

QUALITY OF LIFE *from*

# aiken regional

SUMMER 2017

MEDICAL CENTERS



*“This was the perfect solution for me!”*

*– Diane White*

MINIMALLY INVASIVE  
ROBOTIC SURGERY  
COMES TO AIKEN

**INSIDE:**

*Harnessing the sun  
and going green*

Solar panels bring  
cleaner energy  
to the community

*Hope for severe  
mental illness*

Growing program  
offers effective  
treatment

Compliments of

 **Aiken Regional**  
MEDICAL CENTERS  
[www.aikenregional.com](http://www.aikenregional.com)



# ***FREE PSA tests for men at Aiken Regional***

## ***Peace of mind in minutes***

Now men age 50 and older can get their annual prostate-specific antigen (PSA) test for free anytime of the year. This is a quick and easy blood test that can determine the level of PSA in your blood.

The National Cancer Institute reports that one in four men in the U.S. will be diagnosed with prostate cancer in their lifetime. With early detection, prostate cancer doesn't have to be deadly.

### ***Should I get a PSA?***

You should if you are a man who is

- Age 40-45 and at increased risk (African American or family history)
- Age 50 or older

### ***How to get your free PSA test***

Stop by the Cancer Care Institute of Carolina and pick up an order form from the receptionist. Take the order to the first floor laboratory at Aiken Regional and have your blood drawn. A physician will contact you with your results.



Cancer Care Institute  
of Carolina   
at Aiken Regional  
[www.aikenregional.com](http://www.aikenregional.com)

111 Miracle Drive | Aiken, SC 29801

## People you know. Healthcare you trust.



We take great pride in taking care of our patients, our community and our environment. For example, we recently completed the installation of solar panels on the roof of Aiken Regional. It is one way for us to generate clean energy, lower our spending and reduce our carbon footprint. It has been so successful, we are expanding the project to include other buildings. Read more on page 4.

To meet the needs of the community, we are providing more minimally invasive surgical options thanks to the daVinci® Si HD™ system. Procedures done with this system can result in less pain and faster recovery. You can learn more about it on page 8. Women's health is showcased in this issue, as we talk about well-woman exams and screening guidelines recommended by the American Congress of Obstetricians and Gynecologists (ACOG). Gloria Rouhani, MD, explains the benefits of preventive screenings beginning on page 10. And for anyone with children who suffer from asthma, we have some answers in our "Ask the Doctor" column on page 12.

We also feature a section about the care offered at Aurora Pavilion Behavioral Health Services. And if you have chronic sleep issues, you will want to read about David Cox's experience at The Sleep Center. Read more about sleep disorders on page 18. We round out the issue with a story about the services available in the Cardiac Catheterization Lab, as well as information for our seniors about memory loss, Alzheimer's disease and dementia. Enjoy your summer and know we are here when you need us.

*May God bless you and your family,*

Vance Reynolds  
Chief Executive Officer



### INSIDE THIS ISSUE

SUMMER 2017

4

#### Going green and saving energy

Aiken Regional  
harnesses the sun

8

#### The daVinci® Si HD™ is here

Smaller incisions,  
quicker recovery

10

#### Well-woman exams

Health screenings for  
women of all ages

12

#### Ask the Doctor

Sheisa Claudio, MD,  
discusses pediatric asthma

22

#### Senior Wellness



# *Going green* AND HARNESSING THE POWER OF THE SUN

Committed to long-term reduction in energy consumption and reducing their carbon footprint, Aiken Regional Medical Centers is the first hospital in the region to install solar panels. ►





"We have installed an onsite generation capacity of 100 KW. Since 2013, our campus has received the Energy Star® certification by reducing total emissions and numerous other energy initiatives. The solar panels will help us further reduce our costs and are a source of clean energy that won't need to come from the power grid," says Director of Plant Operations Ray Hoyer, CHFM, CHSO, CHEP.

The idea came about in early 2016 when Chief Executive Officer Vance Reynolds met Christopher Howard, a Business Development Manager from Southern View Energy. "South Carolina has a renewable energy portfolio, which means power companies are required to obtain a portion of their energy from renewable sources, such as the wind and the sun," says Chris. "I discussed the idea of solar panels for Aiken Regional with Vance, and explained how the panels could make a big difference in reducing their reliance on traditional energy sources and lowering their costs."

The project was approved in September 2016 and the system, including 312 solar panels, was installed on the roof and operating by the end of January 2017. "The panels are tilted on a 10-degree tilt for maximum density and production," says Ray. "The project went smoothly and took about three weeks to complete."

Vance says Aiken Regional's conversion to solar panels and other forms of renewable energy, such as switching to LED lights in the parking lots, demonstrates their ongoing commitment to a cleaner environment, decreasing energy consumption, and lowering costs. "In the last seven years, we have saved about 10 percent in energy costs due to efficiency initiatives," he says. "Installing the solar panels allows the power company to buy the energy that is being generated by our solar panels. That shows up as a credit on our bill, and also reduces our carbon footprint." ➤



*Chris Howard, from Southern View Energy (L) demonstrates to CEO Vance Reynolds (R), Ray Hoyer (Standing, L) and COO Matt Merrifield (Standing, R), how the solar panels work.*



Chris (L) discusses energy savings with Ray, Matt and Vance.



## WHY GO SOLAR?

### Solar panel system performance

Ray says that an application from the inverter manufacturer allows the hospital team to see real-time data of their energy usage on a minute-by-minute basis, as well as by day, month and lifetime. The environmental benefits from the use of the solar panels are also shown. In one year's time, the potential environmental savings from the solar panels will be equivalent to taking 18 cars off the road, saving 83,566 gallons of water and 28.1 acres of trees. "Other energy-saving projects will include retrofitting lights in the buildings, improving the operational efficiency of HVAC systems and exploring additional alternate energy sources," he says.

