

QUALITY OF LIFE *from*

FALL 2019

# aiken regional

MEDICAL CENTERS



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**LIVING  
HOPE**

## *Stories from courageous breast cancer survivors*

### *Inside:*

#### **Digital Detox**

*Kids and screen time –  
is it time to unplug?*

#### **Ask the Doctor**

*What you should know about  
preworkout supplements*

*Compliments of*

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## INSIDE THIS ISSUE FALL 2019

### 4 **A journey of hope begins with one step**

Georgina, Kayla and Ann share their stories of bravery

### 8 **Allergies and your skin**

Diagnosing and treating the most common skin allergies

### 10 **The importance of calcium**

Plant-based and dairy-based ways to grow strong bones

## Your home. Your healthcare.



I am fortunate to be working here at such a great hospital in a wonderful community. As the only hospital in Aiken, this is also your home and where you can get quality healthcare, every day. And as we launch our new logo and brand, we want you to know that exceptional, quality care and safety remains our priority. We work hard to provide a great experience for patients, families and visitors of all ages.

In March, we began participating in The DAISY Award® program, which honors extraordinary nurses who provide outstanding clinical and compassionate care to our patients on a daily basis. One nurse is chosen each quarter from nominations by patients, families and coworkers. Our nurses consistently demonstrate excellence and make a difference in so many ways, and we are pleased to be able to recognize them.

As we continue to expand on more offerings to the community, such as our affiliate, Aiken Urgent Care, we are also working to recruit more specialists to accommodate our growing patient base. We plan to add more specialists in electrophysiology, cardiology, breast surgery and neurosurgery in the near future. Electrophysiology is a new service that will be available soon and will help people with heart conduction defects. Common heart conduction defects include atrial fibrillation, atrial flutter and supraventricular tachycardia.

I look forward to meeting more members of our community at upcoming events. In the meantime, we will continue to enhance our services and strive toward exceeding your healthcare needs and expectations. Please let us know if there is anything we can do for you. Aiken is your home and we're your healthcare. We are here whenever you need us.

Sincerely,

**Jim O'Loughlin**  
Chief Executive Officer



# Honoring extraordinary nurses with The DAISY Award®

**New to Aiken Regional, this program celebrates the outstanding clinical skill and compassionate care given by our nurses every day.**

Launched at Aiken Regional in March, this award recognizes one nurse each quarter based on the nominations received from patients, guests, coworkers or community members. The program was established in 1999 by family members of Patrick Barnes, who was 33 when he died of complications from an autoimmune disease, explains Assistant Chief Nursing Officer Phyllis O'Neill, DNP, RN.

"We received 55 submissions, and it's a testament to the difference our nurses make in the lives of patients, their families and coworkers," she says. "They consistently demonstrate excellence through their clinical work and compassion. They are recognized as outstanding role models." A DAISY Award winner will be announced each quarter, and nominations can be submitted through the website or at drop boxes throughout the hospital.

## Continued nursing recognition

In addition to the quarterly DAISY Award, each year during Nurses Week, five nurses are chosen for the Florence Nightingale award. "Nominations can come from coworkers and directors, and the award recognizes excellence in service and in the profession of nursing," says O'Neill. "We also give an award for 'Tech of the Year' to a care team technician who excels in their profession."

As part of the Service Excellence program, there is also a monthly recognition for one nursing employee and one non-nursing employee, says Thomas Kelly, Employee Training Specialist. "The nominations can come from anyone, and the winners are chosen by the senior administration team. Winners receive a dedicated parking spot for the month, as well as other prizes," he says. "All hospital staff members are invited, as are the winners' families, and the nominators have an opportunity to share a few words about the winners."

