

QUALITY OF LIFE *from*

SPRING 2017

# aiken regional

MEDICAL CENTERS

## SAVING LIVES WITH *portable technology*

*Automatic external  
defibrillators (AEDs)  
placed in local  
public facilities*

### **INSIDE:**

**Welcome  
Magnolia Berube**  
Our first baby of 2017

**Spring clean  
your health**  
Create a new you  
with mindset, motion  
and clean eating

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## People you know. Healthcare you trust.



Giving back to our community is something we pride ourselves on every day. And when giving back means potentially saving a life, it's even better.

In this issue of *Quality of Life*, we share our commitment to serving our patients and community by sponsoring the placement of automatic external defibrillators (AEDs) in public buildings throughout Aiken. You'll also learn about the enhanced imaging, faster procedures and wide range of

diagnostic and treatment options available at the Cardiovascular Institute of Carolina. That story begins on page 4.

When it comes to diagnosing conditions and diseases, having the technology to capture precise images is vital. Darren Mack, MD, talks about the newly acquired equipment he is using that leads to better decision making in patients with prostate cancer. Learn more on page 8. Also featured are stories on helping your child cope with flu and stomach viruses, what's new at the Neuroscience Center, as well as answers to questions about cervical health.

And who could resist a story about Aiken Regional's first baby of 2017? Read about little Magnolia Berube's birth at the Childbirth Center on page 10. You'll also learn more about the services provided, including a lactation program, breastfeeding prep classes and the *For Babies' Sake* support group.

We hope you get outside and take advantage of the warmer weather. Know that we are always here for you and your family, no matter the season.

May God bless you and your family,

Vance Reynolds  
Chief Executive Officer



### INSIDE THIS ISSUE SPRING 2017

**4**  
**Teaming up with the Rotary Club to save lives**  
New defibrillators in Aiken raise awareness

**8**  
**Precision is everything**  
Using technology to diagnose prostate cancer

**10**  
**Meet Magnolia Berube**  
Aiken Regional's first baby of 2017

**12**  
**Ask the Doctor**  
OB/GYN Gloria Rouhani, MD, talks about cervical health

**22**  
**Senior Wellness**

# TEAMING UP WITH *Aiken Rotary Clubs* TO HELP SAVE LIVES

## Automated external defibrillators placed in public facilities

In collaboration with Aiken Regional Medical Centers, the Aiken Rotary Clubs have begun placing automatic external defibrillators (AEDs) in Aiken public facilities. The portable devices can help in an emergency when people have a suspected cardiac arrest.

John Lindsay, Vice President of the Rotary Club, and project chairperson for the campaign, says the organization is grateful to Aiken Regional for contributing toward the purchase of 12 AEDs to place in local educational and government buildings. Aiken Electric Cooperative also provided sponsorship. "Our own District Governor Lance Young survived a heart attack at age 39 because of an AED," says John. "He was thankful his life was saved through use of an AED, and he wanted to help others."

Cardiologist Weems Pennington, MD, says he understands and stresses the importance of having AEDs in the community. "They are portable and you

don't have to have a medical background to use them," says Dr. Pennington. He explains one of his patients decided to buy one for his business, and within a week, his own employees saved him with it. "You never know when you will need it."

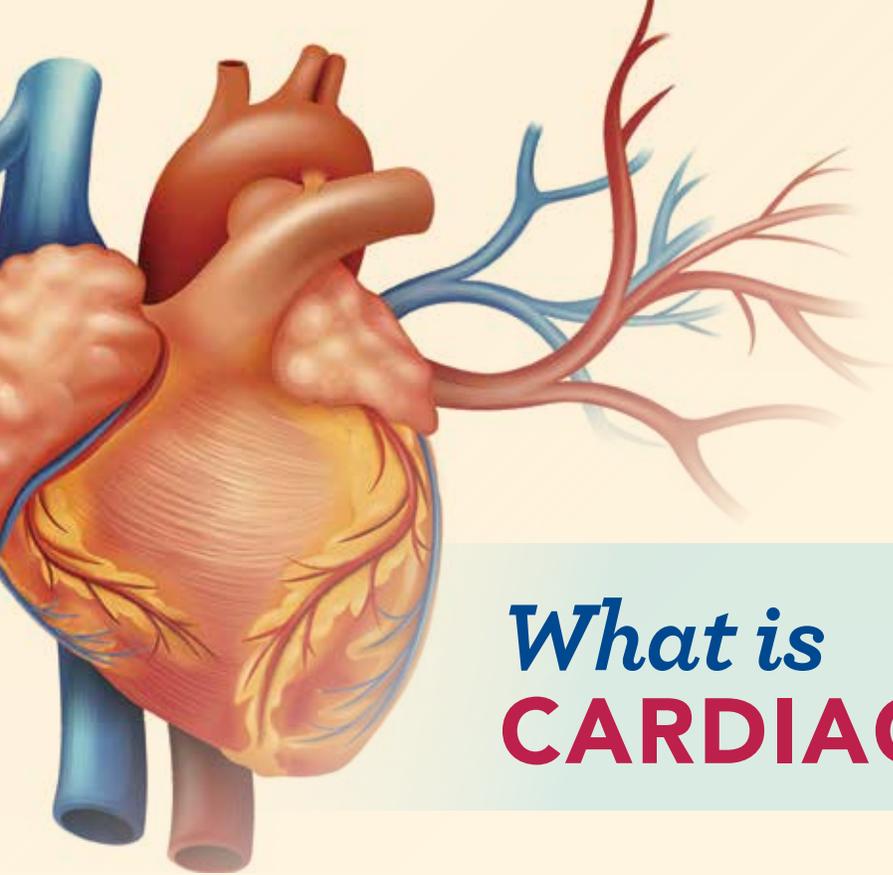
Dr. Pennington states that if someone goes into cardiac arrest, an AED detects if there is an abnormal rhythm and sends a shock to normalize the heart. "CPR helps keep blood flowing through the body until medics arrive, which is crucial," he says.

