

# 2024 Community Profile



Your Health. **OUR PURPOSE.**





# Welcome

## TO SOUTH TEXAS HEALTH SYSTEM

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At **South Texas Health System**<sup>®</sup>, the health of you and your family is our top priority. It drives everything we do and inspires us to be among the nation's leaders in healthcare.

Our integrated network of care is comprised of four acute care and behavioral health facilities, six freestanding emergency departments, 50+ affiliated physician practices and a broad variety of outpatient clinics and services. Year after year, we are recognized for the quality of care we provide. In fact, South Texas Health System has received accreditations and awards for excellence in a wide range of areas, including patient safety, heart, stroke, women's services, robotic surgery, and more.

While accolades like these are a welcome affirmation of the high level of healthcare we provide, our driving goal is not fueled by a desire for recognition, however well deserved. Instead, we remain steadfast in our commitment to a single goal – providing the people of the Rio Grande Valley with the quality and compassionate care they need, when and where they need it most.

Whether helping deliver a new addition to one's family, performing a lifesaving cardiovascular procedure or neurosurgery, restoring limb circulation, treating a hard-to-heal wound or conducting robotic or pediatric spine surgery, we strive to achieve excellence in everything we do.

The physicians who choose to practice at South Texas Health System truly make us special. They have the talent and dedication that bring to life things like our surgical robots, our Level I Trauma and Comprehensive Stroke programs, our 3T MRI, our comprehensive pediatric asthma program and more.

Through our many educational affiliations and our own graduate medical education program, we are helping to train the next generation of healthcare providers including physicians, nurses, therapists and others in the field of allied health.

In addition to the nearly 850 physicians in specialties ranging from primary care and neurosurgery to behavioral health, our system is also comprised of more than 3,300 employees and more than 200 volunteers, making South Texas Health System the largest healthcare system south of San Antonio.



# South Texas Health System

## Your Health. **OUR PURPOSE.**

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South Texas Health System is a regional multi-facility system that has earned a reputation for excellence in providing quality healthcare to residents of the Rio Grande Valley. We offer a comprehensive array of medical services including: behavioral health, cardiovascular, emergency, maternity/women's health, pediatrics, surgical care and trauma, along with specialty services in chest pain, diabetes, neuroendovascular care/neurosurgery, orthopedics, physical rehabilitation and wound care.

### **South Texas Health System has compiled a distinguished list of firsts:**

- First to offer private behavioral health inpatient treatment in the Rio Grande Valley
- First neonatal surgery center in the four-county region
- First designated Level II Trauma Center in Hidalgo County, now a Level I Trauma Center
- First dedicated pediatric facility and pediatric emergency room in the Rio Grande Valley
- First and only dedicated heart facility in the Rio Grande Valley, complete with a dedicated cardiac emergency room
- First freestanding emergency departments (ERs) in Texas to be certified in emergency cardiac care and stroke care
- First ERs in Texas to be certified by The Joint Commission as Acute Stroke Ready Hospitals
- First Intensive Cardiac Rehabilitation Program in South Texas
- First Graduate Medical Education program to recruit, train and retain physicians in the Rio Grande Valley



*South Texas Health System also provides community outreach programs. Call the STHS Marketing Department at 956-388-2020 for information on our health and wellness programs and events for individuals of all ages.*

# South Texas Health System Boosts Local Economy

In addition to its significant impact on the health of the community, South Texas Health System provides a boost to the local economy through a wide range of job opportunities. In 2023, the system continued to meet the needs of the community:

## Patient Medical Care

Admissions:.....	<b>34,389</b>	Knee Replacements:.....	<b>904</b>
Bariatric Surgery:.....	<b>142</b>	Surgeries:.....	<b>22,181</b>
Deliveries:.....	<b>2,227</b>	Robotic Surgeries:.....	<b>845</b>
Emergency Visits:.....	<b>231,112</b>	Non-ER Outpatient Visits:.....	<b>100,466</b>
Hip Replacements:.....	<b>296</b>		



## The System Family

Employees:.....	<b>3,345</b>
Military Veterans on Staff:.....	<b>83</b>
Physicians on Staff:.....	<b>852</b>
Volunteers:.....	<b>225</b>



## Financial Impact

Capital Investment:.....	<b>\$27.8 million</b>
Local/State Taxes Paid:.....	<b>\$11 million</b>
Salaries, Wages, Benefits:.....	<b>\$257 million</b>
Uncompensated Care*:.....	<b>\$653.4 million</b>

\*Uncompensated Care equals the sum of bad debt, charity care and uninsured discounts.

