Introducing Dr. Roger Fowler!

Chief Medical Director for
Population Health and Health Plans

Dr. Roger Fowler was raised in central Arkansas, and attended Texas Christian University where he received a BS in Pre-Med. He then went on to graduate from the University of Arkansas Medical College in Little Rock in 1977 and completed residency in Anderson, South Carolina where he was named the Outstanding Resident by the South Carolina Chapter of the AAFP. Following residency, Dr. Fowler served in a faculty position before establishing a solo practice in Kilgore, Texas in October of 1981. In Kilgore, he built a full scope Family Medicine practice, including ambulatory and hospital medicine, surgery, maternal/child, nursing home care, and home visits.

In 1996, Dr. Fowler joined the Trinity Clinic. During a 20-year tenure, he served on the Finance Committee, Customer Service/Care Innovation Committee, and Quality Committee. He served 9 years on the Trinity Clinic Board, serving the last 5 years as Chairman. In 2005, he opened a new concept clinic in Lindale, Texas and transitioned to ambulatory care only.

Dr. Fowler’s administrative journey began in 2010 as he led the Patient-Centered Medical Home initiative. He then served as Chief of Primary Care for two years before creating and leading the Population Health Department for the CHRISTUS Trinity Clinic since 2014. As the Trinity Mother Frances Hospitals and Clinics merged with CHRISTUS Health, it became apparent that population health was in need of medical leadership. Dr. Fowler then moved into full-time administration with CHRISTUS Health and ceased seeing patients early in 2017.

“My experience of holistic patient care combined with the CHRISTUS Health mission of extending the healing ministry of Jesus Christ, allows me the opportunity to lead with passion toward the successful pursuit of population health, patient satisfaction, and reducing the per capital cost of health care,” stated Dr. Fowler.

Look for “Dr. Fowler’s Feature” in future issues of the newsletter.
Oral Cancer Awareness Month

Oral cancer is not rare.

Approximately 49,750 people will be diagnosed with oral cancer every year in the US. It kills one person every hour of every day, and approximately 132 new individuals will be diagnosed with it each day. The good news is that it can often be found early in its development, through a simple, painless, and quick screening.

Who should get screened?

Every adult. Oral cancer can often be caught early, even as a pre-cancer. With early detection, survival rates are high and the side effects are from treatment are at their lowest. Like other screenings you engage in such as cervical, skin, prostate, colon and breast examinations, oral cancer screenings are an effective means of finding cancer at its early, highly curable stages. Make them part of your annual health check-ups.

What are the risk factors?

There are two distinct pathways by which most people come to oral cancer. One is through the use of tobacco and alcohol, a long term historic problem and cause, and the other is through exposure to the HPV16 virus (human papilloma virus version 16), which is now the leading cause of oropharyngeal cancers in the US, and the same one, which is responsible for the vast majority of cervical cancers in women. The quickest growing segment of the oral cancer population is young, healthy, non-smokers due to the connection to this virus.

Early signs:
Red and/or white discolorations of the soft tissues of the mouth.
Any sore which does not heal within 14 days.
Hoarseness that lasts for a prolonged period of time.

Later signs:
A sensation that something is stuck in your throat.
Numbness in the oral region.
Difficulty in moving the jaw or tongue.
Difficulty in swallowing.
Ear pain, which occurs on one side only.
A sore under a denture, which even after adjustment of the denture, still does not heal.
A lump or thickening which develops in the mouth or on the neck

An oral cancer screening should be conducted every year.

For more information about oral cancer, please log onto The Oral Cancer Foundation’s official website at www.oralcancer.org.
Distracted Driving Awareness Month

Thousands Have Died In Crashes Involving Cell Phone Use

Many distractions exist while driving, but cell phones are a top distraction because so many drivers use them for long periods of time each day. Almost everyone has seen a driver distracted by a cell phone, but when you are the one distracted, you often don’t realize that driver is you.