Vance Reynolds, Chief Executive Officer of Aiken Regional Medical Centers, says the hospital will provide training for the new devices. "The AEDs come with step-by-step directions, and you just follow the prompts. It's very simple," says Vance. ■

**If you witness someone in cardiac arrest, call 9-1-1 immediately and begin hands-only chest compressions. Ask someone to locate an AED and maintain CPR until paramedics arrive or an AED is brought to the scene.**



Photo courtesy of  
Altra Medical and Philips



# What is **CARDIAC ARREST?**

***Cardiac arrest occurs when there is a malfunction in the electrical system of the heart that causes the heart's pumping action to be disrupted. This is called an arrhythmia. As a result, the brain and other organs do not receive blood.***

Shortly after this occurs, the person may collapse, become unresponsive or stop breathing. If treatment is not given immediately, the person can die or sustain permanent brain damage. Sometimes, people may experience symptoms similar to a heart attack, but there is usually no warning with sudden cardiac arrest.

The American Heart Association recommends the following if cardiac arrest is suspected:

**1 Call 9-1-1 immediately**

**2 Begin CPR**

While waiting for help to arrive, start CPR. Push hard and fast on the person's chest, at least 100 pushes per minute, until help arrives.

**3 Use an automated external defibrillator (AED)**

If an AED is nearby, follow the prompts dictated by the machine. The 9-1-1 operator may also be able to assist you. The AED will automatically check for the heart's rhythm and send a shock if none is detected. Further prompts will be given by the machine as necessary. ■

**CPR and AEDs can save lives! To learn more, visit [www.aikenregional.com/cprtraining](http://www.aikenregional.com/cprtraining).**



## Comprehensive heart care *close to home*

What makes the Cardiovascular Institute of Carolina at Aiken Regional unique is that it provides a variety of specialty cardiac services.

“Cardiology is not just about working with hearts,” says Cardiologist Weems Pennington, MD. “Our group works on all vascular structures. If you have heart problems, you most likely have issues elsewhere. And if you do have other vascular conditions, you need to have your heart checked regularly, along with your blood pressure and cholesterol,” he says. All services are offered in one setting, and all of the cardiac and vascular specialists are trained and actively participate in continuous improvement training for treatment of heart attack, congestive heart failure and surgical care.

### **Time is of the essence**

The Cardiovascular Institute of Carolina has two catheterization labs that enable physicians to treat more patients. Dr. Pennington says the technology they use identifies problems quicker, so patients can be treated promptly and appropriately. They also use EKOS technology to treat deep vein thrombosis, a potentially life-threatening condition. For patients needing balloon angioplasty, a procedure in which arteries are cleared, doctors consistently achieve door-to-balloon (D2B) times of less than 60 minutes, 30 minutes faster than the national standard of 90 minutes.

### **Keeping pace with your heart**

If you have been told you have a heart arrhythmia, such as atrial fibrillation and ventricular tachycardia, it means your heart’s rhythm is irregular. Dr. Pennington says for patients with these conditions, pacemakers, defibrillators or other appropriate devices can be inserted to help the heart beat normally again. For more complicated heart conditions, minimally invasive techniques can enable patients to recover quicker, smaller incisions and less pain.

### **After care to help patients survive and thrive**

Following surgery or other heart treatment, patients attend cardiac rehabilitation, a 12-week program designed to educate patients about heart disease, nutrition and activities that will help them recover and maintain a healthy lifestyle. Patients usually attend three times a week for one hour, and are guided through a customized exercise plan, monitored by a physician, a nurse and an exercise physiologist. By improving your fitness level and health, you can reduce your risk of having another cardiac event. ■

The Cardiovascular Institute of Carolina at Aiken Regional offers a wide range of diagnostic, treatment and preventive options.

### DIAGNOSTIC

- Electrocardiogram (EKG)
- Cardiac Catheterization
- Color Doppler and Transesophageal Echocardiography
- Intravascular Ultrasound
- 24-Hour Holter Monitoring
- Nuclear Medicine Studies

### TREATMENT

- Atherectomy for Plaque Removal
- ASD Closure
- Coronary Angioplasty
- Coronary Artery Bypass Surgery
- Coronary Stents
- EKOS® System for DVTs
- Emergency Services
- PFO Closure for Recurrent Stroke
- Thrombolytic Therapy

### PREVENTION

- Wellness and Education Programs
- Aerobic and Yoga Classes
- CPR Classes
- Support Groups
- Diabetes Education

### REHABILITATION

- Personalized cardiac rehab in partnership with the University of South Carolina at Aiken
- Programs designed to improve heart health through exercise and education on risk factor reduction.

To learn more about the Cardiovascular Institute of Carolina at Aiken Regional, go to [www.aikenregional.com/cardio](http://www.aikenregional.com/cardio). To find a cardiologist, call Direct Doctors Plus® at 800-882-7445.

## Cardiologists



**Ansermo Arthur, MD**

**Board Certifications:** Internal Medicine, Cardiovascular Disease and Interventional Cardiology

**Specialty:** Interventional Cardiology

**Medical School:** University of Arizona College of Medicine

**Residency:** Bridgeport Hospital and Yale University School of Medicine



**David W. Cundey, MD**

**Board Certifications:** Internal Medicine, Cardiovascular Disease, Nuclear Cardiology and Interventional Cardiology

**Specialty:** Interventional Cardiology

**Medical School:** Temple University School of Medicine

**Residency:** University of Michigan and the Medical College of Georgia



**Gregory L. Eaves, MD**

**Board Certifications:** Internal Medicine, Cardiovascular Disease and Interventional Cardiology

**Specialty:** Interventional Cardiology

**Medical School:** University of South Carolina School of Medicine

**Residency:** Greenville Hospital and Palmetto Richland Memorial Hospital



**Weems R. Pennington, III, MD**

**Board Certifications:** Cardiovascular Disease, Interventional Cardiology, Internal Medicine

**Specialty:** Diagnostic and Interventional Cardiology

**Medical School:** Medical College of Georgia

**Residency:** Medical University of South Carolina



**Idris S. Sharaf, MD**

**Specialty:** Cardiovascular Disease

**Medical School:** Dow Medical College

**Residency:** Medical College of Georgia

## Cardiac Surgeons



**Thomas P. Paxton, MD**

**Board Certifications:** General, Thoracic and Cardiac Surgery

**Specialty:** Cardiac Surgery

**Medical School:** University of Tennessee

**Residency:** Finch University of Health Sciences/Chicago Medical School, University of Texas Medical Branch



**L. Dieter Voegele, MD**

**Board Certification:** Thoracic Surgery

**Specialty:** Cardiac Surgery

**Medical School:** Northwestern University Medical School

**Residency:** Cook County Hospital and Medical University of South Carolina

# PRECISION *is everything*

Newly acquired technology means more accurate prostate biopsies





Urologist Darren Mack, MD

According to the American Cancer Society, prostate cancer is the second-most common cancer among men, and one in five cases will be diagnosed in 2017.