# South Texas Health System At A Glance



## South Texas Health System McAllen

With its Level I Trauma Center, South Texas Health System McAllen continues to advance trauma and critical care services for the community. As a certified Comprehensive Stroke Center, we treat the most critical stroke cases in our endovascular suite and provide nationally recognized neuroendovascular care and physical rehabilitation services. What's more, we offer a Level III Neonatal Intensive Care Unit to care for newborns with critical issues, as well as a Breast Imaging Center of Excellence and interventional radiology lab.

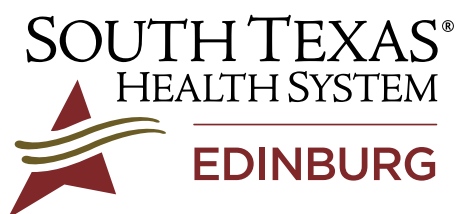
[southtexashealthsystemmcallen.com](http://southtexashealthsystemmcallen.com)



## South Texas Health System Heart

With a commitment to investing in advanced technologies, South Texas Health System Heart features four catheterization laboratories, including a hybrid space that can be quickly converted to an operating room to best serve patients with more complex cardiac needs. Physicians use three-dimensional videoscopes to obtain a 360-degree view of the heart and vascular system during surgery. The facility offers advanced procedures like TAVR and CardioMEMS™ to help treat severe cardiac issues. Additionally, surgeons perform minimally invasive robotic procedures using the facility's da Vinci® Robotic Surgical System. The facility is also home to the first Intensive Cardiac Rehab program south of San Antonio.

[southtexashealthsystemheart.com](http://southtexashealthsystemheart.com)



## South Texas Health System Edinburg

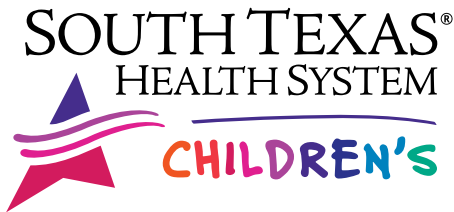
As a designated Level IV Trauma Center, accredited Chest Pain Center, and certified stroke center, South Texas Health System Edinburg, which doubled in size with the opening of its new patient tower in Summer 2022, serves the critical healthcare needs in our community. Here, patients will find the Maternity Center at STHS Edinburg, part of the facility's The Women's Corner, featuring an inviting environment, numerous amenities and family-centered maternity care. In addition to the community's 3T MRI imaging suite and women's imaging suite, we are proud to offer nationally recognized robotic surgery and other minimally invasive procedures, as well as advanced wound care and sleep study and treatment services.

[southtexashealthsystemedinburg.com](http://southtexashealthsystemedinburg.com)

## Inpatient Physical Rehabilitation at STHS Edinburg and STHS McAllen

These nationally recognized programs — certified by The Joint Commission and accredited for stroke and cardiac care — provide comprehensive physical rehabilitation care for adults through intensive physical, occupational and speech therapy services. Working with a specialized physician, efforts are coordinated to help patients reach their highest level of function and independence.

Learn more at [southtexashealthsystemedinburg.com](http://southtexashealthsystemedinburg.com) and [southtexashealthsystemmcallen.com](http://southtexashealthsystemmcallen.com)



### **South Texas Health System Children's**

Opened in March 2006, South Texas Health System Children's is the Rio Grande Valley's first pediatric facility offering the region's largest dedicated Pediatric Emergency Department and largest Pediatric Intensive Care Unit. In addition to being home to an asthma program certified by The Joint Commission, it features pediatric subspecialists who provide advanced care in: cardiology, gastroenterology, infectious disease, neurology, otolaryngology (ear, nose and throat), radiology, and surgery. It is home to an in-hospital Ronald McDonald House suite, two pediatric playrooms, a virtual playroom and outdoor healing courtyard.

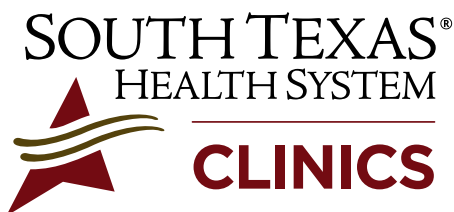
[southtexashealthsystemchildrens.com](http://southtexashealthsystemchildrens.com)



### **South Texas Health System Behavioral**

South Texas Health System Behavioral serves the community with compassionate care and services tailored to children, teens and adults. Programs are designed to treat a wide range of behavioral health conditions and addictive behaviors. Staff members develop individualized treatment plans to lead patients on the path to recovery. The facility is home to a Chemical Dependency Unit. Outpatient programs such as the partial hospitalization program and the intensive outpatient program can assist with an ongoing improvement of health, or help an individual through a specific crisis. In addition, the facility hosts various community outreach and mental health awareness events, including its monthly Let's Talk Mental Health webinar series.

