access to it and how much you pay—is impacted when others lack health care insurance. In short, you pay more for health care and health care coverage because of this crisis.

The fact is, a portion of the costs of caring for uninsured Texans is reflected in the health insurance premiums Texas employers and workers pay, and those premiums are increasing steadily. In Texas, health insurance premiums for families are about $1,551 higher due to the cost of caring for uninsured patients.

The average cost of a family health insurance policy has risen at a rate nearly three times faster than wages and inflation.

As health insurance premiums climb, more employers drop coverage, resulting in even more uninsured Texans. We’ve got to break this vicious cycle.

Hip Arthritis

Although much less common than knee arthritis, hip arthritis is another debilitating condition. Hip arthritis often results in hip stiffness, limping, and pain that prevents them from their high and groin region. Patients may have trouble bending their hips to cross their legs or have difficulty putting on their shoes and socks. Total hip replacement, can improve mobility and decrease pain.

Fracture Care

Since the 1970s when S. Gopal Krishnan M.D. began his practice in Weslaco, patients from all over the Valley, of all ages, have been treated for fractures at Knapp. Whether a child slips off the monkey bars, an elderly person falls in their home, or someone becomes injured in a car accident, state-of-the-art fracture care continues to be offered at Knapp.

Knapp’s Expert Orthopedic Surgeons deliver comprehensive Medical & Surgical Orthopedic Specialties for your health - por su salud.

Arthroscopy

Arthroscopy is a technique that allows the orthopedic surgeon to look inside the joints to diagnose and treat many conditions. In most cases, the patient can go home the same day of the procedure. Arthroscopy involves making small incisions about a quarter of an inch long and inserting cameras and small instruments through an arthroscope or tube that allows the surgeon to treat cartilage damage, meniscus tears, and ligament tears with minimally invasive techniques. Arthroscopy is rapidly evolving, and with technology and technique advancements, many more conditions can be treated through the arthroscope.

Osteoporosis

Osteoporosis is a very common condition which results in compression fractures of the spine causing impaired walking, poor balance and an inability to function which reduces the quality of life. Compression fractures in the thoracic and lumbar spine can cause breathing difficulties as well as a bloated stomach and indigestion. S. Gopal Krishnan M.D. treats compression fractures by infusing the fractured vertebrae with a solution in a procedure call kyphoplasty. Once inflated, bone cement is injected to stabilize the fracture in order to relieve pain and to improve posture.

Spinal Stenosis

Spinal stenosis is another common condition that results from compression of the spinal cord. With the progression of arthritis in the back, small bone spurs and enlarged ligaments in the spine can place pressure on the nerves and spinal cord. This causes nerve irritation. The legs tingle and become numb, especially when walking. Minimally invasive procedures are available which relieve the compression, decrease pain and improve function.

Shoulder Pain

Shoulder pain is a very common condition in people of all ages. There are many causes of shoulder pain ranging from rotator cuff tendon or muscle tears to arthritis. Bone spurs can also cause irritation of the rotator cuff and pain. Many of these problems can be treated without surgery. However, when nonoperative treatments fail, arthroscopy, arthroscopy assisted open techniques, or joint replacement can be useful to treat pain.

Knee Pain

Anybody who has ever had a painful knee condition says that the pain can really slow a person down. Daily, the orthopedic surgeons actively diagnose and treat patients with knee pain. Sometimes surgery is needed such as a total knee replacement due to arthritis. Tom ligaments also cause knee pain. Ligaments are the tough, non-stretchable fibers that hold the bones together, and the ligaments in knee joints crosswise to give stability. People often tear these ligaments by changing direction rapidly, slowing down from running or landing from a jump. A knee ligament reconstruction may become necessary.
New Vaccines Update
By Segundo Lizardo M.D.

Vaccines have been accepted in today's society as a very important part of preventative medicine. As a matter of fact, the administration of vaccines is by far the most cost-effective method for prevention of diseases worldwide.

Vaccines or immunizations are biological products (virus or bacteria), that stimulate the body to produce antibodies which prepare the body to fight a future encounter with a certain virus or bacteria and, most importantly, does not have the capacity to make the body sick.

