

QUALITY OF LIFE *from*

FALL 2017

aiken regional

MEDICAL CENTERS



Hope, courage and *bravery*

The stories of three breast cancer survivors

ALSO INSIDE:

New clinical student program begins

Osteopathic students join the community

Women's LifeCare Center updates

New perks for parents of newborns

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.

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 aikenregional.com/reminder today.

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

Offering dedicated women's diagnostics in one convenient location.

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



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.



You can never hear too many stories of hope, courage and bravery. The journeys of three breast cancer survivors featured in this issue are a perfect example of that. With the help of doctors at Aiken Regional and the support of their family and friends, they made it through their treatments to triumph over cancer in the end. They share their inspiring stories beginning on page 4.

We have launched an exciting new clinical student program in collaboration with the Edward Via College of Osteopathic

Medicine, and recently welcomed 10 third-year medical students to join us. They will be participating in various rotations with physicians here at the hospital, so be sure to say "Hello" when you see them. Read more about this venture on page 10.

There are several areas that have been updated, including the renovations at the Women's Breast Health and Imaging Center and some surprises for new moms at the Women's LifeCare Center. A former patient shares her experience and why she chose to come to Aiken Regional. Read more about her story and what you can expect on page 14.

National Diabetes Month is in November, and the Diabetes and Nutrition Teaching Center can help patients manage their diabetes. But did you know that with dietary and lifestyle changes, you can also help prevent diabetes? You'll read about one of our own employee's experience with taking charge of her diabetes with the help of the certified educators at the center. Learn more on page 18. And in the "Ask the Doctor" feature, an oncologist and gastroenterologist join forces to provide answers to questions about pancreatic cancer.

As always, we look forward to continuing to be of service to you. We are always interested in hearing from you to learn how we can make your experience better. You can send me an email by visiting the home page, aikenregional.com, and clicking on the link in the "Ask our CEO" section.

Enjoy the beautiful fall season, and may God bless you and your family.

Vance Reynolds
Chief Executive Officer



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“YOU ARE STRONGER *than you know!*”



Being brave in the face of a cancer diagnosis is no easy feat. But when you combine bravery with ***inner strength, hope, courage, determination*** and the support of family, friends and coworkers, you somehow find your way through the darkness and into the light. And that is exactly what survivors Leslie, Marie and Elena did. These are their stories. ►





Carolyn Cook, RN

Breast Health Nurse Navigator

Learning you have breast cancer brings with it stress and uncertainty. But the personalized support of Breast Health Nurse Navigator Carolyn Cook, RN, at the Cancer Care Institute of Carolina, can help you through the process. Cook is with the patient from the beginning of their journey, acting as an advocate and tracking results and treatment. “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 through it all,” she says. ►





“The biggest way to heal from a trial is to help those around you. Your life will come back in time.”

Leslie Johnston

During my yearly mammogram in April 2014, they found a mass in my right breast. After an ultrasound and biopsy, I found out I had cancer and was given the option of partial mastectomy or have the mass removed. I went home in shock, crying and thinking my world was over. And then I started praying. By the next day, I was at peace with what I had to do. The doctor removed the mass and two lymph nodes, and luckily, it had not spread into the lymph nodes. Chemotherapy and radiation followed, and I did it all through the grace of God. It’s a tough battle, but you can do it once you get over the word “CANCER.” I was lucky to have an incredible support system, Aiken Regional and God by my side.

“Get your yearly mammogram. I have five daughters and each of them get theirs every year.”

Marie Cannon

I discovered that I had breast cancer by just getting my yearly mammogram in 2015. I didn’t actually believe that I had breast cancer until it was confirmed with the biopsy results. It was so overwhelming, because I have no family history of breast cancer. But I was very fortunate because everything was still in the early stages. I worked throughout my entire 20+ radiation treatments and not many people at work knew what I was going through. My advice is to get your yearly mammogram. I have five daughters and I make sure each of them get theirs every year. I don’t want what happened to me to happen to them. Through God and faith, I am here today.



“Your faith and ambition to fight this horrible disease is something breast cancer cannot take from you.”