## Get your ticket!

A new initiative involves distributing "Golden Tickets" to patients, should they want to nominate a staff member who provided a great patient experience, O'Neill explains. "The patient experience is very important to us. This ticket gives them the opportunity to tell us about their stay and the care they received, or about an interaction with a staff member that made their day. We have extraordinary nurses and employees here. We want our patients to know they are getting extraordinary care. We are all part of the community, and it's great when our patients can trust in the care we are providing," she says. ■



**Patients, guests, coworkers and community members can nominate a nurse for The DAISY Award. Visit [aikenregional.com/nominate](http://aikenregional.com/nominate).**



Top: Director of 3M, Cassie Taylor, RN, MSN, CEN, SANE, and DAISY Award winner Jessica Wright, RN, 3M Night Shift Clinical Supervisor  
Bottom: Dawn Johnfroe, RN, ICU

## And the inaugural DAISY Award goes to ...

**JESSICA WRIGHT,  
RN, 3M NIGHT  
SHIFT CLINICAL  
SUPERVISOR**

## The second quarter DAISY Award goes to ...

**DAWN JOHNFROE,  
RN, ICU**

The DAISY Award honorees personify Aiken Regional Medical Centers' remarkable patient experience.

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Learning that you have breast cancer is frightening and unsettling. But these three brave warriors faced their journeys with faith, hope, courage and determination. With the support of their families, friends, and the staff at Aiken Regional Medical Centers and The Cancer Care Institute of Carolina, they dug deep within themselves, stayed positive, and refused to give up. These are their stories.

## *Georgina Riley*



Georgina Riley is a two-time cancer survivor. Now 70 years old, she was initially diagnosed when she was 52, and then again at 62. "The first time I was diagnosed, it was with a mammogram. But the second time, I found the lump," says Riley, who has no family history of breast cancer. In both cases, treatment included radiation, chemotherapy and a lumpectomy.

She chose Aiken Regional Medical Centers and The Cancer Care Institute of Carolina because she wanted to stay close to home, and she liked the facilities. "My doctors and nurses were so compassionate," says Riley. "I highly recommend them because I believe that they give great care and support, which is desperately needed while you are going through it, and they are local.

I didn't have to go far, and I could come right home."

Riley believes mammograms are critical. "It is very important to catch it early because it can save your life. You have so many more treatment options," she says. "You also need to stay positive, have a strong faith, trust in God and count on friends and family for support. That was a blessing."

After her treatment and remission, Riley became involved with CanHope, a nonprofit organization that helps people affected by cancer in nearby communities, as a way to give back. "I am thankful to be alive and grateful for all who helped me get through my journey, including my son, Brad, and stepchildren, John and Chrissa." ■





## Kayla Carroll



Kayla Carroll was 47 when she was diagnosed last year. "I found a lump in my breast and immediately went to see my OB/GYN," says Carroll. "I then saw Dr. (Wayne) Frei for a biopsy and the results indicated I had triple negative breast cancer. The only option was to do chemotherapy first, then radiation, because doctors were hoping they could shrink the mass."

After five months of chemotherapy and 30 days of radiation, the mass did shrink, but there were still cancer cells present. Carroll then had surgery to remove some lymph nodes and her left breast. "I had the surgery late in the spring and will have reconstructive surgery after I am healed."

Carroll chose Aiken Regional Medical Centers and The Cancer Care Institute of Carolina because she knew of someone who had great results; plus, she only lives 10 minutes away. "They were so good to me, and Carolyn Cook made me feel really comfortable and like I was at home," she says. "They handled everything professionally, but were also like family. They were always looking out for me and I highly recommend them."

Carroll says she did not previously get regular mammograms, nor does she have a family history of breast cancer. She urges women to check themselves regularly, and if you feel the tiniest lump, get it checked immediately. "It's hard at first, but it gets easier. I have eight daughters, and my husband, who have supported me. My family is always there," she says. "I am just grateful for all the support from them, my friends, and the nurses and doctors." ■



Celebrating life! From left, Georgina Riley, Ann Carter, Nurse Navigator Carolyn Cook, RN, and Kayla Carroll.

## An advocate for the journey

Breast Health Nurse Navigator Carolyn Cook, RN, is a beacon of hope for breast cancer patients at the Cancer Care Institute of Carolina. Cook acts as an advocate and tracks test results and treatment. She reviews family history for breast cancer, or other cancers, in case the patient decides to pursue genetic testing. "I love offering hope and encouragement to my patients, whether they are just starting their treatment, having surgery or ringing the bell at the end of their treatment. I am with them, supporting them all the way!" says Cook.