No vaccine is 100% effective, and no vaccine is 100% side effect free. The most common side effects are very mild temperature, and no vaccine is 100% side effect free. The most common side effects are very mild temperature, redness on the site of injection and pain. But these side effects are very mild compared to the diseases these vaccines work to prevent. This article will briefly explain new changes in the immunization regimen and introduce new vaccines.

Rotavirus Vaccine
Rotavirus is the most common cause of severe gastroenteritis, an inflammation of the stomach and intestines, in infants and young children. In 2006, the Advisory Committee on Immunization Practices (ACIP) from the Center for Disease Control (CDC) recommended a Rotavirus Vaccine for infants as young as six weeks old in a series of three doses, and ending as late as 12 weeks of age. It is not recommended to start this vaccine after three months of age.

Influenza Vaccine
This vaccine is better known by the public as the flu vaccine. Although not a new vaccine, every year the components of the vaccine change. That is why a dose must be administered annually during the flu season, November to March. If the patient is less than nine years old, he or she should receive two doses separated by four weeks the first year. Thereafter, only one annual dose is necessary. Since June of 2006, the influenza vaccine is recommended for:

- All healthy children 6-59 months of age, more than 59 months of age with certain risk factors (sickle cell disease, immunodeficiency, diabetes, chronic use of aspirin)
- Healthy care workers
- Household members in contact with persons with the risk factors described above

Human Papilloma Virus (HPV) Vaccine
HPV is a virus of more than 100 different types transmitted by sexual contact. Some of these are responsible for the development of cervical cancer and genital warts. Cervical cancer is the third most common cause of death related to cancer in the U.S. This vaccine is administered to 9-26 year olds in three doses over six months.

Meningococcal Vaccine
This vaccine has become a leading cause of bacterial meningitis in the U.S. after dramatic reductions in the incidence of other infectious diseases due to the use of combined vaccines. In January 2005, a meningococcal vaccine or MCV was licensed for use among persons aged 11-55 years of age, and ACIP recommends routine vaccination of young adolescents 11-15 years of age.

Pertussis Vaccine
Pertussis, an acute infectious coughing illness, remains common in the U.S. This disease has been vaccinated against for many years as part of the DTP vaccine that is provided to children at 2, 4, 6, and 15 months and a fifth dose between 4-6 years. Pertussis Vaccine products are 85% of the time, but the immunity decreases with time. Since the 1980s, Pertussis vaccines have been decreasing in use, especially among adolescents and adults. In 2005, ACIP recommended a new, one dose vaccine for caregivers.
May 2007

Que Pasa

Pedro J. Peralta M.D. Internal Medicine 467.5000

Kannan Kannan M.D. Internal Medicine Geriatrics 968.4010

William Reatrop M.D. Nephrology 612.1508

Julie Serventi M.D. Internal Medicine 968.1617

Robert Sepulveda M.D. Internal Medicine 968.1617

Leticia Velez M.D. Internal Medicine 565.1561

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Board of Directors Appointments
The annual meeting of the Knapp Board of Directors was held January 31, 2007. Joining the Board as new Directors are:

• Sandra Buskirk M.D.
• Habib Ghaddar M.D.
• Robert A. McLellan
• Alfonso Ochoa M.D.

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• Dale Davis
• Roger R. Heredia M.D.

• Virginia Silva

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New Look Soon
Labor & Delivery and Pediatrics will be remodeled soon. Labor & Delivery will have a soothing nature theme while Pediatrics will be “swimming” with treasures from the sea.

Neonatology Coverage
Pediatrics Medical Group is now providing Neonatology coverage for Knapp Medical Center. Neonatologists include: Ramiro Caballero, M.D., Anatoly Sizarov, M.D., D. Michael Overfiel, M.D. and Kusumman Sidhathar, M.D.