Elena Egbert

I was diagnosed with Stage 3 Invasive Mammary Carcinoma in April of 2016. Being “too busy” kept me from consulting my doctor until the symptoms were undeniable and significant fear had set in. My cancer was aggressive, spreading to my lymph nodes and beyond by the time I bothered to even see my doctor. Fortunately, my physicians were exceptional, all practicing here in Aiken, and they were attentive and aggressive. I had a bilateral mastectomy, 15 lymph nodes removed, a total hysterectomy, and rounds of chemotherapy, followed by weeks of radiation. I completed cancer treatment earlier this year and am well into my recovery. I am blessed, humbled and forever grateful to have had the unfailing love and support of my incredible family, as well as a community of friends, teams of healthcare providers, and everyday champions for those of us who have faced this awful disease. ■



Is it time for your yearly mammogram?

Sign up now to get your annual reminder. Visit us at aikenregional.com/mammogram.



JUST FOR YOUNG WOMEN

It's never too early to take charge of your breast health. That's why Aiken Regional's *we* – Women Enlightened for Better Health – encourages young women to “Liv Now. Live Later.” This is a special program designed specifically to educate young women about breast cancer and how to find and treat it early.

When you join *we*, a free, women-only health and wellness program at Aiken Regional, one of the many membership benefits is a free LIV® Breast Self-Exam Aid. The breast awareness aid enhances the touch of a breast self-exam by 10 times, making it easier to detect abnormalities.

JOIN THE MOVEMENT. JOIN *we* AND LIV NOW. LIVE LATER.

VISIT livnowlivelater.com to join *we* and get started.



Liv® **NOW.** 
Live **LATER.**

 **Aiken Regional**
MEDICAL CENTERS
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302 University Parkway | Aiken, SC 29801





Welcoming patients for appointments are, L to R in back row, Maria Jones, Brandy Jenkins, Rhonda Cutright, and Lisa Hill. Seated, L to R, are Deborah Ferguson and Janice Velky.



New furniture and calming decor creates a comforting atmosphere for all patients.

The Women’s Breast Health and Imaging Center has a new look

A new level of comfort, calm and convenience awaits you

If it’s been a while since your last mammogram at the Women’s Breast Health and Imaging Center, you’re in for a pleasant surprise. The interior was recently updated, much to the delight of its many patients.

Mammography Supervisor Lisa Hill, RT (R)(M)(CT), says the lobby, registration area and patient bathroom have been renovated. “We added big, comfortable chairs; new décor; a refreshment area with a coffee machine; and the soothing sounds of flowing water,” she says. “It’s a very tranquil setting, and it helps put

people at ease while they are here for appointments. We are thrilled with how it turned out, and the ladies love it, too.”

The Women’s Breast Health & Imaging Center offers all-digital mammography imaging, which can help detect breast cancer at early stages, when it’s most treatable. Other services include diagnostic mammograms, bone density scans and stereotactic biopsies. The region’s only dedicated free-standing women’s imaging center features an all-female staff, certified mammography technicians,

a breast health nurse navigator and board-certified radiologists and surgeons.

Hill says the patient base is growing, and the staff is happy to see patients come in for yearly mammograms. She explains that annual screening mammograms are important for early detection of possible breast cancer. “We have a reminder program that lets women know it’s time to make an appointment to come in,” says Hill. “We know life gets busy, but this is one appointment that can save their life.” ■

To schedule an appointment, call 803-641-5808.
For more information, visit aikenregional.com/mammogram.



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



The Women’s Breast Health and Imaging Center is a Pink Ribbon Facility, which means it has been recognized as providing excellence in breast health paired with an exceptional commitment and support to the women of the community. The center is also accredited by the American College of Radiology (ACR) and certified by the US Food and Drug Administration (FDA).



Third year VCOM students are spending a year rotating through different medical specialties at Aiken Regional. Back row, L-R: VCOM Site Coordinator Gregory Black, Katherine Hutchinson, Nathan Seeberger, Ashley Clune, and Nathan Gentry. Front row, L-R: Elise Bjerken, Amy Jackson, Ashley Crawford, Cynthia Cheng and Amy Schlegel. Not pictured: Meena Noori.

Collaboration with medical school *fosters new clinical student program*

In an alliance with the Edward Via College of Osteopathic Medicine (VCOM), Aiken Regional is hosting 10 third-year medical students for clinical rotations as part of a new student program. ►



Gregory Black,
VCOM Site
Coordinator

“It’s the first time we have done this,” says VCOM Site Coordinator Gregory Black. “We believe bringing the students here to Aiken Regional will assist both our community and our hospital. The services we provide to our community and how patient-

centric we are drives the decision for students to return to our area to practice medicine once they have completed their residency program.”

