

QUALITY OF LIFE *from*

aiken regional

OCTOBER – DECEMBER 2016

MEDICAL CENTERS



Journeys of *Bravery*

Four women share
stories of hope

Liv® Now, Liv Later:
Young survivors
share their courage

National Diabetes
Month: Prevention is
key – learn how with
dietary changes

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

FOR A WOMAN'S UNIQUE HEALTHCARE NEEDS

Regular mammograms for women over 40 are the most effective method of detecting breast cancer in its earliest stages*. Women's Breast Health & Imaging Center can offer you more accurate breast exam results in less time and with maximum privacy and comfort.

Offering dedicated women's diagnostics in one convenient location.

- All-digital mammography
- Stereotactic biopsy
- Bone densitometry
- Routine X-rays

The Women's Breast Health & Imaging Center is accredited by the American College of Radiology and certified by the US Food and Drug Administration (FDA).

Sign up for our mammogram reminder program at www.aikenregional.com/womensimaging today. To schedule a mammogram, call 803-641-5808.



**Women's Breast Health
& Imaging Center**
at Aiken Regional
www.aikenregional.com

400 Medical Park Drive | Aiken, SC 29801

* American Cancer Society

People you know. Healthcare you trust.



We are pleased to start this issue off with our "We Are Living Hope" feature. You will meet four amazingly strong and courageous women who have survived breast cancer. They share their stories of hope and bravery starting on page 4. Their journeys will inspire you. They could not have done it without the doctors and nurses at the Cancer Care Institute, featured on page 8.

We also showcase two young members of "Liv® Now, Liv Later." Both are under 40 and were diagnosed with breast cancer and found support through this initiative available only at Aiken Regional.

We are also excited about updates at Aiken Regional, including a new MRI and a low-dose CT scanner for lung cancer screenings. The new equipment provides more enhanced images faster, so you spend less time getting tested. Our lobby was renovated as well. We hope you come in for a visit and let us know what you think.

November is National Diabetes Month, and with the increased diagnoses, it is important to know the Aiken Regional Diabetes and Nutrition Teaching Center helps manage diabetes and can help you even prevent it with dietary changes. Learn more on page 18.

In the "Ask the Doctor" feature, new OB/GYN Margot Wacks, DO, talks about signs, symptoms and treatment of menopause. We hope you enjoy this publication and we look forward to continuing to be of service to you.

Enjoy the coming season of hope, gratitude and gatherings, and may God bless you and your family.

A handwritten signature in black ink that reads "Vance Reynolds".

Vance Reynolds
Chief Executive Officer



8



12

INSIDE THIS ISSUE

OCTOBER – DECEMBER 2016

4

We Are Living Hope

Four breast cancer survivors tell their stories

8

Cancer Care Institute of Carolina

A multidisciplinary approach to cancer treatment

12

Ask the Doctor

What is menopause?

18

National Diabetes Month

How diet and exercise can help

22

Senior Wellness

"FIGHTING BREAST CANCER *became my job*"



Determination, faith in God
and **positive attitudes** helped
these four survivors after
getting diagnosed with
breast cancer.



Carolyn Cook, RN

Breast Health Nurse Navigator

In the midst of a cancer diagnosis, there are so many variables that come into play. Chemotherapy? Radiation? Surgery? It is important for women to know they have unwavering support, guidance and help in making the best decision for them. My mission is to make each person's journey the best it can possibly be by going the extra mile, and by being there for them as a beacon of hope. ➤

"You have breast cancer."

These are four words no woman ever wants to hear. Fear initially follows a diagnosis, but so does hope. And hope is a common denominator in the stories of these four brave women, survivors who stayed strong, and were supported by friends, family, Aiken Regional Medical Centers and The Cancer Center Institute of Carolina. ♥





Trinh Dang

In October 2015, I had my first mammogram, and less than a week later, was diagnosed with stage two breast cancer. I worried about my kids and husband - I didn't have time to be sick. I tell everyone I know about doing monthly breast self-exams, no matter how old or young they are. Luckily, I got my mammogram when I did! I am so grateful to the doctors and nurses at the Cancer Care Institute. They are my second family, and thanks to them, my family and friends, I am here today!