[southtexashealthsystembehavioral.com](http://southtexashealthsystembehavioral.com)



### **South Texas Health System Clinics**

Providers affiliated with South Texas Health System Clinics deliver high quality family medicine, health screenings and advanced specialized care – including cardiology, gastroenterology, chronic pain, obesity medicine, orthopedics and more – to the people of the Rio Grande Valley. Clinics are located throughout the region and offer both in-office and virtual visits, as well as a variety of appointment options, including evening and weekend hours and same-day and next-day appointments\*.

[sthclinics.com](http://sthclinics.com)

\*Options may vary by provider.

## **South Texas Health System is a Value-Based Care Organization**

What is value-based care and what does it mean for patients? Value-based care is a healthcare delivery model in which providers, including hospitals and physicians, are paid based on patient health outcomes. Value-based care seeks to advance the triple aim of providing better care for individuals, improving population health management strategies and reducing healthcare costs.



## Comprehensive Healthcare Services

Acute Care for the Elderly  
 Acute Inpatient Services  
 Air Ambulance/Helipad  
 Angioplasty  
 Antepartum  
 Asthma Center  
 Bariatric Surgery  
 Behavioral Health  
 Biventricular Implants  
 Cardiac Catheterization  
 Cardiovascular Diagnostics  
 Cardiovascular/  
   Open Heart Surgery  
 Case Management  
 Chest Pain Centers  
 Congestive Heart  
   Failure Program  
 CT Scan  
 Dialysis  
 Drug and Alcohol Medical  
   Stabilization Program  
 Ear, Nose and Throat  
 Electrophysiology Studies  
 Emergency Care

Endocrinology  
 Endoscopy Services  
 Family Medicine  
   Residency Clinic  
 General Surgery  
 Gynecological Surgery  
 Inpatient Occupational  
   Therapy  
 Inpatient Physical Therapy  
 Inpatient Speech Therapy  
 Intensive Cardiac Rehab  
 Intensive Care Units  
 Intensive Outpatient  
   Treatment/  
   Behavioral Health  
 Intermediate Care Unit  
 Interventional Radiology  
 Intravascular Ultrasound  
 Labor & Delivery  
 Laboratory/Pathology  
 Level I Newborn Nursery  
 Levels II & III NICU  
 Mammography-Digital  
 Maternal Triage Services

Maternity Services  
 Medical ICU  
 MRI  
 Neuroendovascular Care  
 Neurosurgery  
 Nuclear Medicine  
 Oncology Care  
 Oncology Surgery  
 Orthopedic Surgery  
 Outpatient Pediatric Surgery  
 Outpatient Rehabilitation  
 Outpatient Surgery  
 Pacemaker/Defibrillator  
 Pediatric Care  
 Pediatric Comprehensive  
   Services  
 Pediatric Ear, Nose  
   and Throat  
 Pediatric ER  
 Pediatric ICU  
 Pediatric Sedation/Imaging  
   Services  
 Pediatric Surgery

Peripheral Vascular  
   Diagnosis/Intervention  
 Pharmacy  
 Podiatry  
 Pulmonary Care  
 Radiology  
 Rehabilitation  
 Respiratory Care  
 Robotic-Assisted Surgery  
 Sleep Studies  
 Stroke Centers  
 Surgical ICU  
 Telemetry  
 Thoracic Surgery  
 Transcatheter Aortic Valve  
   Replacement (TAVR)  
 Trauma Care  
 Urology  
 Vascular Surgery  
 Women's Services  
 Wound Care &  
   Hyperbarics  
 X-Ray/Fluoroscopy



# Specialty Services

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## South Texas Health System Outpatient Rehabilitation Centers

Patients recovering from an injury or illness can receive individualized care at the South Texas Health System McAllen Outpatient Rehabilitation Center or the South Texas Health System Edinburg Outpatient Rehabilitation Center. **Call the McAllen location at 956-971-5640 or the Edinburg location at 956-420-3800.**

## South Texas Health System Intensive Cardiac Rehabilitation Program

South Texas Health System Heart has collaborated with Pritikin Intensive Cardiac Rehab to launch the South Texas Health System Intensive Cardiac Rehabilitation Program to provide the support and education patients need as they commit to a new, healthier lifestyle. **For more information, call 956-994-2770.**