### The cost and savings of going solar

Converting to solar power is usually a significant investment. However, with federal and state tax credits, the hospital was able to reduce their return on investment from five years to four. "The energy generated by the panels is credited on our electric bill. Once we have paid off our investment, the panels will continue to help us reduce our energy costs," says Ray. "The system has a 25-year warranty and can last for least 30 years, so we plan to have this for a long time." The panels are low maintenance, needing only an annual cleaning and some electronic testing to make sure they are working. Troubleshooting can be done remotely. Chris says the cost of converting to solar energy has gone down 20 percent in the last year and a half. "This was a good time for Aiken Regional to purchase their system. There has been an increase in requests because residents and businesses alike are interested in other means of energy and reducing their use of the main power grids," he says. Because of the hospital's success with the solar panels, the same system will be installed on the roof of the Carolina Cancer Institute this year. "The project has already been approved. There will be 238 panels on top of the cancer center, and that should equate to even more savings off our electric bill," says Ray. ■

**To learn more about Aiken Regional's energy conservation efforts, and to see the real-time energy usage, visit [www.aikenregional.com/solar](http://www.aikenregional.com/solar).**





## THE CARDIAC CATHETERIZATION LAB

# Getting to the “heart” of the matter



Top row, left to right: DJ Waterman, CV Tech; Micah James, RN; Alex Wood, CV Tech; David Cook, CV Tech, Supervisor; Josh Waters, CV Tech; Jeremy Stearns, RN, Supervisor; Bruce Key, RN. Bottom row, left to right: Susan Kneece, RN; Brittany Bearden, RN; Heather Gill, RN.

The cardiac catheterization lab, also known as the “cath lab,” provides specialized services for patients with a variety of heart and vascular conditions. The team is comprised of interventional cardiologists, nurses and cardiovascular technologists. Lisa Davis, RT, CV, is the Radiology and Cardiovascular Services Director at Aiken Regional, and says they treated 3,447 patients last year.

“We perform angiograms which help diagnose heart conditions and detect blockages. If a blockage is found, cardiologists can determine the best way to treat it,” says Lisa. One way is to do an angioplasty, which uses a catheter to open a coronary artery narrowed by plaque buildup. The catheter’s balloon tip is inflated and presses the plaque against the artery wall, restoring blood flow. “Sometimes we use a catheter-based ultrasound to see the blockage and determine what type of stent to use,” she says. Carotid arteries can also be repaired using stents. If a stent won’t improve the outcome, the patient may need to have surgery or a bypass.

Another minimally invasive procedure done in the cath lab is abdominal aortic aneurysm repair. An aneurysm is a weak spot in the aorta that bulges.

If it is not repaired, there is a risk of rupture.

“Minimally invasive options such as this can mean a quicker recovery and shorter hospital stay,” says Supervisor David Cook, CVT. “Studies can be also done for patients with peripheral artery disease (PAD), which is the narrowing of the arteries to the legs, stomach, arms and head.”

“We also insert pacemakers, defibrillators and implantable holter monitors,” says Lisa. “Most patients go home the day of their procedure.” Supervisor Jeremy Stearns, RN, says their team is very hands-on. “In emergency situations, our on-call team is here within 30 minutes, ready to save lives. It’s a great feeling to know how much of a difference we can make working together.” ■

**To learn more about cardiovascular care and minimally invasive treatment options, visit [www.aikenregional.com/cardio](http://www.aikenregional.com/cardio).**

# *Minimally invasive robotic surgery*

## NOW AVAILABLE, CLOSE TO HOME

*Benefits can include  
smaller incisions and faster  
recovery time*

When Diane White learned she needed a hysterectomy, little did she know that she would be the first patient at Aiken Regional Medical Centers to have robot-assisted surgery with the newly acquired da Vinci® Si HD™ system. “My gynecologist, Dr. Margot Wacks, mentioned they were getting a new robotic system that could mean a less invasive procedure for me, and I was all for that.” ➤





Margot Wacks, DO  
OB/GYN



Wayne Frei, MD  
General Surgeon



Darren Mack, MD  
Urologist

The system has a 3D high definition (3D-HD) vision system, special instruments and computer software that provide enhanced vision, dexterity and precision. The surgeon is 100 percent in control of the robotic system at all times and the patient from nearly any angle, offering a greater range of motion.

Dr. Wacks, General Surgeon Wayne Frei, MD, and Urologist Darren Mack, MD, are currently the only doctors at Aiken Regional trained to use the robotic system.

Director of Surgical Services Kathy Cornforth, RN, BSN, CNOR, says as more surgeons receive training, they will be able to offer more minimally invasive procedures. "For right now, we are using it for urological, gynecological and general surgeries," she says. "But we are looking to increase the variety of procedures we can offer."

Dr. Mack says using the robotic system can be a big advantage because of the smaller surgical incisions, less pain and blood loss, as well as a shorter hospital stay. "It has pretty much become the standard of care with many urologic procedures, including prostatectomies," he says. "Many of my patients are back to their normal routines in less time, and many can go home the same day of the procedure."

According to Dr. Wacks, minimally invasive robotic surgery reduces the number of 'open' surgeries, and most patients do very well post-op. "They can go home that night or the next morning and with minimal discomfort. Also, the need for strong narcotic pain medications and associated side effects can be reduced," she says.

Diane was in the hospital overnight and released the next day. "I had four small incisions, only needed to take over-the-counter pain medication. I was amazed how good I felt!

Dr. Wacks was very good with her follow-up, and she is very passionate about what she does."

While minimally invasive surgery is preferred by most patients, not all people are candidates. "If someone has already had multiple abdominal procedures, that may preclude them from having surgery done robotically. We look at all options in deciding which type of procedure will produce the best outcome," says Dr. Wacks.