Janis Wadsworth

I learned about my diagnosis on February 8, 2016, and was overwhelmed, numb and afraid. But when I met with Breast Health Nurse Navigator Carolyn Cook, I felt very empowered. Following my lumpectomy on February 26th, my son and daughter were there when the doctor gave me the fantastic news - the cancer had not spread! I finished radiation on May 17. I rang the victory bell three times; once for God, who put me on this healing path; once for Dr. Ezekiel and the ARMC Oncology staff that cared for me; and the third ring was just for me. I am living each day with a positive purpose.



Yvonne Johnson

In August 2015, I was a busy grandmother-to-be and finishing my master's degree. During a routine breast self-exam, I found a lump and saw my doctor. I was diagnosed with stage three breast cancer. But I refused to give up – I would not let cancer win! My family took great care of me, my teachers and classmates worked with me, and my faith in God sustained me. I graduated on time this spring, and welcomed my beautiful granddaughter. This journey has its ups and downs - embrace the high moments and grow from the low ones. Make each moment count and live each day to the absolute fullest.

Mary Anne Cavanaugh

I watched my mother battle breast cancer, and she was an amazing example of grace and dignity. In November 2015, when I found a lump in my breast, I knew what I had to do. My faith in the Lord kept me calm, and acceptance kept me grounded. A very good friend told me my breast cancer journey was now my "job." Taking care of myself, exercising and following the doctor's orders is my priority. I am still in the process and am thankful every day for my friend's outlook on this challenge in my life. ■





The Cancer Care Institute of Carolina

Care you can trust, close to home

If you have been diagnosed with cancer, you know the stress and uncertainty that accompanies it. But at the Cancer Care Institute of Carolina (CCIC), comprehensive treatment programs help meet your individual needs, in one place and close to home. ►



Bob Queen
Director

Director Bob Queen says if patients need chemotherapy and radiation, it can all happen under one roof. "We provide the same services as any big institution. Many people go for second opinions to bigger medical centers or teaching universities, but they come back here because they will receive the same treatment, and they're close to home," says Bob.

He explains there is a multidisciplinary team approach to cancer treatment. "It's not just radiation or chemotherapy, but learning more about the patient and what they need to get through treatment. We involve pain management, nutrition, physical therapy and support groups," he says.

The CCIC is also home to a boutique that carries a variety of post-surgical supplies. And, the community-based CanHope Foundation assists patients with vouchers for gas, transportation, funding for clothing or other miscellaneous items. "Our support group is run through this foundation, and patients find it very helpful," says Bob.

Personalized support helps you navigate through the process



Carolyn Cook, RN
Breast Health
Nurse Navigator

In a patient's journey from diagnosis to treatment and beyond, Breast Health Nurse Navigator Carolyn Cook, RN, 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 conclusion of their treatment. I am with them, supporting them all the way!" says Carolyn.

Aiken Regional Medical Centers also has a Cancer Care Information Hotline to provide education and support for patients and their families." ■

Oncologists at the Cancer Center Institute of Carolina at Aiken Regional Medical Centers



Sitki M. Ergul, M.D.

Medical School: University of Istanbul (Turkey)
Residency: Medical Center of Central Georgia (Macon) Internal Medicine
Fellowship: Medical University of South Carolina (Charleston) Hematology/Oncology



Ahmad N. Gill, M.D.

Medical School: Dow Medical College – Karachi University
Residency: New Hanover Regional Medical Center
Fellowship: Medical University of South Carolina (Charleston) Hematology/Oncology



Mark P. Ezekiel, M.D.

Medical School: Medical University of South Carolina College of Medicine (Charleston)
Residency: University of Alabama Medical Center (Birmingham) Radiation Oncology



Jed W. Howington, M.D.

Medical School: Medical College of Georgia (Augusta)
Residency: University of Alabama Medical Center (Birmingham) Radiation Oncology

To learn more about the Cancer Care Institute of Carolina, call 803-641-5833 or visit www.aikenregional.com/ccic.



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

From MINIMALLY INVASIVE PROCEDURES *to* MAJOR SURGERY...



Front row, L to R: Sharon Elder, RN, OR Clinical Supervisor; Kathy Cornforth, RN, Director of Surgical Services. Second row, L to R: Allyson Langley, PACU RN; Laura Phillips, PACU RN; Tammy Johnson, SPD Tech; Holly Carson, OR RN; Angel Brown, SPD Tech; Phyllis Linwood, SPD Tech. Third row, L to R: Nancy Turner, OR RN; Rhonda Keenan-Toole, PACU Clinical Supervisor; Jane Andrey, OR RN; Christy Poole, PACU RN; Leah Parker, CST; Jeff Boswell, CRNA Manager; Latosha Williams, SPD Tech; Bettina York, SPD Tech; Tom Hogan, Perfusionist.

