

QUALITY OF LIFE *from*

aiken regional

MEDICAL CENTERS

SUMMER 2018

What makes a great patient experience?

**PAMELA O'NEIL TELLS
HER ER STORY**

INSIDE:

**Advanced procedure
for chronic reflux**

"The care here was excellent!"
– Betty Woodward

Wireless fetal monitoring
More comfort, more freedom

Compliments of

 **Aiken Regional**
MEDICAL CENTERS
www.aikenregional.com

Rehabilitation care for your whole family, *in your hometown*

Aiken Regional Medical Centers offers a wide variety of comprehensive rehabilitation services for both adults and children.

Hitchcock Inpatient Rehabilitation Center

Located at Aiken Regional on the second floor, the Inpatient Rehabilitation Center helps patients regain independence following surgery or a serious injury or illness.

Hitchcock Outpatient Rehabilitation Center

We offer a spectrum of services for adults and children — from occupational, speech and physical therapy to specialized services.

For adults (12 years and up) | In addition to specialized pulmonary and neurological rehabilitation programs, we provide care for patients with stroke, orthopedic disorders, sports-related injuries, amputation and more.

For children (birth to 12 years) | Pediatric specialists assist children with a range of conditions, including autism spectrum disorders; orthopedic and neurological impairment; and language, cognitive and developmental disorders.

Injured worker's therapy | Care is available for a variety of conditions and injuries. We also provide injury prevention and management services.



Outpatient rehabilitation locations

Children's therapy services | 690 Medical Park Drive

Adult therapy services | 110 High Gate Loop

Learn more about the rehabilitation services at
Aiken Regional at aikenregional.com/hitchcock



Hitchcock Inpatient
Rehabilitation Center
at Aiken Regional
www.aikenregional.com
(803) 641-5280



Hitchcock Physical, Occupational
and Speech Therapy Center
at Aiken Regional
www.aikenregional.com
(803) 648-8344

BETTER *health.* BETTER *life.*



Creating and maintaining a culture centered on you, our patients, and your families, is an important part of what we do every day here at Aiken Regional Medical Centers. To help us improve your experience, we created a patient and family advisory committee, which has allowed us to see things through your eyes. As a result, many improvements have been made in the last year and we share updates with you beginning on page 4. You will also learn about one patient's

testimonial of the excellent care she received when she visited our emergency department.

In other stories, you'll read about a local patient who suffered for many years with chronic reflux. But after having a new type of procedure here, she is symptom-free and no longer needs to take reflux medication. We also share information on the new wireless fetal monitors being used in the Women's LifeCare Center that allow women in labor to move and walk around freely.

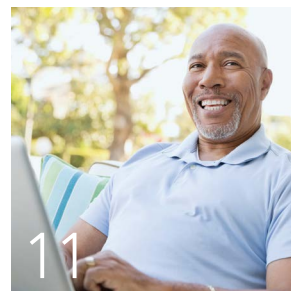
Additionally, we share stories with you about immunization awareness month and include a handy chart to help you keep up to date on your vaccinations; prostate health; options for hernia repair; baby and child safety; and cholesterol education. We also welcome Interventional Cardiologist Janet Utz, MD, and share a photo from our Doctors' Day Art Exhibit. Remember to take a look at the Health Choices section, which lists some of the many classes and groups available for the community.

As always, we look forward to continuing to be of service to you. Enjoy the rest of your summer, and know we are here when you need us.

All the best,

Matt Merrifield

Chief Operating Officer



INSIDE THIS ISSUE

SUMMER 2018

4

The Patient and Family Advisory Committee

Working to improve the
patient experience

8

Be wise, immunize

Updated information and
handy clip-and-save charts

11

Prostate cancer awareness month

Get your free PSA test

15

Baby and child safety

Tips from Palmetto Pediatrics

16

Senior Wellness



Members of Aiken Regional's Patient and Family Advisory Committee include, from L to R in the front row: Monica Mazzell, Ruth Gordy, Gail Diggs, Rebecca Palguta and Jewell Eanes. Back row, L to R: Tony Negron, Angela Fleming, Major Joseph Featherston, Eric Muhlbaier, Rev. Paul Bush and Jim Eanes.