Black acts as a liaison between Aiken Regional and VCOM and assists the students in making sure they are oriented into each rotation. He explains they have 10 students who will be shadowing physicians at Aiken Regional on a one-on-one basis through rotations, each lasting four weeks. The structured program will immerse the students in the areas of family medicine; internal medicine; geriatrics; general surgery; psychiatry; pediatrics; obstetrics and gynecology, as well as another component called osteopathic manipulative medicine. An exam follows after completion of each rotation. Students will also gain experience in both inpatient and outpatient care.

“If students choose to stay at Aiken Regional for their fourth year, the structure will be more flexible in meeting opportunities that interest students in specific rotation areas,” says Black. “During their fourth year, they will also complete rotations in core medical; surgical; emergency medicine; intensive medicine; five electives; and one research and scholarly activity. This will help them prepare for their auditions for residency, which includes a panel interview with the hospital they are matched with.”

Cardiothoracic and Vascular Surgeon Thomas Paxton, MD, is the Director of Student Medical Education and oversees the education portion of the program. Students have to do a minimum of two case presentations to their fellow students during the year. Dr. Paxton says the hospital has had students before, but nothing like this program. “This is a true clinical rotation,” he says.



Thomas Paxton, MD,
Director of Student
Medical Education

Dr. Paxton explains this program is a much different program than when he was in medical school. “This is a very structured program and gives the students one-on-one time with the doctor during the rotation. We are also encouraging them to get involved with all aspects of the hospital, such as billing, administration and the lab. We also want them to spend some time with patients, go to the diagnostic tests with them and talk to the radiologist. This way, you provide the student with real-life experience,” he says.

Another feature of the program is to attract talented future doctors to Aiken Regional. Dr. Paxton explains that if they have a good experience here, they will want to stay here for their fourth year, and potentially practice medicine in Aiken. “The students will already have put their time in and established relationships with administration, fellow doctors, and most of all, the community. It’s a win-win for them and for us,” he says. “We have a great group of students, and it would be nice to retain some of them.” ■



For more information on the student program, contact Greg Black at 803-641-5091.

Diagnosing and treating *pancreatic cancer*



Ayaz Chaudhary, MD



Ahmad N. Gill, MD

Gastroenterologist **Ayaz Chaudhary, MD**, and Oncologist **Ahmad N. Gill, MD**, work together on the diagnosis and treatment of patients with pancreatic cancer. Here, they share information on symptoms, risk factors, diagnosis and treatment.

Q: What are the symptoms of possible pancreatic cancer?

Pancreatic cancer does not usually cause any early symptoms, but by the time someone experiences any signs, the cancer may already have spread. Symptoms to watch for include jaundice, a yellowing of the skin and eyes; dark urine; nausea and vomiting; enlarged gall bladder or liver; deep abdominal pain radiating to the back; bloating and gas; weight loss; a change in color and appearance of stools; dry, flaky skin; and loss of appetite.

Q: Are there risk factors for developing pancreatic cancer?

There are several risk factors for this cancer. For 10 percent of patients, there is genetic predisposition, but this is not common. The number one risk factor is smoking. If you quit smoking, it takes about 20 years for the pancreas to return to normal. The second biggest risk factor is alcoholism, and third is chronic exposure to environmental chemicals. Those with type 2 diabetes, chronic pancreatitis or cirrhosis of the liver are also at higher risk.

Q: How is pancreatic cancer diagnosed?

After a thorough examination, your doctor will order diagnostic tests, which may include an ultrasound, a CT scan, an MRI or even a PET scan. If a tumor is suspected, an endoscopic ultrasound (EUS) can be done where doctors can see the pancreas from the inside of the stomach and do a biopsy through the stomach wall. The tissue sample is analyzed so the stage of the cancer can be determined.

Q: What are the recommended treatments for pancreatic cancer?