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• Laryngoscope to help connect a patient to a breathing machine
• Level One Infuser allows physician or nurse to give 2 pints of blood to a very critical patient in 3-5 minutes.
• Suction Rogers to clear breathing tubes and to drain wounds
• Defibrillator/Monitor/Pacemaker
• Vital Signs Monitor
• Ultrasenic Bronchofiberscope allows the physician to insert a tube via the nose or mouth to take videos or biopsies to confirm cancer or tuberculosis
• Dialysis Unit
• Parking lot lighting and emergency pull stations to increase safety
• Traction kits to help orthopedic patients exercise, re-position in bed and get in and out of bed
• Cribs and mattresses for Pediatrics

Harvest Night Treasures of the Nile
Jill Donohoe, Harvest Night General Chair, and her committee have already begun planning the 26th gala auction, Harvest Night Treasures of the Nile to be held at Victoria Palms Resort on Saturday, October 27, 2007. Harvest Night is sponsored by the Knapp Medical Center Foundation to raise money for the Weslaco hospital. The Foundation granted $343,862 to the hospital in January for equipment.

Serving on the 2007 Harvest Night Steering Committee are: front: Ramon Montavo, St. Sponsorship Chair; Carla McCaleo, Prizes Chair; Monica Garcia, Chair-Elect; Jill Donohoe, Har- vest Night Steering Committee Chair; Armando Garza, Auditie Auction Chair; Ryan Vaughan, Refreshments Chair, back: Esperanza Garza, Knapp Development Director; Paula Sauceda, Knapp Auxiliary Liaison; Vicky De La Garza, Silent Auction Chair; Danella Luanas, Res-ervation Chair; Jaci Smith, Decorating Chair; Tammy Tippett, Promotion Chair; Sue Peterson, Blackboard Auction Chair; Rita Parrish, Bucket Auction Chair; and Curtis Haley, Knapp Employee Liaison. Not pictured is Julissa Ochoa, Blackboard Auction Chair; and Curtis Haley, Knapp Development Director; Paula Sauceda, Knapp Auxiliary Liaison; Vicky De La Garza, Silent Auction Chair; Danella Luanas, Reservation Chair; Jaci Smith, Decorating Chair; Tammy Tippett, Promotion Chair; Sue Peterson, Blackboard Auction Chair; Rita Parrish, Bucket Auction Chair; and Curtis Haley, Knapp Employee Liaison. Not pictured is Julissa Ochoa, Blackboard Auction Chair; and Curtis Haley, Knapp Development Director.

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To better serve patients, scheduling hours for mammograms have been expanded from 8 a.m. to 6 p.m. Monday through Friday. Mammography Services will also be open from 8 a.m. to 12 noon on the second Saturday of every month.

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Radiology Service

Michael DoCania M.D.
Chief of Radiology
969.5461
(not pictured)

Robert C. Fronila
D.O.
Radiology
969.5461
(not pictured)

Allen Kapilovsky
M.D.
Radiology
969.5461
(not pictured)

Vangala J. Reddy
M.D.
Radiology
969.5461
(not pictured)

Bruce D. Smith
M.D.
Radiology
969.5461
(not pictured)

Pediatric Service

Felipe M. Avila M.D.
Pediatrics
968.0105

Wilfredo Arias M.D.
Pediatrics
968.3111

Guadalupe Bonilla M.D.
Pediatrics
968.9571

Jeanne Wiegand M.D.
Chief of Pediatrics
969.2609

Maria Joslyn Oakes M.D.
Pediatrics
447.4200

Gustavo Buentello M.D.
Pediatrics
968.9571

Jorge Kutugata M.D.
Pediatrics
969.2904

Catarina Posada M.D.
Pediatrics
968.3202

Allen Kapilovsky
M.D.
Radiology
969.5461
(not pictured)

Mario S. Escalante M.D.
Pediatrics
968.3111

Segundo Lizardo-Guzman M.D.
Pediatrics
514.1643

Umesh K. Pathak M.D.
Pediatrics
969.2609

Bruce D. Smith
M.D.
Radiology
969.5461
(not pictured)

D. Michael Overfield M.D.
Neonatology
964.9100
(not pictured)

Anatoliy Ilizarov M.D.
Neonatology
968.1100

Hoskins Aguirre M.D.
Pediatrics
968.2044

Sergio Lizarraga-Garram M.D.
Pediatrics
514.1643

Maria Isabel Ochoa M.D.
Pediatrics
447.4200

Kassahun Silehtihan M.D.
Neonatology
964.9100

Jeanne Wiegand M.D.
Chief of Pediatrics
968.2609

Doctor Directory

969.5237
8 a.m. to 4:30 p.m.
Weekdays

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Que Pasa
May 2007

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Services

Robert C. Fromala
D.O.
Radiology
989.5681
(not pictured)