Creating and maintaining a culture centered on the patient and their family

Aiken Regional's Patient and Family Advisory Committee (PFAC) works to improve patient experiences ►

Led by Director of Patient Experience Eric D. Muhlbaier, MHA, and Patient Relations and Volunteer Coordinator Angela Fleming, members must be current or former Aiken Regional patients or their family members. "Right now, we have 16 members from diverse backgrounds and experiences. Members include hospital volunteers, ministers, retired military servicemen, a city councilwoman and former patients or their family members," Muhlbaier says. "It truly takes a village, and this team is the eyes and ears for the community."

Muhlbaier receives feedback on everything from the emergency room to billing procedures. "Angela is the first point of contact when something needs to be addressed, and we discuss it. Some things can be resolved immediately, while others require thoughtful consideration," he says. Fleming, who is responsible for patient advocacy, the spiritual care team, volunteers and Mended Hearts™, says it's been a blessing and a privilege. "I have been here for two years and feel like I was born to do advocacy work. We have a great committee – it's like having another family," she says. "Our meetings are successful because our members come back each month, sharing the results of improvements we have implemented, or their thoughts on what else we need to work on."

Effecting change

There have been quite a few changes made in the last year stemming from the committee's monthly meetings. Major Joseph Featherston, USMC, Retired, is one of the group's biggest supporters. He noticed that patients in the emergency room waited in line for long periods of time just to be checked in and triaged.

Emergency Room Nurse Manager Jaleesa Heyward, RN, BSN, met with the committee and says they enlisted volunteers to greet patients and direct them through the check-in process. New signage directs patients to appropriate waiting areas, and more seating is available. "Then we created a pod system, separating the treatment rooms by the category of care, from true emergency issues to a fast track area that addressed minor healthcare needs. This re-design enabled us to cut our wait time by more than 50 percent and provide the most efficient levels of care," she says.

Featherston says the committee has a strong interest in helping to find solutions that increase patient satisfaction, so patients don't have to go outside of Aiken. Ruth Gordy agrees. A former risk manager for Aiken County, she is proud to be on the committee. She says it's a great thing for everyone to work together to make improvements. "This is our hospital, and many of the employees live here in Aiken, too," she says. "We want to know what we can do to help provide a great patient experience."

Reverend Paul Bush is a committee member who is very active in the area. He performs chaplain duties and visits patients who request spiritual support, day or night. He says patients will sometimes request that he share a question or concern with the committee. "We discuss the matter at the meeting and follow up with the patient," says Bush. "We are always working to make the hospital the best it can be, and we want patients to feel they are being heard."

Other positive changes and improvements include newly repaved parking lots with additional handicapped parking spots; placards that identify medical staff by their uniform color; and more open communication with patients from the clinical staff who often are in and out of patient rooms to check vital signs, draw blood or take the patient for diagnostic testing.

Muhlbaier says the committee is a great resource for the people of Aiken and they truly care about meeting the needs of patients and their families. "Every day is a new opportunity to give our patients the best possible experience at Aiken Regional," he says. ■

Do you have a compliment or concern? We want to hear from you. Contact Patient Relations Representative Angela Fleming at 803-641-5292, and she will be happy to assist you.



"I had the **BEST** hospital experience!"

Pamela O'Neil, 65, went to Aiken Regional's emergency department. The care she received was nothing short of stellar.

O'Neil had been coughing for a week and felt a heaviness in her lungs. She arrived at the hospital early in the morning and was immediately greeted by two nurses with big smiles, asking how they could help her. "I was quickly tended to and before I knew it, two other nurses arrived to take me to an exam room and check my vital signs," she says. She was impressed with the organization, cleanliness of the facility and how quickly she was assessed before waiting to be seen by the doctor.

"I was there during the shift change and it was seamless. The same level of service, the smiles, the concern – it all continued. The only thing that changed was the names of the nurses on the white board in my room," she says. When Christina Millhouse, MD, came in to examine O'Neil, she ordered a chest X-ray to rule out pneumonia.

"Dr. Millhouse took the extra time to review the X-rays herself, and I was grateful to learn that I didn't have pneumonia," says O'Neil. To address O'Neil's concerns, Dr. Millhouse asked two nurses to accompany her on a walk around the corridors, and then re-checked her oxygen levels. "She didn't have to do that, but her caring and compassion meant the world to me. I still had that heavy feeling in my chest," says O'Neil. "So Dr. Millhouse prescribed some steroids, and after a few days, I was feeling back to normal."

O'Neil explains her story isn't just about her; it's about the team of people who came together to provide excellent care when she needed it. "They were genuinely interested in making sure I had a great experience, and it was very uplifting. Keep up the good work, Aiken Regional, and your unselfish staff. I appreciate you more than ever! I am one of your most ardent cheerleaders, pom poms and all!"