Once the tumor is located, diagnosed and staged, doctors can plan the best course of treatment. If the cancer can be completely removed and lymph nodes are not involved, surgery is a good option. But if it has spread beyond the pancreas, radiation and chemotherapy are used to try to reduce the size of the tumor. If it shrinks, surgery may be reconsidered. New, targeted immune therapy treatments that do not destroy healthy cells may also be considered. ■



If you think you may have symptoms of pancreatic cancer, check with your doctor. If you are diagnosed, the Cancer Care Institute of Carolina has all the resources you need, close to home. To learn more, call 803-641-5833 or visit aikenregional.com/ccic.



Stroke & Neuro Care at Aiken Regional *keeps getting better...*

The Neuroscience Center at Aiken Regional offers a comprehensive range of adult neurological services including a full continuum of stroke care. From determining the correct diagnosis to technologically advanced treatment options, the Center's staff is committed to the wellness of each and every patient.

The Neuroscience Center at Aiken Regional is pleased to announce two additional physicians and a new office location.

Dr. Melvyn Haas and **Dr. Khaled Kamel** are joining Dr. James Dillon at 410 University Parkway, Suite 1520, to continue offering a comprehensive range of adult neurological services on both an inpatient and outpatient basis.

For more information, please call 803-502-8400, or visit aikenregional.com/neuro.

Welcome



**KHALED F.
KAMEL, MD**
Neurology



**MELVYN L.
HAAS, MD**
Neurology



The Neuroscience Center
at Aiken Regional

www.aikenregional.com

410 University Parkway,
Suite 1520
Aiken, SC 29801

THE BIRTH EXPERIENCE

at the Women's LifeCare Center

You've waited nine months to meet your little one. Let our childbirth center help you both get off to a strong start.

When your contractions begin, the Women's LifeCare Center at Aiken Regional Medical Centers is ready. Director Teresa Lilly, RNC, says it is an exciting time, not just for the parents-to-be, but also for the nurses guiding new moms through the birth experience. ►

Megan Ledbetter, prior to delivering her second child at Aiken Regional. "Having my children here was such a wonderful experience."

Lilly, who has been with the hospital for 29 years, says new moms have a lot of questions, and her nurses have the answers. "Many of our nurses are certified in sub-specialties just for labor and delivery and newborn care, which involves extra training and maintaining their certifications," she says. "We also have a lot of longevity with our staff. They love what they do and they love working here."

Clinical Supervisor Bridget Cuning, RNC, says a nurse is with the mother the whole time they are in labor and delivery to address any concerns. Once the baby is delivered, mother and baby continue to be cared for in the labor and delivery room to allow for bonding and breastfeeding. After a few hours, the baby is taken to the nursery for assessment and the mother is moved to the postpartum unit. Two certified lactation consultants and a full-time Internationally Board Certified Lactation Consultant are on staff to offer assistance to mothers interested in breastfeeding their babies.

Cuning states mothers are encouraged to keep their baby in the room with them as much as possible, and the rooms can accommodate a

family member who wants to stay. She adds that mothers also receive a new, plush robe, and on the evening before discharge, the parents get treated to a special dinner that includes a little birthday cake. "We are very family-centered here," says Cuning.

A second generation of Aiken babies

Megan Ledbetter got her start at Aiken Regional, and came here when she had her first child in October 2014. She gave birth to her second child in September. "I was born in this hospital, so I think it is really neat that my children were born here, too," says Ledbetter. "The birth experience with both of my children was wonderful. The nurses and doctors took great care of us and I felt very pampered."

Ledbetter says she lives very close to the hospital and recommends Aiken Regional to her friends. "Some people feel that driving longer distances to bigger hospitals is better, but we have everything we need right here," she says. ■

For more information visit aikenregional.com/lifecarecenter.

MEET THE WOMEN'S LIFE CARE CENTER PHYSICIANS



Cindy Besson, MD



James Boehner, MD,



Robert Boone, MD



Tiffany Boyd, MD



Seema Faiyaz, MD



Judith Hoover, MD



Oletha Minto, MD



Maria Rodriguez, MD



Gloria Rouhani, MD



Margot Wacks, DO



IN THE FIGHT AGAINST
CANCER, YOU CAN TRUST

the Cancer Care Institute of Carolina

One of the most important decisions you will make about your cancer treatment is where you will receive it. At the Cancer Care Institute of Carolina (CCIC), we use advanced technology to create comprehensive treatment programs that meet your individual needs. We work closely with Cancer Care Associates of Carolina medical oncology group to provide chemotherapy and radiation under one roof, close to home. ►





Brent Slack,
Manager

Multi-disciplinary, individualized treatment

Manager Brent Slack says many patients seek second opinions at bigger medical institutions.

