

QUALITY OF LIFE *from*

aiken regional

MEDICAL CENTERS

JULY – SEPTEMBER 2015

Vaughan Massie, MD,
(left) and Ty Carter, MD,
Orthopedic Surgeons
at Aiken Regional
Medical Centers



Orthopedic Services and The Joint Academy

Get back to family, work and fun!

INSIDE:

Women's Breast Health & Imaging Center
A new name for our comprehensive services

Meet Gail Jackson
She gained good health and lost 102 pounds

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Summer in Aiken is active as we get back to sports, outdoor activities and travel. Since mobility is a priority for everyone, it's reassuring to know that Aiken Regional Medical Centers is here to help should a medical issue get in the way.

In May, we introduced The Joint Academy, a natural complement to Aiken's comprehensive orthopedic program, where board-certified orthopedic surgeons skillfully diagnose and treat many issues – from sports injuries and joint replacement to spine surgery for conditions such as stenosis, herniated disks and deformities. Those who have knee or hip replacements at Aiken Regional now have the opportunity to recover along with others who have had the same surgery. Patients can regain much of their independence in as little as three days with care from skilled therapists and by motivating each other. Read more about the program in our feature story on pages 4 through 7.

In this *Quality of Life*, we also cover health topics for both men and women, starting with routine checkups. When the weather is nice, it's a great time to schedule tests you may have been putting off. We've renamed our women's diagnostic services program as the Women's Breast Health & Imaging Center to better represent the services available. You'll find details on page 12. For men, summer is a time to re-evaluate your overall health and make changes that are beneficial for the long term. The story on page 18 is full of suggestions.

If you're like me, you want to make sure you know what resources are close by, just in case you need them as you go about your active and fun-filled summer. I'm pleased to be able to say that a full range of quality medical and surgical services and the caring physicians, nurses and staff at Aiken Regional Medical Centers are with you all the way.

May God bless you and your family,

Vance Reynolds
Chief Executive Officer



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“All around” ORTHOPEDICS

Aiken Regional’s program starts even before surgery with techniques for reducing pain and minimizing discomfort ... and finishes with an approach to rehab that can accelerate recovery. ►

Tim Shannon, MD, an orthopedic surgeon specializing in joint replacement surgery, checks test results at Aiken Regional Medical Centers.



Orthopedics covers care for a wide range of conditions, from osteoarthritis and stenosis of the spine to virtually anything affecting the bones, muscles, tendons and cartilage in the body. Capabilities of the orthopedic team at Aiken Regional Medical Centers are comprehensive, as is the approach its surgeons take to treatment. Whether someone needs joint replacement, back surgery or realignment after a fracture, perioperative, or “all around” care is aimed at making the process as simple and pain-free as possible.

Comprehensive joint replacement services

When you say “orthopedics,” many people think “joint replacement,” which is one area covered by an orthopedic surgeon. The most common reason for having a total knee or hip replacement is to relieve the pain of osteoarthritis, a condition that can make it painful to walk and conduct normal activities. The orthopedic team at Aiken Regional Medical Centers includes surgeons who have undergone subspecialty training in muscle-sparing techniques, are supported by sophisticated diagnostic imaging and use advanced implants so they can offer excellent outcomes in total joint replacement surgery.

“We try conservative therapies first, such as medication to ease stiffness, injections of corticosteroids to reduce inflammation, and bracing to stabilize injured areas,” says Orthopedic Surgeon Douglas Holford, MD. “We find the best candidates for joint replacement are age 60 or over, since implants have a limited lifespan.”

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.

Minimally invasive surgery

Only if conservative therapies have not produced results, Ty Carter, MD, a spine surgeon with Aiken Regional, begins discussing surgery. Patients can have many different sources of pain and depending on the source, some patients are good candidates for minimally invasive surgical techniques. “Most of the new technology in spine surgery involves less invasive procedures, and I like to be on the cutting edge of patient care,” says Dr. Carter.

Aiken Regional offers a variety of minimally invasive spine procedures, including microdiscectomies and fusions. These surgeries have incisions about an inch in length and the procedures are done through small endoscopic tubes. Surgeons use a highly advanced microscope that provides excellent visualization. Regardless of whether traditional open or minimally invasive spine surgery is performed, the correct approach is tailored to the patient’s condition. “Patient satisfaction and outcomes are the most important factors in how I practice medicine,” says Dr. Carter. “Aiken Regional provides a great setting for me to accomplish my goals.” ➤

Sports injuries and treatment

Orthopedic treatment is common in sports, since athletic injury often affects the musculoskeletal system. Active people of all ages – from amateur athletes to weekend warriors – are susceptible, especially when activity is accompanied by insufficient warm-up or lack of conditioning. The orthopedic team at Aiken Regional stays abreast of the field as it evolves, and as more people stay active longer in their lives.

“Improvements in technology and pain management are providing more choices for younger patients and making procedures easier on older patients,” says Vaughan Massie, MD, an orthopedic surgeon with Aiken Regional who serves as team orthopedist for USC Aiken and numerous local high schools. “Because of our highly trained staff, we’re able to accurately diagnose and treat the vast majority of orthopedic injuries and issues that arise.”

Less discomfort before, during, after

Perioperative orthopedics prepares for surgery in a way that can lessen the chance of complications and reduce the amount of pain a patient feels. Examples are making sure blood sugar of patients with diabetes is maintained at a certain level; prescribing prophylactic antibiotics to prevent infection; tailoring pain management to the individual; and new anesthesia techniques. “Prior to surgery, we inject the surrounding tissues with medication that can ward off pain for as long as 48 hours,” says Tim Shannon, MD, an orthopedic surgeon who specializes in total joint replacement. “We start pain control before the operation and administer it at regular intervals after so there’s no delay in relief.”

Perioperative care continues through rehabilitation. Dr. Shannon points to management of constipation and nausea, sometimes side effects of painkillers, so that patients can more easily move into rehab. “We take a thorough approach to pre-op, intra-op and post-op comfort,” he says, “with the goal of a better overall experience for the patient.” ■

For more information about orthopedic services at Aiken Regional, go to www.aikenregional.com.

Board-Certified Orthopedic Surgeons at Aiken Regional



Ty W. Carter, MD

Medical School: Mercer University School of Medicine, Macon, Georgia

Residency: Orthopedics, University of Louisville, Louisville, Kentucky

Fellowship: Spine Surgery, Leatherman Spine Institute, Louisville, Kentucky



Douglas E. Holford, MD

Medical School: Loma Linda University Medical School, Loma Linda, California

Residency: Tulane University, New Orleans, Louisiana; Spine Surgery, Touro Hospital, New Orleans, Louisiana

Fellowship: Spine Surgery, Sports Medicine



R. Vaughan Massie, MD

Medical School: University of Tennessee College of Medicine, Memphis, Tennessee

Residency: Orthopedics, Campbell Clinic, Memphis, Tennessee

Fellowship: Sports Medicine, Hughston Clinic, Columbus, Georgia



Clark D. Moore, MD

Medical School: Saint Louis University School of Medicine, St. Louis, Missouri

Residency: Orthopedics, Medical College of Virginia, Richmond, Virginia



Timothy J. Shannon, MD

Medical School: Saint Louis University School of Medicine, St. Louis, Missouri

Residency: Orthopedics, Northwestern University, Chicago, Illinois



Introducing THE JOINT ACADEMY

Some rehab programs put joint replacement patients right next to those recovering from trauma and conditions such as stroke. At Aiken Regional, joint replacement rehab has been moved to a dedicated unit that's small and intimate. Patients wear their own clothes, have group dinners and go through rehab in a gym, along with other patients who are recovering from the same types of surgery.