Dr. Millhouse is happy Pamela felt she received excellent care, but says it is simply what they do every day. "We care for every patient, no matter the medical issue or time of day. We are proud to serve the Aiken community this way," she says. ■

For more information on our Emergency Services, visit aikenregional.com/er.

Pamela enjoys taking care of her friend's horse, Seth, on her farm.



Help for stubborn, non-healing wounds

The Wound Healing Institute of Carolina at Aiken Regional Medical Centers provides inpatient and outpatient services for those with wounds that have resisted healing for months or even years.

Features of the institute

- Treatment of arterial, venous and pressure wounds
- Hyperbaric oxygen therapy (HBOT)
- Pediatric care
- Multidisciplinary treatment team ... and more.

Nationally recognized for quality

The Wound Healing Institute of Carolina has been recognized with the Center of Distinction Award by Healogics®.



Wound Healing Institute
of Carolina
at Aiken Regional
www.aikenregional.com

To learn more about the Wound
Healing Institute of Carolina, visit
aikenregional.com/whic.

National Immunization Awareness Month



Vaccines are an important part of keeping healthy and in preventing disease. Infectious Disease Specialist Gerald Gordon, MD, shares basic information about vaccines at different life stages.

BABIES, CHILDREN AND TEENS

To protect the health of babies and young children, there are specific vaccines recommended at different times and in varying amounts of dosages to help build immunity. In addition, a flu shot can be given to babies as young as six months old.

As children get older, boosters of certain childhood vaccines are usually recommended. One of those is the Tdap vaccine, and helps bolster protection against tetanus, diphtheria and pertussis (whooping cough). High school and college-aged teens may be at risk for meningitis, especially students living in close quarters in college dorms. Vaccines protecting against both meningitis and the human papillomavirus (HPV) are strongly recommended at this age.

ADULTS AND SENIORS

The Centers for Disease Control and Prevention (CDC) reports that all adults should get a flu shot every year, but it's especially important for those with chronic health conditions, pregnant women and seniors. Also recommended is a tetanus and diphtheria booster shot every 10 years.

People who are 65 and older should get an annual flu shot, as well as both pneumonia vaccines. The shingles immunization is also recommended because if you had chickenpox as a child, the virus can reactivate later as shingles.

It is important to note that some people with specific health conditions should either delay getting certain vaccinations, or not get them at all. In addition, if you did not get certain vaccinations as a child, let your doctor know. He or she can determine if it is appropriate for you to get them now, as well as review your health history to make sure you are up to date and protected. ■

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



Be sure to review the handy, cut-out reference chart on the following page that lists vaccine recommendations for all ages.

CHILDHOOD VACCINATION REFERENCE CHART



**BIRTH TO
5 MONTHS**



**6 MONTHS
TO 6 YEARS**



**AGES
7-12**



**AGES
13-18**

Hepatitis B (HepB)	2 doses	1 dose	—	—
RV (Rotavirus)	2 doses	1 dose	—	—
DTaP (Diphtheria, tetanus, & acellular pertussis)	2 doses	3 doses	—	—
Tdap (Tetanus, diphtheria, pertussis)	—	—	1 dose	—
HIB (Haemophilus influenza type b)	2 doses	2 doses	—	—
PCV (Pneumococcus)	2 doses	2 doses	—	—
IPV (polio)	2 doses	2 doses	—	—
Influenza (Flu)	—	Yearly*	Yearly	Yearly
MMR (Measles, mumps, rubella)	—	2 doses	—	—
Varicella (Chickenpox)	—	2 doses	—	—
HepA** (Hepatitis)	—	2 doses**	—	—
HPV (Human papillomavirus)	—	—	3 doses***	—
MenACWY (Meningococcal)	—	—	1 dose	1 dose

Source: Centers for Disease Control and Prevention, American Academy of Family Physicians and American Academy of Pediatrics

*Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.



**Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA.

***If initiated between age 9-14, second dose can be given 6-12 months later. If initiated at age 15 or older, a three-dose series is recommended, with the second dose at 1-2 months after the first, then at 6 months after the first.

NOTE: These vaccines are recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine. Additional vaccines may be recommended for children who are traveling out of the country or children with certain health or lifestyle conditions that put them at an increased risk for serious diseases. For more details and information, visit www.cdc.gov/vaccines.