But in most cases we offer the same treatment options, so they choose to come here because we are in their community. "When people need radiation, they typically have to receive it every day, Monday through Friday, so they don't want to travel a long distance. Our location is convenient for them and gives them everything they need," says Slack. "We also have a boutique called The Balancing Touch, that carries post-surgical supplies, such as prostheses, specially fitted clothing, swimwear, wigs, hats and more. They stock a large variety of hair replacement products and have trained fitters educated on selecting and customizing according to each patient's needs."

Slack says there is more to cancer treatment than just radiation and chemotherapy. "This is not a one-size-fits-all situation. We take a multi-disciplinary approach to learn more about the patient and their needs, and incorporate nutrition, pain management, physical therapy and support groups," he says. "We also work closely with several different agencies locally,

such as CanHope and Lydia's Project, to provide emotional and financial support, rides to and from treatment, overnight accommodations, and more."

Practicing preventive health

Screenings are one of the best ways to be proactive about staying healthy. Slack explains the CCIC recently held a free PSA blood screening for prostate cancer. "We had a good number of men come in to get their blood drawn, with several needing to follow up with a urologist or get further testing. But this is the benefit of a free screening, because you then have a direction in which to go," says Slack. "And you don't need to wait for a screening event. Any man can come here and get an order for blood work to get tested for prostate cancer."



Carolyn Cook, RN,
Breast Health
Nurse Navigator

Both Slack and Carolyn Cook, RN, Breast Health Nurse Navigator, frequently attend community events to promote screenings, as well as the services offered by the

CCIC. Cook personally guides patients through their diagnosis and treatment journey and tracks their test results. "We are passionate about raising awareness of our services and helping people through the process," says Slack. ■

Radiation Oncologists and Oncologists at the Cancer Care 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 aikenregional.com/ccic.



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



After attending a diabetes management class, Sharon Hoover has lost weight and her blood sugar is now within normal range.

TAKING CHARGE *of your diabetes*

“The Diabetes and Nutrition Teaching Center helped me control my diabetes.”

– AIKEN REGIONAL MEDICAL CENTERS
EMPLOYEE, SHARON HOOVER

Sharon Hoover, who works in Patient Financial Services at Aiken Regional, had been a pre-diabetic for seven or eight years. Her parents had late-onset diabetes, so she knew she was predisposed to diabetes. Her doctor recommended she attend classes at Aiken Regional’s Diabetes and Nutrition Teaching Center. But since a family member was a registered dietitian, she opted to speak with her about healthy eating, rather than attend a class. ►

The Aiken Regional Diabetes and Nutrition Teaching Center was the first in the region to be recognized by the American Diabetes Association as an Accredited Self-Management Education program.

"I would try to be really careful about my sugar intake and did well for a while, but then my daughter had a baby and I was not paying attention to my health anymore," says Hoover. "Then one day, I wasn't feeling well, developed a fever and went to the ER. My blood sugar was almost 300, and my A1C was 9.8! The doctors told me I was diabetic."

Hoover says when she followed up with her primary care physician, he mentioned the class again to her. This time, she realized that what she had been putting off could help get her back on the road to good health.



Darren Waters,
Director of
Outpatient
Services

CLASS IS NOW IN SESSION

Darren Waters, Director of Outpatient Services, explains how the classes work. "Prior to the first class, height, weight, vital signs, BMI, body fat percentage, and finger stick blood glucose are performed so patients and the education team can track their progress. In the training session, patients are taught about diabetes, complications, treatment, medications, exercise, blood glucose monitoring and meter training, self-interventions, their individualized meal plan, community resources and then set goals for themselves."

Hoover says she learned about the types and stages of diabetes, different medications, what blood sugar levels are normal for her, calorie and nutrition density of foods, meal planning and how to portion out carbohydrates, fruits, proteins and vegetables.

"We received a food substitution book for when eating out. It was really helpful because it makes you stop and think about what you are going to eat," says Hoover. "We also learned what types of snacks are good to have for on the go, so we aren't tempted by foods that could be detrimental."