You're *in good hands* with the Surgical Services team!

When the need for surgery arises, you want to feel comfortable with your surgeon as well as the facility. And from pre-op testing to post-surgical recovery, Aiken Regional Medical Centers has you covered.

Kathy Cornforth, RN, BSN, CNOR, Director of Surgical Services, oversees it all. "There is no need for people in the community to travel long distances for care," she says. "We can handle minimally invasive procedures, total joint replacements and major surgeries, all right here at Aiken Regional."

Kathy says there are eight operating rooms, with one reserved for cystoscopy procedures. The other operating rooms are for general, orthopedic, cardiac, neurologic, bariatric, colorectal, gynecologic, urologic, ENT, plastic and vascular surgery. Endoscopy procedures are done on a dedicated suite.

Prior to surgery, an evaluation determines if the person is healthy enough for surgery. They meet with someone from the anesthesia team, who explains what to expect before, during

and after the surgery. Also completed are blood and urine tests, chest X-rays or other studies as requested by the doctor, as well as review of any advance directives in place.

Following surgery, the recovery team monitors the patient as anesthesia wears off. Once cleared from recovery, patients are moved to rooms or discharged, depending on the procedure. Kathy says patients experience a continuum of care from start to finish.

"Our total joint program has its own pre-op evaluation session where patients are educated about their surgery, recovery and rehabilitation," says Kathy. "So no matter what procedure, they can feel confident that our team at Aiken Regional will ease them through the process." ■

If you need to find a doctor for yourself or your family, our FREE Direct Doctors Plus® physician referral service can help. Visit www.aikenregional.com/find-a-doctor or call 800-882-7445.

Menopause – a new chapter in a woman's life



Hot flashes, weight gain and hormonal swings are common symptoms

women experience as they go through menopause.

OB/GYN Margot Wacks, DO, *provides some insight on the symptoms, treatment options, and what you can do to ease yourself through.*

Q. What is menopause?

Menopause is the stage in a woman's life when the ovaries no longer produce estrogen and progesterone, and you can no longer become pregnant. The average age is 51, but it can happen as young as the 40s or even into the 50s.*

Q. What are the signs and symptoms of menopause?

Menopause is preceded by perimenopause, which can last from two to eight years. During that time, the menstrual cycle becomes irregular, and you can endure heavy periods, hot flashes, headaches, mood swings, low energy, trouble sleeping and even anxiety.

Q. What can I do to help minimize symptoms?

Proper nutrition, taking recommended vitamins, sleep and exercise can help manage some of the symptoms. Dressing in layers enables you to cool off quick when a hot flash strikes. Keeping your bedroom cool can also help you sleep better. Do not begin an exercise program without checking with your doctor.

Q. How is menopause treated?

If you are having severe issues, your doctor may recommend hormone replacement therapy. This can help by reducing hot flashes, night sweats, vaginal dryness and other symptoms. However, it is not for everyone, especially those with a history of heart disease, certain cancers or blood clots, so be sure to discuss your health history with your doctor. ■

*womenshealth.gov



**Dr. Wacks is accepting new patients. Same-day appointments are available. Visit her office at:
121 Aurora Place, Suite B
Aiken, SC 29801
803-716-9428**



we — Women Enlightened for Better Health is a unique health initiative created to empower women to manage the demands of daily life. As a *we* member, you'll have easy access to the resources and support you need to keep you and your loved ones in good health, and achieve balance in your life.

we benefits include:

- Personalized Support from our Women's Health Nurse Navigator
- Membership packet that includes a free LIV® self breast exam aid designed by Olivia Newton-John
- Free and Low-Cost Health Screenings
- Health Education and Support Programs for Every Age
- Year-Round Social Events

BE THE *best* YOU CAN BE—
JOIN *we*!

Olivia Newton-John joins Aiken Regional in promoting women's health.