Allen Kapilovsky
M.D.
Radiology
989.5681
(not pictured)

Vangala J. Reddy
M.D.
Radiology
989.5681
(not pictured)

Bruce D. Smith
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Radiology
989.5681
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968.3202

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989.5681
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Chief of Radiology
969.5461

Mario S. Escalante M.D.
Pediatrics
968.3111

Reganti Reddy M.D.
Pediatrics
969.2609

Umesh K. Pathak M.D.
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Surgery
Service

Jeremy Alperin M.D.
Otolaryngology
968.6548

G. Javier Cavanas
D.F.M.
Pediatry
447.9811

R. Chandrashekar M.D.
Orthopedic Surgery
467.7515

Edgar V. Cruz M.D.
General Surgery
687.7151

Frank Glatz M.D.
Otolaryngology
973.9228

Rodolfo Guerreo M.D.
Pediatry
968.2117

S. Gopal Krishnan M.D.
Chief of Surgery
Orthopedic Surgery
968.1902

Lionel Rangel M.D.
Pediatry
968.1906

Penny L. Phillips-Deines D.F.M.
Pediatry
447.9811

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- Virginia Sila

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- Cribs and mattresses for Pediatrics

Harvest Night Treasures of the Nile

Jill Donohoe, Harvest Night Gala Chair and her committee have already begun planning the 26th gala auction, Harvest Night Treasures of the Nile to be held at Victoria Palms Resort on Saturday, October 27. Harvest Night is sponsored by the Knapp Medical Center Foundation to raise money for the Weslaco hospital. The Foundation granted $343,862 to the hospital in January for equipment.

Serving on the 2007 Harvest Night Steering Committee are: front: Ramon Montalvo III, Sponsorship Chair; Carter McCaleb, Prizes Chair; Monica Garcia, Chair-Elect; Jill Donohoe, Harvest Night Steering Committee Chair; Armando Garza, Auditee Auction Chair; Ryan Vaughan, Auctioneers Chair; back: Esperanza Garza, Knapp Development Director; Paula Saudera, Knapp Auxiliary Liaison; Vicky De La Garza, Silent Auction Chair; Danella Luivanos, Reservation Chair; Jack Smith, Decorating Chair; Remmy Trippel, Promotion Chair; Sue Peterson, Blackboard Auction Chair; Rita Parrish, Bucket Auction Chair; and Curtis Haley, Knapp Employee Liaison. Not pictured is Julissa Ochoa, Audible Auction Chair; Ryan Vaughan, Decorations Chair; Rita Parrish, Bucket Auction Chair; and Curtis Haley, Knapp Employee Liaison.

New Look Soon

Parking lot lighting and emergency pull stations to increase safety

Mammography Hours Expanded

Mammography Services will also be open from 8 a.m. to 6 p.m. Monday through Friday.

Mammography Services will also be open from 8 a.m. to 12 noon on the second Saturday of every month.

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New Vaccines Update
By Segundo Lizardo M.D.

Vaccines have been accepted in today’s society as a very important part of preventative medicine. As a matter of fact, the administration of vaccines is by far the most cost-effective method for prevention of diseases worldwide.

Vaccines or immunizations are biological products (virus or bacteria), that stimulate the body to produce antibodies which prepare the body to fight a future encounter with a certain virus or bacteria and, most importantly, does not have the capacity to make the body sick.

No vaccine is 100% effective, and no vaccine is 100% side effect free. The most common side effects are very mild compared to the diseases these vaccines work to prevent. This article will briefly explain new changes in the immunization regimen and introduce new vaccines.

Rotavirus Vaccine
Rotavirus is the most common cause of severe gastroenteritis, an inflammation of the stomach and intestines, in infants and young children. In 2006, the Advisory Committee on Immunization Practices (ACIP) from the Center for Disease Control (CDC) recommended a Rotavirus Vaccine for infants as young as six weeks old in a series of three doses, and ending as late as 12 weeks of age. It is not recommended to start this vaccine after three months of age.