ADULT VACCINATION REFERENCE CHART

 AGES 19-21	 AGES 22-26	 AGES 27-49	 AGES 50-59	 AGES 60-64	 AGES 65+
		Yearly			
		You should get a Td booster every 10 years. You also need 1 dose of Tdap. Women should get a Tdap vaccine during every pregnancy			
—	—	—	—	You should get a vaccine even if you've had shingles before	
—	—	—	—	—	You should get 1 dose of PCV13 and at least 1 dose of PPSV23 depending on your age and health condition.
You should get this vaccine if you did not get it when you were a child				—	—
You should get this vaccine if you did not already complete the series.		—	—	—	—
You should get this vaccine if you did not already complete the series.	—	—	—	—	—
You should get this vaccine if you did not get it when you were a child.					

Source: Centers for Disease Control and Prevention

These vaccines are recommended for you unless your healthcare professional tells you that you cannot safely receive them or that you do not need them.

Note: Additional vaccines not listed here—including Meningococcal, Hepatitis A, Hepatitis B, Hib (Haemophilus influenzae type b)—may be recommended if you have certain risk factors due to your health, job or lifestyle. Check with your doctor about any extra vaccines you may need.



PROSTATE CANCER AWARENESS MONTH

How to manage your risk and get screened

The Prostate Cancer Foundation reports that every three minutes, a man is diagnosed with prostate cancer. But if detected early enough, prostate cancer is also treatable. Deciding whether to be screened for prostate cancer is something you should discuss with your doctor starting at age 50, and sooner if you are at higher risk. Men considered to be at higher risk include African Americans and men with a father, brother or son diagnosed with prostate cancer before age 65.

FREE prostate screenings

Brent Slack, Director at the Cancer Care Institute of Carolina (CCIC), explains that the CCIC offers free prostate-specific antigen (PSA) screening to men. This is a quick and easy blood test that can determine the level of PSA in your blood. "The screenings are one of the best ways to be proactive about staying healthy. If the results indicate an elevated PSA, your doctor may order a prostate biopsy or other tests to determine if you have cancer," he says.

There are usually no symptoms with early prostate cancer, but the symptoms of an enlarged prostate and advanced prostate cancer can be similar. If you are experiencing a weak urine stream, painful or frequent urination, blood in the semen or urine, or painful ejaculation, you should schedule an evaluation with your doctor. ■

Are you at risk for prostate cancer? Take our assessment! Visit aikenregional.com/prostaterisk.