Join *we* today and begin your journey to optimal health! Membership is free – just visit aikenregional.com/we to enroll. Or call ARMC at 803-641-5926 for a free brochure.


we
Women Enlightened
FOR BETTER HEALTH

we ENCOURAGE
YOUNG WOMEN TO

Liv[®] NOW. 
Live LATER.

YOUNG *breast* *cancer survivors* *share their stories*

According to the Centers for Disease Control and Prevention, approximately 11 percent of all new cases of breast cancer in the U.S. are found in women younger than 45 years old. Early detection is a key factor in winning the battle against breast cancer. Two young survivors share their stories of hope, strength and forging on! ➤


*National Institutes of Health

7%
of Breast Cancer
Diagnosis is **under**
the age of 40.*

Anne Royal Witte Diagnosed at 35

I had a small dimple on my breast that looked like an indentation from wearing my bra too long. When it didn't go away, my family doctor ordered a mammogram, and within two days, I had my diagnosis. Ten days later, I had my surgery, followed by chemotherapy.

I consider myself a very positive individual, both professionally and personally. It's been very hard physically, mentally, and emotionally. I was active, healthy and ran a half marathon four months prior to my diagnosis. Since my surgery, I have only been able to run twice and starting over has been difficult. I also gained 15 pounds due to the steroids and chemotherapy-induced menopause.



Liv Now. Live Later. is an initiative to educate women ages 18-39 about breast cancer and the importance of performing monthly breast self-exams. Women Enlightened (*we*) is a free women-only health and wellness program at Aiken Regional. Join *we* today by visiting www.livnowlivelater.com/about-we.





Even with all of this, I have learned coping strategies and I keep telling myself that no one's road is easy and keep putting one foot in front of the other.

My advice for young women is to pay attention to your body! Don't just "watch" something for indefinite periods of time. It's your body and your life - nothing matters more. I did what I had to do to be here for my husband and son. I try to live by the motto, "Why not?" I believe anything can happen as long as we believe in ourselves and stay focused. Nothing is impossible.

Jerino J. Brown Diagnosed at 37

I found a lump under my arm while I was doing my routine breast self check. I made an appointment with my family doctor and was sent to a surgeon for a biopsy. They diagnosed me with stage two breast cancer.

When I first learned of my diagnosis, I was in denial. When my mind finally absorbed it, I cried and went into depression because I thought of it as a death sentence. After much prayer, soul searching

and seeking God, I was able to cope with and face my diagnosis head on.

My advice to young women is to do a regular breast self-exam. If you notice anything that feels different, have it checked out immediately. I am a three-year breast cancer survivor and am living my life to its fullest. Breast cancer is not a death sentence if caught in time. I am grateful to be cancer-free and able to be here for my children. ■



NEW DIAGNOSTIC IMAGING EQUIPMENT *enhances the patient experience*



MRI AND CT SCANNER OFFERS SAFER, FASTER TESTING

For many people, the thought of having an MRI can be frightening. But Aiken Regional's Radiology Department now offers a new MRI with a larger opening to accommodate patients who suffer from claustrophobia. The MRI is engineered to be quieter and scan faster, so patients spend less time in the machine.

"This MRI also has software that recognizes blood as a contrast agent, so for some exams, there is no need for patients to have contrast material injected prior to the test," says Lisa Davis, RT(R), (CV) BA, Radiology and Cardiovascular Services Director.

Lisa explains that the entire MRI area was renovated and a separate suite was created. "We recently added Saturday hours to make it more convenient for people to schedule appointments," she says.

"We are getting great feedback from patients, telling us this MRI is more comfortable and quicker."

Another new offer from radiology is low-dose CT lung cancer screening. To qualify for the screening, you need to be between ages 57 and 77; have no signs or symptoms of lung cancer; and be a current smoker or one who has quit smoking within the last 15 years. You also need a written order from your doctor for the scan.

"Our site is accredited by the American College of Radiology as a lung cancer screening site," says Lisa. "We are glad to offer this option to the community as a preventive component, because early detection can mean better outcomes." ■

MRIs are available Monday – Saturday from 8 a.m. – 5 p.m.

Low-dose CT lung cancer screenings are available Monday – Friday, from 8 a.m. – 5 p.m.

To schedule an appointment, call 803-641-5808.

New program provides care for those affected by sexual assault

Aiken Regional first hospital in state to be contracted location

A new referral program means victims of sexual assault will receive specialized, compassionate care and treatment from specially trained nurses at Aiken Regional Medical Centers. The hospital has Sexual Assault Nurse Examiners (SANE) on call 24 hours a day for pediatric, adolescent and adult patients that are affected by sexual assault.