Diane says having robotic surgery was the perfect solution for her. "I selected Aiken Regional because it was in my home town, and also because Dr. Wacks was there. My entire experience with her, the hospital and nurses was incredible, and I would highly recommend them to anyone," she says. "I am so grateful to everyone who took such great care of me. They are the best!" ■

## ***Robotic surgical procedures available at Aiken Regional Medical Centers***

### **GYNECOLOGIC SURGERIES**

- Hysterectomy
- Bilateral salpingectomy
- Bilateral oophorectomy
- Removal of adhesions
- Sacralcolpoplexy
- Myomectomy
- Cancer staging procedures

### **UROLOGIC SURGERIES**

- Radical prostatectomy (prostate removal)
- Partial nephrectomy (partial kidney removal)
- Pyeloplasty (urinary blockage removal)
- Cystectomy (bladder removal)
- Radical nephrectomy

### **GENERAL SURGERIES**

- Robotic cholecystectomy (removal of gallbladder)
- Robotic inguinal hernia repair

**For more information about robotic surgery, visit [www.aikenregional.com/davinci](http://www.aikenregional.com/davinci). To find a doctor, call Direct Doctors Plus® at 800-882-7445.**

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

# Health screenings suggested for women of every age

Routine health screenings are one way to learn about risk factors, prevent disease and stay healthy. They can also help detect problems at the earliest onset, which is usually the optimal time for treatment.



**Obstetrician and gynecologist Gloria Rouhani, MD, says she follows screening guidelines from the American Congress of Obstetricians and Gynecologists (ACOG), and**

**advises her patients accordingly. "There are recommended screenings for women of all ages, and I am a big advocate of an annual well-woman exam," says Dr. Rouhani.**

**ACOG recommends the following topics be discussed at an annual well-woman exam\*:**

- Use of birth control or preconception counseling
- Cancer screenings
- Vaccinations
- Health screening, which includes high blood pressure, diabetes, bone density
- Depression screening
- Sexually transmitted infection screening
- Concerns about sex
- Domestic or interpersonal abuse or neglect
- Weight control
- Menstrual cycle
- Any other issues of concern



***"I encourage my patients to ask questions at their visits. I want them to feel comfortable knowing that I can guide them to get the right preventive screenings and other tests so they can be as healthy as they can be."***

***~ Dr. Rouhani***



## Age-related screenings and checks\*

In addition to well-woman exams, Dr. Rouhani recommends certain screenings at specific ages.

- A clinical breast exam should be conducted starting at age 20 and continuing every one to three years.
- Breast self-awareness education is recommended.
- Age 21 - Pap smear and pelvic exam, once every three years, if results are normal. Once you become sexually active, you should have a pelvic exam every year, as well.
- Age 30 - Pap test and HPV test every five years (preferred) or Pap test by itself (every three years).
- Age 40 - Begin yearly screening mammogram in addition to a clinical breast exam.
- Age 45 - Start testing blood glucose and repeat every three years.
- Age 50 - Colorectal screening. If normal, repeat once every 10 years.
- Age 65 - Begin bone density screening for osteoporosis.

**If you need a doctor for yourself or your family, please call our FREE Direct Doctors Plus® physician referral service at 800-882-7445.**

\*Source [www.acog.org](http://www.acog.org)

## More *numbers* to know

ACOG reports that the prevalence of being overweight and obesity among women has increased with age. In addition to causing other health issues, being overweight or obese can lead to more complications during pregnancy, delivery or gynecologic surgery. Dr. Rouhani encourages her patients to “know their numbers” and try to stay in the recommended ranges.

**For more information on these critical numbers, visit the AHA at [www.heart.org](http://www.heart.org).**

### NORMAL BLOOD PRESSURE IS:



**120 Systolic**, or the pressure in the arteries when the heart muscle contracts.  
**80 Diastolic**, or the pressure in the arteries between heartbeats.

### 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:**

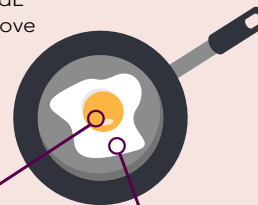


BMI  
30 or greater

### CHOLESTEROL

#### Total Cholesterol

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



#### 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

#### HDL Cholesterol

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

## What you need to know about *pediatric asthma*



According to the Centers for Disease Control and Prevention

(CDC), approximately 6.3 million people under age 18 have asthma, and it is the third leading cause of hospital stays for children.

**Sheisa Claudio-Sandoval, MD,** shares some insight on asthma symptoms, diagnosis and treatment.

### **Q. Is there more than one type of asthma?**

Yes, there are several different types of asthma. The most common diagnoses include allergic asthma, reactive airway disease (RAD), infant asthma and exercise-induced asthma. If there is a family history of asthma or allergies, your doctor may recommend a consult with a specialist, who can do further testing to confirm diagnosis and appropriate treatment.

### **Q. What symptoms should I watch for?**

In young children, it may be hard to tell the difference between asthma and a bad chest cold. Symptoms can vary, but the most common include night coughing; rapid, labored breathing; wheezing; chest tightness; and frequent colds that are centered in the chest. If you notice any of these symptoms, contact your child's pediatrician.

### **Q. What causes an asthma attack?**

Asthma triggers can be caused by many different factors. Grass and tree pollens, air pollution, molds, dust mites, smoke or pet dander are common culprits. Exercise-induced asthma can be brought on by physical activities and sports. Knowing triggers is the best way to alleviate a potential asthma attack.

### **Q. What is the best way to manage my child's asthma?**

The allergist or asthma specialist can identify your child's triggers and create an emergency treatment plan in the event your child has a severe attack. The doctor may prescribe a quick-acting medicine delivered by inhaler for emergencies, and another medication for everyday use to help minimize airway inflammation. That medication is usually inhaled through a mask attached to a nebulizer. ■

**If you think your child might have asthma, speak to your pediatrician or to an allergist. To find a doctor, call Direct Doctors Plus® at 800-882-7445.**



**Aiken Regional**  
MEDICAL CENTERS  
Palmetto Pediatric Center  
[www.aikenregional.com](http://www.aikenregional.com)



*People you know. Healthcare you trust.*



## We're here to help ... **CARE NAVIGATION SERVICES AT AIKEN REGIONAL**

At Aiken Regional Medical Centers, we'd like you to know that we are here to help you navigate your healthcare. The people we care for at our hospital are more than our patients — they're our friends and neighbors. That's why our Care Navigation Services are available to help you take charge of your healthcare — and your family's healthcare, too.

