

QUALITY OF LIFE *from*

SPRING 2018

aiken regional

MEDICAL CENTERS

From left are General Surgeon Lorenzo Sampson, MD, FACS; Orthopedic Surgeon Evan Ekman, MD; and Geriatrician/Family Medicine Doctor Mark Meiler, MD.

Welcome to Aiken!

Get to know the physicians now practicing in our hospital community

INSIDE:

Inpatient rehabilitation success story

"I got the exact care I needed." – Julie Kistler

The Joint Academy

Getting you back in the swing of things

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MEDICAL CENTERS
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Palmetto Pediatric Center at Aiken Regional Medical Centers

provides inpatient and outpatient services for infants, children and adolescents. In addition to immunizations and sports physicals, children can get routine health exams and treatment when they are sick. The center is affiliated with Augusta University's Children's Medical Center and Department of Pediatrics.



Edward Rigtrup, MD

Medical School: Medical College of Georgia
Residency: Medical College of Georgia
Board Certification: American Board of Pediatrics



Sheisa Claudio-Sandoval, MD

Medical School: University of Puerto Rico Medical Centers
Residency: Augusta University
Board Certification: American Board of Pediatrics

\$25 sports physicals available 3:45 to 4:15 p.m., M-F without an appointment, or call to schedule another time.

Call today to make your appointments for school physicals and immunizations.
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BETTER *health.* BETTER *life.*



Taking good care of your health is important at all stages of life. This issue of *Quality of Life* is packed with information to help you feel your best and manage different medical conditions that may arise.

We are happy to welcome two new physicians, Evan Ekman, MD, and Lorenzo Sampson, MD, FACS, and welcome back Mark Meiler, MD, all of whom are committed to helping their patients stay healthy and active. Learn more about them on pages

4-6. And on page 7, in observance of Men's Health Month in June, we highlight preventive screenings and health concerns men should know about. Also for men, our "Ask the Doctor" article addresses key facts about erectile dysfunction and how it may be treated.

In other stories, we share feedback from two patients who have been helped by intensive therapy in our new inpatient rehabilitation unit; and we feature an article on neurological care that discusses issues like memory loss, sleep, migraines and surgical treatment for the brain and spine. Additionally, you can learn about joint replacement at Aiken Regional; tips to help keep your bones healthy; and our hospitalist program that provides 24/7 care for patients during a hospital stay.

Finally, don't miss the article on page 15 about stroke awareness. You are a key advocate for your health, and the actions you take could potentially save your life.

As we head into summer, I'd like to wish you a happy, healthy season. Remember we are always here if you need us.

May God bless you and your family,

Vance Reynolds
Chief Executive Officer



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Welcoming three physicians to

There are many great things that draw people to the Aiken community. Excellent medical care, proximity to big cities, the sense of belonging, and making a difference in the lives of others. On the next three pages, we introduce you to physicians who are now practicing in Aiken, whose mission is to improve the quality of their patients' lives.

GENERAL SURGEON, LORENZO K. SAMPSON, MD, FACS

In practice for 20 years, Dr. Sampson recently decided to move from Houston, TX, to be closer to family. "I am a native of Charleston, South Carolina, and Aiken is centrally located and only two hours from everyone," he says. "I felt welcomed by the doctors in my practice and it is a pleasure to provide care in this friendly community."

Dr. Sampson says he became a physician to help people. "Seeing a smile on my patients' faces and their appreciation of the care they received is very rewarding," he says. "One of my goals is to help the patient return to a better quality of life."

While Dr. Sampson performs traditional, minimally invasive and robotic-assisted surgery, one of his specialties is the TIF® (transoral incisionless fundoplication) procedure on patients with acid reflux. "This minimally invasive, endoscopic procedure is performed without a surgical incision on the skin, which can mean less pain and quicker recovery. Plus, it gets them back to life without reflux," he says.

Dr. Sampson is a big fan of college and professional football, especially the Clemson Tigers and Houston Texans teams. He is married and has four children.

Aiken Surgical Associates

410 University Parkway, Suite 2310

Aiken, SC 29801 • (803) 648-1318

Specialty: General Surgery

Medical School: The Medical University of South Carolina

Residency: University of Alabama at Birmingham

Fellowship: Colon & Rectal Surgery at the University of Minnesota in Minneapolis

Board Certification: Board of Medical Examiners and the American Board of Surgery

care for the community ...

GERIATRICIAN AND FAMILY MEDICINE DOCTOR, MARK MEILER, MD

A former Army Captain, Dr. Meiler has been in practice for 44 years. After completing his residency at Wilson Hospital in Johnson City, NY, he started a practice as a country doctor in Walton, NY, and delivered babies, assisted in surgery and made house calls.