Cassie Taylor, RN, BCEN, SANE, is the Forensic Nurse Coordinator who was involved in facilitating the program. "We work closely with victims to provide advocacy and treat them with respect and compassion throughout the examination and process, aiding in their recovery," says Cassie. "The nurse examiner also collaborates with law enforcement, victim advocates, attorneys and child protective services to ensure appropriate response."

States Heather Radford, Director of Emergency Services at Aiken Regional, "We're very proud of our program and we're working with more counties to give our community and surrounding areas access to the best care possible for sexual assaults."

"We have a college campus in the community, and it's important for students to be aware and to look out for each other," Cassie says. "Our team visits local colleges and community events to help raise awareness about the program and sexual assault. ■

HELP IS AVAILABLE

Sexual assault affects adults and children. If you or someone you know is the victim of sexual assault or domestic violence and you need assistance, please contact your local police or one of the organizations below:

National Domestic Violence Hotline:
1-800-799-SAFE (7233)

National Sexual Assault Hotline:
1-800-656-HOPE (4673)

RAINN is the nation's largest anti-sexual violence organization and leading authority on sexual violence.

To learn more, please visit www.rainn.org.



For more information on the sexual assault referral program, or to refer someone for care and services, please contact Cassie at 803-641-5100.





NOVEMBER IS NATIONAL DIABETES MONTH

Diabetes is more than just watching your sugar levels. ►

It's no secret that the number of people diagnosed with diabetes has skyrocketed in recent years.* Perhaps more alarming is how many children have elevated blood sugar levels that put them in the pre-diabetic range. However, few people realize that having diabetes is more than just controlling your sugar levels. Diabetes can affect your entire body, and believe it or not, even how your skin heals itself.

If you have diabetes, it is very important to take proper care of wounds, especially those on your feet. Diabetics may experience numbness in their extremities and not be aware of a foot injury that can develop into a wound with severe consequences. When an injury occurs, the normal healing process begins with inflammation around the wound that triggers cellular repair of blood vessels. But for diabetics, high levels of sugar in the blood can impair healing and cause chronic inflammation.

If a cut or sore becomes infected or has taken more than four weeks to heal, a wound care specialist at the Wound Healing Institute of Carolina can evaluate it and determine the proper treatment.

Prevention is key, and we can help

Awareness and prevention are at the top of the list when it comes to staying healthy. Type 2 diabetes – the most common type – is considered a preventable disease. By making lifestyle changes that include proper nutrition, weight loss and exercise, you can delay or even prevent diabetes.

Tips for keeping feet healthy

- Examine feet daily and check for dryness or cracking.
- Never walk barefoot - indoors or outdoors.
- Visit a physician or podiatrist to treat corns or calluses.
- Wear comfortable, well-fitting shoes.
- Avoid shoes with open toes or heels, or that squeeze toes together.

If you are you experiencing wound issues, the Wound Healing Institute of Carolina can help. Call 803-643-2090 or visit www.aikenregional.com/woundhealing for more information.

*www.cdc.gov

Take charge of your diabetes

Pre-diabetes and diabetes can lead to serious health issues such as heart attack, stroke or kidney failure if left unchecked. Accredited by the American Diabetes Association, the Diabetes and Nutrition Teaching Center's staff includes registered dietitians, nurses and certified diabetes educators who can assess patients and develop personal nutrition plans to help them manage their pre-diabetes or diabetes.

For more information, call 803-293-0021 or 800-245-3679, or visit www.aikenregional.com and click on "Diabetes Management" under the "Hospital Services" tab.



 **Aiken Regional**
MEDICAL CENTERS
Diabetes & Nutrition Teaching Center
www.aikenregional.com

“The foundation of a healthy community is built upon good-paying jobs that strengthen our economy and increase quality of life.”

Betty Ryberg
Community Member

CONSIDER THIS:

Aiken Regional employs a highly skilled workforce of more than eleven hundred people with a payroll of over sixty-nine million dollars. Those payroll and tax dollars directly impact our local economy, and that benefits all of us.

For an appointment, call
Direct Doctors Plus® at
800-882-7445.

People you know. Healthcare you trust.