"We've created a program with a suite-style atmosphere combined with all the advantages brought to it by a collaborative, multidisciplinary medical team," says Justin Krueger, Chief Operating Officer of Aiken Regional Medical Centers.

PRE-OP INFORMATION CLASS

An integral part of The Joint Academy is pre-operative education required for patients undergoing joint replacement surgery at Aiken Regional. Here, the patient is introduced to the therapies he or she will participate in, takes a tour of the unit and meets members of the rehab care team.

"The class offers basic information about the surgery and safe return to independence afterward," says Physical Therapist Paula Bolton. "We accomplish a lot in a short amount of time, and we want patients to know exactly what to expect."

A SOCIAL EXPERIENCE

Bringing people together who are recovering in the same way creates a camaraderie that's highly encouraging. Each patient is urged to bring a coach to The Joint Academy – a spouse, family member or friend – so that he or she will have a knowledgeable helper once back home. Those already in the program provide motivation by showing the newcomers how hard work can bring about amazing results.

"The patients seem to really enjoy seeing and being with others," says Krueger. "They share energy through interaction, and motivate each other to succeed." ■

Orthopedic seminars at Aiken Regional Medical Centers

SPORTS MEDICINE SEMINAR

For Parents of Middle and High School Athletes

Date: Tuesday, August 4, 6 p.m.

Location: USC-Aiken (Penland Building)
471 University Parkway, Aiken

Speaker: Vaughan Massie, MD

Call 800-882-7445 to register.

Watch for more physician-led seminars on orthopedic topics coming this fall. Visit www.aikenregional.com.



Your guide to **GOOD HEALTH**

In the age of urgent care, there's still value in maintaining a relationship with a primary care physician.

Family doctors – referred to as primary care physicians (PCPs) – are usually the first to see a patient who has a medical problem. This often means they can find and treat problems early, before the issues become serious. They can be instrumental in preventive care, by helping with weight management, smoking cessation or health screening reminders. They also see patients more often, enabling them to know their history and health concerns.



Leo Muniz, MD
Family Medicine

"The ability to provide comprehensive care is important, as is the relationship I have with my patients," says Leo Muniz, MD, a family medicine physician who practices at Aiken Regional Medical Centers. "Patients feel comfortable knowing their primary care provider is coordinating their care because we are the ones that are aware of all their medical, social and psychological issues."

A partner in health and healthcare

Since family physicians and internal medicine physicians, who treat only adults, are able to address all aspects of healthcare, they are skilled at recognizing symptoms and diagnosing specific conditions, regardless of where they may be in the body. A primary care physician can evaluate the nature of a patient's illness or injury and refer the patient to the proper specialist, if necessary.



Ashley Toole, DO
Internal Medicine

"Family medicine and internal medicine physicians are trained to look at the big picture," says Internal Medicine Physician Ashley Toole, DO. "I encourage my patients to see me as a partner who has the knowledge and experience to help coordinate their overall healthcare."

Choosing a doctor

Primary care physicians are either medical doctors (MDs), osteopathic doctors (DOs), or they integrate the two disciplines. MDs and DOs are able to treat the same conditions, but the two vary slightly in training and philosophy.



LIVE A Healthier Life!

Healthy Living Speaker Series



LOCATION: Aiken Regional Medical Centers –
Café 302 (hospital cafeteria)

TIME: Tuesdays, 6 – 7 p.m.

HEALTH HAZARDS OF SUMMER

July 21

Nathan Miller, MD
Emergency Medicine

CHRONIC KIDNEY DISEASE

August 18

Douglas Stahura, MD
Nephrology

VACCINES: OLD, NEW, AND WHAT'S RELEVANT TO YOU

September 15

Gerald Gordon, MD
Internal Medicine

KNOW YOUR FAMILY TREE

October 20

Alyssa Degnan, MD
Internal Medicine

HEALTH MAINTENANCE FOR MEN AND WOMEN

November 17

Frank Mondschein, MD
Internal Medicine

ALZHEIMER'S DISEASE

December 15

David A. Steiner, MD
Psychiatry

When you choose a PCP, make sure you feel comfortable with his or her manner and style of communication. Other important considerations are ease of making an appointment, whether he or she returns calls or emails promptly and how close the office is to where you live or work. Choose a PCP like you would choose a friend, because during a medical event, he or she will be the most important friend you have. ■

Find a complete listing of Family Practice and Internal Medicine physicians on page 30.

Reservations are required for these seminars. Please call Direct Doctors Plus® at 800-882-7445 to reserve your place.

10%
discount on
dinners at
CAFÉ 302 after
the seminars!

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“I needed to do this for me.”

Gail Jackson says diets let her down, but turning to Aiken Regional Medical Centers’ weight-loss program was one of the best decisions she ever made. ➤



Since weight-loss surgery 14 months ago, Gail Jackson is leading a healthier life after losing a total of 102 pounds.

With a busy schedule working as a radiological control inspector for the U.S. Department of Energy and the mother of two grown boys, Gail Jackson needed help getting healthy. She says her weight started to increase as a teenager and topped off at 259 ½ pounds in 2013. Her Body Mass Index (BMI), or measure of body fat, was 46 (a normal BMI is 18.5 to 24.9). "I wasn't happy with me," says Jackson. "When you're not pleased with yourself, no one else, and nothing else, can make you happy."

In August 2013, Jackson met with Sean Lee, MD, a bariatric surgeon with Aiken Regional Medical Centers. She entered the weight-loss program, consulting with a nutritionist about diet, meeting with a psychologist and undergoing blood work to make sure she was a candidate for surgery. She lost 25 pounds just in the pre-op program, and told Dr. Lee she was ready. He scheduled a sleeve gastrectomy procedure for May 2014. After the surgery, Jackson says, "I felt good from day one."

A year later, she's able to walk faster, has more energy, and higher self-esteem. She works out now on a daily basis, using a jump rope and one of her favorite props – a hula hoop. "I've got my sister, niece and co-pastor doing it," she says. According to her son Ronnel, 20, things are definitely different around the house now. "My mom does a lot more, she's more active, cooks healthier meals and most importantly, she's happier." ■



New wellness portals for healthy living

The Taste of Wellness Portal and the Weight-Loss Surgery portal offer easy navigation to learn more about:

- Tips for stress and disease prevention
- New fitness routines
- Exercise before and after weight-loss surgery
- Recipes, including videos you can share

To access the portals, go to www.aikenregional.com.