Influenza Vaccine
This vaccine is better known by the public as the flu vaccine. Although not a new vaccine, every year the components of the vaccine change. That is why a dose must be administered annually during the flu season, November to March. If the patient is less than nine years old, he or she should receive two doses separated by four weeks the first year. Thereafter, only one annual dose is necessary. Since June of 2006, the influenza vaccine is recommended for:

- All healthy children 6-59 months of age
- Children more than 59 months of age with certain risk factors (sickle cell disease, immunodeficiency, diabetes, chronic use of aspirin)
- Health care workers
- Household members in contact with persons with the risk factors described above

Administration of this vaccine is one dose. The most worrisome side effect is the very rare occurrence of a disease named Guillain-Barre Syndrome which is an inflammatory disorder of the peripheral nervous system.

Varicella (Chickenpox)
Varicella or Chickenpox is a disease characterized by the appearance of a rash on the body that itch and produces a fluid-filled blister that can result in scarring. The disease itself is not a very dangerous disease, but the complications have the potential to be medically important. On the market for many years, the vaccine has been available for the first birthday. This dose gives protection against the disease about 95% of the time. Since late 2006, the Texas Department of Health and ACP recommend a second dose between 4-6 years of age. If there has been at least three months between the first and second dose, this should increase the protection against Chickenpox in 95-99% of patients.

Pertussis (Whooping Cough)
Pertussis, an acute infectious coughing illness, remains common in the U.S. The disease has been vaccinated against for many years as part of the DTaP vaccine that is provided to children at 2, 4, 6 and 15 months and a fifth dose between 4-6 years. Pertussis Vaccine products about 85% of the time, but the immunity decreases with time. Since the 1980s, Pertussis Vaccine products have been increasing, especially among adolescents and adults. In 2005, ACP recommended a new, one dose vaccine for all ages.

Human Papilloma Virus (HPV) Vaccine
HPV is a virus of more than 100 different types transmitted by sexual contact. Some of these are responsible for the development of cervical cancer and genital warts. Cervical cancer is the third most common cause of death related to cancer in the U.S. This vaccine is administered to 9-26 year olds in three doses over six months.

Meningococcal Vaccine
Meningococcal meningitis has become a leading cause of bacterial meningitis in the U.S. after dramatic reductions in the incidence of other infections due to the use of combined vaccines. In January 2005, a meningococcal vaccine or MCV4 was licensed for use among persons aged 11-55 years of age, and ACP recommends routine vaccination of young adolescents 11-13 years of age. For teens who have not received MCV, ACP recommends vaccination about age 15. MCV4 also is recommended for college freshmen living in dormitories and for other populations at increased risk such as military recruits.

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Dr. Lizardo, a member of the Knapp Medical Staff, is Board Certified by the American Board of Pediatrics. He graduated from Pontifica Universidad Catolica Madre y Maestra in Santiago de las Vegas, Dominican Republic. He completed a pediatrics residency at Mount Sinai School of Medicine in Elmhurst Hospital Center in New York in June of 2006. He practices at 101 S. Texas Ave., Suite E in Harlingen. Office number is 514-1643.
A State in Crisis:
Health Care Coverage Unaffordable

Everything is bigger in Texas, and the percentage of our residents without health care coverage is no exception. Nearly one-fourth of the Texas population—or about 5.6 million men, women and children lack health insurance coverage. The uninsured rate in every major Texas city is higher than the national average, and Texas’ share of uninsured children—more than 25 percent—is also higher than the national average.

The crisis is real, and it's time to act.