Aiken Regional
MEDICAL CENTERS

www.aikenregional.com

302 University Parkway | Aiken, SC 29801



New PHYSICIAN



Margot A. Wacks, DO

121 Aurora Place, Suite B
Aiken, SC 29801
803-716-9428

Specialty: Obstetrics and
Gynecology

Medical School: West Virginia
School of Osteopathic Medicine

Residency: Aultman OB-GYN



WELCOME!

Matt Merrifield, MBA

Matt is Aiken Regional's new Chief Operating Officer. Matt received his BS in Industrial Engineering from West Virginia University, and his MBA from the University of South Carolina. Matt has more than 10 years of experience in healthcare leadership positions in both for profit and not-for-profit health systems. He is a member of the American College of Healthcare Executives.

Matt has served most recently as Associate Administrator at The George Washington University Hospital in Washington, DC. Welcome, Matt!



NEW LOBBY RENOVATION INCLUDES SWEET TREATS

Aiken Regional Medical Centers recently unveiled its beautiful new lobby, complete with a renovated gift shop, new lobby furniture and a Dunkin' Donuts venue. "We want anyone who visits our facility to feel welcome and at home," says Chief Executive Officer Vance Reynolds. "Improvements like these go a long way in serving our community."

THIS HOLIDAY SEASON, MAKE A DIFFERENCE IN A LOCAL CHILD'S LIFE!

Beginning November 1, Aiken Regional Medical Centers kicks off its annual Toy Drive in partnership with The Salvation Army. Toys should be new, unwrapped and appropriate for infants through children age 12. You can drop them off at Aiken Regional's marketing department on the 6th floor of the hospital through December 1, or bring them to the annual Christmas at the Lake celebration on December 15. Your name will be entered to win a Christmas stocking full of toys! Thanks to the generosity of Aiken Regional employees and community residents, more than 300 new toys were collected last year for area children and for the hospital. We're proud to be part of such a generous community. Happy holidays to all!





*Health and wellness information
for adults age 50 and older*



NOVEMBER

ALZHEIMER'S AWARENESS MONTH

Alzheimer's disease is the most common form of dementia, affecting approximately 5.1 million Americans older than age 65.* The usual symptoms include memory loss, disorientation and repeating things. But these symptoms can be related to other medical conditions or medications, so it's a good idea to check with your doctor if you experience any.

There currently is no cure for Alzheimer's disease. If this or other dementia disorders affect you or a loved one, visit Alzheimers.gov or The National Institute on Aging (www.nia.nih.gov) for free resources that provide education, treatment options and support.

**alzheimers.gov*

NATIONAL FAMILY HEALTH HISTORY DAY

We often don't think about it unless we are asked, but our family health history can play an important role in medical decisions. The Surgeon General recognizes Thanksgiving as National Family Health History Day. As families gather to celebrate the holiday, encourage discussions to raise awareness of health problems that may run in the family.

"My Family Health Portrait" is a unique screening tool that helps you gather information about family members' health and creates a "family portrait" to share. For more information on the tool and how to use it, visit www.familyhistory.hhs.gov. ■



SENIOR WELLNESS

BREAKFAST CLUB

Each quarter, Aiken Regional Medical Centers hosts a breakfast and seminar program dedicated exclusively to seniors that addresses a different healthcare or wellness topic. We are working on some exciting topics for 2017, so be sure to check our website for updates on the next Breakfast Club.

For more information on our FREE Senior Wellness Program and to sign up, visit www.aikenregional.com, click on the "Community Outreach" tab, then click on "Senior Wellness."



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

FITNESS & FUN

Travel Opportunities

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

Seniors on the Go! Day Trips

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

Fitness & Fun

To sign up for Fitness & Fun games offered through the City of Aiken's Parks and Recreation Tourism department, visit www.aikenregional.com and click on "Community Outreach," then "Senior Wellness Programs." Click on the link under "Seminars and Activities" to choose your events. For more information, call 803-642-7631.



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: Dec. 9

Time: 9 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: Nov. 29

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 second Tuesday of every month.

Dates: Dec. 13, Jan. 10

Time: 1 – 2 p.m.

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

RSVP: 803-641-5703.

Childbirth Preparation

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

Dates: Jan. 17 – Feb. 7

Time: 6 – 9 p.m.

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

Registration: Required.