After seven years, he moved the practice to Oneonta, NY, where he built a new facility and recruited other physicians to join the practice. He was there for 14 years and became certified in Geriatrics in 1988, the first time that sub-specialty was offered.

Dr. Meiler learned of an opening for a geriatrician in Aiken, SC, so he relocated and practiced family medicine for about 12 years. During that time, he was involved in starting a free medical clinic in Aiken. Then an opportunity to teach third-year medical residents in Charleston, SC, became available and he relocated his family there. After teaching, Dr. Meiler retired, but not for long.

"I grew tired of being retired, and some of our closest friends live in Aiken. My children had all moved away, and I really missed medicine, so we decided to move back," he says. On a recent house-hunting visit in Aiken, Dr. Meiler learned of a physician opening in a local family practice and was hired. He is practicing geriatrics and family medicine, and couldn't be happier to be back.

Aiken Professional Association – Family Medicine

420 Society Hill Drive, Suite 100

Aiken, SC 29803 • (803) 648-7774

Specialty: Geriatrics and Family Medicine

Medical School: Creighton University School of Medicine

Residency: Wilson Hospital – Johnson City, NY

Board Certification: American Board of Family Medicine and Geriatrics



... and help improve lives.

ORTHOPEDIC SURGEON, EVAN EKMAN, MD

As a professional athlete, Dr. Ekman knows what it takes to stay healthy and injury-free. A competitive swimmer whose specialties are freestyle and the butterfly, he placed fifth at the World Masters Championships in 2017 and will be participating in the Pan Am Games this summer. It is easy to see why he chose this field of medicine. "I became interested in healthcare to improve human performance and I wanted to have an opportunity to help people continue to live a fulfilling and active lifestyle," he says.

Dr. Ekman has treated professional and elite college athletes from across the country. He specializes in shoulder and knee injuries and can address many sports injuries using advanced minimally invasive technology. What he finds most rewarding is improving a patient's quality of life and restoring their function. "Whether it is a world-class athlete or a patient in our community, maximizing function and giving people an opportunity to meet their goals is what I am looking for," he says.

He recently moved to Aiken from Blowing Rock, NC, to be closer to his family and is excited to be a part of the medical staff at Aiken Regional. "Everyone here has been so welcoming and friendly," he says. "I am very impressed with the medical community here, and I look forward to making a positive difference for all of my patients." ■

Aiken Professional Association - Orthopaedics

191 Centre South Blvd., Suite 30

Aiken, SC 29803 • (803) 761-9191

Specialty: Orthopedic and Sports Medicine

Medical School: University of Kentucky

Residency: Bowman Gray/Wake Forest
University Medical Center

Board Certification: Orthopedic Surgery

**Are you looking for a doctor for a specific ailment?
Call Direct Doctors Plus® at 800-822-7445.**

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

June is MEN'S HEALTH MONTH



Knowing what to look for at each stage of a man's life is important, and many men tend to put off seeing their doctors for routine physicals and preventive screenings. Schedule your physical today and consult with your doctor on the appropriate screenings for you.

Boys ages 12-17

Boys are twice as likely as girls to be diagnosed with ADHD, behavioral or conduct problems, anxiety, autism spectrum disorders and cigarette dependence.* Consult a pediatrician or qualified mental health professional if your child needs help. The major health concerns of this age group include:

- Anxiety/depression
- Alcohol or drug use
- Stress
- Eating disorders

Men ages 18-39

The highest rates of alcohol abuse are in men 25 to 39 years of age.** Other health concerns for this age group include:

- Sexually transmitted disease
- Testicular cancer/lymphoma/melanoma
- Tobacco use
- Anxiety/depression

*Centers for Disease Control and Prevention (CDC)

**American Academy of Family Physicians

***The National Institutes of Health

Men ages 40-55

The following baseline screenings are recommended:***

- Prostate cancer – Annual exams at age 50 unless you're at high risk; then age 45
- Colorectal cancer – Colonoscopy every 10 years starting at age 50; sooner if you have risk factors
- Diabetes – Screening every three years starting at age 45; sooner if you have risk factors

Additionally, the following health issues can be of concern to men in this age group:

- Erectile dysfunction/enlarged prostate
- Cardiovascular disease/high blood pressure
- Stress/anxiety/depression

Men ages 55 and up

Chronic diseases are the leading causes of death in people ages 65 and older.* If you have a personal history of any of these diseases, see your doctor or specialist regularly.