With just a phone call, our Care Navigators can provide personalized help with:

- Finding a primary care physician and obtaining necessary referrals
- Scheduling appointments and screenings
- Education on medical conditions and treatments
- Information on Aiken Regional services, facilities and events
- Support during stressful health events ... and more!

**Carolyn Cook**

Breast Health Nurse Navigator  
Care Navigation Team Member

Simply call **803-641-5893** to connect with our Care Navigation Services.

*Aiken Regional is committed to providing high-quality medical care for the whole family. We're proud to welcome your family to our family!*

 **Aiken Regional**  
MEDICAL CENTERS  
*[www.aikenregional.com](http://www.aikenregional.com)*

302 University Parkway, Aiken, SC 29801



Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.



# *Support, healing and comfort*

## **Aurora Pavilion Behavioral Health Services**

**More than 43.8 million adults experience mental illness a year, and nearly one in 25 adults lives with a serious mental health condition, based on data from the National Alliance on Mental Illness. While many behavioral, emotional or substance use disorders are treatable, early intervention can make a big difference.**

Accredited by The Joint Commission, Aurora Pavilion Behavioral Health Services is a 62-bed facility that provides acute care, professional evaluation, programs and treatment services for adults, senior adults, teenagers and children suffering from emotional stress, depression, addiction and other conditions. "The earlier people receive treatment, the lesser the likelihood of more serious issues developing," says Dannette Rowe, CEO. "Aurora's services are available to the entire community."

### **Comprehensive treatment programs**

Aurora Pavilion offers inpatient and outpatient programs that can treat behavioral health conditions and addictive disorders such as major depression; anxiety/panic disorder; chemical dependency; bi-polar disorder; and post-traumatic stress.



**Aurora Pavilion is located at  
655 Medical Park Drive  
Aiken, South Carolina 29801**

**For more information on services  
at Aurora Pavilion, visit  
[www.aikenregional.com/aurora](http://www.aikenregional.com/aurora).**

**CONTINUED on page 16**

**Patients are evaluated and treatment is recommended based on their needs, including the following hospitalization options:**

- **Inpatient Hospitalization** - A multidisciplinary team of specialists creates a plan of care that includes individual, group, family and recreation therapy in addition to medication management and aftercare planning. Family members and caregivers are invited to participate so they can encourage and support their loved ones' recovery.
- **Partial Hospitalization Program (PHP)** - Participants aged 12 and older receive intensive treatment, medication management, therapy and aftercare planning during the day, then return to the comforts of home at night. This type of program can help patients make a smooth transition from inpatient care back into the community. This also works well for patients who don't need around-the-clock inpatient care.
- **Intensive Outpatient Programs (IOP)** - For adults coping with psychiatric issues and addiction, licensed therapists lead the Adult Mental Health Program three days a week in three-hour sessions.
- **Child and Adolescent Unit** - A dedicated, 14-bed unit for children and adolescents features a flexible floor plan that can be adjusted based on age, sex or diagnosis. An outdoor area is available for recreational therapy.
- **Dedicated Unit for Seniors** - A private unit for seniors features patient rooms with two beds and a semi-private, tiled bathroom. The unit is wheelchair accessible and has handrails and other safety devices. ■

**We are here when you need assistance**

If you or a loved one is experiencing emotional, behavioral or addiction problems, a free, comprehensive community service called RESPOND is available at Aurora Pavilion. The RESPOND team of professionals provides immediate, confidential assessment and referral assistance, seven days a week, 24 hours a day. Call 803-641-5900 or toll-free 1-800-273-7911.

**Meet our team**



Dannette Rowe  
CEO



Merry DeLeon, MD  
Medical Director



John Allen, MD



Bhavna Kaushik, MD



Peter Rosenquist, MD



David Steiner, MD



# *Hope for severe mental illness,* now available close to home

**For patients struggling with severe depression or mental disorders, and who have not responded to traditional treatments, hope is here. Aurora Pavilion Behavioral Health Services offers an option known as electroconvulsive therapy (ECT).**

ECT Coordinator Jessa Hollingsworth, BSN, RN-BC, says ECT is recommended when other treatments have not been successful or when people become severely ill and need more immediate relief. "ECT can be helpful for conditions such as depression, bipolar disorder and schizophrenia, among other concerns such as suicidal thoughts," says Jessa. "We offer inpatient or outpatient treatment ECT, which typically occur in a series six to 10 sessions."

Patients can be referred by their physicians, and are evaluated by an ECT-trained provider in accordance with American Psychiatric Association guidelines. Peter Rosenquist, MD, says, "ECT provides relief of depression symptoms for some patients after just a few treatments. For others, it may take longer, but once we get them to a certain point, we can regulate their symptoms with medication or maintenance treatment sessions if needed."

Jessa says the program has grown since it started in 2014. "We are helping people return to a more productive and functional lifestyle through the use of ECT. There is a growing need for it, and by educating the community and other facilities about how we provide this service, we can help more people, even from outside this area," says Jessa.

Dr. Rosenquist says ECT can be very well tolerated and one of the quickest-acting treatments for severe mental illness. "By the time we see some patients, they have been depressed for years. Once they have ECT, they see so much improvement. It often helps when nothing else has, and can be life-saving," he says. ■

**For more information on ECT services, contact Jessa Hollingsworth, BSN, RN-BC, at 803-641-5899, or visit [www.aikenregional.com/ect](http://www.aikenregional.com/ect).**

*There are risks associated with any treatment procedure and individual results may vary. Please consult the dedicated professionals within the ECT program at Aurora Pavilion Behavioral Health Services to assess if you are a candidate for ECT treatment. Our medical staff will also consult with you on the risks and benefits of ECT treatment if you are a suitable candidate.*

*Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.*





## *Are you getting enough* **QUALITY SLEEP?**

Sleep is an essential component to our health and quality of life, but for many people, a good night's sleep is something they can only dream about. Chronic sleeplessness can lead to health issues, such as heart conditions and diabetes.

If you are having trouble with sleep, there may be underlying conditions, such as high blood pressure, obstructive sleep apnea, gastroesophageal reflux disease (GERD), chronic pain and restless leg syndrome. Sleep can also be interrupted by anxiety, stress and some medications. ►







David Cox learned he had sleep apnea after a study done at The Sleep Center.