New technology in vehicles is causing us to become more distracted behind the wheel than ever before. Fifty-three percent of drivers believe if manufacturers put "infotainment" dashboards and hands-free technology in vehicles, they must be safe. And, with some state laws focusing on handheld bans, many drivers honestly believe they are making the safe choice by using a hands-free device. But in fact, these technologies distract our brains even long after you’ve used them.

Make no mistake: This multitasking technology is about convenience, not safety.

Multitasking is a myth

Driving and cell phone conversations both require a great deal of thought. When doing them at the same time, your brain is unable to do either well. For example, it's nearly impossible to read a book and have a phone conversation. While driving, this often results in crashes due to delayed braking times and not seeing traffic signals.

Cell phone crashes are under-reported

We know cell phone-related car crashes are a problem. We just don’t know how big the problem is. Unfortunately, no breathalyzer-like test exists for cell phone use behind the wheel and drivers in crashes are often reluctant to admit use. This creates a huge gap in the data.
CHRISTUS St. Frances Cabrini Hospital is a 281-bed facility in Alexandria providing comprehensive inpatient and outpatient services, is accredited by The Joint Commission, and is the exclusive provider of the da Vinci Robotic surgical system in central Louisiana for urologic, cardiac, and gynecologic procedures. The hospital also houses the Chest Pain Center providing a complete range of cardiac services including coronary angiography, cardiovascular surgery, interventional cardiology, and electrophysiology. Cardiac rehabilitation is available on an inpatient and outpatient basis. The Hospital’s Stroke Center utilizes state-of-the-art equipment to immediately evaluate, diagnose, and treat stroke patients. A comprehensive Bariatric Program goes beyond surgery to include medical, nutritional, and emotional support and guidance to patients.

CHRISTUS Cabrini Cancer Center is the only cancer center in central Louisiana to offer comprehensive cancer care in a hospital setting. To offer research studies to our patients, the cancer center works in coordination with MD Anderson Cancer Center, the National Surgical Adjuvant Breast and Bowel Project (NSABP) and Tulane University, Ochsner Clinic Foundation, the Southwest Oncology Group, and the LSU Health Services Center – Shreveport, and many pharmaceutical companies.

CHRISTUS St. Joseph’s Home in Monroe has a 130-bed, long-term care unit that is Medicare and Medicaid approved, and 60 assisted living apartments. The 13-acre campus is beautifully landscaped with courtyards, a gazebo, lighted walkways and trails, and picnic areas. The facility provides a variety of lifestyle options and a full range of services, enabling residents to make the transition from one program or accommodation to another, depending upon their needs.
**CHRISTUS Coushatta Health Care Center** is a 25-bed acute care facility providing 24-hour emergency care, inpatient, and outpatient services to the residents of Red River Parish, and neighboring communities of Bien- ville, Desoto, Sabine, Natchitoches, South Caddo, and South Bossier. Services include outpatient surgery, cardiology, diabetes care, respiratory therapy, radiology, laboratory, physical therapy, ophthalmology, pain management, chiropractor, oncology, infusion therapy, pulmonary rehabilitation, and outpatient adult psychiatric services.

1635 Marvel Street, Coushatta, LA 71019

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**Savoy Medical Center**

Located in Mamou, Louisiana and affiliated with CHRISTUS Health Louisiana through a management agreement, this facility is a general medical and surgical hospital dedicated to providing quality health care services to the residents of Evangeline and St. Landry parishes. The 176-bed hospital includes a 10-bed rehabilitation unit, a 38-bed psychiatric unit, and a cancer treatment center.

801 Poinciana Avenue, Mamou, Louisiana 77054

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**Natchitoches Regional Medical Center**

Affiliated with CHRISTUS Health through a management agreement, the 78-bed hospital is committed to providing quality health care to meet the needs of the patients and community through general medical surgical care and houses a 15-bed geriatric psychiatric unit.

501 Keyser Avenue, Natchitoches, Louisiana 71457
Happy Easter

Sunday, April 16

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For questions or additional information about the Accountable Care Organization
Visit: www.medicare.gov/acos.html
Or
Call: 1-800-MEDICARE (1-800-633-4227)
Or TTY 1-877-486-2048