



## **FHP GERIATRICS**

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### **Welcome From FHP Geriatrics, Expertise + Relationships**

Thanks for working with FHP Geriatrics! We are a primary care practice dedicated entirely to senior living facilities.

The team is led by Dr. George Valdez, MD, MBA, who is a native Houstonian, double Board-Certified physician, with over 20 years experience. We are not distracted by clinics or hospitals; we pride ourselves on old fashion relationships combined with innovative technology.

But there's much more to us than clinical expertise.

We have cultivated a unique network of specialists. Unlike any other provider, we are able to arrange most specialties either in person, through telemedicine, or in the office - each independent specialist is dedicated to a higher level of communication and collaboration for our seniors. Our patients benefit from access to Cardiology, Psychiatry, Neurology, Dermatology, Wound Care, Infectious Disease, Nephrology, Ophthalmology, Endocrinology, Rheumatology, Pain Management, Rehabilitation, Palliative Care, and More!

We have hospital privileges with every major hospital chain in Houston, and personal relationships with hospital physicians. This means we can communicate doctor to doctor, and access detailed information, making sure we have effective plans in place following discharge. We are regularly adding hospitals and specialists to our network.

We have a dedicated Staff Hotline, collaborating with each other constantly, to make sure you're reaching the right person to address your question or concern quickly and effectively. We develop true relationships with facility staff members, getting to know the unique challenges of each facility.

During regular business hours, we have a Family Hotline, with staff members whose only job is to actively connect with family to address their questions and concerns. The family is notified of upcoming visits prior to the appointment. Board Certified in Family Medicine, we understand the unique challenges and complexities involved in caring for loved ones. We treat you and your loved ones as we would our own family.

We call it the Triple Helix of Awesomeness! We harness the relationships of

- 1: Family members who know and love the patient the longest, with
  - 2: Facility staff who are on the front lines providing daily care, and
  - 3: FHP Geriatrics deep medical expertise and vast resources,
- to build a care plan around the values and priorities of the patient.

Dr. Valdez is one of few physicians certified to prescribe medical marijuana under a Texas-approved Compassionate Use program. He completed extensive training, certification courses, research, and over 20 years of experience, with Board Certification in Palliative Care. We have been able to successfully reduce the need for antipsychotics, benzodiazepines, and opioid pain medications, while improving quality of life, sometimes quite dramatically. Check out [www.thclinicians.com](http://www.thclinicians.com) for more information and videos.

We utilize sophisticated, location-based scheduling technology. While we are visiting facilities, we often encounter multiple urgent issues for other patients which can delay our predicted arrival time. Sometimes, everyone is doing well, and traffic is calm, and we run much faster than expected. Trained in Lean Six Sigma Green and Yellow Belt systems, we have only grown more strong and more agile in navigating these challenging times. If you wish, we can set a trigger that will notify you when we are 30 minutes away. This can be done for both facility staff and family members.

Dr. Valdez was doing telemedicine two years prior to the pandemic and was the Chief Medical Officer in charge of the development of a telehealth system for a national corporation. Available for \$125 purchase, we also utilize Nonagon devices which enable us to listen to heart, lungs, abdomen, and evaluate ears, throat, skin, temperature, and oxygen saturation remotely at your convenience.

We value your trust in caring for our eldest, most complex, and most fragile community members. They deserve a physician-driven team. We have built a senior living-dedicated infrastructure by combining tremendous experience, resources, relationships, depth of knowledge, and most of all, compassion. We haven't encountered another provider even close. We understand the fear of change and working with a new physician.

Regards,

A handwritten signature in black ink, appearing to read 'G. Valdez', written in a cursive style.

Dr. George A. Valdez, MD, MBA