David Cox thought he was sleeping through the night, but his wife discovered otherwise. "My wife told me I would have brief spells of not breathing and she would nudge me," says David. "I was also tired during the day, so my doctor recommended a sleep study. I went to The Sleep Evaluation Center at Aiken Regional Medical Centers."

David explains that his sleep study was very easy. Sleep Technician Krystal Basey placed sensors on his body that record movement, heart rate, brain waves, air flow, blood oxygen levels and breathing. "I fell asleep around 10 p.m. and they woke me up around 5 a.m.," says David. "I got my results and my doctor told me I had sleep apnea."

### Treatment options

Data from the sleep study will help your doctor determine the type and severity of your sleep disorder, as well as treatment options. It was recommended that David use a CPAP machine, which keeps his airways open when he sleeps. "Krystal was so easy to work with. She explained all the details about the CPAP machine and what I could expect," says David. "I have been sleeping much better and feel more rested. I am really happy with my experience and I would definitely recommend this facility." ■

**If you are experiencing disrupted sleep, are sleepy during the day or can't sleep at night, The Sleep Evaluation Center can help find the cause so you can get appropriate treatment and a good night's rest. For more information on sleep disorders and treatment options, contact The Sleep Evaluation Center at Aiken Regional Medical Centers at 803-641-5370 or visit [www.aikenregional.com/sleep](http://www.aikenregional.com/sleep).**

## Do you have a sleep disorder?

The Epworth Sleepiness Scale is used to determine sleepiness and help determine if you need a sleep evaluation. Take the quiz to learn if you have a potential sleep disorder.

### STEP 1: Consider these eight scenarios:

- Sitting and reading
- Watching TV
- Sitting inactive in a public place
- Being a passenger in a motor vehicle for an hour or more
- Lying down in the afternoon
- Sitting and talking to someone
- Sitting quietly after lunch (no alcohol)
- Stopping for a few minutes in traffic while driving

### STEP 2: Rate your chance of dozing off in each scenario, on a scale of zero to three:

- 0 = Would never doze or sleep
- 1 = Slight chance of dozing or sleeping
- 2 = Moderate chance of dozing or sleeping
- 3 = High chance of dozing or sleeping

### STEP 3: Add all eight numbers together: The total of these numbers is your Epworth score.

- Less than 10 is considered normal.
- 10 or higher means you probably have a sleep disorder.
- 15 or higher means you have excessive daytime sleepiness.

**If you score 10 or more points, you should see a doctor, who may recommend further evaluation.**



*Welcome*  
to our newest  
**Board of Governors**  
members!



**Dr. Sean Alford**

Aiken County  
School System



**John Klimm**

City of Aiken



**Stuart MacVean**

Savannah River  
Nuclear Solutions



## **CARING FOR CAROLINA** PARTNERS RAISE FUNDS FOR STUDENT SCHOLARSHIPS

On Saturday, May 13th, the Caring for Carolina Partners, including Aiken Regional Medical Centers, Bath Fitter®, and WJBF News Channel 6, hosted the first Men's Health Event at the Reserve Club in Woodside Plantation. The health event, *Is Your Health Up To Par?*, provided free health screenings, a healthy breakfast and nine holes of golf. Along with men's health tips at each hole, Dr. Darren Mack, Urologist, and Dr. E. Louis Peak, Orthopedic Surgery, were guest speakers and discussed health topics.

Aiken native and NFL linebacker, Dekoda Watson, was the event's special guest. Local businesses donated raffle items, and all proceeds went toward Koda's Kids, a non-profit foundation providing scholarships to students in Aiken County.



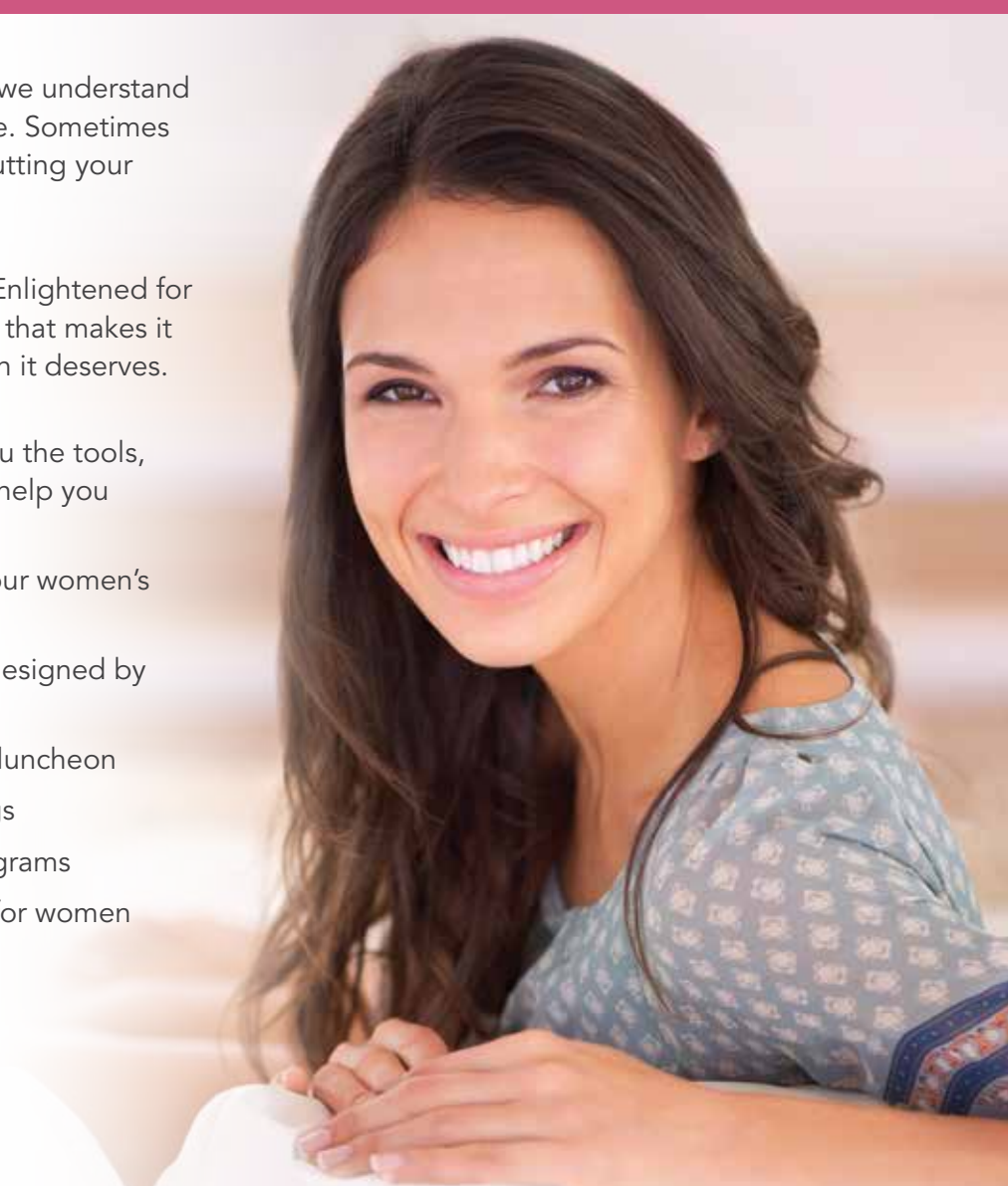
# Take a moment for YOU & get healthy with *we*!