- Heart/cardiovascular disease
- Diabetes
- Chronic Obstructive Pulmonary Disease (COPD)
- Stroke

Here's to healthy RECOVERIES...

“The encouragement was great and exactly what I needed,” says Julie Kistler, the first patient to be discharged from the new Inpatient Rehabilitation Center at Aiken Regional.



The 14-bed inpatient rehab unit was opened last November on the second floor of the hospital to help patients regain independence after a stroke, brain injury, neurological illness, amputation or major surgery. Julie Kistler was recovering from a second surgery for a broken hip and spent eight days there, undergoing intense therapy with support from a specialized rehab team.

As part of her treatment, Kistler received occupational therapy, which can assist with daily living tasks like dressing and cooking, as well as physical therapy, which can help with mobility and pain reduction. She says she was surprised by how quickly she progressed, and she appreciated the time her therapists took to answer her questions.

She's now able to drive and get around independently, and is continuing her recovery with outpatient rehabilitation through Hitchcock Physical, Occupational and Speech Therapy Center (previously Hitchcock Healthcare). “It was a fantastic experience all around,” she says of her inpatient stay.

“The rehab center gave me hope for recovery after the two surgeries, and the attitudes of everyone I encountered were so supportive and caring that I was motivated to keep working, even when I didn't feel like it,” she says. ■

The Inpatient Rehabilitation Center at Aiken Regional provides intensive physical, occupational and speech therapy, with hospital services and nursing care available 24/7. To learn more, call 803-641-5281 or visit aikenregional.com/inrehab.

Round-the-clock rehab care

For Anthony Meeds, who also spent time recovering in the inpatient unit at Aiken Regional, the goal was to get back to his daily life after undergoing an amputation of the lower part of his left leg due to a diabetes-related infection.

During his week there, therapists worked with him on exercises to help prepare for a prosthetic in the future. They also helped him learn how to manage everyday tasks, like getting into a car and preparing food.

He recalls how observant Clinical Nurse Manager Lottie Jones, RN, BSN, was of his blood sugar and providing the care he needed. “The level of attention I received was tremendous,” he says.

Getting back to what you love with joint replacement

We're here to support you every step of the way.



If you need joint replacement, it's important to look for a facility that follows best practices and offers specialized education and support before and after surgery. The Joint Academy at Aiken Regional Medical Centers has a dedicated team of orthopedic surgeons, anesthesiologists, physical therapists and nurses who work together to care for patients throughout every stage of the process. Total knee and total hip replacements are provided utilizing proven protocols that have been shown to support the best possible outcomes.

Patients are guided by Louise Key, RN, BSN, who was named orthopedic coordinator last year. "My role is to guide and coordinate patients through the entire continuum of pre-operative, surgical and post-operative care," she says. Setting clear expectations and teaching patients how to prepare before surgery are key to a successful recovery, she explains. All patients participate in a pre-operative education class, which offers an opportunity to meet members of the rehab care team and learn what is expected during their hospital visit and discharge.

The Joint Replacement Unit is part of the post-surgical floor at Aiken Regional. Nursing staff on this unit receive specialized training in the care of patients who are recovering from joint replacement surgery. During their hospital stay, patients participate in both individual and group physical therapy to help support a safe return to independence. "Getting up to walk and participate in physical therapy after joint replacement surgery is one of the most important things our patients can do to influence recovery and reduce the risk of post-surgical complications," says Nursing Director Erin Stillinger, RN, BSN.

Discharge planning begins before surgery and continues throughout a patient's hospital stay. Kim Bryan, MSW, the social worker/discharge planner, works to ensure each patient has the necessary equipment upon discharge and will individualize patients' continued therapy needs. The team focus on best practices, physician involvement, and post-discharge follow-up, sets the program apart, says Stillinger. "We use our outcomes to continuously make the program better." ■

Board-certified orthopedic surgeons at Aiken Regional



Ty W. Carter,
MD



Evan F. Ekman,
MD



Douglas E.
Holford, MD



R. Vaughan
Massie, MD



Clark D. Moore,
MD



E. Louis Peak,
MD



Timothy J.
Shannon, MD



Learn more at aikenregional.com/jointcare, or to
sign up for an information seminar call 803-641-5451.