Weekend Classes

Dates: Dec. 10 and 11

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.

Facilitator: Lorie Ann Pardue

Dates: Second Monday of every month

Time: 11 a.m.

Location: Aiken Dialysis, 775 Medical Park Drive

Registration: Required. Call 803-641-4222.

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.

Facilitators: Liz Neal

Dates: Dec. 13, Jan. 10

Time: 11 a.m. – Noon

Location: Cumberland Village Library, 2nd Floor

Registration: Not required.

Al-Anon

Support for those dealing with another's drinking.

Dates: Tuesdays and Thursdays

Time: 7 – 8 p.m.

Location: St. Paul's Lutheran Church in Aiken. Call 803-270-0853.



Bereavement – Grief Support for Adults

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

Dates: Dec. 7, Jan. 4

Time: Noon – 1 p.m.

Location: ARMC, 4th floor classrooms

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

Cancer Support Group

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

Date: Jan. 18

Time: 3 – 4 p.m.

Location: First Baptist Church

Registration: Not required.

CSRA Dream Catchers – Traumatic Brain Injury and Disability Support Group

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

Facilitator: Les Paul Morgan

Dates: Meets first Monday of each month

Time: 6 – 7 p.m.

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

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

Diabetes Support Group

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

Date: Jan. 10

Time: 3 – 4 p.m.

Location: O'Dell Weeks Activity Center

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

Look Good ... Feel Better

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

Dates: Nov. 21, Dec. 19, Jan. 16

Time: 1 – 2:30 p.m.

Location: Cancer Care Institute of Carolina at ARMC

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

Mended Hearts

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

Date: Jan. 13

Time: 10:30 a.m. – 1:30 p.m.

Location: USCA Business & Education Center

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 undergoing treatment and their caregivers.

Facilitators: Joan Jarcik and Carol Lyla

Dates: Dec. 6, Jan. 3

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**.

Stroke Support Group

Meeting on the first Tuesday of each month, individuals who have experienced a stroke and their caregivers are invited to attend.

Dates: Dec. 6, Jan. 3

Time: 11 a.m. - noon

Location: Aiken Active Seniors Building
690 Medical Park Drive

RSVP: Lisa Kucela
Call **803-226-0130**.

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

Allergy

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

Bariatric Surgery

Sean Lee, MD
803-641-5751

Cardiac Surgery

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

James L. Bland, MD, JD
803-641-1404
Adam Bruckner, DO
803-649-7266
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
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
Sidney Rhoades, MD
803-226-0739
Ashley E. Toole, DO
803-649-5300
Danijela S. Zotovic, MD, Ph.D.
803-648-7888

Nephrology

Sindhu Garg, MD
803-648-0718
Douglas A. Stahura, DO
803-648-0718

Neurology

Melvyn L. Haas, MD
803-642-6500
Khaled F. Kamel, MD
803-642-6500
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
Courtney McLendon, CPNP
803-508-7651

Robin Mitchell, NP
803-641-5100
Melanie Pniewski, CPNP
803-508-7651
Carrie Rawson, NP
803-641-5100
Cheryl Stephens, NP
803-649-5300

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
Seema Faiyaz, MD
803-716-9428
Judith L.B. Hoover, MD
803-649-7746
Oletha R. Minto, MD
803-649-7535
Maria Rodriguez, MD
803-380-7000
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
Enoch N. Tsai, MD
803-649-7991

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
Shalini Khurana, MD
803-641-KIDS (5437)
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)
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

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
Jaya Merugu, MD
803-641-5906
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 Voegelé, MD
803-641-4874

Urology

Jonathan H. Anderson, MD
803-649-3903
Darren Mack, MD
803-716-8712

Wound Care/HBO Therapy

James L. Hagan, MD
803-643-2090

Hospital-based Physicians

Anesthesiology

Robert P. Cassingham, MD
Virginia Fuller, MD
Kevin Graham, DO
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
Yenny Meza, MD
Nathan Miller, MD
Kristen Paysinger, MD

Hospitalist

Stephen Goldberg, MD
Joseph Ogunsulire, MD
Chetan Patel, MD
Jhendrakumar Patel, MD
Nicole Perrotte, MD
Zaharaa Sater, MD
Chioma V. Udogu, MD
Onyinye Ugboaja, MD
Robert Walker, MD