At Aiken Regional Medical Centers, we understand women and the demands of daily life. Sometimes that means juggling priorities and putting your health further down the list.

That's why we offer *we* - Women Enlightened for Better Health, a supportive program that makes it easy to give your health the attention it deserves.

Joining *we* is free, and it gives you the tools, education and support you need to help you achieve good health.

- One-on-one support from one of our women's health nurse navigators
- A Free LIV® Breast Self-Exam Aid designed by Olivia Newton-John
- A welcome membership packet & luncheon
- Free and low-cost health screenings
- Health education and support programs
- Social events designed especially for women



Signing up takes just a few minutes! Go to [aikenregional.com/we](http://aikenregional.com/we)  
or call 803-641-5926 for a free brochure.



**Aiken Regional**  
MEDICAL CENTERS

[www.aikenregional.com](http://www.aikenregional.com)

302 University Parkway | Aiken, SC 29801



## Memory loss, Alzheimer's and dementia

As people get older, they realize their brain doesn't function the way it used to and they start to forget things, all of which is considered normal. However, to some, it can be alarming. But many factors can contribute to memory loss, including Alzheimer's disease or dementia, lack of sleep, depression, anxiety, or medication side effects that have accumulated over time.

There are many different types of dementia. Alzheimer's disease is the most common type, affecting about 5.1 million people over age 65\*, and is not a normal part of growing old.

The usual symptoms are memory loss, personality changes, repeating things and disorientation. However, other medical conditions can cause the same symptoms, so if you or a loved one experience any of these, it's a good idea to see your doctor.

While there is no specific test for Alzheimer's or dementia, doctors can make a diagnosis based on medical history, blood work, brain imaging, a physical exam and a cognitive assessment. Diagnosing at the earliest sign of cognitive symptoms is critical.

Alzheimers.gov and The National Institute on Aging have free online resources that provide education, treatment options and support if you or a loved one is struggling with Alzheimer's disease or related dementias. ■

**Need help finding a doctor? Call our free  
Direct Doctors Plus® physician referral  
service at 800-882-7445.**

\*Alzheimers.gov





## 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:



#### **Prostate Cancer Awareness Month/Cancer Care Institute**

**Speaker:** Brent Slack, Manager at Cancer Care Institute

**Date:** Friday, September 8

**Time:** 9 a.m.

**Location:** USCA – Business Conference Center

**RSVP:** Please call 800-882-7445

### FITNESS & FUN

#### **Travel Opportunities**

Now you can access travel opportunities online! Visit [www.aikenregional.com](http://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](http://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.



To join Senior Wellness, please call 800-882-7445 for your **FREE** enrollment form, or register online at [www.aikenregional.com](http://www.aikenregional.com)



## 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 14, Sept. 29

**Time:** 9:00 a.m. – 1:30 p.m.

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

**Registration:** Required.

**Fee:** \$20, payable to AARP, \$15 with proof of AARP 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 18, Sept. 26

**Time:** 6 – 8 p.m.

**Location:** ARMC, 6th floor, Classroom A

**Registration:** Required.

### For Babies' Sake

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 2nd Tuesday of every month.

**Time:** 1 – 2 p.m.

**Location:** Southside Imaging Center, 430 Society Hill Dr., SW

**Registration:** 803-641-5703.

## Childbirth Preparation

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

**Dates:** Aug. 28 – Sept. 19

**Time:** 6 – 9 p.m.

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

**Registration:** Required.

### Weekend Classes

**Dates:** July 29 and 30

**Time:** 10 a.m. – 4 p.m.

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

## Community Health

### Kidney Smart® Classes

Learn how to manage your kidney health. Second Monday of every month.

**Facilitator:** Lorie Ann Pardue

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

**Time:** 11 a.m.

**Location:** Aiken Dialysis, 775 Medical Park Drive

**Registration:** Required. Call 803-641-4222.

## 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. 7

**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.

Course INCLUDES certification

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

**Date:** Sept. 9

**Time:** 9 a.m. – 4 p.m.

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

**Registration:** Required.

**Fee:** \$45

## Stroke Support Group

**Date:** First Tuesday of every month

**Time:** 11 a.m. – noon

**Location:** Aiken Active Seniors 690 Medical Building Park Drive

**RSVP:** Lisa Kucela

Call: 803-226-0130

## 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 10, August 7

**Time:** 9 a.m. – 4 p.m.

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

**Registration:** Required

**Fee:** \$35, includes babysitting textbook and certificate.

Refreshments and snacks provided.