Start the program from the privacy of home

For those who do not wish to enter a weight-loss program openly, or cannot travel to information sessions, Aiken Regional offers Confidential Pathway. This program enables patients to enter the bariatric surgery program from the privacy of home. To start your confidential journey, go to www.aikenregional.com/weightloss and watch the bariatric seminar. Then, simply complete the online form and submit. The Bariatric Nurse Navigator, Gail Collins, RN, will contact you to begin the bariatric surgery process.

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if bariatric surgery is right for you.

The all-female staff at the Women's Breast Health & Imaging Center includes, from left: Lisa Hill, Mammography Supervisor; and Mammographers Rhonda Cutright, Deborah Ferguson and Janice Velky.



INTRODUCING

The Women's Breast Health & Imaging Center

A new name, a concentrated focus on women's health

Numerous qualities distinguish the Women's Breast Health & Imaging Center (formerly Women's LifeCare Diagnostic Services) at Aiken Regional Medical Centers. Now, a new name better reflects its services. "Ours is the only freestanding women's center in the region, and is the only location with an all-female, certified staff," says Lisa Davis, Radiology and Cardiovascular Services Director. ►

The services we provide, by women for women

The Women's Breast Health & Imaging Center staff understand testing and have seen patients through treatment. On their side are highly effective techniques for diagnosing breast cancer, osteoporosis and other conditions.

- **Digital mammography**

Digital mammography offers clearer, more detailed images than film does. Not waiting for film means faster results. Compression paddles equipped with springs also make the test more comfortable.

- **Stereotactic breast biopsy**

Using mammography or X-rays as a guide to locate the correct area, a stereotactic breast biopsy is a highly accurate way to take a tissue sample for detecting cancer of the breast.

- **Bone densitometry**

Osteoporosis causes bones to become weak and brittle, and often doesn't produce symptoms until a fracture occurs. By measuring the denseness of bone, radiologists can determine strength and whether osteoporosis has set in.

- **Routine X-rays**

The most frequently used form of medical imaging, X-rays play a role in all kinds of diagnoses, from orthopedic conditions to cancer. Highly detailed X-rays lower the need for repeat testing, and lower unnecessary radiation exposure. ■

The Women's Breast Health & Imaging Center, the only dedicated, freestanding women's imaging center in the Central Savannah River area, is located on the campus of Aiken Regional Medical Centers. To make an appointment, call 803-641-5808.



Meet our nurse navigator, Carolyn Cook

Knowing you're not alone can make all the difference if your mammogram produces an abnormal result. Nurse Navigator Carolyn Cook is experienced in helping women through the next steps. She is especially adept at helping women feel at ease by staying close by and becoming a compassionate friend. "I give patients my cell phone number and encourage them to call me even if they just need to talk," says Cook. "If I can make one person feel a little bit better, it's worth it."



Sue Royal Townsend HONORED

The lobby of the newly renamed Women's Breast Health & Imaging Center has been dedicated to Sue Townsend, the first woman to hold the position of coroner in Aiken County, and who died battling breast cancer in 2004. Highly accomplished in her field, she served in the South Carolina Law Enforcement Division and in the Aiken County Sheriff's Department.

Sue was known and loved for her kindness and compassion. Upon her death, members of the Senate passed a resolution to express their profound sympathy, and stated, "Mrs. Townsend was committed to creating a better world for those around her; she poured her heart and soul into all she did."

Keeping your baby safe

Following tried and true safety measures lets new parents relax and enjoy their newest family members.

Feed your newborn

No matter which way a new mother chooses to nourish her baby, there are guidelines to follow. Both expressed breast milk and infant formula require proper preparation and storage to be certain they're safe. Here are things to keep in mind:

- Wash any and all bottles and feeding equipment in hot soapy water.
- Always wash your hands with soap and water before expressing breast milk.
- Never add new milk to milk you expressed earlier, especially frozen milk.
- Do not warm expressed milk in the microwave; its living cells are destroyed.
- Use powdered formula within four weeks of opening.
- Make formula with water that has been boiled and chilled that day.
- Throw out formula that has been out of the refrigerator for more than two hours.



Protect your baby

Sudden Infant Death Syndrome (SIDS), which is the unexplained death of infants under 1 year of age, is unpredictable. However, guidelines have been developed to help keep babies safer. New parents should review and follow these tips:

- Always place your baby on his or her back to sleep, even for naps.
- Use a firm mattress and a safety-approved crib.
- Remove all loose bedding and stuffed toys from the crib.
- Dress your baby for sleeping so you don't have to use a blanket.
- Keep your baby warm but not too hot during sleep.
- Don't smoke before or after your baby's birth.
- Don't let anyone smoke around your baby.
- Make sure all of your baby's caregivers know these guidelines.





Secure your home

Your baby will be crawling sooner than you might think – some start as early as six months. Taking care of potential hazards in your home now, while your baby is still young, will ensure he or she won't find them first. Follow these guidelines:

- Put outlet plugs in all unused electrical sockets, and keep cords out of reach.
- Attach furniture and electronics to walls so your baby can't pull them down.
- Place padding on sharp corners of tables, fireplaces and bookcases.
- Use safety latches on cabinets and doors.
- Remove all objects small enough to pass through the center of a toilet paper roll.
- Store all cleaning products, medicines and firearms out of baby's reach.



Equip your car

Child safety seats for infants and children are required in all 50 states. It's important to know how to properly install the seats and to understand other important safety steps for driving with your baby.

- Children from birth to age 2 should be in a rear-facing seat.
- Use a child safety seat for all trips, no matter how short.
- Put car seats in the middle of the back seat away from airbags.
- After installation, the car seat should not move more than 1 inch when pulled.
- A system called LATCH lets you install seats without seat belts (see www.SaferCar.gov).
- Automatic door locks and side impact air bags can increase safety.



To learn more about starting your baby off healthy, visit Palmetto Pediatrics under Hospital Services at www.aikenregional.com, or call 803-641-KIDS (5437). Check out our Family Life Education Classes on page 28.

Can **obesity** put you at higher risk for **prostate cancer**?



Two factors that increase a man's risk of developing prostate cancer include

a family history of the disease and an African heritage. A recent study* also suggests a relationship with obesity. Here, Urologist **Jonathan Anderson, MD, FACS**, with the Aiken Center for Urology, discusses the disease and these new findings.

Q: What causes prostate cancer?

Changes in the DNA of prostate cells can cause them to become cancerous. We do not know specifically why this happens; we only know certain risk factors are associated with developing the disease. Some of these are age (the risk increases as men get older), geography (it's more common in North America and northwestern Europe), diet (eating a lot of red meat and high-fat dairy products increases the chances) and race (African-American men are more likely to get prostate cancer than others).

Q: Is obesity linked to prostate cancer?