Urologist Darren Mack, MD, says precision matters in diagnosing and treating prostate conditions. "We now have MRI fusion, which incorporates MRI images into a real-time ultrasound to target areas of concern."

Dr. Mack explains that his office is the first in the area to use this technology, and it can be helpful for men who are concerned about having elevated PSA results. "It gives us more insight into the progression of the disease, leads to more informed treatment decision making, and preserving the quality of life," he says.

### Watchful waiting

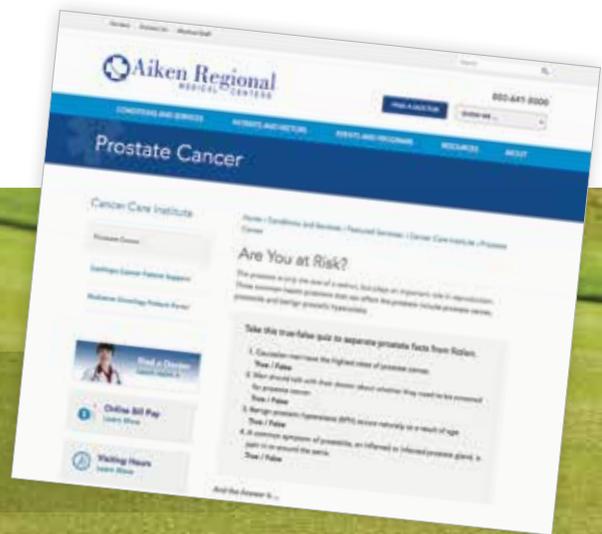
The MRI fusion technology is advantageous for men who are keeping an eye on their condition. The combination of the MRI and ultrasound provides detail that ultrasound alone cannot detect. "If we find anything, it is usually on a microscopic level," he says. "And this equipment can pick up tumors on the front of the prostate, which we can't feel during a rectal exam."

### Targeted treatment

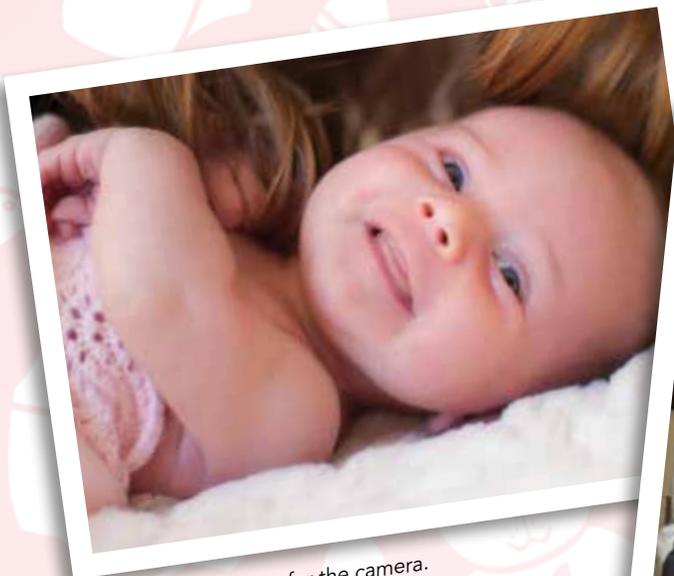
For patients needing treatment, Dr. Mack says this new way of testing allows him to target the affected area. The most established form of targeted therapy is brachytherapy. "We place radioactive 'seeds' in the prostate to treat only the diseased area. Instead of guessing where the 'seeds' go, this technology provides images that give us a map on where to place them," he says.

Dr. Mack says not all prostate cancers need to be treated, and decisions should be based on guidance from newer diagnostic modalities, such as the MRI fusion. "We follow American Urological Association guidelines, and we choose the treatment that is evidence-based and patient focused. By treating only when needed, we can prevent side effects in the long run," he says. ■

**Dr. Mack is accepting new patients. His office, Aiken Professional Association Urology, is located at 410 University Parkway, Suite 1520, Aiken, SC 29801. To make an appointment, call 803-716-8712.**



**Are you at risk for prostate cancer?  
Visit [www.aikenregional.com/prostatecancer](http://www.aikenregional.com/prostatecancer)  
to learn more and take a short assessment.**



Magnolia is all smiles for the camera.



The Berube family celebrates Magnolia's arrival. From left, Colton, Katie, baby Magnolia, Wyatt and Chris. (Photo courtesy of Aiken Standard/Dede Biles)

# It's a girl!

## Aiken family welcomes the first baby of 2017

Little Magnolia Berube's due date was January 1, 2017, and she didn't wait too long after midnight to make her appearance as Aiken Regional Medical Centers' first baby of the new year. Proud parents Katie and Chris Berube welcomed their daughter at 1:28 a.m., who weighed seven pounds, two ounces.

Katie says everything went smoothly, and the care her family received exceeded her expectations. "I had Magnolia in the birthing room and then

moved to a private room. There were great accommodations for my husband to stay in the room with us, as well," she says.

The Berubes moved to Aiken in 2014, and fell in love with the hometown feel. Katie says they heard great things about the nurses at Aiken, and she chose OB/GYN James Boehner, MD, as her doctor because he was affiliated with the hospital.

Katie says it was important to be in a hospital that was warm and nurturing, and made her

feel like she was home. "We did not want the hustle and bustle of a bigger city hospital. It's so comforting knowing Aiken Regional is right here. Everyone was so friendly, and they were all just as happy as we were when Magnolia was born," she says.

Big brothers Wyatt, 10, and Colton, 6, were also excited to welcome a little sister. "We have my husband, the two boys and two male dogs," says Katie. "It will be nice to add a little more pink to our home." ■

**The Childbirth Center at the Women's LifeCare Center offers everything for giving newborns and their parents a strong start in life together. The Level II nursery is also equipped to take care of babies requiring specialized care. Learn more at [www.aikenregional.com/childbirth](http://www.aikenregional.com/childbirth).**

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MEDICAL CENTERS  
Women's LifeCare Center  
[www.aikenregional.com](http://www.aikenregional.com)

# *Taking care of your* **SPECIAL DELIVERIES**

**When you're expecting, it's nice to know you and your baby can receive quality care at the Childbirth Center, located in the Women's LifeCare Center.**

The recently renovated area features a range of amenities and offers labor and delivery suites, a postpartum unit and Level I and II nurseries. The Level II nursery is equipped to treat newborns requiring specialized care.