The next two sessions were one-on-one with an educator who discussed blood work, kidney and liver function, drinking water and proper foot care. She has made tremendous strides in changing her lifestyle and feels so much better. "So far, I have lost 30 pounds by eating healthier food and by exercising. My blood sugar is now within normal range and I am also sleeping better," Hoover says.

Nancy Goslen, RN, BSN, Certified Diabetic Educator, says, "Sharon Hoover exhibited a willingness and a personal enthusiasm to make positive lifestyle changes." Hoover says the class was a lifesaver for her, because it made her stop and take a look at her health and what she was doing. "I am grateful for the support from everyone here. The classes helped me realize that I am not alone and I have the support to be successful." ■



To learn more about diabetes management, visit aikenregional.com/diabetes.

People you know. Healthcare you trust.

— YOUR —
TICKET
TO INDEPENDENCE

**COMING
SOON!**
Acute Inpatient
Rehabilitation
Center

Intensive, inpatient
rehabilitation dedicated to
helping you recover from

Stroke

Brain injury

Neurological conditions

Serious orthopedic conditions

Amputations

Major trauma

**Medical deconditioning and
other disabling conditions**

For more information, visit
aikenregional.com/rehab

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MEDICAL CENTERS
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When your physician
recommends
acute inpatient rehabilitation...

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Aiken Regional Medical Centers

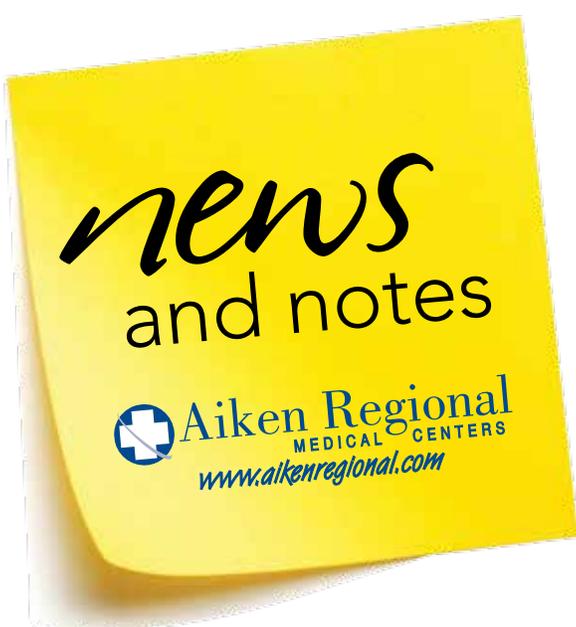
Our dedicated inpatient rehabilitation program
helps you achieve the highest level of independence
possible. Our rehabilitation unit is located in our
hospital on the second floor.

Visit us any time.



Aiken Regional Medical Centers

302 University Parkway • Aiken, SC 29801
803-641-5000 • aikenregional.com



Aiken Regional Medical Centers administration and staff joined Aiken Mayor Rick Osbon for the ribbon cutting ceremony.



MEN'S HEALTH EVENT

Aiken Regional Medical Centers, WJBF News Channel 6 and Bath Fitter, raised \$1,000 for Koda's Kids Foundation at the Men's Health Event in May. Koda's Kids was founded by Aiken native and pro linebacker, Dekoda Watson, to provide scholarships to Aiken County students. Pictured L to R: Savannah Strom, WJBF NewsChannel 6; Tamalyn Teems, Marketing Director, ARMC; Vance Reynolds, CEO and Dekoda Watson.

CAFÉ 302 GETS A NEW LOOK

We recently celebrated the grand opening of our cafeteria, with special guest, Aiken Mayor Rick Osbon, in attendance. Renovations began after the lobby was completed earlier this year and took three months. Café 302 is open to the public and serves breakfast, lunch and dinner. Chief Operations Officer Matt Merrifield says if you haven't been to the hospital in a while, stop in and let us know what you think. "We have new menu items and prices are very reasonable. It's a great place to relax and enjoy a good meal while visiting loved ones in the hospital," he says.