SPECIALIZED CARE FOR COMPLEX *NEUROLOGICAL CONDITIONS*



*The Neuroscience Center at
Aiken Regional offers a
comprehensive range of
diagnosis and treatment
modalities to address
your concerns, close
to home. >*



The Neuroscience Center
at Aiken Regional
www.aikenregional.com





James Dillon,
MD, FAANS

Surgical treatment for the brain and spine

Neurosurgeon James Dillon, MD, FAANS, who brings nearly 40 years of surgical experience to his role of Medical Director, says a recent technology upgrade at The

Neuroscience Center is helping to better diagnose patients. "Our equipment, similar to a GPS, was recently updated to improve diagnostic accuracy. We now have better clarity and resolution, enabling us to see in greater detail, down to a half millimeter," he says. "For those needing surgery, either in the brain or spinal cord, we can better define the problem and treatment and make it as minimally invasive as possible." The equipment can also detect the difference between a tumor and a stroke, which can lead to quicker, more efficient treatment.



Khaled Kamel,
MD

Caring for migraines and other headaches

According to the American Migraine Foundation, more than 36 million people suffer from this ailment. Neurologist Khaled Kamel, MD, says there are many types of

headaches, and when they become chronic and severe, it's time to investigate further. "We look at brain images and blood work to rule out anything more serious," says Dr. Kamel. Certain types of headaches respond to specific medications. "Many of our patients have success with medications and learn what triggers their headaches so they can try to avoid them," says Dr. Kamel. "Migraines can be debilitating, so finding what works is the key."

Could your memory loss be dementia?

As people age, memory loss can begin, prompting concerns of Alzheimer's disease or dementia. "If someone presents with short-term memory loss, we try to rule out other issues," says Dr. Kamel. "There are many conditions that can mimic Alzheimer's or dementia, so testing helps us narrow down the right treatment." There currently is no cure for dementia or Alzheimer's disease, however, there are a few medications that can be tried to keep the patient's illness from progressing. "Some people notice an improvement with medicine, but for others, it's simply to help treat the symptoms because there is nothing that can slow down the process," says Dr. Kamel.



Melvyn Haas,
MD

The brain and sleep

Your brain puts you to sleep and wakes you up, explains Neurologist Melvyn Haas, MD, who treats sleep disorders such as narcolepsy, REM sleep behavioral disorder and sleep apnea. "Sleep apnea is very common, and many of the diagnoses fall into the category of obstructive sleep apnea. For those, we refer the patient to a pulmonologist. But central sleep apnea happens when the brain doesn't send the right messages to the muscles that control breathing, so we send the patient for a sleep study at Aiken Regional," says Dr. Haas. "Depending on the test results, we can evaluate the best treatment options for the patient." ■

For more information on The Neuroscience Center and the full list of services available, visit aikenregional.com/brain.

Erectile dysfunction

– why pills are not always the answer



For men with this health condition, many think a prescription is what they need to correct the

problem. Not so, says Urologist **Darren Mack, MD.** “We need to see what the underlying issue is first, then we can properly treat the patient.” Here, Dr. Mack shares pertinent information about this important topic.

Q: What causes erectile dysfunction (ED)?

The most common reason for ED is arteriogenic, which is a lack of blood flow. It can happen because of age-related hardening of the arteries. If your heart arteries are clogged, there may be a good chance other blood vessels are as well. But it can also be due to prostate cancer and/or surgery, diabetes, or nerve, hormonal, vascular, psychological or neurological issues, as well as many other factors.

Q: What is the best way to determine the cause?

Start with a thorough physical from your doctor or urologist, who may want to run some blood tests and determine if you need a referral to other specialists, such as a cardiologist, to see if there is underlying cardiac disease. Obesity can also affect blood flow, as can drinking alcohol and smoking. Don’t be afraid to be candid with your doctor, because getting to the proper diagnosis can help detect other medical issues as well as help resolve any sexual difficulties.

Q: What is the first line of treatment for ED?

Contrary to popular belief, it is not getting a prescription for a pill. I recommend conservative treatments to start, such as pelvic floor rehabilitation with a physical therapist. If the patient is overweight and has an unhealthy diet, I suggest going for nutritional counseling and exercise. If they smoke or drink, I advise them to cut back or eliminate it. It’s about empowering patients to take care of their body as a first option.

Q: If conservative treatment fails, what happens next?

If patients meet the criteria for oral medication, we usually try that and monitor them for side effects. Penile injections can be a good alternative for men who are not candidates for pills. Implants can also be done, but they are a more permanent solution when all other options have been exhausted. In addition, implants are not considered cosmetic because they restore function. They can be a good option for men who have had prostate surgery. ■

Need a doctor? Call Direct Doctors Plus® physician referral service at 800-882-7445 or visit aikenregional.com.



Back on the right path after a *change of heart*

Jeff Wallace didn't know he was having a heart attack until he reached the ER at Aiken Regional Medical Centers. Since stent placement surgery at the hospital's Cardiovascular Institute of Carolina, Jeff doesn't miss a daily walk with his wife and their dogs.