To learn more, visit [aikenregional.com/bctx](http://aikenregional.com/bctx).

## Ann Carter



Ann Carter was diagnosed with breast cancer when she was 67. Now 74, she remains cancer free. "It was during my yearly mammogram that the radiologist saw something suspicious, so we needed to check it out. I am grateful they caught it when they did, because it could have been worse."

Carter's doctor ordered a biopsy, which led to a lumpectomy. Then began the anxious wait to see if she would need chemotherapy and radiation. "The test results indicated I should have six months of chemo. After that, I had six weeks of radiation treatment," she says.

What stood out for Carter was the compassionate care she received from Carolyn Cook, the nurses and Mark Ezekiel, MD, at the Cancer Care Institute of Carolina.

"They were so good to me – I truly felt cared for. Carolyn made herself available to me whenever I needed her," Carter says. "Another nice feature was the boutique. I lost all my hair, so they helped with wig selection and also gave me a nice assortment of makeup. They truly helped me feel better about myself."

Carter says she kept doing what she needed to do. "I knew I had to depend on the Lord because I could not do it by myself, and becoming friends with other patients was helpful. We all understood and supported each other," she says. Her recommendations include getting a yearly checkup and mammogram, doing breast self-exams and making sure you eat plenty of fruits and vegetables. ■



## HAVE YOU HAD YOUR *mammogram?*

The American Cancer Society states regular mammograms for women over 40 are the most effective method of detecting breast cancer in its earliest stages.

The staff at the Women's Breast Health and Imaging Center offers a range of diagnostic and imaging services to help you maintain breast health. Services include digital mammography, breast MRI, ultrasound and stereotactic breast biopsy.

To schedule your mammogram, call 803-641-5808.

To sign up for our mammogram reminder program, visit [aikenregional.com/mammo](http://aikenregional.com/mammo).

# NOSE TO the screen

**Kids are spending too much time on cell phones, computers or video games. But how much is too much?**

Leslie Addison, LPC, and Matthew Tyra, LPCI, from Aurora Pavilion Behavioral Health Services, say the topic comes up daily. "Discussions cover how much time the child is spending on social media, electronics, cell phones and violent video games," says Addison. "When the kids leave here, we stress structure and suggest parents put limitations on their child's access to electronics."

## SOCIAL MEDIA AND DEPRESSION

Addison says they have seen an influx of patients who are victims of cyberbullying, which is a common trigger for depression and suicidal thoughts. "We have sessions where kids are given the skills and tools to use if they encounter bullying," says Tyra. Both recommend that parents sit down with their kids so they can monitor things. Another concern is the link between depression and social media, which can be a double-edged sword. "A person who is depressed already has a lower self esteem. But the flip side is that social media can lead to depression because of what the person is seeing, and they compare themselves to everyone else," says Tyra. He also notes that people get caught up in what they are seeing, and often it isn't even reality.

## TIME FOR DIGITAL DETOX

Addison says when kids are hospitalized because they threaten suicide if their cell phone or video games are taken away, that's when they have a talk with the family strongly suggesting a "digital detox." "Parents need to enforce that cell phones and video games are a privilege, not a right, and they need to earn them through trustworthy behavior. Like anything else, these devices can be misused," says Addison. She also adds that parents can't shield their kids from everything, but they do need open lines of communication with each other. "You can't believe everything you see or read," she says. ■

**To learn more: [aikenregional.com/child](http://aikenregional.com/child)**



## DID YOU KNOW?

**Kids aged 8-18 spend:**

**7.5** **4.5**

hours each day in front of a screen for entertainment purposes

hours of those 7.5 hours include watching TV



**This adds up to 114 DAYS of screen time per year**

**Kids aged 8-18 only spend about 25 minutes a day reading books**



## What's in their bedroom?



**More than one in three** have a computer and internet access



**Half** have video game players



**Two out of three** have TVs

Sources: The Centers for Disease Control and Prevention (CDC) and National Institutes of Health





# ALLERGIES – not just seasonal

Most people associate the term “allergies” with the sneezing, itchy, watery eyes and runny nose that happen in the spring and fall. But allergies can affect the whole body, especially the skin.