NEW PHYSICIANS



Lorenzo K. Sampson, MD, FACS

Aiken Surgical Associates
410 University Parkway,
Ste. 2310, Aiken, SC 29801
(803) 648-1318

Medical School:

The Medical University
of South Carolina

Board Certification:

Board of Medical Examiners
and the American Board
of Surgery

Specialty: General Surgery



Evan F. Ekman, MD

Aiken Professional
Association
191 Centre South Blvd.
Suite 30, Aiken, SC 29803
(803) 761-9191

Medical School:

University of Kentucky

Board Certification:

Orthopedic Surgery

Specialty: Orthopedic
and Sports Medicine



Michael Drinkwater, MD

Aiken Anesthesiology
Associates
302 University Parkway
Aiken, SC 29801
(803) 641-5000

Medical School:

University of South
Carolina School
of Medicine

Residency: Medical
College of Georgia

Specialty: Anesthesiology

DON'T FORGET YOUR FLU SHOT!

Influenza can cause serious complications for people over age 65, such as bronchitis and pneumonia. That can lead to hospitalization and even death. Older adults may have other health issues — including neurological conditions, asthma, heart disease, kidney problems or diabetes — that make them susceptible to flu-related complications.

If you develop a fever, cough, sore throat, a runny or stuffy nose, headache, body aches and chills, you could have the flu. It is important to see your doctor right away so you can receive appropriate medical care.

The strain of flu viruses change every year, and it takes about two weeks for immunity to build up. That's why doctors usually recommend getting a flu shot each year to further minimize health risks. ■



Medicare
Part B covers annual
flu shots for seniors
at no cost! For more
information, visit
www.cdc.gov/flu.



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:



**National Diabetes Month
Speaker: Darren Waters,
Director of Outpatient Services
Date: Friday, November 10
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 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 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



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. 8

Time: 9:15 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. 21

Time: 6 – 8 p.m.

Location: ARMC, 6th floor, Classroom A

Registration: Required.

For Babies' Sake

This monthly support group allows you to connect and share experiences with other new moms. Dads are welcome, too! Become part of a friendly and supportive community. Expert guest speakers will be featured every quarter. Group is free to patients and meets the 2nd Tuesday of every month.

Time: 1 – 2 p.m.

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

Registration: 803-641-5703.

Childbirth Preparation

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

Weekend Classes

Dates: Oct. 28 & 29, Dec. 2 & 3

Time: 10 a.m. – 4 p.m.

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

Registration: Required.

Community Health

Kidney Smart® Classes

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

Facilitator: Lorie Ann Pardue

Dates: Nov. 13, Dec. 11

Time: 11 a.m.

Location: Aiken Dialysis, 775 Medical Park Drive

Registration: Not required.

Call 803-641-4222.

Stroke Support Group

Date: First Tuesday of every month

Time: 11 a.m. – noon

Location: Aiken Active Seniors 690 Medical Building Park Drive

RSVP: Lisa Kucela

Call: 803-502-8400.

Diabetes Support Group*

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

Time: 3 – 4 p.m.

Location: O'Dell Weeks Activity Center

Registration: Required.

Call 803-293-0023.

*No meetings in July or August

For Kids and Teens

American Red Cross Babysitter's Training

Students ages 11 – 15 learn about leadership, safety, basic care and first aid in order to provide safe, responsible care. Beverages provided.

Instructor: Helen Thompson, OBST, Certified American Red Cross Babysitting Instructor

Date: Nov. 11

Time: 9 a.m. – 4 p.m.

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

Registration: Required

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

Refreshments and snacks provided.

Support Groups

AA Meeting

Designed for open discussion.

Dates: Every Sunday and Wednesday evening

Time: 7:30 p.m.

Location: Aurora Pavilion

Aiken Cares Alzheimer's Support Group

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

Facilitators: Linda Lucas

Dates: Nov. 14, Dec. 12

Time: 11 a.m. – Noon

Location: 151 Linden Street Daybreak Training Center

Registration: Not required.

Al-Anon

Support for those dealing with another's drinking.

Dates: Tuesdays and Thursdays

Time: 7 – 8 p.m.

Location: St. Paul's Lutheran Church in Aiken.

Call 803-270-0853.

Cancer Support Group

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

Dates: Nov. 15

Time: 2 – 3 p.m.

Location: First Baptist Church

Registration: Not required.

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

CSRA Dream Catchers – Traumatic Brain Injury and Disability Support Group

This group offers peer and skilled support to those seeking assistance for and information/education about head and spinal cord injuries and other disabilities. Meets 1st Monday of each month.

Facilitator: Les Paul Morgan

Time: 6 – 7 p.m.

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

Registration: Required.