Clinical studies have pointed to a connection between prostate cancer and obesity, especially among African-American men. A key finding is that the risk of developing prostate cancer in African-American men who are obese approached four times the risk of African-American men of normal weight. The study also found that obesity modestly increases the risk of high-grade cancer among non-Hispanic white men.

Q: Does an enlarged prostate gland mean you have cancer?

An enlarged prostate, which simply means the gland has grown bigger, is often called benign prostatic hyperplasia (BPH). It happens with so much frequency, it's said that all men will develop an enlarged prostate as they age. It is not cancer, and it does not raise your risk for prostate cancer. However, as the gland grows, it can press on the urethra and cause problems with urination.

Q: When should I get tested for prostate cancer?

Guidelines for screening have recently been revised to recommend that men with risk factors for the disease – such as African heritage or a family history – should have a prostate specific antigen (PSA) and digital rectal exam (DRE) beginning at age 45. Men ages 50 to 70, who can benefit the most from screenings, should discuss testing with their doctor. Men over age 70 who are active and have a life expectancy of 10 years or more should also seek their doctor's advice about screening. ■

*Journal of the American Medical Association (JAMA) Oncology

Get a FREE prostate cancer screening in September. Call the Cancer Care Institute of Carolina at 803-641-7850 for more information.



ENJOY THE SUMMER DAYS ... BUT STAY SAFE IN THE SUN.

Believe it or not, there's no such thing as a "healthy tan." Exposure to sun causes wrinkles and age spots and is the number one cause of skin cancer.* Nothing can completely undo sun damage, although the skin can sometimes repair itself. So, it's never too late to begin protecting yourself from the sun.

Follow these tips to help prevent sun-related skin problems:

- Apply sunscreen with an SPF factor of 30 or greater at least 30 minutes before sun exposure and then at least every two hours thereafter, more if you are sweating or swimming.
- Wear sunglasses with total UV protection.
- Wear wide-brimmed hats, long sleeved shirts, and pants. Wear a cover-up on the beach.
- Avoid direct sun exposure between 10 a.m. and 2 p.m.
- Perform skin self-exams regularly to become familiar with existing growths and to notice any changes or new growths.
- As a parent, be a good role model and foster skin cancer prevention habits in your child.
- See a dermatologist annually if you have a family history of skin cancer, or semi-annually if you've actually had the disease.
- Avoid tanning beds.



At the Cancer Care Institute of Carolina, radiology, medical oncology and genuine caring are all under one roof. Whether you need chemotherapy, radiation therapy or a combination of both, CCIC offers the care you need in one comfortable, convenient location that's close to home. You'll be treated by skilled medical professionals who use the same treatment protocols that are employed at the nation's leading cancer institutes.



Cancer Care Institute
of Carolina 
at Aiken Regional
www.aikenregional.com

111 Miracle Drive | Aiken, SC 29801
803-641-7850

**American Cancer Society*

MAXIMIZING MEN'S HEALTH

Now is the perfect time for men to think about their bodies and whether or not they're taking good care of them. The following five topics are essential to becoming healthier and stronger:

1

DIET: Pay attention to what you eat

Foods high in calories, sugar, salt and fat have been linked to heart disease, diabetes, high blood pressure, high cholesterol and some kinds of cancer. For most men, the Centers for Disease Control and Prevention recommends eating 2 cups of fruits and 3 cups of vegetables every day. Here are more healthful tips:

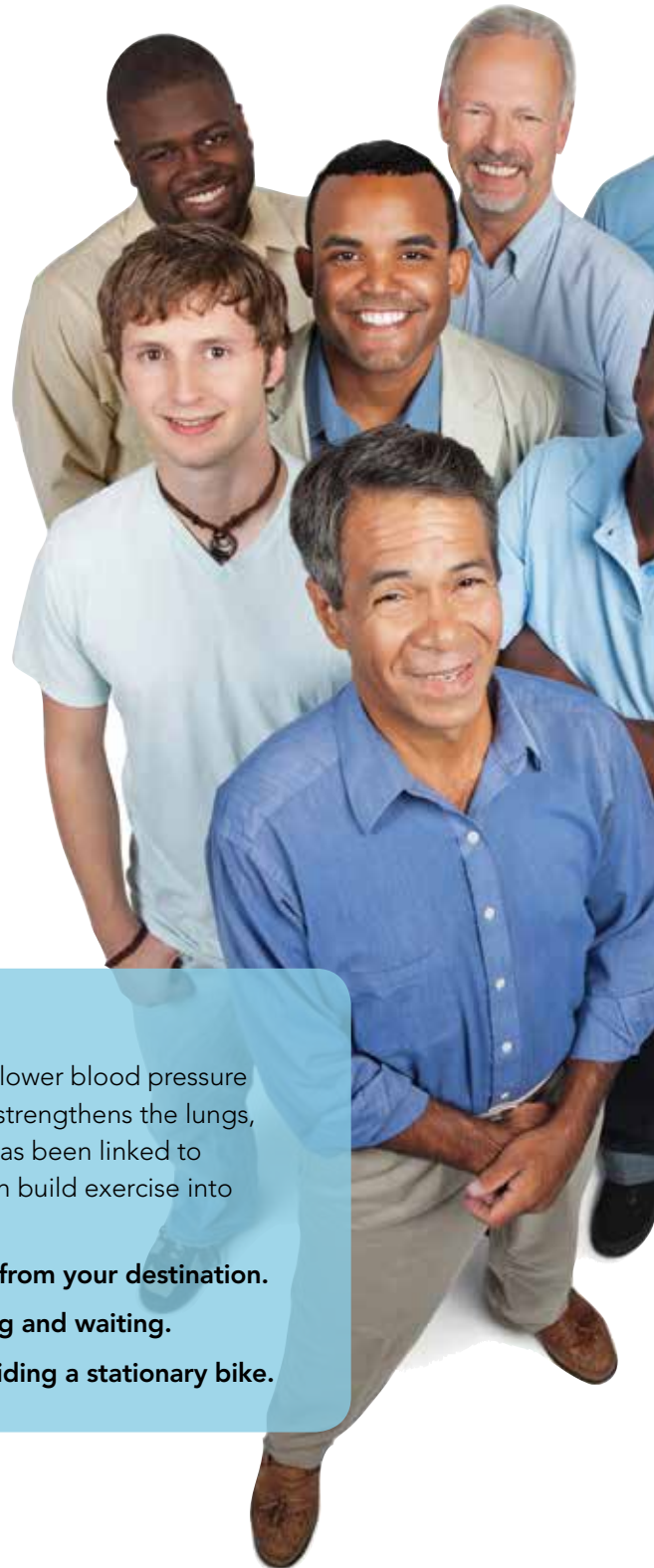
- **Limit salt to two-thirds tsp. per day (1500 mg). Instead, add herbs, spices or lemon.**
- **Boil, bake, roast or poach instead of frying. Cut down on bacon and cold cuts.**
- **Choose foods rich in antioxidants such as leafy greens, berries and nuts.**