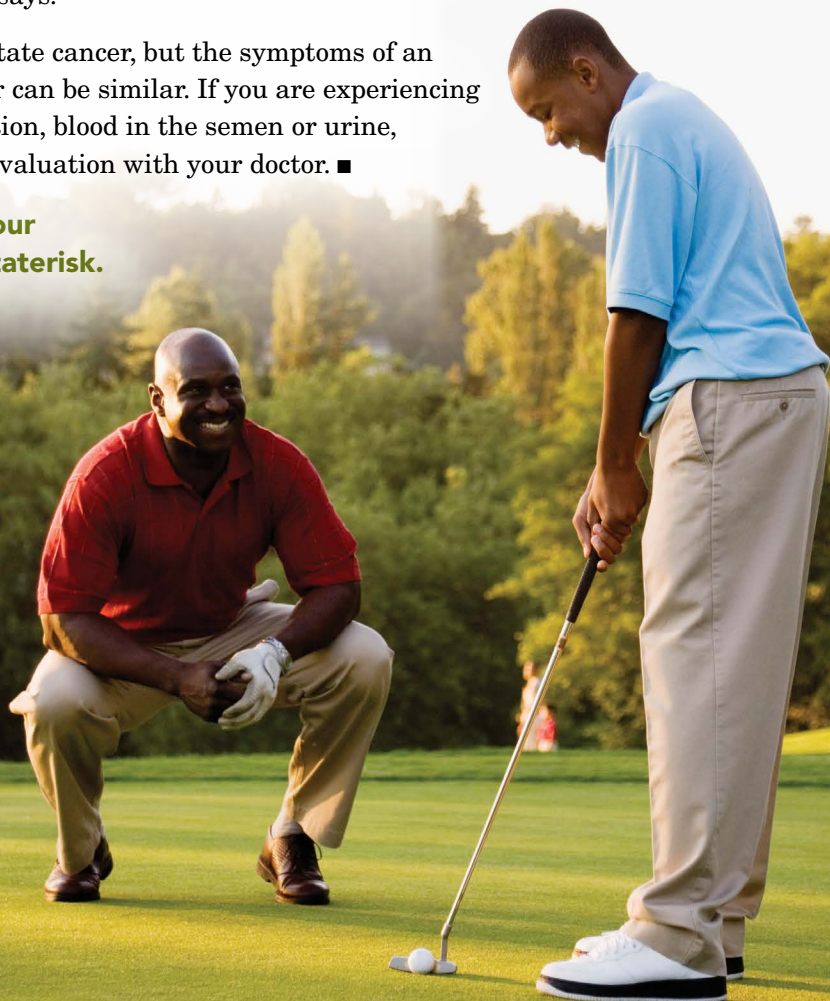
How to get your FREE PSA test

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

111 Miracle Drive | Aiken, SC 29801



Could you have a **HERNIA**?



Hernias are more common than people think, and can happen in men, women,

children and babies. Additionally, there are several different types of hernias, along with several treatment options. Here, **General Surgeon Wayne Frei, MD**, shares information on what a hernia is, how it is diagnosed and suggested treatments.

Q: What is a hernia and how does it happen?

A hernia happens when an organ, usually the intestines, or fatty tissue pushes through a weak spot in the muscle wall or tissue. Things that can exacerbate hernias include heavy lifting, chronic coughing or sneezing, and diarrhea or constipation. Everyone is susceptible, even babies, especially if there is a congenital weakness.

Q: How do you know if you have a hernia?

Often there are no symptoms of a hernia, but if you feel pain when you lift heavy objects or while doing exercise, check to see if there is a bulge or swelling. If you suspect you may have a possible hernia, a doctor can perform a physical exam to determine what is wrong. In certain cases, an ultrasound, CT scan or endoscopy may be necessary to diagnose a hernia.

Q: Are there different types of hernias?

Some of the different types of hernias include: inguinal, incisional, femoral, hiatal and umbilical. An inguinal hernia occurs when the bladder or intestines pass through the abdominal wall into the groin. An incisional hernia involves the intestines pushing against a surgical incision in the abdomen. Femoral hernias happen if the intestines press into the upper thigh. With hiatal hernias, the stomach pushes into the opening in the diaphragm. Umbilical hernias usually occur in newborns, where the small intestines push into the navel.

Q: What are the treatment options?

For newborns with umbilical hernias, they sometimes heal on their own and surgery can be avoided prior to two years of age. For other hernias, a doctor may be able to massage the hernia into place. In some instances, surgery may be necessary. Open, laparoscopic or robotic surgery may be performed to repair the muscle wall. With minimally invasive surgery, smaller incisions can mean less pain, blood loss and a shorter recovery time. ■

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.



Are you looking for a doctor for a specific ailment?
Call Direct Doctors Plus® at 800-882-7445.

“I didn’t have any more time for reflux!”

An incisionless solution for chronic acid reflux is here



Betty Woodward had suffered from chronic severe acid reflux for many years. She tried over-the-counter medications to no avail, and even prescription medications did not completely relieve her symptoms. But a procedure new to Aiken Regional called Transoral Incisionless Fundoplication, also known as TIF®, resulted in quick relief for Woodward.



“My reflux was so bad that it would trigger my asthma attacks. It was difficult to catch my breath,” she says. “Even at night,

I would go to bed on an empty stomach and still wake up with reflux!” Woodward was referred to General Surgeon Lorenzo Sampson, MD, FACS, who told her about TIF. “Dr. Sampson explained how it was done, said it was minimally invasive and that I only had to be in the hospital overnight. He looked at my history and said I was a good candidate. That was all it took,” she says. Woodward had the procedure in November 2017.

TIF=Success!

Following the surgery, Woodward says she had little to no pain and could notice the difference right away. Within a week, she was no longer taking reflux medication.

“I did have some strict dietary guidelines to follow for several weeks following the surgery, but other than that, everything went very smoothly,” she says. “I could not have asked for a better surgeon, and the care I received at the hospital was excellent. The nurses knew what I needed and when – they were great! They even accommodated my daughter, who slept in my room with me overnight. They went the extra mile for her as well. I would recommend this hospital and Dr. Sampson to anyone.”

Woodward states that all of her doctors are at Aiken Regional, and no matter what healthcare issue she has, it can be taken care of.