## South Texas Health System Wound Healing Center

With a specialized team and advanced treatment options including hyperbaric therapy (HBOT), the Wound Healing Center at South Texas Health System Edinburg enables patients suffering from slow or non-healing wounds to receive the important care they need. **To schedule an appointment, please call 956-388-2700.**

## South Texas Health System Bariatric Weight Loss Surgery Center

The South Texas Health System Bariatric Weight Loss Surgery Center offers hope and support for a healthier lifestyle, with a dedicated team helping patients achieve and maintain their weight-loss goals. **For more information, call 956-644-1616.**

## South Texas Health System Sleep Center

The South Texas Health System Sleep Center offers comprehensive sleep study sessions for both adults and children to help diagnose and treat a wide range of sleep disorders. **For more information, call 956-213-0403.**



## South Texas Health System Reserve and Learn Line

To find a primary care physician or specialist and/or make an appointment, call **800-879-1033**.

For information about South Texas Health System services, facilities, classes, events and more, visit **[southtexashealthsystem.com](https://southtexashealthsystem.com)**.

## Veterans' Program

South Texas Health System has a rich history as a VA-contracted hospital in Hidalgo County, proudly providing behavioral health, emergency, inpatient and outpatient services to veterans since 2009. We consider it a privilege to offer healthcare services to our military veterans and their family members close to home.

# Freestanding Emergency Departments (ERs)

South Texas Health System's ERs are open 24 hours per day, 365 days per year, unlike most urgent care centers that are open just eight to 16 hours per day. All are staffed with medical personnel and equipped with diagnostic technology similar to that available in South Texas Health System's larger facility ERs.

Our freestanding ERs treat emergency medical conditions typically beyond the scope of treatment for most urgent care centers or night clinics. They include, but are not limited to: abdominal pain, head injuries, heart attacks, orthopedic injuries, respiratory distress, and strokes.

Our neighborhood ERs can provide stabilizing treatment equivalent to any hospital-based ER. In addition, the facilities offer a comprehensive range of outpatient diagnostic and laboratory services including: bone density and computer tomography (CT) scanning, digital mammography (select sites), digital X-Rays, and laboratory tests.

## Health Checks & Screenings with Limited Wait Times

Diagnostic, imaging and lab appointments are available on a same-day, walk-in basis or through advanced registration\*. Discounted rates are available for cash payments.

## Advanced Stroke Certification

South Texas Health System's six Freestanding Emergency Departments have each earned an Acute Stroke Ready Hospital certification by The Joint Commission.

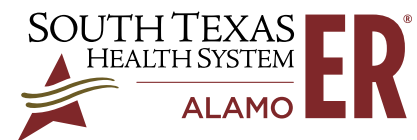
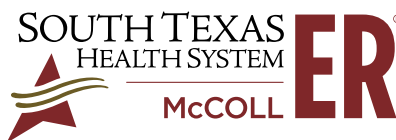
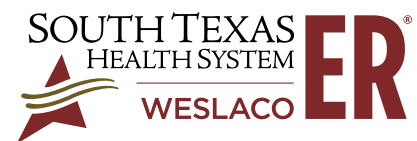
## Advanced Cardiac Care

All South Texas Health System ERs are certified in Chest Pain Management by The Joint Commission.

## ER Just Got Easier

South Texas Health System provides online ER wait times and ER Reserve capabilities for non-life-threatening illnesses or injuries\*\*.

To find out wait times at each of our freestanding ERs or to request a time up to 12 hours in advance through ER Reserve (and wait in the comfort of your own home), visit [southtexashealthsystem.com](http://southtexashealthsystem.com).



\* Insurance requiring authorization may result in wait time for approval prior to completing the scan.

\*\*ER Wait Time is an average provided for informational purposes only. ER Reserve should be used only if you decide your care can wait until the time you select. Do not wait if your symptoms or conditions worsen or if you need immediate care since delays may complicate your condition. If you are unsure of your condition or if your condition worsens, then please go to the nearest emergency room or call 9-1-1. Some insurance plans may not cover an ER visit if it is deemed urgent care or may apply a different copay. Please check your covered benefits with your insurance provider for details.