2

EXERCISE: Every little bit helps

Staying active brings a host of health benefits including lower blood pressure and cholesterol levels. Exercise also tones the muscles, strengthens the lungs, keeps joints moving and improves balance. Besides, it has been linked to helping prevent cancers of the breast and colon. You can build exercise into each day by:

- **Using the stairs instead of the elevator, and parking farther from your destination.**
- **Walking around the airport or train station rather than sitting and waiting.**
- **Combining TV watching with yoga, lifting hand weights or riding a stationary bike.**



3

SCREENINGS: Earlier is always better

Finding problems early is important because disease in its earliest stages is generally easier to treat. Screenings also give healthcare providers a baseline to compare with future tests, highlighting changes and developments that need to be addressed. These screenings are essential for men:

- **Prostate cancer – Annual exams at age 50 unless you're at high risk; then age 45**
- **Colorectal cancer – Sigmoidoscopy every 5 years starting at age 50; colonoscopy every 10 years**
- **Diabetes – Screening every three years starting at age 45; sooner with risk factors**

4

WARNING SIGNS: Possible danger ahead

See your doctor regularly to keep track of your numbers for blood pressure, blood glucose, cholesterol and your Body Mass Index (BMI). If you're experiencing health issues, it's time to schedule an appointment with your doctor. Don't ignore these warning signs:

- **Chest pain or shortness of breath – can be indicators of a heart attack. Call 9-1-1.**
- **Excessive thirst – is a symptom of diabetes. Plan to see your doctor.**
- **Problems with urination – can indicate an enlarged prostate. Call your physician.**

5

A WORD ABOUT SMOKING: "STOP"

Studies have shown that smokers are six times more likely to suffer a heart attack than nonsmokers. Smoking also increases the risk of stroke and lung cancer; has been shown to contribute to cancers of the mouth, urinary tract and kidney; and causes most cases of bronchitis and emphysema. The only safe choice is to stop. **For help, download the American Cancer Society's "Guide to Quitting Smoking" at www.cancer.org.**

Source: American Cancer Society



Caring for *your* **HEART**

A lifetime of good health starts with the Cardiovascular Institute of Carolina.

As part of our objective to provide the community with comprehensive, patient-centered cardiac care, the Cardiovascular Institute of Carolina at Aiken Regional Medical Centers is devoted to increasing awareness for residents and patients. We believe that sharing our knowledge about heart health is one of the best ways we can help. Cardiology and thoracic physicians and surgeons are highly skilled in preventing as well as diagnosing and treating virtually any heart condition – no matter how complex. The following information may be the first step in fighting heart disease and a possible heart attack. ►

Get routine and specialty care close to home

With all the cardiac specialties represented at the Cardiovascular Institute of Carolina, no longer does someone in the Aiken County area with heart disease need to drive long distances to visit various doctors. "We have specialists in both cardiac and vascular disease right here, so we're able to offer a coordinated approach and long-term care. Patients no longer have to travel to different places for checkups and procedures," says Cardiologist Gregory Eaves, MD. "Caring for your heart is a lifelong process, and most people would like to do that close to home."

Recognize the signs of heart attack in men and women

Sometimes gender can have an effect on how your body signals a heart attack. Men are more likely to experience the "classic" symptoms, such as discomfort, pressure or squeezing in the center of the chest that goes away and comes back. These symptoms may be accompanied by lightheadedness, shortness of breath or nausea. Women might also experience classic signs, but their indications can take other forms such as back or jaw pain, palpitations, paleness, cold sweats, shortness of breath and mild, flu-like symptoms.

If you or someone you're with experiences these symptoms, call 9-1-1 immediately!

CARDIOLOGISTS



Ansermo L. Arthur, MD



David W. Cundey, MD, FACC



Gregory L. Eaves, MD



Weems Pennington III, MD



Idris S. Sharaf, MD

CARDIAC SURGEONS



Thomas P. Paxton, MD



L. Dieter Voegele, MD



Cardiovascular Institute
of Carolina 
at Aiken Regional
www.aikenregional.com

6 good reasons to choose the Cardiovascular Institute of Carolina

1. A rapid-response emergency team experienced in every kind of heart attack
2. D2B (door to balloon) times below the national average
3. Two on-site diagnostic and interventional cath labs
4. Staff electrophysiologists trained to treat heart rhythm disorders
5. Minimally invasive surgical techniques that can accelerate recovery
6. Ranked one of the top hospitals in the nation for quality heart attack care

To learn more, call 803-641-5551.

Are you at risk for heart disease? Learn more on page 22.

DO YOU KNOW YOUR NUMBERS?

ARE YOU AT RISK?

According to the American Heart Association (AHA), heart disease continues to be the number-one killer in the U.S.

Aiken Regional is dedicated to helping you reduce your risks for heart disease, so we encourage you to help monitor your blood pressure, cholesterol, blood glucose and body mass index (BMI). Keeping these numbers in check can lower your chances of developing heart disease.

For more information on these critical numbers, visit the AHA at www.heart.org.

Risk Factors for Heart Disease

You can control many of the risk factors for heart disease.

- High blood pressure
- High cholesterol
- Diabetes (high blood glucose)
- Smoking
- Being overweight or obese (high BMI)
- Physical inactivity

If you have questions about your specific risk factors, talk with your doctor.

BLOOD PRESSURE



Normal: Less than 120/80
Prehypertension: 120/80 to 139/89
Hypertension: 140/90 or higher

BLOOD GLUCOSE (FASTING)



Normal: Under 99 mg/dL and below
Prediabetes: 100-125 mg/dL
Diabetes: 126 mg/dL and above

BODY MASS INDEX (BMI)

Normal weight:



BMI
18.5-24.9

Overweight:



BMI
25-29.9

Obese:

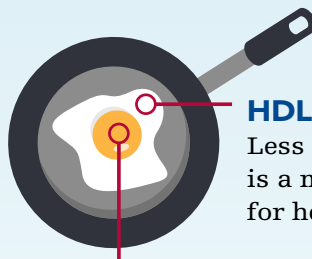


BMI
30 or
greater

CHOLESTEROL

Total Cholesterol

Desirable: Less than 200 mg/dL
Borderline: 200-239 mg/dL
High: 240 mg/dL and above



HDL Cholesterol

Less than 40 mg/dL is a major risk factor for heart disease.

LDL Cholesterol

Optimal: Less than 100 mg/dL
Near Optimal: 100-129 mg/dL
Borderline High: 130-159 mg/dL
High: 160-189 mg/dL
Very High: 190 mg/dL and above



“ Having grown up in Aiken, I have appreciated the opportunity to serve our community. It is an honor to interact with patients that I know or have known. ”

Eric Muhlbaier

*Director of Patient Advocacy
and Volunteer Services*

*24 years at Aiken Regional
Medical Centers*

At Aiken Regional, we establish a personal connection with our associates, the physicians, patients and visitors. Regardless of position, everyone at the hospital shares the same value and expectation: To serve one another as well as the patients.



302 University Parkway | Aiken, SC 29801

People you know. Healthcare you trust.