There are seven labor and delivery suites, a postpartum unit with 17 beds and its own operating room for C-sections. The unit is staffed with 25 nurses certified in specialties such as inpatient obstetrics and maternal/newborn. There are also certified lactation consultants assisting women who choose to breastfeed.

Tonya Thomas, RN, International Board Certified Lactation Consultant (IBCLC), is a Nurse

Navigator who heads the lactation program, which offers breastfeeding prep classes every other month. New moms will learn about the advantages of breastfeeding for mother and baby, prenatal preparation, the keys to successful breastfeeding and expressing and storing breast milk.

Tonya checks in on breastfeeding moms while they are still in the hospital. She makes sure both mom and baby are comfortable. If moms need help after they are discharged, they can schedule a telephone consultation or come in for an appointment. Tonya says even though breastfeeding is natural, some moms still have difficulty, so she provides them with as much support as possible.

In addition to working with moms in the lactation program, Tonya is involved with the support group, For Babies' Sake. This free group meets monthly and features an expert guest speaker every quarter, and welcomes new and experienced moms and dads alike, to share experiences, ideas and parenting resources. ■



  
*For Babies' Sake*  
*Support Group*

**For more information on the lactation program or For Babies' Sake Support Group, call Tonya Thomas, RN, IBCLC, at 803-641-5703.**



# Checking in on your *cervical health*



According to the American Cancer Society and American Congress of

*Obstetrics and Gynecology (ACOG), preventive care and regular screenings have contributed to a decline in cervical cancer. OB/GYN*

**Gloria Rouhani, MD,** shares how screening and follow up can help you stay healthy.

\*American Cancer Society and American Congress of Obstetrics and Gynecology

**Q. What are the guidelines for cervical cancer screening?**

The American Cancer Society recommends women begin having a Pap test at age 21. From ages 21 to 29, a Pap test can be done every three years. If the results are abnormal, then an HPV test should be considered. Women ages 30 to 65 should have a Pap test and HPV test every five years. After age 65, testing is not needed if the woman has had two normal Pap tests in the last 10 years.\*

**Q. What happens if my Pap test comes back abnormal?**

Depending on your age and test result history, your doctor may order a repeat Pap test along with a test for certain high-risk types of HPV. A colposcopy, biopsy or endometrial sampling may be done as well.

**Q. What causes cervical cancer?**

Cervical cancer is not genetic. It's caused by the most commonly sexually transmitted virus, human papillomavirus (HPV). According to the National Cervical Cancer Coalition, more than 70 percent of cervical cancer cases can be attributed to two types of the HPV virus, HPV-16 and HPV-18. However, most women infected with HPV do not develop cervical cancer, and 90 percent of HPV cases clear within two years with no intervention.

**Q. Are there any symptoms?**

There are usually no symptoms in the early stages. This is why regular screening is recommended. However, if you experience abnormal or irregular vaginal bleeding, discharge, pelvic pain or pain during urination, you should check with your doctor. These symptoms may be indicative of other possible health issues. ■



**If you have questions about cervical cancer screening, contact your OB/GYN or family practice doctor. For help finding a doctor, call our free Direct Doctors Plus® referral line at 800-882-7445.**



*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](http://aikenregional.com/we) to enroll. Or call ARMC at **803-641-5926** for a free brochure.

  
*we*  
*Women Enlightened*  
FOR BETTER HEALTH



# *Pediatric flu* **AND STOMACH VIRUSES**

What to watch for and how  
to help your child bounce back

When colds, flu and stomach viruses strike, how these illnesses affect children can be unpredictable. The best defense? Teaching children to wash their hands frequently, keeping their hands away from their mouths and covering sneezes and coughs with their inner elbow. >

Kelly Dobson, RN, Clinical Nurse Manager at Palmetto Pediatrics, says flu season usually peaks between December and March. "We start our flu shot campaign in October by offering clinics. Patients are screened, and flu shot recommendations are based on their health history. However, children under six months old cannot get a flu shot, so immediate family members are encouraged to get vaccinated and limit contact with infants.

### Is it a cold or the flu?

Kelly says it is sometimes tough to tell if your child has the flu or a cold. To help educate parents and caregivers about the symptoms and preventive care, posters and handouts are shared with school nurses and daycare centers. "We reserve appointments throughout the day to accommodate sick children. In addition, Aiken Regional has 24-hour pediatric resident coverage. If a child needs to visit the ER, the parent can request the pediatric doctor."

To treat the flu at home, Kelly says the doctors at Palmetto Pediatrics recommend that parents make sure their children stay hydrated to help the immune system, and acetaminophen or ibuprofen to keep a fever under control. "We caution parents to minimize use of additional over-the-counter cough and cold medications, as they can lead to overdosing and can sometimes not be effective."

### Stomach viruses

When your child contracts a stomach virus, it can often lead to several days of uncontrolled vomiting, fever, diarrhea and body aches. "Parents must really be careful about dehydration," says Kelly. "Sports drinks containing electrolytes, water and popsicles are good choices to keep up fluid levels." Small sips of liquids and a bland food diet are helpful, but parents shouldn't worry as much about the food, Kelly explains. "The main thing is to stay hydrated."

### When to seek a doctor's care

The flu and stomach virus can sometimes cause complications that require urgent medical care. In general, warning signs include difficulty breathing, a high or uncontrolled fever, not drinking liquids, excessive vomiting and dry mouth. For infants and children still in diapers, also watch for no wet diapers within six hours and lack of tears. If your child has any of these symptoms, contact your pediatrician immediately.