There are several common skin conditions that can be triggered by allergens. When this happens, the immune system responds with a range of symptoms, depending on the source of irritant. The best way to learn what is causing your specific reaction is to see an allergist who can help determine the source and best treatment.

## COMMON ALLERGIC SKIN CONDITIONS

**Hives** are itchy, raised, red welts on the skin that can come and go on any part of the body. Many times, they can be an acute reaction to something like drugs, food or insect bites. But bacterial infections or viruses have also been known to cause hives, in addition to exposure to heat, sunlight and the cold. Treatment may include a prescription for antihistamines if the condition does not resolve on its own. Angioedema can also be associated with hives, but it occurs in the deeper layers of skin, often on the eyelids, lips, hands, feet and tongue.

**Dermatitis** presents itself as an itchy, red, scaly rash, and more commonly as contact dermatitis or atopic dermatitis, which is also known as eczema. Contact dermatitis can be caused by either allergens or something that irritates the skin, like chemicals. Dermatitis related to irritants is usually located on the hands. To prevent further skin damage, limit exposure and use gloves for protection.

**Allergic contact dermatitis** results in red, itchy blisters, like what happens when poison ivy gets on the skin. Oil in the plant causes the reaction, and it can take one to two days for the rash to develop.

Once an outbreak occurs, it can last for several weeks. Depending on the symptoms, over-the-counter remedies may work, but sometimes prescription steroids may be needed to fully treat the affected area. Other items that can cause contact dermatitis include perfumes, rubber/latex items and cosmetics.

## Atopic dermatitis (eczema)

Known to start from infancy through early childhood, eczema is considered a chronic issue and has been linked to food allergies and asthma. For some patients whose parents and grandparents suffered with severe eczema, it can be traced to inheriting a faulty skin gene. Red, itchy, raised patches can appear anywhere on the body and can be aggravated by sweating, dust mites, animal dander or environmental factors. Keeping the itch under control is important, as constant scratching can lead to infection. Anti-inflammatory ointments help prevent itching, but oral steroids may need to be used. If the doctor suspects an infection, antibiotics may be recommended. ■

***Do you have an urgent medical need and your doctor is not available?*** Aiken Urgent Care is a walk-in facility that can help with general emergent and non-life-threatening medical conditions. The facility is open Monday through Friday, 7:30 a.m. to 7:30 p.m.; Saturday and Sunday, 9 a.m. to 3 p.m.

**For more information, visit [aikenregional.com/urgent](https://aikenregional.com/urgent).**



# The pros and cons of *preworkout supplements*



"For both the average individual and elite athlete, a preworkout supplement can

make quite a difference. When you try them, don't be surprised if you experience more energy, better workouts and more focus," says Internal Medicine Physician **Michael Emmer, MD**. But these supplements aren't for everyone.

## **Q: What are the benefits of preworkout supplements?**

The first benefit is that you are improving your workout habits. There are a variety of preworkout supplements, all of which help your body in different ways. One of the more popular is caffeine, which can be found in many preworkout supplements. Having caffeine before a workout can help improve performance by increasing adrenaline levels, which readies the body for intense physical activity.

## **Q: How do the supplements work in the body?**

Supplements work in several different ways. For example, branched chain amino acids (BCAAs) have been shown to enhance postworkout recovery and decrease muscle soreness. Creatine is a supplement popular with bodybuilders and it helps the body create short-term energy. Other types of supplements work by delivering more micronutrients to muscles, delaying exhaustion, reducing fatigue and preventing acid buildup in the muscles during longer workouts. Start out with small doses, stay hydrated and consume supplements 30-60 minutes before starting exercise.

## **Q: Are any of the common supplements dangerous?**

Supplements don't work the same for all and not everyone should take them. Children, adolescents, the elderly, or people with heart problems, hypertension, anxiety, kidney or gastrointestinal illness should avoid or limit use of supplements. Common side effects can include insomnia, overstimulation or anxiety, gastrointestinal symptoms and a sensation of skin "crawling" or "burning."