A gift beyond borders

When physicians and surgeons take time off, they don't always go on vacation.

In March, Wayne Frei, MD, along with a five-member surgical team, traveled across rugged terrain in the foothills of the Sierra la Esperanza mountain range in the center of Honduras. When they arrived at their destination – Baptist Hospital in the village of Guaimaca – Dr. Frei says he understood why it's referred to as the “compound.” Walls capped with barbed wire completely surround the facility and soldiers bearing automatic weapons stand guard. “They’re guarding against stealing, not violent crime,” he says.

This was where Dr. Frei and his team spent an entire week, performing surgery at no cost for patients who otherwise had no access to medical care, as part of a medical mission sponsored by Baptist Medical & Dental Mission International. The first day was a clinic, where Dr. Frei met with patients and if necessary, scheduled them for the operating room. “They mostly required gallbladder removal or hernia repair,” says Dr. Frei. “The next four days, we worked from 7:30 a.m. to 6 or 7 p.m., performing the surgeries. They’re all completed on an outpatient basis because there are no facilities for patients to stay overnight.”

Dr. Frei says that the team had to plan the operations carefully, since some of the patients needed to catch a bus for a four-hour trip home afterward. The majority of them walked home – quite a feat considering they had not received any narcotics to dull the pain. “It’s difficult to get medications. We had some penicillin, but it runs out,” says Dr. Frei. The last day they were there, he and the team participated in a “water ministry,” where a tanker truck takes water from the hospital well into the villages where there’s no running water. Dr. Frei says the trip left a lasting impression. “The patients were very grateful,” he says. “The experience not only made me appreciate the resiliency of the human body, but also caused me to reflect on the way we live here at home. I don’t think I’ll ever complain about any hardship again.” ■

Dr. Frei's traveling medical team

Brad Hutto, Certified Registered Nurse Anesthetist

Jeanne Hulse, Physician Assistant

Classie West, Surgical Technician

Ally Hulse and Katie Frei, Students



New PHYSICIANS



Stephen Goldberg, MD

Specialty: Hospitalist

Medical School: Hahnemann University Hospital, Philadelphia, Pennsylvania

Residency: Einstein Medical Center, Philadelphia, Pennsylvania



Onyinye Ugboaja, MD

Specialty: Hospitalist

Medical School: University of Port Harcourt, Rivers State, Nigeria

Residency: Overlook Medical Center, Morristown, New Jersey



Presenting the check to Best Chance Network are from left: Ronnie Maxwell, Maxwell Law Firm; Sabrine Early, Best Chance Network; Carolyn Cook, Aiken Regional; Caroline Keith, Best Chance Network; Becky Flanagan, Beasley Broadcast Group, Inc.; and Vance Reynolds, Aiken Regional's Chief Executive Officer.

BEST CHANCE NETWORK BENEFITS FROM ANOTHER SUCCESSFUL OYSTER ROAST

Six thousand dollars was raised at Aiken Regional's 4th annual Oyster Roast, held on Saturday, March 7, 2015 for the locally based Best Chance Network (BCN). The goal of BCN is to reduce mortality from breast and cervical cancer among medically underserved women in South Carolina. BCN is funded through the Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia. Aiken County has screened 3,359 women in the 24 years it has been a part of the Best Chance Network. In program year 2015, its efforts reached 272 women, providing 255 clinical breast exams and 217 mammograms.

We thank our generous sponsors for their efforts in making this year's Oyster Roast such a success!

SEPTEMBER 13 IS NATIONAL GRANDPARENTS' DAY

Many children have happy memories of time spent with their grandparents, from fishing at the creek to simply walking in the park. Studies show that the closer grandparents and grandchildren are, the fewer symptoms of depression were found for both generations.* Adults who have had strong relationships with their grandparents also tend to be more comfortable with people of all ages.

A SENSE OF SELF

Elders provide a link to the past that can be valuable in shaping a child's identity, by familiarizing children with their cultural heritage and family history. Staying with grandma and grandpa can also further a child's independence by giving them a safe place to spend time away from home. And quality time spent reading or playing can contribute to children's intellectual and physical development.

STRENGTHENING THE BOND

Here are some suggestions for encouraging a cross-generational connection:

- **Use technology to stay in touch.**

A smart phone lets you send and receive spontaneous messages or photos of children's important moments. If you don't have a computer, send a CD or video. Record stories in your own voice and play them for your grandchildren.

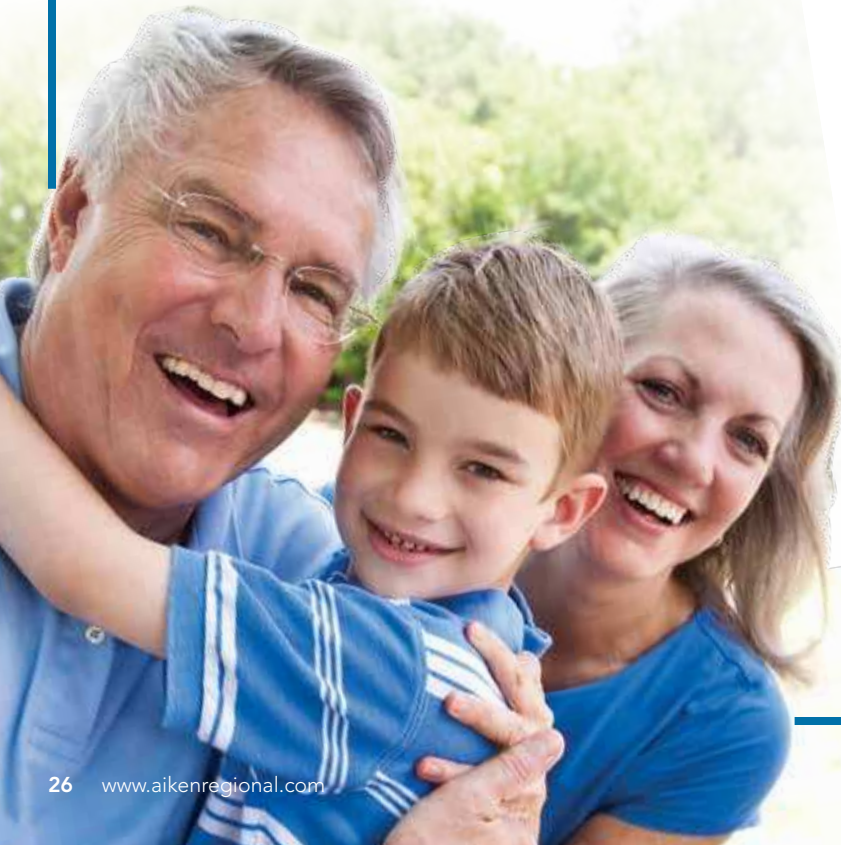
- **Make a family tree together.**

A fun project for young and older children can teach them about their ancestry. Let your grandchildren interview you and share photos of relatives. Working together, you can create a family tree and they'll enjoy seeing where they fit in.