# Community Impact Summary

## Education

South Texas Health System maintains affiliation agreements with multiple institutions of higher learning, serving as a site for clinical rotations for students of nursing, medicine, physical therapy, nutrition, respiratory, radiology, pharmacy and other allied health sciences. Current affiliation agreements include: Abilene Christian University, Loma Linda University, South Texas College, Texas A&M, Texas State Technical College, Texas Woman's University, the University of Texas at Austin, the University of Texas Health Science Center at Houston, the University of Texas Health Science Center at San Antonio, and the University of Texas Rio Grande Valley, along with other colleges and universities nationwide.



## McAllen Family Medicine Residency Program

For more than 40 years, the McAllen Family Medicine Residency Program has trained and educated over 300 family medicine physicians at South Texas Health System McAllen. Established in 1977, the program was sponsored by the University of Texas Health Science Center San Antonio. In 2015, it became part of a new sponsoring institution, the University of Texas Rio Grande Valley Family Medicine Residency Program.

## Dedicated to the Community

South Texas Health System generously donates time and resources to multiple and varied organizations in the South Texas area including:

- Alamo Chamber of Commerce
- Boys & Girls Club of McAllen
- Capable Kids Foundation
- City of Edinburg Police Department
- City of McAllen Police Department
- City of Pharr Police Department
- Court Appointed Special Advocates (CASA)
- Edinburg Boys and Girls Club
- Edinburg Chamber of Commerce
- EM3 Hope Foundation
- Food Bank of Rio Grande Valley
- Greater Mission Chamber of Commerce
- Hidalgo County Wellness Program
- International Museum of Arts & Science (IMAS)
- Make-A-Wish Foundation of the Rio Grande Valley
- McAllen Chamber of Commerce
- McAllen Crime Stoppers
- McAllen Independent School District
- Mission Consolidated Independent School District
- Palmer Drug Abuse Program
- Pharr Economic Development Corporation
- Pharr-San Juan-Alamo ISD
- Philippine-American Chamber of Commerce - RGV
- Prominence Health Plan
- Quinta Mazatlan
- Region One Education Service Center
- RGV Food Bank
- RGV Partnership
- Rio Grande City Rotary Club
- Rio Grande Valley Hispanic Chamber of Commerce
- Ronald McDonald House Charities® of the Rio Grande Valley
- Shrink Box Foundation
- South Texas College
- The Greater Mission Chamber of Commerce
- United Way® of South Texas
- University of Texas Rio Grande Valley
- Valley Symphony Orchestra
- Weslaco Chamber of Commerce

# Recognition: Accreditations and Awards

## South Texas Health System & Its Leadership

All South Texas Health System facilities are accredited by The Joint Commission, the highest healthcare standards-setting organization in the nation, and licensed by the State of Texas.



South Texas Health System Edinburg has been named a Best Regional Hospital in McAllen Metro by *U.S. News & World Report* for two years in a row (2023-2024).

## Bariatric Weight Loss Surgery Center

South Texas Health System Heart is designated as a fully accredited Bariatric Center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP).



## Behavioral Health

South Texas Health System Behavioral received *The Monitor's* Readers' Choice Award for Best Behavioral Hospital for 11 years, including 2023.



## Cardiac Care

South Texas Health System Heart received Chest Pain Center with PCI Accreditation from the American College of Cardiology.



South Texas Health System Edinburg and South Texas Health System McAllen have received Chest Pain Management certification by The Joint Commission.

South Texas Health System Edinburg has also been awarded High Performing Hospital for Heart Failure (2023-24) and High Performing Hospital for Heart Attack (2023-24) by *U.S. News & World Report*.

All six South Texas Health System Freestanding Emergency Departments (FEDs) have received Chest Pain Management certification by The Joint Commission.

Healthgrades®, a U.S. company that evaluates healthcare quality, has named South Texas Health System Heart:



## Emergency & Trauma Care

South Texas Health System McAllen is verified as a Comprehensive Level I Trauma Center.



STHS Edinburg and STHS Heart are designated as Level IV Trauma Centers (Texas Department of State Health Services).

South Texas Health System McAllen has been recognized as a Five-Star Recipient for Gallbladder Removal Surgery for four years in a row (2021-2024) by Healthgrades.



## Laboratory Services

All South Texas Health System laboratories are accredited by the College of American Pathologists for meeting or exceeding the most scientifically rigorous customized checklist requirements.

## Maternity Care

STHS Edinburg and STHS McAllen participate in the Texas Ten Step program. The Department of State Health Services (DSHS), in collaboration with the Texas Hospital Association, developed the program as a method to improve maternity care practices in birthing facilities. Policy development, education of staff and provision of discharge resources for breastfeeding mothers are key initiatives.



STHS Edinburg and STHS Heart are recognized by Healthgrades for labor and delivery services year after year.