## **Q: What do you recommend as preworkout fuel?**

When searching for a preworkout supplement, avoid off-label brands or supplements originating in foreign markets where the FDA could have less influence and oversight. If doing short, intense activities, caffeine, citrulline, niacin and beta-alanine are common desired ingredients. If doing longer-lasting endurance training, look for nitrates, L-arginine, taurine and BCAAs. As with any medication or workout regimen, seek a physician's advice and guidance before starting any supplements. ■



**Find a doctor: [aikenregional.com/armcdoc](http://aikenregional.com/armcdoc)**

# Learning the facts about calcium

## Essential for strong bones, this mineral plays other roles as well

Calcium is the most abundant mineral in the body, with 99 percent of the body's calcium located in the bones and teeth, and 1 percent in the body's fluids. "Calcium is also important for muscle contraction, nerve function, blood clotting, preventing osteoporosis and more. While milk and milk products are known as the main source of calcium, not everyone can tolerate dairy," says Lauren Woznick, RD, LD. "But there are many other ways to add it to your daily diet."

### Other sources

If dairy is not your thing, you can also find calcium in tofu, bok choy, kale, broccoli, collard greens, beans, and canned sardines or salmon with bones included. Many foods are also fortified with calcium, states Woznick. "There are many options for those who choose a plant-based diet."

Woznick advises checking the labels to ensure the product has the amount of calcium that you want. For those sensitive to lactose or casein protein, there are lactose-free choices available, as well as milk that has certain types of casein protein. Woznick says most cow's milk contains a mixture of A1 and A2 beta casein protein, but certain breeds of cows provide milk with only the A2 variant. There are also yogurt and frozen dairy products made with coconut milk, almond milk and other dairy substitutes.

While obtaining too much calcium from food is rare, excessive intake is mainly from supplements, states Woznick. She cautions that too much calcium intake can lead to constipation and the formation of kidney stones, so if you are taking a supplement, keep the dose in mind along with your current diet.

How much daily calcium you require depends on your age. The National Institutes of Health provides Recommended Dietary Allowances for calcium (below). ■

### How much calcium do I need?

Age	Male	Female	Pregnant	Lactating
0–6 months*	200 mg		200 mg	
7–12 months*	260 mg		260 mg	
1–3 years	700 mg		700 mg	
4–8 years	1,000 mg	1,000 mg		
9–13 years	1,300 mg	1,300 mg		
14–18 years	1,300 mg	1,300 mg	1,300 mg	1,300 mg
19–50 years	1,000 mg	1,000 mg	1,000 mg	1,000 mg
51–70 years	1,000 mg	1,200 mg		
71+ years	1,200 mg	1,200 mg		

\* Adequate Intake (AI)

Are you looking to learn more about food and nutrition and the best options for you? The Diabetes and Nutrition Teaching Center can help. To take an assessment, visit [aikenregional.com/assess](https://aikenregional.com/assess).

Check with your healthcare provider before taking any supplements

## Green Smoothie Bowl



Here's a breakfast bursting with color, flavor and nutrition. Try this Green Smoothie Bowl for a healthy start to your day or an energizing snack.

### INGREDIENTS

- 1/4 ripe avocado
- 1 cup frozen cubed mango
- 2 cups fresh baby spinach
- 1/2 cup unsweetened almond milk
- 1 Tsp honey
- 1 Tbsp flaxseed meal
- 1/2 cup vanilla yogurt or 1 frozen banana
- 1/2 cup assorted berries, such as strawberries, blueberries and blackberries
- 1 Tbsp roasted unsalted sunflower seeds
- 2 Tbsp sliced raw almonds
- 1 Tbsp shredded unsweetened coconut

### DIRECTIONS

In a blender, combine avocado, mango, spinach, almond milk, honey flaxseed meal and yogurt. Blend until smooth.

Divide between 2 bowls and garnish with berries, sunflower seeds, almonds and coconut.

Yield: 2 servings  
Serving size: 1 cup

Nutrition Facts (per serving): Calories: 264;  
Fat: 12g; Saturated Fat: 0; Cholesterol: 0;  
Sodium: 68mg; Carbohydrates: 30g; Fiber: 8g;  
Protein: 8g

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## welcome NEW PHYSICIANS



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