Children with chronic medical conditions, such as asthma, cardiac disorders, or developmental delays can have an increased risk for complications resulting from flu virus. Younger children, typically under two years old, are at higher risk for complications and hospitalization. ■

# COLD or FLU?

## COLD SYMPTOMS

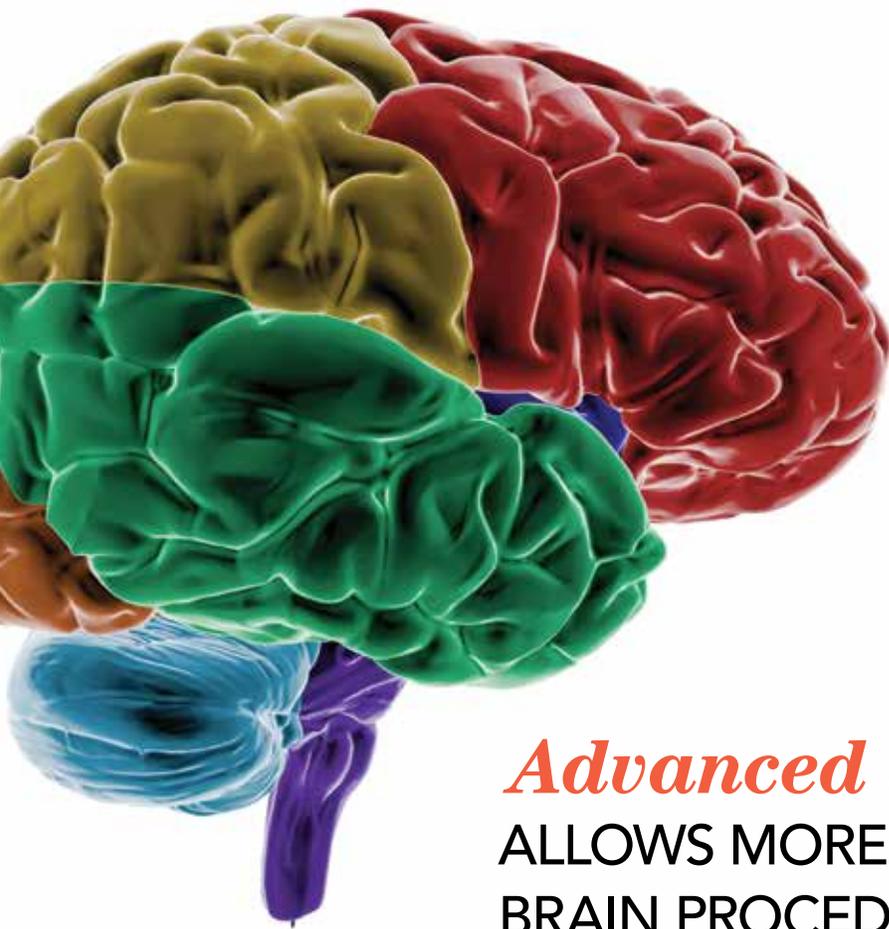
- Congestion
- Mild cough
- Headache
- Sore throat
- Occasional low-grade temp
- Occasional fatigue

## FLU SYMPTOMS

- Congestion
- Persistent severe cough
- High-grade fever with chills
- Headache
- Sore throat
- Exhaustion
- General body/muscle aches
- Nausea
- Vomiting
- Diarrhea

**For more information on services available at Palmetto Pediatrics, visit [www.aikenregional.com/pediatrics](http://www.aikenregional.com/pediatrics).**





## *Advanced technology* ALLOWS MORE MINIMALLY INVASIVE BRAIN PROCEDURES

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**W**hen it comes to complex neurological conditions, it's comforting to know that a comprehensive range of care and more minimally invasive treatment options are available close to home.

Neurosurgeon James Dillon, MD, FAANS, explains how new advances are making diagnoses and treatments safer and easier. "It's like a GPS. We use a preoperative MRI to navigate and perform a virtual operation before we even do a procedure. This allows us to make the procedure as minimally invasive as possible," says Dr. Dillon.

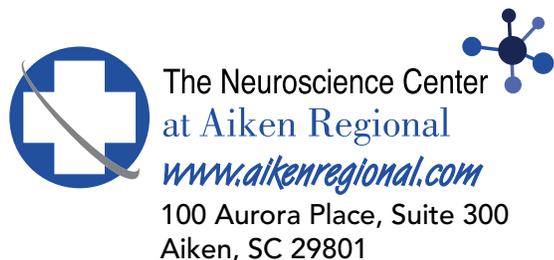
Within the last year, Dr. Dillon states that he has successfully used the system on about 30 patients, resulting in a decrease in the size of the incision, shorter operation time and less blood loss. With the addition of a new MRI, Dr. Dillon can detect the chemical composition of the brain. "We can tell if the patient had a mild stroke or if it's a tumor. Sometimes you can't tell the difference using regular imaging," he says.

"It's important to know the ailment so the appropriate treatment can be given quickly," says Neurologist Gregory Sengstock, MD, Ph.D., who also provides comprehensive treatment for headaches and migraines, back pain and other nerve-related conditions at The Neuroscience Center. ►

Treating neurologic disorders can be challenging, but as more research is done, newer treatments are discovered. "There are now more options for treating Parkinson's disease and multiple sclerosis that weren't available before," says Dr. Sengstock. "And we can treat patients here instead of them traveling to other medical facilities. This makes it much more convenient for them."

One of the more common conditions Dr. Sengstock treats is migraine headaches. According to the American Migraine Foundation, more than 36 million people suffer from this affliction. "Migraines vary from person to person. Some have mild symptoms, whereas others are more severe. And new data suggests that they may be related to anxiety and stress disorders," says Dr. Sengstock. "However, 70 percent of our patients improve with the correct treatment."

Dr. Sengstock says there are several diagnostic tests that can be done to determine the cause for various neuromuscular conditions, neuropathies, numbness and weakness. "Sometimes, appropriate medical care means coordinating with other specialists, so we can refer patients right here at Aiken Regional," says Dr. Sengstock. ■



**If you are experiencing symptoms of a possible neurologic disorder, contact your physician, who may refer you to The Neuroscience Center for specialized treatment. For more information, please call 803-226-0130 or visit [www.aikenregional.com/neuroscience](http://www.aikenregional.com/neuroscience).**

## *Meet the doctors at The Neuroscience Center*



**JAMES D. DILLON, MD,  
FAANS, FACS**

**Specialty:** Neurosurgery

**Medical School:** Vanderbilt  
University School of Medicine

**Internship:** Vanderbilt Hospital

**Residency:** Vanderbilt Hospital

**Board Certification:** American Board of  
Neurological Surgery

Neurosurgery is one of the most delicate and demanding specialties in medicine. Dr. Dillon brings nearly 40 years of surgical experience to his role as Medical Director of the Neuroscience Center. He enjoys the intellectual challenge of treating diseases of the nervous system, as well as the satisfaction of being able to improve a patient's health and well being. He is married and has four children.