## Orthopedics

Recognized by Healthgrades as a Five-Star Recipient for Hip Fracture Treatment for three years in a row (2021-2023).

South Texas Health System Edinburg and South Texas Health System McAllen were recognized as a Five-Star Recipient for Spinal Fusion Surgery in 2024.

## Pediatric Asthma

The Asthma Program at South Texas Health System Children's is certified by The Joint Commission for providing quality care, treatment and services. It was the first in Texas and second in the nation to be designated as a Center of Excellence.

## Pediatrics

South Texas Health System Children's received *The Monitor's* Readers' Choice Award for Best Children's Hospital in 2022 and 2023.

## Radiology Services

South Texas Health System Edinburg is recognized by the American College of Radiology (ACR) for meeting strict certification standards.



South Texas Health System McAllen is accredited in MRI and Nuclear Medicine by the ACR.

## Rehabilitation Services

The stroke and cardiac rehabilitation programs at South Texas Health System Edinburg and South Texas Health System McAllen have been certified by The Joint Commission.

South Texas Health System's Inpatient Rehabilitation Units rank in the top 10% of Inpatient Rehabilitation Facilities in the United States per the Uniform Data System for Medical Rehabilitation for three consecutive years (2021-2023).

## Robotic-Assisted Surgery

South Texas Health System Edinburg has been named a Center of Excellence in Robotic Surgery, Minimally Invasive Surgery and Hernia Surgery by Surgical Review Corp.



## Stroke Care & Treatment

The South Texas Health System Neurosciences & Stroke Institute has received the following accreditations:

The American Heart Association®/ American Stroke Association®'s Get With The Guidelines® Stroke Gold Plus Achievement Award with Honor Roll Elite and Target: Type 2 Diabetes Honor Roll in 2023.



South Texas Health System McAllen has received a Comprehensive Stroke Center certification from DNV and a Comprehensive (Level I) Stroke Facility designation from the Texas Department of State Health Services.

South Texas Health System Edinburg and South Texas Health System



American Heart Association  
American Stroke Association  
CERTIFICATION  
Meets standards for  
Primary Stroke Center

Heart have been designated as Primary (Level II) Stroke Facilities by the state and each has been certified as a Primary Stroke Center by The Joint Commission.

South Texas Health System's six Freestanding Emergency Departments have each earned an Acute Stroke Ready Hospital certification by The Joint Commission.

## Women's Services

STHS Edinburg and STHS McAllen are recognized by Healthgrades for women's services year after year.



In addition, they were:

- Recognized for Superior Performance in Gynecologic Surgery for five years in a row (2019-2023)
- Ranked Among the Top 5% of Hospitals Evaluated for Gynecologic Surgery for five years in a row (2019-2023)
- Ranked Among the Top 10% of Hospitals Evaluated for Gynecologic Surgery for five years in a row (2019-2023)

# South Texas Health System **2023 MILESTONES**

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## **1** South Texas Health System Expands Robotic Surgery Services to STHS Heart

Following the success of robotic surgery services at STHS Edinburg, STHS Heart became the latest facility in the healthcare system to house one of the surgical systems that helps surgeons perform complex, minimally invasive procedures aimed at improving patient outcomes and the overall patient experience. Following the acquisition and installation of the da Vinci Robotic Surgical System in the summer of 2023, STHS Heart made history when a surgeon performed a hernia repair procedure using the minimally invasive robotic system. STHS Heart's da Vinci Xi system is the third of its kind at South Texas Health System. In 2015, STHS Edinburg became the first medical facility south of San Antonio to use the da Vinci Xi system and later acquired its second da Vinci Xi in February 2021. STHS Edinburg has been accredited as a Center of Excellence in robotic, minimally invasive and hernia surgery by the Surgical Review Corporation (SRC), a non-profit, patient safety organization that accredits top hospitals and ambulatory surgical centers worldwide.

## **2** South Texas Health System McAllen Opens Dedicated Stroke Unit for Critical Patients

Home to a Comprehensive Stroke Center that provides the highest level of stroke care to Rio Grande Valley residents, STHS McAllen opened a dedicated stroke unit in June 2023. Aimed at providing concentrated care to patients following their treatment in the facility's intensive care unit or dedicated neurointerventional cath lab, the 30-bed unit is staffed by a dedicated group of physicians and nurse practitioners who specialize in stroke care, as well as a team of registered nurses, licensed vocational nurses and nursing assistants who underwent extensive training to care for stroke patients. Additionally, physical, occupational and speech therapists are on hand to evaluate and treat patients who may require inpatient or outpatient rehabilitation. With a space dedicated specifically to stroke patients, physicians and nursing staff have a greater ability to recognize changes in the status of a patient, which helps improve the overall patient experience, including length of stay.