### Home Alone

Children ages 8 – 11 learn self-care skills. Topics include emergencies, boredom, fear, loneliness and establishing a support system.

**Date:** Aug. 5

**Time:** 9:30 a.m. – Noon

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

**Registration:** Required

**Fee:** \$10

### Support Groups

#### AA Meeting

Designed for open discussion.

**Dates:** Every Sunday and Wednesday evening

**Time:** 7:30 p.m.

**Location:** Aurora Pavilion

#### Aiken Cares Alzheimer's Support Group

For family members and caregivers. Meets 2nd Tuesday of each month.

**Facilitators:** Linda Lucas

**Dates:** July 11, Aug. 8, Sept. 12

**Time:** 11 a.m. – Noon

**Location:** 151 Linden Street Daybreak Training Center

**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**.

#### Cancer Support Group

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

**Dates:** July 19, Aug. 16, Sept. 20

**Time:** 2 – 3 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. Meets 1st Monday of each month.

**Facilitator:** Les Paul Morgan

**Time:** 6 – 7 p.m.

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

**Registration:** Required.

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

#### 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. Meets 3rd Monday of each month.

**Time:** 1 – 2:00 p.m.

**Location:** Cancer Care Institute of Carolina at ARMC

**Registration:** Not required.

Call **803-641-6044** for 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 14, Aug. 11, Sept. 8

**Time:** 10:00 – 11:30 a.m.

**Location:** USCA Alan B. Miller Nursing Building

**Registration:** Not required.

Please call **803-641-1192**

or **803-648-7002** for more information.

#### Pink Ribbonettes

This is the American Cancer Society Breast Cancer Self-Help Group for women and men diagnosed with breast cancer. Guest speakers cover topics of interest to survivors, patients and caregivers. Meets 1st Tuesday of every month.

**Facilitators:** Joan Jarcik and Carol Lyla

**Time:** 10:30 a.m. – Noon (light lunch provided)

**Location:** Millbrook Baptist Church

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

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

### 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 III, MD  
803-648-3130

### Family Practice

Adam Bruckner, DO  
803-649-7266

Sumita Jain, MD  
803-392-3724

Dean T. Koukos, DO  
803-259-5762

Ann M. Kulik, MD  
803-648-8804

Leopoldo M. Muniz, MD  
803-642-3505

Henry S. Tam, MD  
803-648-4224

F. Michael Vasovski, DO  
803-648-1464

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  
803-648-7888

Marc H. Brickman, DO  
803-648-7774

Alyssa Degnan, DO  
803-649-5300

Gerald Gordon, MD  
803-649-5300

Asif Hashmi, MD  
803-644-1027

David S. Keisler Jr., MD  
803-648-7888

Thomas McCullough, MD  
803-648-7888

T. Mark Meyer, MD  
803-648-7888

Frank J. Mondschein, MD  
803-649-5300

Ashley E. Toole, DO  
803-649-5300

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

### Nephrology

Sindhua Garg, MD  
803-648-0718

Douglas A. Stahura, DO  
803-648-0718

### Neurology

Melvyn L. Haas, MD  
803-226-0130

Khaled F. Kamel, MD  
803-226-0130

Michelle Lyon, MD  
803-644-4264

Gregory J. Sengstock, MD  
803-226-0130

### Neurosurgery

James D. Dillon, MD  
803-226-0130

### Nurse Practitioner

Kim Ellis, NP  
803-641-5100

Kristy Haddock, FNP  
803-648-7774

Jessica Luke, DNP  
803-716-8712

Elizabeth Kekacs, NP  
803-641-5874

Courtney McLendon, CPNP  
803-508-7651

### Nurse Practitioner cont'd

Robin Mitchell, NP  
803-641-5100

Melanie Pniewski, CPNP  
803-508-7651tz

Elizabeth Rhoades, NP  
803-641-5874

### Obstetrics/Gynecology

Cindy G. Besson, MD  
803-648-0803

James F. Boehner, MD  
803-649-7535

Robert D. Boone, MD  
803-649-7535

Tiffany Boyd, MD  
803-380-7000.02

Seema Faiyaz, MD  
803-716-9428

Judith L.B. Hoover, MD  
803-649-7746.02

Oletha R. Minto, MD  
803-649-7535

Maria Rodriguez, MD  
803-380-7000

Gloria Rouhani, MD  
803-649-7535

Margot Wacks, DO  
803-716-9428

### Oncology

Sitki M. Ergul, MD  
803-641-7850

Ahmad N. Gill, MD  
803-641-7850

T. Mark Meyer, MD  
803-648-7888

### Ophthalmology

Kishan Govind, MD  
803-642-6060

R. Lee Grantham, MD  
803-642-1000

Nini S. Patheja, MD  
803-642-6060

Daniel J. Smith, MD  
803-642-6060

### Orthopedic Surgery

Ty W. Carter, MD  
803-644-4264

Douglas E. Holford, MD  
803-644-4264

R. Vaughan Massie, MD  
803-644-4264

Clark D. Moore, MD  
803-335-2281

E. Louis Peak, MD  
803-644-4264

Timothy J. Shannon, MD  
803-644-4264

### Otolaryngology

Gregory H. Esselman, MD  
803-649-0003

Anthony E. Harris, MD  
803-648-7897

Patrick G. McMenamin, MD  
803-649-0003

### Pain Management

Russell K. Daniel, MD  
803-226-0102

William E. Durrett Jr., MD  
803-642-6500

### Pediatrics

Jonathan C. Collins, MD  
803-642-9204

Jose A. Luis, MD  
803-380-7000

Paula A. Luther, MD  
803-642-9204

Rebecca Pierce, MD  
803-641-5437

Edward Rigrup, MD  
803-641-KIDS (5437)

Ronald Rimmer, MD  
803-641-KIDS (5437)

Sheisa Claudio-Sandoval, MD  
803-641-KIDS (5437)