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

Look Good ... Feel Better

A free program for female cancer patients actively undergoing or about to start treatment. Learn to cope with appearance-related side effects of chemotherapy and radiation. Meets 3rd Monday of each month.

Time: 1 – 2:00 p.m.

Location: Cancer Care Institute of Carolina at ARMC

Registration: Not required.

Call **803-641-6044** for information.

Mended Hearts

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

Dates: Nov. 10

Time: 10:00 – 11:30 a.m.

Location: USCA Alan B. Miller Nursing Building

Registration: Not required.

Please call **803-641-1192**

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

Pink Ribbonettes

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

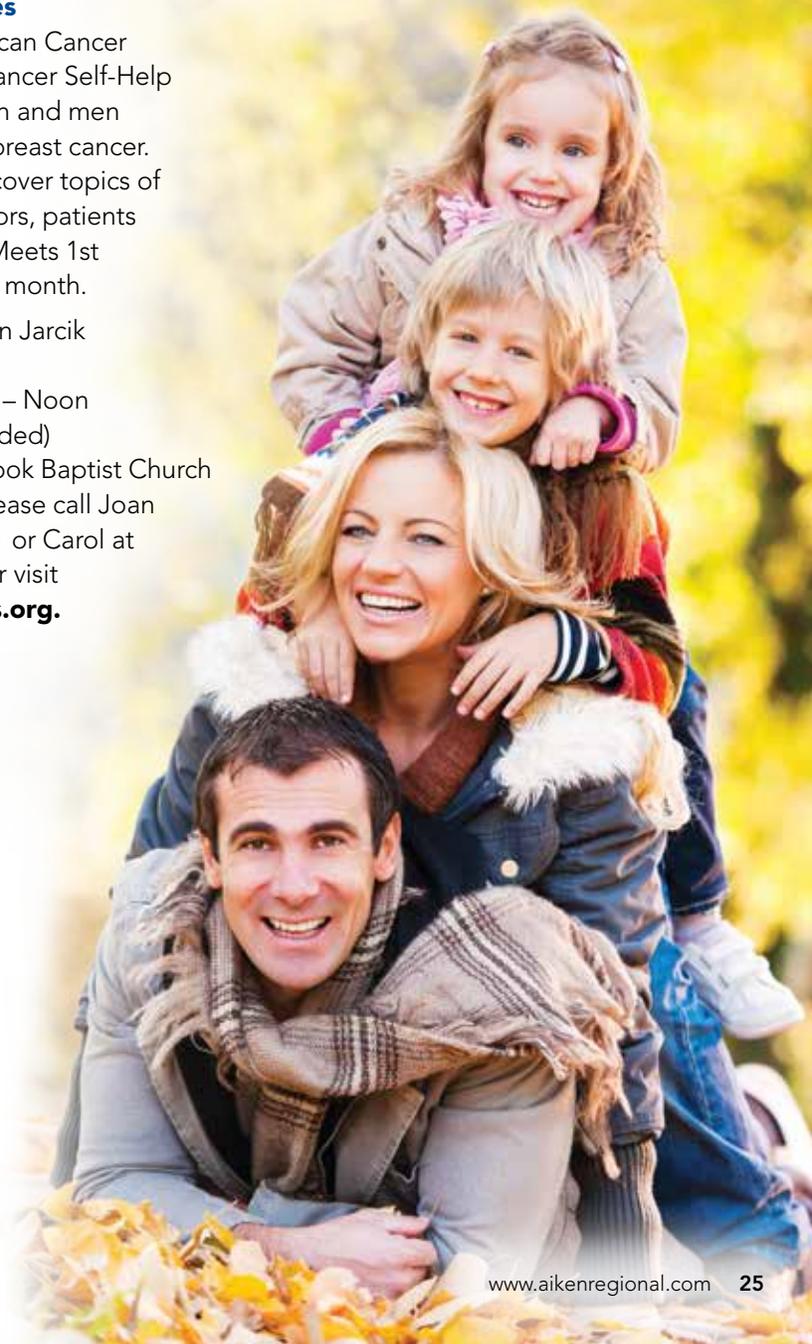
Facilitators: Joan Jarcik and Carol Lyla

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

Location: Millbrook Baptist Church

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

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



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Gregory L. Eaves, MD
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Courtney McLendon, CPNP
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Nurse Practitioner cont'd

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