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The Acorn and The Oak

The acorn's information produces the plantation oak; written out, that information fills a library, and the information needed to provide excellent health care fills multiple libraries. To make that information available, SETMA has an "acorn" in every examination room; we call it a computer.

SETMA has grown from an acorn in 1995 - four healthcare providers -- to a young oak today with forty healthcare providers and three clinical locations. With the experience of your SETMA healthcare provider and the knowledge and applications of SETMA's electronic record, the SETMA oak continues to produce "acorns" - new information packages - for surgery, ophthalmology, rheumatology, pulmonology, and more.

Due to SETMA's commitment to quality care for the elderly and those resident in long-term care facilities, SETMA is now utilizing the electronic health record in nursing homes. With management tools directed toward the needs of the elderly and the disabled, SETMA effectively evaluates skin care, hydration, nutrition, fall risk, depression and other needs of these special people. SETMA is raising the standard of care for nursing home residents and making certain that the care between the hospital, the clinic and the nursing home is consistent and excellent.

Due to SETMA's commitment to your health, SETMA healthcare providers can provide a weight-management assessment at each visit, including percentage of body fat and strategies for achieving a healthy body weight. Additionally, SETMA providers can give each patient an exercise prescription which is personalized to help our friends and patients to "get moving" and to "get healthy."

SETMA believes that you need to take responsibility for your own health and that 21st Century health care is going to major on nutrition, education, physical activity, as well as medicine and surgery. SETMA has formed a dietary department and is offering classes on diabetes, metabolic syndrome, cholesterol management, hypertension and weight reduction. Through, evaluation, education, exercise, eating right and excellent care, SETMA providers will help you achieve the health which you are determined to have.

SETMA's specialty clinics provide consistency and completeness to your healthcare needs and follow-up for:

- Hypertension
- Congestive Heart Failure
- Diabetes Mellitus
- Weight Management
- Metabolic Syndrome
- Headaches
- Asthma
- Kidney Disease
- Cholesterol
- Diabetes Education

The knowledge and information required for your future health -- like that required to "build an oak" -- is massive. It is beyond anyone's capacity to memorize it all, and it is beyond the physical capability of any person to carry it around with them from place to place.

The potential of maintaining your future health is dependent upon your knowledge and that of your healthcare provider. But, one person can't know it all. For this reason, in every examination room, in every emergency room, on every floor of every hospital, and in every provider's home, SETMA has an "acorn" -- a computer - which contains all of the information, knowledge and data necessary to produce good health.

With disease management tools for hypertension, congestive heart failure, headaches, diabetes, diabetes education, weight management, cholesterol, exercise, nutrition, hydration, depression, metabolic syndrome, asthma, kidney disease, heart disease and much more, and with health and wellness algorithms, SETMA can bring to bear upon every visit the "acorn's" information and knowledge.

The Plantation Oak, like the books and repositories of information about your health will not fit into an examination room and cannot be physically carried from room to room, but with electronic-patient management, the information within the "acorn" can be brought to bear upon your personal health needs each time you encounter the healthcare system.

Whether it is a drug/drug interaction, a new and exciting treatment, an old, well-known but complicated regimen, or just plain-vanilla health care, SETMA'S healthcare providers support you with the best there is.

SETMA'S systems have been reviewed by major clinics, government agencies, specialists and others who have concluded, "This is the best we have seen."

Through SETMA'S multi-specialty, multi-sited, multi-faceted clinic -- SETMA's healthcare plantation oak -- Southeast Texas has a unique resource. Through SETMA, it is

possible for the vast potential of the acorn of health information to prepare you for the future, and like the acorn which becomes the oak, for your health to explode into a life-time of health, wellness, and physical well-being.

Come see what the future of healthcare looks like today. Come see what your health can be like tomorrow. Come to SETMA: *Healthcare Where Your Health is the Only Care*.

Subject: The Power of a Tree Contained in the Acorn

In 2007, this article was written based on my life experience with a tree in San Antonio <http://www.jameshollymd.com/Your-Life-Your-Health/pdfs/Lessons-From-A-Tree.pdf>. All of my life, I have been fascinated by trees. I was a teenager before I understood their key role in our ecosystem.

In 2003, SETMA published a four-page brochure (The Acorn and The Oak - Ad<<http://www.jameshollymd.com/In-The-News/pdfs/oak-acorn-print-ad.pdf>>) which saw the oak in the acorn and electronic patient management, population health and patient-centered medical home in the computer. The power of electronics was seen as being able to support excellent healthcare contributing to the fulfillment of The Triple Aim.

The text of the piece, “the oak and the acorn,” and of the ad which came from it, can be found at: The Acorn and The Oak - Ad Text<<http://www.jameshollymd.com/In-The-News/the-acorn-and-the-oak-ad-text>>. The following article is an expansion of the text of the ad: <http://www.jameshollymd.com/In-The-News/pdfs/the-acorn-and-the-oak.pdf>.