Some potential solutions include:

- Creating access to a new, more affordable minimum benefits package that provides preventive and primary care health coverage with a low deductible for Texans and their families.
- Making health insurance products affordable and accessible to regional or statewide pools or cooperatives of individuals and small employers.
- Providing incentives for employers—such as tax credits—towards mandated coverage of their employees.
- Allowing parents to cover adult children before age 21.
- Allowing adult family members of Medicare beneficiaries to have at least a minimal level of health insurance coverage, with premium assistance for certain low-income populations and the disabled.
- Establishing a personal mandate—similar to auto insurance—that requires all to have at least a minimal level of health insurance coverage, with premium assistance for certain low-income populations and the disabled.
- Funding state Medicaid and the Children’s Health Insurance Program (CHIP) to allow uninsured individuals and small employers to buy into these programs and become insured. (CHIP) to allow uninsured individuals and small employers to buy into these programs and become insured.
- Leveraging federal matching funds for Medicaid more effectively and efficiently at the state and local level, and allowing adult family members of children enrolled in government insurance programs like the Children’s Health Insurance Program (CHIP), to buy into these programs and become insured, based on their ability to pay.

The consequence can be life threatening.

The lack of health insurance leads to poor health. Compared with the nation, Texas ranks 46th in terms of the health status of the population, and Texans have an especially high incidence of diabetes and heart disease. Uninsured Texans lack access to preventive care that could improve their health and prevent costly disease. When uninsured Texans become sick, they often turn to hospital emergency rooms for help because they don’t have a family doctor.

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Knap’s Expert Orthopedic Surgeons

Knapp’s Expert Orthopedic Surgeons deliver comprehensive Medical & Surgical Orthopedic Specialties for your health - por su salud.

Arthroscopy
Arthroscopy is a technique that allows the orthopedic surgeon to look inside the joints to diagnose and treat many conditions. In most cases, the patient can go home the same day of the procedure. Arthroscopy involves making small incisions about a quarter of an inch long and inserting cameras and small instruments through an arthroscope or tube that allows the surgeon to treat cartilage damage, meniscus tears, and ligament tears with minimally invasive techniques. Arthroscopy is rapidly evolving, and with technology and technique advancements, many more conditions can be treated through the arthroscopy.

Osteoporosis
Osteoporosis is a very common condition which results in compression fractures of the spine causing impaired walking, poor balance and an inability to function which reduces the quality of life. Compression fractures in the thoracic and lumbar spine can cause breathing difficulties as well as a bloated stomach and indigestion. S. Gopal Krishnan M.D. treats compression fractures by inflating the fractured vertebrae with a balloon in a procedure call kyphoplasty. Once inflated, bone cement is injected to stabilize the fracture in order to relieve pain and to improve posture.

Spinal Stenosis
Spinal stenosis is another common condition that results from compression of the spinal cord. With the progression of arthritis in the back, small bone spurs and enlarged ligaments in the spine can place pressure on the nerves and spinal cord. This causes nerve irritation. The legs tingle and become numb, especially when walking. Minimally invasive procedures are available which relieve the compression, decrease pain and improve function.

Shouder Pain
Shoulder pain is a very common condition in people of all ages. There are many causes of shoulder pain ranging from rotator cuff tendon or muscle tears to arthritis. Bone spurs can also cause irritation of the rotator cuff and pain. Many of these problems can be treated without surgery. However, when nonoperative treatments fail, arthroscopy, arthroscopy assisted open techniques, or joint replacement can be used to treat pain.

Knee Pain
Anybody who has ever had a painful knee condition says that the pain can really slow a person down. Daily, the orthopedic surgeons aggressively diagnose and treat patients with knee pain. Sometimes surgery is needed such as a total knee replacement due to arthritis. Tom ligaments also cause knee pain. Ligaments are the tough, non-stretchable fibers that hold the bones together, and the ligaments in knee joints crosswise to give stability. People often tear these ligaments by changing direction rapidly, slowing down from running or landing from a jump. A knee ligament reconstruction may become necessary.

Hip Arthritis
Although much less common than knee arthritis, hip arthritis is another debilitating condition. Hip arthritis often results in hip stiffness, limping, and pain that prevents them in their thigh and groin region. Patients may have trouble bending their hips to cross their legs or have difficulty putting on their shoes and socks. Total hip replacement, can improve mobility and decrease pain.