## **3** South Texas Health System Edinburg Commences Diagnostic Cardiac & Limb Salvage Services

With the high prevalence of heart disease, peripheral artery disease and diabetes in the Rio Grande Valley, STHS Edinburg is committed to meeting the needs of the community by bringing diagnostic cardiac and limb salvage services closer to residents and their loved ones in Edinburg and its surrounding communities. In the Summer of 2023, the facility opened its cardiac catheterization laboratory, ushering in much-needed, lifesaving cardiovascular services on the north side of Hidalgo County. The \$6 million cardiac catheterization lab consists of two procedure rooms, each equipped with Philips Azurion Clarity IQ technology, as well as six pre- and post-op treatment bays. In addition to offering diagnostic cardiovascular services, the lab serves as a limb salvage program.

## **4** South Texas Health System Behavioral Launches Chemical Dependency Unit

Seeking to provide a safe place of treatment and support for individuals in the Rio Grande Valley who might be struggling to free themselves from the perils of addiction, STHS Behavioral officially launched its Chemical Dependency Unit (CDU), an inpatient unit aimed at empowering the recovery and overall well-being of program participants. Opened in October 2023, the 10-bed unit is staffed by a licensed chemical dependency counselor who specializes in the treatment of substance use disorders. The program focuses on services for patients with co-occurring disorders such as chemical dependency and a mental health diagnosis. In addition to detox services, the program offers activity therapy and psychoeducational programming to help patients post-discharge, including money management, community resources and other topics.

## 5 South Texas Health System Children's Introduces Virtual Educational Seminars to Help Parents Prioritize the Health of Their Children

Parents have always been concerned about their children, no matter whether they're toddlers or teens. That's especially true when it comes to their health and well-being, as a child's overall health is the foundation for all growth and development. To help Rio Grande Valley parents better prioritize the health of their children, STHS Children's launched its monthly Let's Talk Children's Health seminars. The goal: To help educate parents on a variety of health issues affecting local children, including childhood obesity, asthma, mental health and more. Broadcast live via the STHS Children's and STHS Facebook pages, the monthly talks feature local healthcare professionals and community leaders offering important prevention advice and more. To see the previous installments, visit [STHSLetsTalk.com](https://www.sths.org/LetsTalk.com).

## 6 South Texas Health System Heart Expands General Emergency Services

Following a 10% increase in volume in its emergency department in the first half of the year compared to the same period last year, STHS Heart doubled the number of available patient beds from seven to 14 in the facility's ER in June 2023. To meet the growing demand for emergency services of all types, the hospital also hired additional staff to work in the emergency department. The expansion of STHS Heart's emergency department services means McAllen residents don't have to go far to receive exceptional emergency care with limited wait times, which average three to five minutes at STHS Heart.

## 7 South Texas Health System Expands Dedicated Elderly Care Services to STHS ER Alamo

Committed to addressing the growing need for dedicated emergency care services for the region's elderly population, South Texas Health System ER Alamo earned a Level 3 Geriatric Emergency Department Accreditation (GEDA) from the American College of Emergency Physicians (ACEP) in April 2023. To earn the accreditation, an emergency department must have one MD or DO with evidence of four hours of education for geriatric emergency medicine (EM), one RN with evidence of focused education for geriatric EM, access to mobility aids (canes, four-point walkers), evidence of a geriatric emergency care initiative (e.g., urinary catheter utilization policy) and easy access to food and drink 24/7. The recognition came on the heels of a similar designation by the ACEP for South Texas Health System ER Weslaco in November 2022. The bronze level designation by ACEP recognizes the two freestanding emergency departments' dedication to providing a high standard of care that meets the unique health care needs of older adults living in the Rio Grande Valley.

## 8 The Maternity Center at South Texas Health System Edinburg Reports Record Deliveries in 2023

Last year, The Maternity Center at STHS Edinburg reported a total of 1,189 births, breaking the previous year's record of 1,035 births at the facility. The increased labor and delivery services provided at the facility, the only hospital in the Rio Grande Valley to be named a Best Regional Hospital by *U.S. News & World Report*, serve as a testament to South Texas Health System's unwavering commitment to providing quality, compassionate care at the highest level to the communities it serves, including those with expanding families. The number of births in 2023 represented a 202% increase in deliveries since the relaunch of women's services at STHS Edinburg in 2014. That year, the facility reported 393 births.