“All of my records are here, and it’s comforting knowing this hospital is here in the community if I needed any other procedures done. This is definitely the place to go.” ■

What is a TIF® procedure?

TIF is a minimally invasive procedure that treats severe cases of gastroesophageal reflux disease (GERD), or reflux. It usually takes less than an hour and typically requires a one-night hospital stay. Unlike laparoscopic surgery, TIF does not require incisions. A new valve is created by folding and suturing tissue where the stomach meets the esophagus. This prevents the stomach acid from going up into the esophagus.

Benefits of the TIF procedure can include no scars and faster recovery, since the work is done internally. The patient may also save money since they no longer need prescription medications for their heartburn. If you are experiencing symptoms of chronic acid reflux, see your doctor to find out if TIF may be a solution for you.

To learn more about the surgical services offered at Aiken Regional, visit aikenregional.com/tif.

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.

WIRELESS *fetal monitors*

New technology means
more comfort and
freedom for moms-to-be



The Women's LifeCare Center recently began using wireless fetal monitors, much to the delight of its patients. Director of the Women's LifeCare Center, Teresa Lilly, RNC, says they use the monitor on expectant mothers who are at 37 weeks' gestation or later. "The ability to move around helps the labor process, and this monitor gives them so much more freedom to do that. They can walk around, or sit on a yoga ball, or lay in a position that is comfortable for them while they are having contractions, and there are no cables or belts in the way," says Lilly. "Our patients love it because it gives them more control over their own comfort."

The monitors use Bluetooth® technology to wirelessly communicate with the device placed on the mother's stomach. "There is a patch that adheres to the top of the abdomen and a small device that connects to it to pick up fetal and maternal signals. Data is transmitted via the Bluetooth to an interface, so the nurses can keep an eye on the baby's activity," says Lilly.

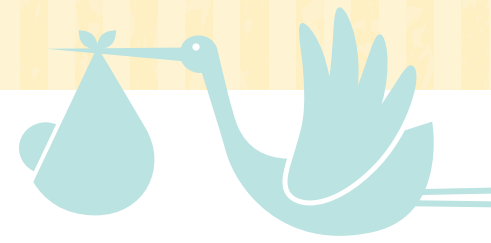
New mom Kathryn Hyatt recently used the monitor when she gave birth to her daughter in June, and was thrilled with her entire experience. "It was really

comfortable. I didn't have to worry about any bands sliding off my stomach, or getting tangled up in any wires, and there was no bulky equipment," she says. "I was able to change my position and get up and walk around without worrying about them losing signal of my baby's movements."

Hyatt also adds that her whole birth experience was awesome. "The nurses were incredible – they were very patient, they pampered me and provided whatever I needed," she says. "This is a really great hospital, and I would totally recommend it, especially the labor and delivery department." ■

**To learn more about the services offered
at the Women's LifeCare Center, visit
aikenregional.com/wlc or call 803-641-5800.**

 **Aiken Regional**
MEDICAL CENTERS
Women's LifeCare Center
www.aikenregional.com



Baby safety awareness

Prevention tips for keeping your child safe

Accidents are the number one killer of children in the US, according to the Centers for Disease Control and Prevention (CDC). Here are key things parents should know:

Crib safety



- Never put pillows, blankets, comforters or cushions in a crib, bassinette or play yard
- Always place your baby on their back to sleep
- Use a firm, tight-fitting mattress in the crib
- Do not use broken or modified cribs, or cribs older than 10 years
- Follow manufacturer instructions for crib or play yard assembly
- Keep cribs or play yards away from blind, curtain or baby monitor cords

Car seat safety



From the South Carolina Department of Motor Vehicles:

- Children under eight years old need to be properly restrained by an approved child seat
- Children under two years old must be in a rear-facing child safety seat in a rear passenger seat of the vehicle

Visit Safercar.gov for more proper child restraint information. To ensure proper car seat installation, visit an Office of Highway Safety fitting station or call 877-349-7187.

Safety straps



- **Car seats:** Make sure harnesses are snug, but do not press into the baby
- **Strollers:** Use straps/harnesses to prevent baby from wiggling out
- **Swings/infant seats/bouncers:** Always buckle your baby in using the three-point or five-point harness
- **High chairs:** Secure straps so your baby does not slide down under the tray
- **Changing tables:** Buckle your baby in, keeping diapers and wipes within arms' reach and one hand on your baby at all times



Aiken Regional
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Palmetto Pediatric Center
www.aikenregional.com

Palmetto Pediatric Center follows guidelines from the American Academy of Pediatrics (AAP) and the CDC, and shares age-appropriate safety information with parents during their baby's visits.