John B. Tiffany, MD  
803-508-7651

### Plastic/Reconstructive Surgery

Dean A. Page, MD  
803-642-0277

### Podiatry

George Sich III, DPM  
803-648-6988

Heather Driessen, DPM  
803-306-1006

Kevin Ray, DPM  
803-306-1006

### Psychiatry

Bhavna Kaushik, MD  
803-641-5906

John A. Allen, MD  
803-641-5906

Merry A. DeLeon, MD  
803-641-5906

John DeWitt, MD  
803-335-1219

David A. Steiner, MD  
803-642-3801

### Pulmonology/ Critical Care

Frank J. Mondschein, MD  
803-649-5300

Nicholas J. Sanito, DO  
803-643-1090

Miroslav B. Zotovic, MD  
803-643-1090

### Radiation Oncology

Byron Dasher, MD  
803-641-7850

Mark P. Ezekiel, MD  
803-641-7850

Jed Howington, MD  
803-641-7850

John Stewart, MD  
803-641-7850

### Surgery

Frank Y. Chase, MD  
803-648-1318

Wayne T. Frei, MD  
803-648-1318

Robert C. Terry, MD  
803-648-1318

### Thoracic/Vascular Surgery

Thomas P. Paxton, MD  
803-641-4874

L. Dieter Voegele, MD  
803-641-4874

### Urology

Jonathan H. Anderson, MD  
803-649-3903

Darren Mack, MD  
803-716-8712

### Wound Care/HBO Therapy

Jeffrey Jacobs, MD  
803-643-2090

## Hospital-based Physicians

### Anesthesiology

Michael Drinkwater, MD  
Virginia Fuller, MD  
Lance Hoover, MD  
Jawad Salim, MD  
Benjamin S. Ulmer Jr., MD

### Cardiac Rehabilitation

Don L. Pennington, MD

### Emergency Medicine

Cortney Draper, MD  
Aaron High, MD  
David Krusling, MD  
Daniel McManus, MD  
Yenney Meza, MD  
Nathan Miller, MD  
Kristen Paysinger, MD

### Hospitalist

Ashok Kumar, MD  
Joseph Ogunsulire, MD  
Chetan Patel, MD  
Jhendrakumar Patel, MD  
Chioma V. Udogu, MD  
Onyinye Ugboaja, MD  
Robert Walker, MD

### Industry Health

Adam Bruckner, DO

### Pathology

Trent D. Trzpuć, MD  
Robert L. Williams, MD

### Radiology

Matthew Brill, DO  
Alfonso Gay, MD  
Stefan Ploch, MD  
Robert F. Searles, DO  
Anthony L. Toomer, MD

### Teleneurology

Askiel Bruno, MD  
David C. Hess, MD  
Fenwick Nichols, MD  
Jerry Pruitt, MD  
Jeffrey A. Switzer, DO

### Telestroke

Hartmut Gross, MD



# Health Records online

Access select medical records online ...  
*24 hours per day, seven days a week.*

Health Records Online is a secure service from Aiken Regional Medical Centers. All you need is an Internet connection and a computer or smartphone to see your healthcare records, including; discharge instructions, lab results, medications, allergies, immunizations and procedures.

## It's Easy To Enroll

Provide your email address at registration and we will email you an invitation to join. Or, enroll at any time after registration by visiting **aikenregional.com/hro**. When enrolling, enter your Medical Record Number (MRN) found on your hospital wristband or on documentation provided at discharge.

**For more information go to [aikenregional.com/hro](http://aikenregional.com/hro)**

## Now available!

Get easy access to your health records from your iPhone or Android smartphone with our new **Healthlife** app. Just search for the **Healthlife** app in the App Store or Google Play Store.

Quality of Life magazine is published four times annually. If you would like a copy mailed to your home, FREE of charge, visit [www.aikenregional.com](http://www.aikenregional.com), or mail this form to:

Aiken Regional Medical Centers  
Marketing and Community Outreach Dept.  
302 University Parkway  
Aiken, SC 29801



- ☐ Add my name to Aiken Regional Medical Centers' mailing list.
- ☐ Change of address

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Email: \_\_\_\_\_

Every effort is made to prevent duplicate mailings. If your household is receiving more than one copy of *Quality of Life*, please give the extra copy to a friend and call us at 803-641-5926 to remove the additional address.

## Starting the school year off right

### *Protect your child's health*

Palmetto Pediatric Center at Aiken Regional Medical Centers can help you check back-to-school physicals, sports physicals and immunizations off of your to-do list. We provide inpatient and outpatient services for infants, children and adolescents. In addition to immunizations and sports physicals, your child can get routine health exams and treatment when they are sick. *We also provide Spanish-speaking staff.*

#### Back in action ... sports physicals

Sports physicals are available without an appointment, Monday – Friday between 3:45 p.m. and 4:15 p.m. Spaces are limited. If an alternate time is needed, please call us. The cost is \$25.

**Schedule an appointment today!**  
**Call 803-641-KIDS (5437).**



#### MEET THE TEAM



Edward Rigrup, MD



Ronald Rimmer, MD



Sheisa Claudio-Sandoval, MD



60 Physician Drive, Aiken, SC 29801

**Connect  
WITH US!**



Like our page on  
Facebook



YouTube



[www.aikenregional.com](http://www.aikenregional.com)  
803-641-5000

#### QUALITY OF LIFE FROM AIKEN REGIONAL MEDICAL CENTERS

**Vance Reynolds**  
Chief Executive Officer  
**James Dillon, MD**  
Chairman, Board of  
Governors

**Frank Chase, MD**  
Chief of Staff  
**Sharon Hagan**  
Administrative Director of  
Business Development/  
Physician Services

**Tamelyn Teems**  
Marketing Director  
**Nicole Morgan**  
Physician Relationship  
Manager

Information in *Quality of Life* comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos or illustrations. Any opinions expressed by an author whose article appears in this publication are solely the opinions of the author and do not necessarily reflect the views of Aiken Regional Medical Centers or Universal Health Services, Inc. Physicians mentioned in this publication are independent practitioners who are not employees or agents of Aiken Regional Medical Centers. The hospital shall not be liable for actions or treatments provided by physicians. ©2017. All rights reserved. Printed in the U.S.A.