

Hamilton Healthcare Systems doctor profiles

By Sara Vanden Berge
Beneath the Surface News

From the dairy farm to the hospital; this general surgeon is perfectly suited to the area.

Physicians aren't always the easiest people to interview.

They are often in a hurry or use jargon that's hard to decipher.

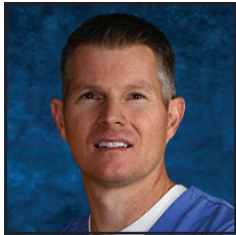
But speaking with Dr. Ryan Adams is different; it's easy.

And he wasn't in a particular rush one weekday afternoon when we sat down to talk about his practice and what led him to become a general surgeon.

Dr. Adams grew up in rural agriculture communities in Utah and Northern California, something he believes prepared him for where he is today.

"I worked on my grandparents' dairy farm in Utah during the summers and when I was in high school, I worked for a registered Holstein operation in Northern California," Dr. Adams told Beneath the Surface News. "Growing up in an agricultural setting really helped influence my decision to want to practice medicine in a more rural setting and smaller hospital."

But science, he said, was his true passion and as he got a little older, herealized



that interest would be well-suited for a career in the medical field.

"My philosophy as a rural surgeon is that I need to be able to provide a broad offering of services to my patients," he said.

And that's exactly what he does.

As a general surgeon, Dr. Adams performs everything from gall bladder surgery to hernia repair and operates on patients with colon and breast cancer.

He also performs skin grafting for those with skin cancer, something he sees quite frequently in farmers, ranchers and others working outdoors.

Today, Dr. Adams and his wife live in Hamilton where his primary office is located.

He also sees patients in Erath County every Wednesday at Stephenville Medical and Surgical Clinic.

To accommodate patients at both locations, he performs surgeries at Hamilton General Hospital as well as Texas Health Harris Stephenville.

"I will go where it's most convenient for the patient," he said.

And it's that patient-focus belief that sets Dr. Adams apart from other physicians.

"If people want to feel like cattle running through the medical system, then they can go to places like Fort Worth or Dallas for their care," he said. "The real value - and one of the things I really enjoy most - is that I have face-to-face con-

versations with every one of my patients.

"I get to know them and we establish a doctor/patient relationship that allows us to make the best decisions about their care."

And that's something you can't find just anywhere.

You can reach Dr. Adams at his Hamilton office by calling 254-386-1524.

If you have a wound that won't heal, call Dr. Aycock at the Wound Care Clinic in Hamilton

If you have a wound that won't heal, Dr. Thomas Aycock and a team of specialists at the Wound Care Clinic in Hamilton can help.

For more than 40 years, Dr. Aycock has been treating patients for a variety of illnesses, and today, he specializes in advanced wound care.

I sat down for an interview with Dr. Aycock last week, as he took a lunch break from seeing patients.

He told me that one of the most common types of wounds he treats are vascular; arterial or venous ulcers, traumatic injuries, surgical, pressure related and non-healing wounds.

"Specializing in wound care was a natural flow after a long career in gener-

al surgery," Dr. Aycock told Beneath the Surface News. "Advanced wound care is the opportunity to offer patient evidenced based techniques that are ongoing for the advancement of wound healing including negative pressure wound therapy, skin substitutes, advanced wound care products, antibiotic therapy and appropriate diagnostics."

Dr. Aycock explained that wounds can be difficult to heal due to several underlying factors.

"Many disease processes including diabetes mellitus, heart disease, neglected wounds and smoking can all delay the healing process," he said.

Hamilton Healthcare Systems opened its outpatient wound clinic in 2017 with Dr. Aycock performing procedures only one day a week.

But it didn't take long for things to change.

Today, the clinic is open Monday through Friday with a dedicated team of physicians caring for patients in Hamilton County and surrounding areas.

You can reach Dr. Aycock by calling 254-386-1531 or by requesting a referral from your primary care physician.

TSU grad, breakaway and team roper becomes licensed counselor specializing in helping children and teens

When Kayelen Helton moved from Keller to Stephenville in 2006 to attend Tarleton State University, her initial focus



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