**GREGORY J. SENGSTOCK,  
MD, PhD**

**Specialty:** Neurology

**Medical School:** University of  
South Florida

**Internship:** Naval Medical School

**Residency:** Wilford Hall Medical Center

**Board Certification:** Neurology and  
Vascular Neurology

Prior to receiving his medical degree, Dr. Sengstock practiced for several years as a chiropractor. The training provided him with greater insight into back and neck conditions, and led to his special interest in diagnosing complex neurological disorders. Dr. Sengstock also specializes in nerve conduction testing for neuropathies, as well as treating stroke. He is married and has two children.



# Spring clean *your health*

A three-pronged approach to a new you

Each year, spring cleaning becomes a ritual for many with the change in seasons and arrival of warmer weather. And while people associate it with giving the house a good cleaning, you can also focus on good health. ►

### Start with a good mindset

To spring clean your health, there are three key components involved – your mental health, food and exercise. “Once you decide you want to live a healthier lifestyle, you have to have realistic expectations and goals, or you can set yourself up for failure,” says Jackie Enlund, MPH, RDN, CSR, LD, at the Diabetes and Nutrition Teaching Center. “Think of it as a marathon, not a sprint. Too many people want to see results right away, and when they don’t, they give up.”

To start, take a good look at your habits and why they are what they are. If you are an emotional eater, finding other ways to take care of those issues will help, such as learning meditation. Keeping a food journal and writing down cravings and feelings helps you stay accountable.

### Get up and get moving!

The thought of exercising can sometimes be daunting, but it’s important because it burns calories, helps with strength and stamina, and is a great way to

relieve stress. Jackie says to start out doing an activity you like, but check with your doctor before you begin any exercise program. “If you like walking, then walk. Start slow and work up to increasing your speed and the length of time you walk,” she says. “The same applies to biking or anything else. You don’t need to join a gym to exercise.”

Jackie also recommends surrounding yourself with people who support you. Join or start a fitness group with people who share your goals. “It’s a good way to stay motivated and hold each other accountable,” she says. “There are even phone apps that track your time, distance and calories burned, so those are good for a little friendly competition and keeping your eyes on the prize.”

### Let food be your medicine

There’s no doubt about it – eating clean, whole food and avoiding processed foods is a great way to lose weight and nourish your body. “Shop the perimeter of the grocery store, where all the fresh fruits and

vegetables are,” says Jackie. “Also cut out processed sugar, soda and empty calories, and drink more water.”

Jackie explains there is a big misconception that fat is bad, but the reality is that your body needs “good” fats, such as those found in avocados, olive oil, nuts and seeds. “Your body needs the right kind of fat to properly function. Partially hydrogenated fats and other fats found in processed foods can lead to serious health problems and are not good for you.”

Make a game out of learning to substitute good foods for unhealthy foods. Try some new fruits, which are loaded with fiber, vitamins and minerals, instead of reaching for cookies. If you like pizza, try using a Portobello mushroom as the crust, and add chopped veggies and a little sprinkle of cheese for a satisfying meal, along with a salad. The options are endless. It just takes a little effort and a different mindset to start on the journey to good health, one step at a time. ■

**The Diabetes and Nutrition Teaching Center helps people meet nutrition and weight-management goals at any age or stage. They offer one-on-one counseling and individualized nutrition plans of care for a variety of needs. For more information, call 803-293-0021 or 800-245-3679.**

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MEDICAL CENTERS  
Diabetes & Nutrition Teaching Center  
[www.aikenregional.com](http://www.aikenregional.com)



# da Vinci® is here

## ROBOT-ASSISTED SURGERY

Aiken Regional now uses the da Vinci® Si HD™ system to perform advanced minimally invasive robotic surgical procedures. The da Vinci surgical system is “robotic,” but your surgeon is very much in control. With da Vinci, patients experience smaller surgical incisions, which may result in:

- Minimal scarring
- Less pain
- A faster recovery
- Less blood loss
- A shorter hospital stay

Minimally invasive, robotic technology from the da Vinci Si HD system allows surgeons to perform more complex procedures with greater precision, including:

### *Gynecologic surgeries*

- Hysterectomy
- Bilateral salpingectomy
- Bilateral oophorectomy
- Lysis of adhesions
- Sacralcolpopexy
- Myomectomy
- Cancer staging procedures

### *Urologic surgeries*

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



**MARGOT WACKS, DO**  
AIKEN PROFESSIONAL  
ASSOCIATION OB/GYN



**DARREN J. MACK, MD**  
AIKEN PROFESSIONAL  
ASSOCIATION UROLOGY

To make an appointment with a physician to determine if you are a candidate for minimally invasive da Vinci robotic surgery, call Direct Doctors Plus® 800-882-7445.



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

# New PHYSICIANS



**Sumita Jain, MD**  
 Aiken Professional Association  
 124 Bettis Academy Road  
 Graniteville, SC 29829  
 (803) 392-3724  
**Specialty:** Family Medicine  
**Medical School:** University of  
 Medicine and Health Sciences  
**Residency:** Beaumont Hospital  
 Grosse Pointe Program



**Daniel McManus, MD**  
 Aiken Physician Services  
 302 University Parkway  
 Aiken, SC 29801  
 (803) 641-5100  
**Specialty:** Emergency Medicine  
**Medical School:** Medical University of  
 South Carolina, College of Medicine  
**Residency:** Stony Brook University  
 Medical Center



**Heather Driessen, DPM**  
 The Foot Institute  
 164 University Parkway  
 Aiken, SC 29801  
 (803) 306-1006  
**Specialty:** Podiatry  
**Medical School:** Ohio College  
 of Podiatric Medicine  
**Residency:** U.S. Department  
 of Veterans Administration



**Kevin Ray, DPM**  
 The Foot Institute  
 164 University Parkway  
 Aiken, SC 29801  
 (803) 306-1006  
**Specialty:** Podiatry  
**Medical School:** New York College  
 of Podiatric Medicine  
**Residency:** Hahnemann University Hospital  
 and Penn Presbyterian Medical Center