To learn more about baby and child safety, visit aap.org or cdc.gov.

To schedule an appointment at Palmetto Pediatric Center, call 803-641-KIDS (803-641-5437).



Health and wellness information
for adults age 50 and older



September is Cholesterol Education Month

According to the American Heart Association, one in three American adults has high cholesterol. If you haven't had your cholesterol checked in a while, now's a great time.

Cholesterol is a naturally occurring substance in the body that is produced by the liver. But about 25 percent of cholesterol comes from sources in your diet. There are two types of cholesterol - low-density lipoprotein (LDL), known as the "bad" cholesterol, and high-density lipoprotein (HDL), known as the "good" cholesterol. Too much LDL can contribute to buildup in the arteries, but adequate HDL helps remove excess LDL from the blood. HDL and LDL, along with a type of fat called triglycerides, combine to give your total cholesterol score.

CHOLESTEROL GUIDELINES

Total Cholesterol

Desirable: Less than 200 mg/dL

Borderline: 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 possible heart disease

Triglycerides

Less than 150 mg/dL

Source: Centers for Disease Control and Prevention (CDC)

STEPS TO LOWER YOUR CHOLESTEROL

If your LDL, triglycerides or total cholesterol is too high, your doctor may recommend lifestyle changes to lower your numbers. Those changes can include:

- Limit saturated and trans fats
- Eat more foods high in soluble fiber, such as beans, barley, oats, fruits and vegetables
- Add foods rich in omega-3 fatty acids to your diet, such as salmon, herring, mackerel, walnuts, ground flaxseeds and almonds
- Exercise at least 30 minutes a day, starting slowly and working up gradually*
- Lose weight
- Drink alcohol in moderation
- Quit smoking

If these changes are not effective, your doctor may recommend medication to help lower your LDL or triglycerides. ■

**Before beginning a new exercise routine, consult a doctor.*



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:



Taking care of your heart

Speaker: Janet Utz, MD
Interventional Cardiologist

Date: Friday, September 14

Time: 9 a.m.

Location: USCA – Alan B. Miller
Nursing Building

RSVP: Please call 800-882-7445

FITNESS & FUN

Travel Opportunities

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

Fitness & Fun

Visit 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 aikenregional.com.



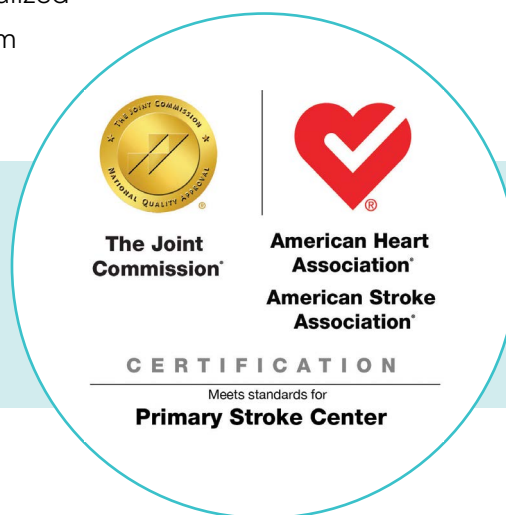


THE GOLD STANDARD *IN STROKE CARE*

Aiken Regional Medical Centers is a proud recipient of The Primary Stroke Center Certification from The Joint Commission.

This special achievement recognizes centers that meet national standards set into place by The Joint Commission in collaboration with the American Stroke Association and the American Heart Association. We are honored to be distinguished as a specialized care center where stroke patients can expect individualized treatment through programs and services to help them improve chances for long-term success.

Learn more about stroke care at
Aiken Regional Medical Centers
at aikenregional.com



news and notes



Wound Healing Institute
of Carolina
at Aiken Regional
www.aikenregional.com

The Wound Healing
Institute of Carolina
at Aiken Regional
Medical Centers
recently received
the 2017 Healogics®
Center of Excellence