Fracture Care
Since the 1973 when S. Gopal Krishnan M.D. began his practice in Weslaco, patients from all over the Valley, of all ages, have been treated for fractures at Knapp. Whether a child slips off the monkey bars, an elderly person falls in their home, or someone becomes injured in a car accident, state-of-the-art fracture care continues to be offered at Knapp.
Knapp’s Orthopedic Surgeons

R. Chandrasekharan M.D.
1219 E. Eighth St, Suite 1, Weslaco
968-8523

Ramachandran Chandrasekharan M.D. or Dr. Chandrasekharan. As a student and research scholar in the University of Texas Health Science Center in San Antonio, he has been a pioneer in orthopedics since 1972. He has taught many leadership roles at Knapp Medical Center, including Chief of Staff in 1999-89. Board Certified by the American Board of Orthopedic Surgery, he is a Fellow of the American Academy of Orthopedic Surgery. Dr. Chandrasekharan has been performing joint replacements, fracture, and ligament injuries in South Texas for over 25 years. He has been a staff physician for several hospitals, including St. Joseph’s Hospital in Weslaco, the medical school at Baylor College of Medicine, and the University of Texas Health Science Center at San Antonio. Dr. Chandrasekharan has served as a member of the American Orthopedic Society for Sports Medicine and the Arthroscopy Association of North America. Dr. Chandrasekharan and his wife, Sujata, are parents of two children, Sujata and Suman G., in Weslaco. Suman followed in his father’s footsteps to become an orthopedic surgeon in the Dallas area. Sujata is an attorney.

S. Gopal Krishnan M.D.
1331 E. Sixth St, Weslaco
968-9902

S. Gopal Krishnan M.D. is a pioneer in orthopedics in Texas. He was the first to perform arthroscopic surgery in 1978 and has been performing joint replacements since 1972, a first for the Valley. He is a Clinical Associate Professor in Orthopedics at the University of Texas Health Science Center in San Antonio. Currently the Chief of Surgery at Knapp Medical Center, Dr. Krishnan has served in many leadership roles at Knapp including Chief of Staff in 1999-89. He is a Fellow of the American Academy of Orthopedic Surgery. Dr. Krishnan has been in Houston and began training in Orthopedic Surgery at The University of Iowa Hospitals and Clinics. After completing an internship and residency in 1978 and 1979, he moved back to Texas for a fellowship in Orthopedic Sports Medicine at The University of Texas Health Science Center at San Antonio. Dr. Krishnan has been performing joint replacements, fracture, and ligament surgeries and arthroscopies for over 25 years. He has been on the staff in the Department of Orthopedics at the Health Science Center in San Antonio. Sujata is an attorney.

Michael Sander M.D.
Knapp Medical Plaza (South of 6th St. on Hospital Dr.) Suite 105, Weslaco
947-9797

Dr. Sander's family has been established in the Medical Center for three generations. After graduating from Weslaco High, he received his Bachelor of Arts degree in Biology with High Honors. He has been serving the medical school at Baylor College of Medicine in Houston and began training in Orthopedic Surgery at The University of Iowa Hospitals and Clinics. After completing an internship and residency in 1978 and 1979, he moved back to Texas for a fellowship in Orthopedic Sports Medicine at The University of Texas Health Science Center at San Antonio. He and his wife, Sujata, are parents of two children, Sujata and Suman G., in Weslaco. Suman followed in his father's footsteps to become an orthopedic surgeon in the Dallas area. Sujata is an attorney.

Using hospital emergency rooms for non-critical care takes precious time and resources that doctors, nurses and other health care professionals could use to care for Texans in urgent need of life-saving care. Prompt care in the midst of an emergency literally can be the difference between life and death.

Let’s get Texas covered!

Visit the Texas Hospital Association’s Web site, www.knappmed.org, today, and learn how you can make a difference.

Businesses, health care providers, insurers, state leaders and everyday Texans all need to work together for a solution. We can get Texas covered!

According to Texas Government Code 305.027, portions of this material may be considered “legislative advertising.” Authorization for its publication is made by Joe A. DaSilva, Texas Hospital Association, P.O. Box 15587, Austin, TX 78761-5587.

Sander Pharmacy in Weslaco.

Director at Knapp and Mike, his dad, owns Sander, Dr. Sander’s mother, is the Pharmacy Director at Knapp and Mike, his dad, owns Sander Pharmacy in Weslaco.

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