- **Schedule regular visits.**

Make an effort to coordinate visits with grandchildren as often as possible; sometimes setting a day and time makes it easier. If your grandchildren live out of town, ask them to help with planning activities for the special trip. ■

*Longitudinal Study of Generations; Boston College; Department of Sociology Institute of Aging; 2004





SENIOR WELLNESS

BREAKFAST CLUB

PLEASE NOTE: The Senior Wellness Breakfast Club is held once each quarter. Below is the Breakfast Club meeting scheduled for next quarter:

Pain Management

Speaker: Shalin Shah, DO

Date: Friday, September 11

Time: 9 a.m.

Location: USCA – Business Conference Center

Dr. Shah will discuss a holistic approach to managing different types of pain, incorporating wellness, weight loss, psychosocial therapy, medication management and interventional pain injections.



To join Senior Wellness, please call 800-882-7445 for your FREE enrollment form, or register online at www.aikenregional.com

FITNESS & FUN

Travel Opportunities

Now you can access travel opportunities online! Visit www.aikenregional.com and click on Community Outreach to find Senior Wellness and AAA Travel.

Seniors on the Go! Day Trips

To learn about upcoming day trips and events, call the Weeks Center at 803-642-7631.

Fitness & Fun

Visit www.aikenregional.com and click on Community Outreach to sign up for Fitness & Fun games, offered through the City of Aiken's Parks and Recreation Tourism department. For more information, call 803-642-7631.



AIKEN SENIOR EXTRAVAGANZA

Date: Wednesday, September 16

Time: 8 a.m. – 2 p.m.

**Location: Odell Weeks Activities Center
1700 Whiskey Road, Aiken**

This is an opportunity for seniors to connect with products, services and programs in the community, and attend educational seminars. Free and open to the public. Call 803-642-7631 for registration and information.

Community Education

Senior Driving Program

AARP's driving program helps you improve skills and brush up on driving-related knowledge. South Carolina seniors who complete the course are eligible for discounted auto insurance rates.

Facilitator: Vinnie Jones, Certified AARP Instructor (Director)

Date: July 18, Sept. 25

Time: 9 a.m. – 3:30 p.m.

Location: ARMC, 6th floor, Classrooms A & B

Registration: Required

Fee: \$20, payable to AARP, \$15.00 with proof of membership.

Family Life Education

Breastfeeding for Expectant Parents

This FREE class helps make breastfeeding a positive and successful experience for mother and child. Both parents and support persons may attend.

Date: July 14, Sept. 15

Time: 6 – 8 p.m.

Location: ARMC, 6th floor, Classroom A

Registration: Required

Childbirth Preparation

Just for ARMC patients, this FREE course helps prepare you for the birth of your child.

Dates: Aug. 4 – 25
Oct. 13 – Nov. 3

Time: 6 p.m. – 9 p.m.

Dates: July 11 and 12
Sept. 19 and 20

Time: 10 a.m. – 4 p.m.

Location: ARMC, 6th floor, Classrooms A & B

Registration: Required

Community Health

Weight-loss Surgery: Is it For You?

Severe obesity is difficult to treat through diet and exercise alone. If you've tried to lose weight with no success, weight-loss surgery may be an option for you. Attend one of these free seminars to learn more.

Presenters: Sean Lee, MD and Brian Lane, MD

Dates: July 20, Aug. 17, Sept. 21

Time: 6 p.m.

Location: ARMC, 6th floor, Classrooms A & B

Registration: Required.

Call **800-882-7445**.

First Aid and CPR

Family and Friends CPR

Learn basic CPR and relief of foreign body airway obstruction for adults, infants and children. Course DOES NOT result in certification.

Instructor: Helen Thompson, Certified Instructor, American Heart Association BLS

Date: Sept. 10

Time: 6:30 – 8:30 p.m.

Location: ARMC, 6th Floor, Classrooms A & B

Registration: Required

Fee: \$10

Standard First Aid, CPR & AED

Covers breathing and cardiac emergencies in adults, infants and children; caring for bleeding; illness; injury; preventing disease transmission and automatic external defibrillators.

Instructor: Helen Thompson, National Safety Council, First Aid/CPR Instructor

Date: Sept. 12

Time: 9 a.m. – 4 p.m.

Location: ARMC, 6th Floor, Classrooms A & B

Registration: Required

Fee: \$45

For Kids and Teens

American Red Cross Babysitter's Training

Students ages 11 – 15 learn about leadership, safety, basic care and first aid in order to provide safe, responsible care. Beverages provided.

Instructor: Helen Thompson, OBST, Certified American Red Cross Babysitting Instructor

Date: July 16, Aug. 6

Time: 9 a.m. – 4 p.m.

Location: ARMC, 6th floor, Classrooms A & B

Registration: Required

Fee: \$30, includes babysitting textbook and certificate.

Refreshments and snacks provided.

Support Groups

AA Meeting

Designed for open discussion.

Dates: Every Sunday and Wednesday evening

Time: 7:15 p.m.

Location: Aurora Pavilion

Aiken Cares Alzheimer's Support Group

For family members and caregivers.

Facilitators: Liz Neal

Dates: Aug. 12, Sept. 9

Time: 11 a.m. – Noon

Location: Cumberland Village Library, 2nd Floor

Registration: Not required

Al-Anon

Support for those dealing with another's drinking.

Dates: Tuesdays and Thursdays

Time: 7 – 8 p.m.

Location: St. Paul's Lutheran Church in Aiken.

Call **803-270-0853**.

Bariatric Support Group

Facilitator: Gail Collins, RN

Dates: July 13, Aug. 10, Sept. 14

Time: 6 p.m.

Location: Outpatient area by Bariatric Services, 1st floor

Registration: Not required

Bereavement – Grief Support for Adults

The group meets to support those who have lost a loved one.

Facilitator: Chaplain Cathy Cole

Dates: Aug. 5, Sept. 2

Time: Noon – 1 p.m.

Location: ARMC, 4th floor classrooms

Registration: Required.
Call **803-641-5389**.

Cancer Support Group

Emotional, educational and spiritual support for families living with cancer.

Facilitator: Chaplain Cathy Cole, available to answer questions at **803-641-5389**.

Dates: July 15, Aug. 19, Sept. 16

Time: 3 – 4 p.m.

Location: First Baptist Church

Registration: Not required

CSRA Dream Catchers – Traumatic Brain Injury and Disability Support Group

This group offers peer and skilled support to those seeking assistance for and information/education about head and spinal cord injuries and other disabilities.

Facilitator: Les Paul Morgan

Dates: Meets first Monday of each month

Time: 6 – 7 p.m.

Location: Walton Options for Independent Living, 325 Georgia Ave.

Registration: Required.

Please call **803-279-9611** or visit **www.csradreamcatchers.com**.

Diabetes Support Group

On the second Tuesday of each month, join others to discuss how to better manage your diabetes.

Date: Sept. 8

Time: 3 – 4 p.m.

Location: O'Dell Weeks Activity Center

Registration: Required.
Call **803-293-0023**.