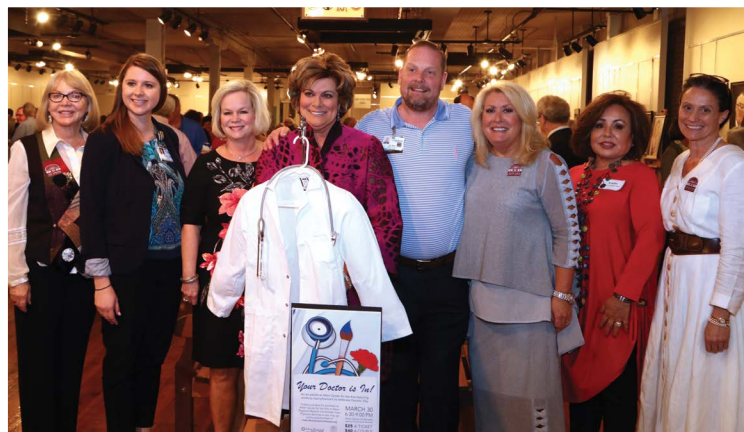


Award. The institute achieved outstanding
clinical outcomes for twelve consecutive
months, including patient satisfaction
higher than 92 percent, and a minimum
wound healing rate of at least 91 percent
within 30 median days to heal.

NEW OFFICE LOCATION:



Alyssa M. Degnan, DO
PVD Internal Medicine
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Attending the Doctors' Day Art Exhibit are, from L to R: Dana McMenamin, Tamalyn Teems, Mary Coleman, Marie Durrett, Joe Davis, Sharon Hagan, Flo Holford and Caroline Gwinn.

DOCTORS' DAY ART EXHIBIT HELD AT AIKEN CENTER FOR THE ARTS

Doctors' Day was established to recognize physicians,
their work and their contributions to society and
the community. The exhibit featured works by local
physicians and included photography, sculptures,
paintings, drawings, culinary and more.

Welcome NEW PHYSICIAN



Janet Utz, MD – Interventional Cardiologist
Carolina Heart and Vascular Center
137 Miracle Drive NW, Aiken, SC 29801
803-641-4874

Specialty: Interventional Cardiology
Medical School: Medical College of Georgia
Residency: Medical College of Georgia
Fellowship: Medical College of Georgia
Board Certification: Cardiovascular Disease

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: Sept. 25, Nov. 20

Time: 6 – 8 p.m.

Location: ARMC, 2nd floor, Women's LifeCare Center Classroom

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: ARMC, 2nd floor, Women's LifeCare Center Classroom

Registration: 803-641-5703

Childbirth Preparation

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

Weekday Classes

Dates: Aug. 28 – Sept. 18

Time: 6 – 9 p.m.

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

Registration: Required

Weekend Classes

Dates: Oct. 27 & 28

Time: 10 a.m. – 4 p.m.

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

Registration: Required

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. 6

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. 8

Time: 9 a.m. – 4 p.m.

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

Registration: Required

Fee: \$45

Community Health

Kidney Smart® Classes

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

Facilitator: Lorie Ann Pardue

Dates: Sept. 10, Oct. 8

Time: 11 a.m.

Location: Aiken Dialysis, 775 Medical Park Drive

Registration: Not required

Please call 803-641-4222 for more information.

Stroke Support Group

Date: First Tuesday of every month

Time: 11 a.m. – Noon

Location: Aiken Senior Activity Center, 944 Dougherty Road

RSVP: Call 803-502-8400 or 803-641-5643.

Diabetes Support Group*

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

Time: 3 – 4 p.m.

Location: O'Dell Weeks Activity Center

Registration: Required
Call 803-293-0023.

*No meetings in July or August

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: Nov. 3

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 information and skills to take care of themselves. Topics include emergencies, boredom, fear, loneliness and establishing a support system.

Dates: Nov. 3

Time: 4 – 6 p.m.

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.

Facilitator: Linda Lucas

Dates: Sept. 11

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: Third Wed. of every month

Time: 2 – 3 p.m.

Location: First Baptist Church

Registration: Not required

Please call **803-341-2530** for more information.

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.

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: Sept. 14

Time: 10 – 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.



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Gregory L. Eaves, MD
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Weems R. Pennington III, MD
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Edward Rigrup, MD
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L. Dieter Voegelé, MD

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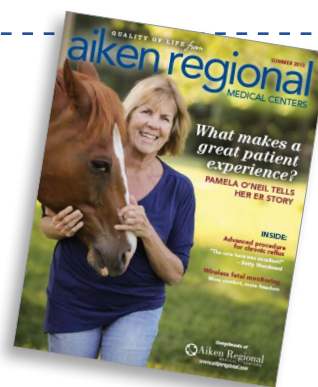


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Diabetes & Nutrition Teaching Center
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