**Sheisa Claudio-Sandoval, MD**  
 Palmetto Pediatrics  
 60 Physician Drive, Suite 100  
 Aiken, SC 29801  
 (803) 641-KIDS (5437)  
**Specialty:** Pediatrics  
**Medical School:** University of  
 Puerto Rico Medical Centers



**Yenney Meza, MD**  
 Aiken Physician Services  
 302 University Parkway  
 Aiken, SC 29801  
 (803) 641-5100  
**Specialty:** Emergency Medicine  
**Medical School:** Universidad  
 Autonom de Centro America  
**Residency:** Albert Einstein Medical Center



**Gloria Rouhani, MD**  
 Aiken Obstetrics and Gynecology  
 Associates, P.A.  
 410 University Parkway, Suite 1550  
 Aiken, SC 29801  
 (803) 649-7535  
**Specialty:** OB/GYN  
**Medical School:** Ross University  
**Residency:** University of South Carolina,  
 School of Medicine/Palmetto Health



**Kristen Paysinger, MD**  
 Aiken Physician Services  
 302 University Parkway  
 Aiken, SC 29801  
 (803) 641-5100  
**Specialty:** Emergency Medicine  
**Medical School:** University of South  
 Carolina School of Medicine  
**Residency:** Orlando Regional  
 Medical Centers



**Kishan Govind, MD**  
 Aiken Ophthalmology  
 110 Pepper Hill Way  
 Aiken, SC 29801  
 (803) 642-6060  
**Specialty:** Ophthalmology  
**Medical School:** Wake Forest  
 University School of Medicine  
**Residency:** Wake Forest  
 University School of Medicine



**Jeffrey Jacobs, MD**  
 Wound Healing Institute of Carolina  
 100 Aurora Place  
 Aiken, SC 29801  
 (803) 643-2090  
**Specialty:** OB/GYN  
**Medical School:** Quillen College of Medicine  
**Residency:** University of South Carolina



## *Spring is in the air-* HOW DOES IT AFFECT YOU?

**W**hen it comes to airborne pollens, there's no greater season for them than Spring. Nearly 50 million people in the United States suffer from symptoms of possible allergies.\* Allergies are caused by a hypersensitive immune system reaction to substances we come into contact with, such as pollen, dust and mold.

### Here are some tips to help minimize allergy symptoms:

- 1. Keep windows closed**  
Use air conditioning when possible.
- 2. Wipe away dust**  
Use a damp cloth when dusting.
- 3. Shower, shake and wash**  
After spending time outdoors, shower and change into clean clothing. Before washing your clothes, shake them off outside.
- 4. Wear sunglasses**  
Wearing glasses when you're outdoors helps block pollen, mold spores and other outdoor irritants from getting into your eyes.
- 5. Monitor pollen conditions**  
Websites like pollen.com alert you to pollen counts in your area. Pollen counts are usually highest in mornings, so if possible, stay inside until the afternoon or opt for an indoor activity such as walking through the mall.

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

\* Asthma and Allergy Foundation of America



## 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:**

#### General podiatry and caring for your feet



**Speaker:** Heather Driessen, DPM  
**Date:** Friday, May 12  
**Time:** 9 a.m.  
**Location:** USCA – Business Conference Center  
**RSVP:** Please call 800-882-7445

### FITNESS & FUN

#### Travel Opportunities

Now you can access travel opportunities online! Visit [www.aikenregional.com](http://www.aikenregional.com) and click on Community Outreach to find Senior Wellness and AAA Travel.

#### Seniors on the Go! Day Trips

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

#### Fitness & Fun

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



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



## Community Education

### Senior Driving Program

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

**Facilitator:** Vinnie Jones, Certified AARP Instructor (Director)

**Dates:** June 2, July 14

**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.

**Dates:** May 30

**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.

**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:** Mar. 28 – Apr. 18; June 6 – 27

**Time:** 6 – 9 p.m.

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

**Registration:** Required.

### Weekend Classes

**Dates:** May 6 and 7

**Time:** 10 a.m. – 4 p.m.

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

## 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:** Apr. 27, Sept. 10

**Time:** 6:30 – 8:30 p.m.

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

**Registration:** Required

**Fee:** \$10

### Standard First Aid, CPR & AED

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

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

**Date:** Apr. 1, Sept. 9

**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:** May 8, June 12

**Time:** 11 a.m.

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

**Registration:** Required.

Call **803-641-4222**.

### Weight-loss Surgery: Is It For You?

Severe obesity is difficult to treat through diet and exercise alone. If you've tried to lose weight with no success, weight-loss surgery may be an option for you.

**For more information on bariatric surgery, go to [www.aikenregional.com/weightloss](http://www.aikenregional.com/weightloss).**

## 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

**Dates:** June 10, July 10

**Time:** 9 a.m. – 4 p.m.

**Location:** ARMC, 6th floor, Classroom 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:** May 13, June 24

**Time:** 9:30 a.m. – Noon

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

**Registration:** Required

**Fee:** \$10

### Support Groups

#### AA Meeting

Designed for open discussion. 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 second Tuesday of each month.

**Facilitators:** Linda Lucas

**Dates:** May 9, June 13

**Time:** 11 a.m. – Noon

**Location:** 151 Linden Steet, Daybreak Training Center

**Registration:** Not required.

#### Al-Anon

Support for those dealing with another's drinking. Every Tuesday and Thursday evening.

**Time:** 7 – 8 p.m.

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

**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.**

### Cancer Support Group

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

**Dates:** May 17, June 21

**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. Meets first 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**.

### 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**.

### Look Good ... Feel Better

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

**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:** May 12, June 9

**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 American Cancer Society Breast Cancer Self-Help Group is for women and men diagnosed with breast cancer. Guest speakers cover topics of interest to survivors, patients undergoing treatment and their caregivers. Meets first Tuesday of the 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**.

### Stroke Support Group

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

**Time:** 11 a.m. – Noon

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

**RSVP:** Lisa Kucela

Call **803-226-0130**.