Industry Health

Adam Bruckner, DO

Pathology

Trent D. Trzpcu, 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

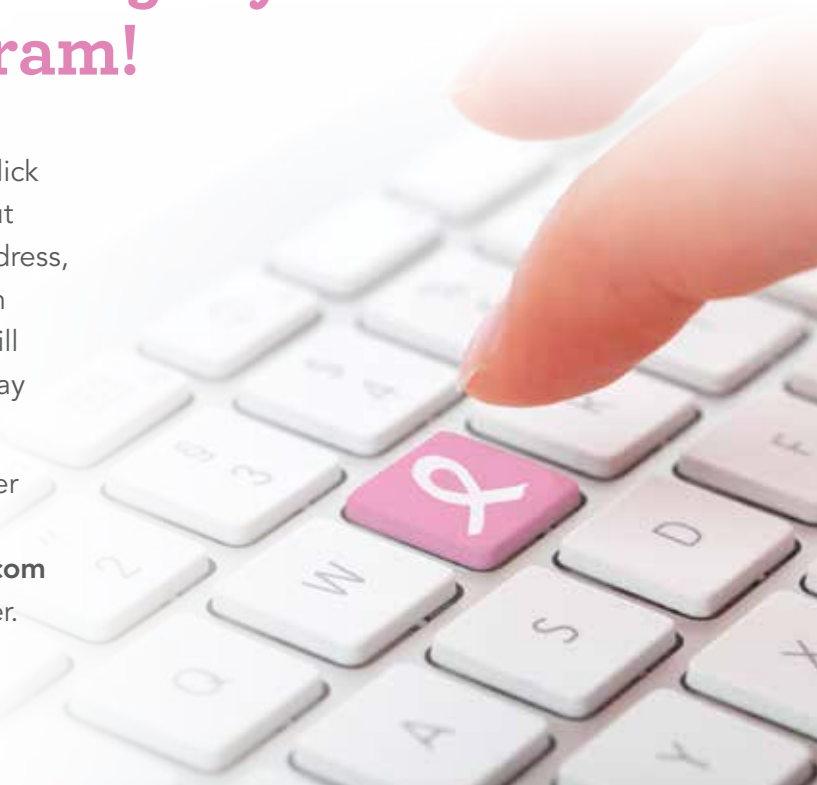
Telestroke

Hartmut Gross, MD

Now you'll never forget your yearly mammogram!

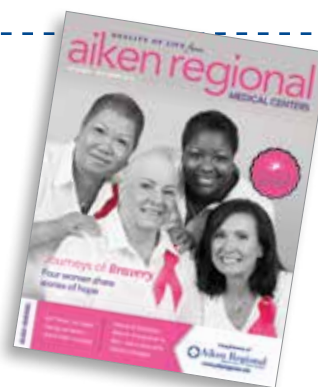
Just go to **www.aikenregional.com** and click on **Get Your Annual Mammogram**. Fill out the simple form with your name, email address, and the month in which your mammogram reminder should be sent. Your reminder will be emailed to you each year on the first day of your mammogram month. That's it!

A woman's chance of surviving breast cancer dramatically improves with early detection. So don't wait – go to **www.aikenregional.com** and register for your mammogram reminder. It could save your life!



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, 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.

Christmas at the Lake

Thursday, December 15th 🌿 6 p.m.

Around the Lake ON THE CAMPUS OF AIKEN REGIONAL MEDICAL CENTERS

Celebrate the season with an evening of holiday songs performed by local Aiken children's choirs along with the Aiken High School marching band – featuring special guest, Santa Claus! Hot apple cider, hot chocolate, cookies and refreshments will be served.



**Host: WJBF News
Channel 6 Anchorman
Brad Means**

Donate A New Toy

Bring along a new, unwrapped toy to be donated to our local Salvation Army's Christmas Toy Drive. Toys stay right here in Aiken!

**Connect
WITH US!**



Like our page on
Facebook



YouTube



www.aikenregional.com
803-641-5000

QUALITY OF LIFE FROM AIKEN REGIONAL MEDICAL CENTERS

Vance Reynolds
Chief Executive Officer

Timothy Dangerfield
Chairman, Board of
Governors

Robert Searles, DO
Chief of Staff

Sharon Hagan
Administrative Director of
Business Development/
Physician Services

Tamalyn 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. ©2016. All rights reserved. Printed in the U.S.A.