Look Good ... Feel Better

A free program for female cancer patients actively undergoing or about to start treatment. Learn to cope with appearance-related side effects of chemotherapy and radiation.

Dates: July 15, Aug. 19, Sept. 16

Time: 1 – 2:30 p.m.

Location: Cancer Care Institute of Carolina at ARMC

Registration: Not required.
Please call **803-641-6044** for more information.

Mended Hearts

Meeting on the second Friday of each month, this volunteer organization consists of people who have had heart disease and their families, medical professionals and other interested individuals.

Dates: July 10, Aug. 14, Sept. 11

Time: 10:30 a.m. – 1:30 p.m.

Location: USCA Business Conference Center

Registration: Not required.
Please call **803-642-6897** for more information.

Pink Ribbonettes

This is the American Cancer Society Breast Cancer Self-Help Group for women diagnosed with breast cancer. Guest speakers cover topics of interest to survivors, patients and caregivers.

Facilitators: Joan Jarcik and Carol Lyla

Dates: Aug. 4, Sept. 8

Time: 10:30 a.m. – Noon

Location: Millbrook Baptist Church

Registration: Please call Joan at **803-641-0011** or Carol at **803-648-7365** or visit **pinkribbonettes.org**.



For Babies' Sake Support Group

This monthly support group allows you to connect and share experiences with other new moms. Dads are welcome, too! Become part of a friendly and supportive community. Expert guest speakers will be featured every quarter. Group is free to patients and meets the second Tuesday of every month.

For more information, see back cover.

To register for any programs in Health Choices or for more information, please call Direct Doctors Plus® physician referral service and class registration line at 800-882-7445 to speak with a representative.

Allergy

Matthew T. Clark, MD
803-279-7666
Gregory H. Esselman, MD
803-649-0003
Anthony E. Harris, MD
803-648-7897

Bariatric Surgery

Brian Lane, MD
803-641-5751
Sean Lee, MD
803-641-5751

Cardiac Surgery

Thomas P. Paxton, MD
803-641-4874
L. Dieter Voegele, MD
803-641-4874

Cardiology

Ansermo L. Arthur, MD
803-641-4874
David W. Cundey, MD
803-641-4874
Gregory L. Eaves, MD
803-641-4874
Weems R. Pennington III, MD
803-641-4874
Idris S. Sharaf, MD
803-641-4874

Colon and Rectal Surgery

David H. Gibbs, MD
803-648-1171
Edward J. Jakubs Jr., MD
803-648-1171
Virginia B. Winburn, MD
803-648-1171

Dermatology

Richard S. Chesser, MD
803-641-0049
John R. Cook, MD
803-644-8900
Margaret H. Fitch, MD
803-649-3909

Endocrinology

R. Bauer Vaughters, MD
803-648-3130

Family Practice

James L. Bland, MD, JD
803-641-1404
Adam Bruckner, DO
803-649-7266
Mae Jean Englee, MD
803-663-9224
Dean T. Koukos, DO
803-259-5762
Ann M. Kulik, MD
803-648-8804
Leopoldo M. Muniz, MD
803-642-3505
Howard G. Royal Jr., MD
803-649-6941
Henry S. Tam, MD
803-648-4224
F. Michael Vasovski, DO
803-649-4446
Ray B. Vaughters Jr., MD
803-649-2501

David Zimmerman, MD
803-649-6941

Gastroenterology

Ayaz Chaudhary, MD
803-226-0073
David S. Keisler Jr., MD
803-648-7888

Afsar M. Waraich, MD
803-226-9786

Hematology

Sitki M. Ergul, MD
803-641-7850
T. Mark Meyer, MD
803-648-7888

Infectious Diseases

Gerald Gordon, MD
803-649-5300

Internal Medicine

William T. Besson III, MD
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Marc H. Brickman, DO
803-648-7774
Alyssa Degnan, DO
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Gerald Gordon, MD
803-649-5300
Asif Hashmi, MD
803-644-1027

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T. Mark Meyer, MD
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803-226-0739

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803-649-5300

Randy D. Watson, MD
803-648-7818

Danijela S. Zotovic, MD, Ph.D.
803-648-7888

Nephrology

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Douglas A. Stahura, DO
803-648-0718

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803-642-6500
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Michelle Lyon, MD
803-644-4264
Gregory J. Sengstock, MD
803-226-0130

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Patrick G. McMenamin, MD
803-649-0003

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803-642-9204

Shalini Khurana, MD
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803-380-7000

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Bejal Patel, MD
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Ronald Rimmer, MD
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803-644-4264

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Jed Howington, MD
803-641-7850

Jerry Howington, MD
803-641-7850

John Stewart, MD
803-641-7850

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Wayne T. Frei, MD
803-648-1318
Robert C. Terry, MD
803-648-1318

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L. Dieter Voegele, MD
803-641-4874

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803-649-3903
Richard P. von Buedingen, MD
803-648-7815

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James L. Hagan, MD
803-643-2090

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Kevin Graham, DO
Benjamin S. Ulmer Jr., MD

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Askiel Bruno, MD
David C. Hess, MD
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Telestroke

Hartmut Gross, MD

Not sleeping well?

The Sleep Evaluation Center at Aiken Regional can help.

Lack of sleep can lead to serious health problems. If you habitually have trouble sleeping, you may have a sleep disorder. Information from an overnight sleep study at the Sleep Evaluation Center will help your physician identify and treat your sleep disorder.

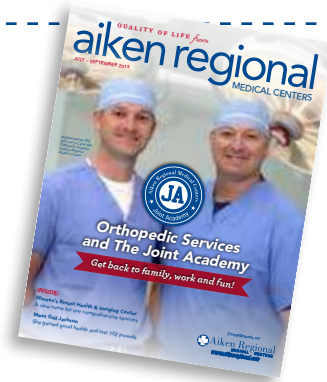
For more information, call the Sleep Evaluation Center at Aiken Regional at **803-641-5370**.



 **Aiken Regional**
MEDICAL CENTERS
Sleep Evaluation Center

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Aiken Regional Medical Centers
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For Babies' Sake Support Group


FOR BETTER HEALTH
an Aiken Regional Medical Centers
Women's Health Initiative

Whether you're a new or experienced MOM or just want to get together with other MOMs, For Babies' Sake is the group for you.

For patients of Aiken Regional Medical Centers, you'll share experiences, engage in parenting discussions and gather valuable resources to make this special time easier and more enjoyable.

ALL ARE WELCOME:

- Expectant MOMs
- New MOMs
- Breastfeeding MOMs
- Toddler MOMs
- Workings MOMs
- Even DADs!

FOR MORE INFORMATION,

call *Tonya Thomas, RN*, at 803-641-5703

Meetings are held the 2nd Tuesday of every month from 1 – 2 p.m. Expert speakers will be featured every quarter. Registration is not required. Group meets in the 6th floor classrooms.

Dates and times are subject to change.

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WITH US!**



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www.aikenregional.com
803-641-5000

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Manager

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