**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**

Adam Bruckner, DO  
803-649-7266

Sumita Jain, MD  
803-392-3724

Dean T. Koukos, DO  
803-259-5762

Ann M. Kulik, MD  
803-648-8804

Leopoldo M. Muniz, MD  
803-642-3505

Henry S. Tam, MD  
803-648-4224

F. Michael Vasovski  
803-648-1464

Ray B. Vaughters Jr., MD  
803-649-2501

David Zimmerman, MD  
803-649-6941

**Gastroenterology**

Ayaz Chaudhary, MD  
803-226-0073

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

Afsar M. Waraich, MD  
803-226-9786

**Hematology**

Sitki M. Ergul, MD  
803-641-7850

T. Mark Meyer, MD  
803-648-7888

**Infectious Diseases**

Gerald Gordon, MD  
803-649-5300

**Internal Medicine**

William T. Besson III, MD  
803-648-7888

Marc H. Brickman, DO  
803-648-7774

Alyssa Degnan, DO  
803-649-5300

Gerald Gordon, MD  
803-649-5300

Asif Hashmi, MD  
803-644-1027

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

Thomas McCullough, MD  
803-648-7888

T. Mark Meyer, MD  
803-648-7888

Frank J. Mondschein, MD  
803-649-5300

Ashley E. Toole, DO  
803-649-5300

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

**Nephrology**

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

Elizabeth Kekacs, NP  
803-641-5874

Courtney McLendon, CPNP  
803-508-7651

Robin Mitchell, NP  
803-641-5100

**Nurse Practitioner cont'd**

Melanie Pniewski, CPNP  
803-508-7651

Carrie Rawson, NP  
803-641-5100

Elizabeth Rhoades, NP  
803-641-5874

Cheryl Stephens, NP  
803-649-5300

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Cindy G. Besson, MD  
803-648-0803

James F. Boehner, MD  
803-649-7535

Robert D. Boone, MD  
803-649-7535

Tiffany Boyd, MD  
803-380-7000.02

Seema Faiyaz, MD  
803-716-9428

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

Oletha R. Minto, MD  
803-649-7535

Maria Rodriguez, MD  
803-380-7000

Gloria Rouhani, MD  
803-649-7535

Margot Wacks, DO  
803-716-9428

**Oncology**

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803-641-7850

Ahmad N. Gill, MD  
803-641-7850

T. Mark Meyer, MD  
803-648-7888

**Ophthalmology**

Kishan Govind, MD  
803-642-6060

R. Lee Grantham, MD  
803-642-1000

Nini S. Patheja, MD  
803-642-6060

Daniel J. Smith, MD  
803-642-6060

**Orthopedic Surgery**

Ty W. Carter, MD  
803-644-4264

Douglas E. Holford, MD  
803-644-4264

R. Vaughan Massie, MD  
803-644-4264

Clark D. Moore, MD  
803-335-2281

E. Louis Peak, MD  
803-644-4264

Timothy J. Shannon, MD  
803-644-4264

**Otolaryngology**

Gregory H. Esselman, MD  
803-649-0003

Anthony E. Harris, MD  
803-648-7897

Patrick G. McMenamin, MD  
803-649-0003

**Pain Management**

Russell K. Daniel, MD  
803-226-0102

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

**Pediatrics**

Jonathan C. Collins, MD  
803-642-9204

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 Rigtrup, MD  
803-641-KIDS (5437)

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

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

John B. Tiffany, MD  
803-508-7651

**Plastic/Reconstructive Surgery**

Dean A. Page, MD  
803-642-0277

**Podiatry**

George Sich III, DPM  
803-648-6988

Heather Driessen, DPM  
803-306-1006

Kevin Ray, DPM  
803-306-1006

**Psychiatry**

Bhavna Kaushik, MD  
803-641-5906

John A. Allen, MD  
803-641-5906

Merry A. DeLeon, MD  
803-641-5906

John DeWitt, MD  
803-335-1219

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  
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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**

Jeffrey Jacobs, 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

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Cortney Draper, MD  
Aaron High, MD  
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Daniel McManus, MD  
Yenny Meza, MD  
Nathan Miller, MD  
Kristen Paysinger, MD

**Hospitalist**

Ashok Kumar, MD  
Joseph Ogunsulire, MD  
Chetan Patel, MD  
Jhendrakumar Patel, MD  
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Zaharaa Sater, MD  
Chioma V. Udogu, MD  
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Matthew Brill, DO  
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**Teleneurology**

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

**Telestroke**

Hartmut Gross, MD



# INTRODUCING THE NEWEST PHYSICIAN OF FAMILY MEDICINE

joining the staff at Aiken Regional

**Sumita Jain, MD**

**FAMILY MEDICINE**

**Aiken Professional Association**

Dr. Jain has special interests in women's health and pediatrics. She completed her Family Medicine residency at Beaumont Hospital, Grosse Pointe, in Grosse Pointe, MI. Dr. Jain earned her Doctor of Medicine from UMHS, St. Kitts, and her Bachelor of Science in Anatomy and Cell Biology from McGill University, Montreal, Quebec. She is board-certified by the American Board of Family Medicine.

**Now accepting new patients.  
For an appointment, call 803-392-3724.**

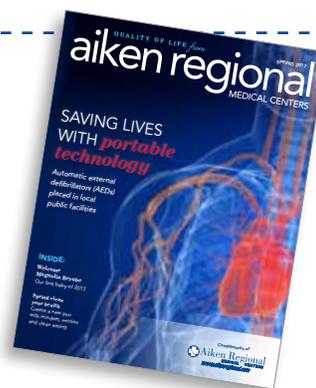
**Visit Dr. Jain in her new office located at:  
124 Bettis Academy Road  
Graniteville, SC 29829  
Hours: Monday – Thursday 8 a.m. – 5 p.m.  
Friday 8 a.m. – Noon**



**Aiken Professional Association, LLC**

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

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



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# From the Heart, *For the Heart*

The Aiken Rotary Clubs and Aiken Regional Medical Centers are collaborating to place Automatic External Defibrillators (AEDs) in Aiken public facilities, and together we're helping to make the community safer.

Cardiologists and emergency services personnel understand and stress the importance of having AEDs in our community:

- AEDs are portable
- Non-medical people with the proper training are able to use them
- AEDs can be incorporated into emergency response programs that include calling 9-1-1 and promptly delivering cardiopulmonary resuscitation (CPR), **vital for improving survival of cardiac arrest**

Aiken Regional Medical Centers will provide training for AED installation sites.

**For more information about Aiken Regional Medical Centers, go to [aikenregional.com](http://aikenregional.com)**



in collaboration with



302 University Parkway, Aiken, SC 29801

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803-641-5000

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Administrative Director of  
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**Tamalyn Teems**  
Marketing Director

**Nicole Morgan**  
Physician Relationship  
Manager

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