As a system, South Texas Health System takes pride in having dedicated staff at The Maternity Center at STHS Edinburg, as well as The Maternity Center at STHS McAllen – home to a Level III Neonatal Intensive Care Unit – who are committed to providing a safe, comfortable environment for women of the Rio Grande Valley to welcome the latest additions to their families.

**FACILITIES AND FREESTANDING EMERGENCY DEPARTMENTS:**

- 1 **South Texas Health System McAllen**  
301 W. Expressway 83 • McAllen, TX 78503  
956-632-4000  
[southtexashealthsystemmcallen.com](http://southtexashealthsystemmcallen.com)
- 2 **South Texas Health System Heart**  
1900 South D St. • McAllen, TX 78503  
956-994-2000  
[southtexashealthsystemheart.com](http://southtexashealthsystemheart.com)
- 3 **South Texas Health System Edinburg**  
1102 W. Trenton Road • Edinburg, TX 78539  
956-388-6000  
[southtexashealthsystemedinburg.com](http://southtexashealthsystemedinburg.com)
- 4 **South Texas Health System Children's**  
1102 W. Trenton Road • Edinburg, TX 78539  
956-388-6800  
[southtexashealthsystemchildrens.com](http://southtexashealthsystemchildrens.com)
- 5 **South Texas Health System Behavioral**  
2102 W. Trenton Road • Edinburg, TX 78539  
956-388-1300  
[southtexashealthsystembehavioral.com](http://southtexashealthsystembehavioral.com)
- 6 **South Texas Health System ER Alamo**  
140 E. Frontage Road • Alamo, TX 78516  
956-403-5100  
[sthseralamo.com](http://sthseralamo.com)
- 7 **South Texas Health System ER McColl**  
4702 S. McColl • Edinburg, TX 78539  
956-213-2600  
[sthsermccoll.com](http://sthsermccoll.com)
- 8 **South Texas Health System ER Mission**  
900 E. Expressway 83 • Mission, TX 78572  
956-271-1200  
[sthsermission.com](http://sthsermission.com)
- 9 **South Texas Health System ER Monte Cristo**  
3615 N. Interstate 69C • Edinburg, TX 78541  
956-259-2100  
[sthsermontecristo.com](http://sthsermontecristo.com)
- 10 **South Texas Health System ER Ware Rd.**  
3700 W. Nolana Ave. • McAllen, TX 78504  
956-213-2700  
[sthserwareroad.com](http://sthserwareroad.com)
- 11 **South Texas Health System ER Weslaco**  
330 W. Expressway 83 • Weslaco, TX 78599  
956-975-2300  
[sthserweslaco.com](http://sthserweslaco.com)



**INPATIENT REHABILITATION:**

**Inpatient Rehabilitation Center (Edinburg)**  
1102 W. Trenton Rd.  
Edinburg, TX 78539  
956-207-7036

**Inpatient Rehabilitation Center (McAllen)**  
301 W. Expressway 83  
McAllen, TX 78503  
956-566-4347

**OUTPATIENT CLINICS:**

**McAllen Family Medicine Residency Center**  
205 E. Toronto Ave.  
McAllen, TX 78503  
956-687-6155

**Intensive Cardiac Rehabilitation Program (McAllen)**  
500 E. Ridge Rd. • Suite 200  
McAllen, TX 78503  
956-994-2770

**Bariatric Weight Loss Surgery Center (Heart)**  
416 Lindberg Ave. • Suite B  
McAllen, TX 78501  
956-664-1616

**Outpatient Rehabilitation Center (Edinburg)**  
7112 N. 10th St. • Suite 120  
McAllen, TX 78504  
956-420-3800

**Pediatric Comprehensive Care Clinic (Children's)**  
4302 S. Sugar Rd. • Suite 205  
Edinburg, TX 78539  
956-381-0932

**Outpatient Rehabilitation Center (McAllen)**  
1800 S. 5th St. • Suite B  
McAllen, TX 78503  
956-971-5640

**South Texas Health System Sleep Center**  
5416 S. Jackson Rd. • Suite A  
Edinburg, TX 78539  
956-213-0403

**South Texas Health System Wound Healing Center**  
4302 S. Sugar Rd. • Suite 101  
Edinburg, TX 78539  
956-388-2700



For more information about our commitment to the South Texas community, please call the Marketing Department at **956-388-2020** or visit [southtexashealthsystem.com](http://southtexashealthsystem.com)