“Since my surgery, the difference is night and day ... I didn't know I could feel this good.”

- Jeff Wallace
CARDIOVASCULAR PATIENT



Cardiovascular Institute
of Carolina 
at Aiken Regional
www.aikenregional.com



BETTER *health.* BETTER *life.*

A dedicated team *dedicated to you*

Especially in recent years, you may have heard the term “hospitalist” in relation to medical providers. This is a doctor who specializes in caring for patients in the inpatient setting.



Since 2014, round-the-clock hospitalist care at Aiken Regional Medical Centers has been provided through Sound Physicians, a nationally known, physician-led healthcare organization committed to improving quality outcomes for patients. The dedicated inpatient team at Aiken Regional includes physicians who are board-certified in internal medicine or family medicine, as well as a nurse practitioner, a physician assistant and an intensivist to help support critically ill patients in the ICU.

Sidney F. Rhoades, MD, has been named chief hospitalist, overseeing the Hospitalist Program and also providing patient care. Dr. Rhoades is board-certified in internal medicine and has been practicing in the community for many years.

What special services does a hospitalist provide?

Hospitalists help manage patients' unique needs and serve as a bridge between patients and their primary care providers during a hospital stay. Working together with nurses and other caregivers, they are part of an integrated patient-care team that provides support from admission through discharge.

Hospitalists may order diagnostic imaging studies and laboratory tests, prescribe medications, and coordinate and consult with primary care physicians and specialists.

They also can serve as a valuable resource for family members and loved ones by answering questions and discussing treatment plans. When patients are ready to leave the hospital, the hospitalist team notifies their primary care provider and prepares a discharge plan. This plan includes care instructions, any necessary prescriptions, follow-up appointments and any other information needed for recovery.

In many cases, hospitalist care may begin in the emergency department. Also, your primary care physician may refer you to the Hospitalist Program. ■

For help finding a doctor, call 800-882-7445 or visit aikenregional.com/find-a-doctor.

Meet the newest members of our hospitalist team.



Sidney F.
Rhoades, MD



Naceme
Azizzadeh, DO



Tareq Haidary,
MD



Marcus Vaught,
MD



WITH STROKE, *minutes matter*

Awareness of possible stroke symptoms
can save someone's life – or even your own

According to the American Stroke Association, stroke is the fifth leading cause of death in the United States, killing nearly 130,000 people a year. Heather Radford, Stroke and Chest Pain Coordinator at Aiken Regional Medical Centers, says awareness is key. "That's why we are educating everyone that it's important to know the signs of possible stroke, because it can happen to anyone at anytime," she says. "The sooner someone gets help, the less potential there is for damage to occur."

The American Stroke Association has guidelines on what to look for, says Radford. "In the case of possible stroke, you want to follow the 'FAST' guidelines and be aware of certain signs." (See sidebar).

There are three types of stroke, with ischemic stroke the most common. "This type of stroke usually shows symptoms of facial drooping, arm weakness or speech difficulty. A hemorrhagic stroke occurs less

often, with people describing it as the worst headache of their life.

Weakness, nausea and vomiting can also be symptoms. The biggest risk factor for this type of stroke is high blood pressure," says Radford. "And transient ischemic attacks, or TIAs, are considered mini-strokes. They are small blockages which can cause symptoms and then go away."

It cannot be emphasized enough, says Radford, that people should call 9-1-1 at the first sign of possible stroke symptoms. "EMS are trained to gather crucial information as soon as they get to the patient and call ahead to the hospital so we are prepared for them when they get here," she says. "A CT scan is performed upon arrival, and depending on the scenario, we can administer clot-busting medication or consult a board-certified neurologist through our telestroke program with Augusta University Health. The bottom line – getting medical attention immediately can save your life." ■

*Do you know the symptoms of a possible **STROKE**?*

Recognizing the symptoms can help save your life or someone else's life. Just think **F.A.S.T.**



FACE: Ask the person to smile. Does one side of the face droop?



ARMS: Ask the person to raise both arms. Does one arm drift downward?



SPEECH: Ask the person to repeat a simple phrase. Is it slurred or strange?



TIME: is critical! If you see any of these signs, call 9-1-1 immediately.

*If these symptoms appear,
**DON'T WAIT! Call 9-1-1 or seek
medical attention right away.***

Learn more about stroke care at aikenregional.com/strokecare.
For information about our ongoing stroke support group, visit
aikenregional.com/strokesupport.



Health and wellness information
for adults age 50 and older

May is
National
Osteoporosis
Month

BE GOOD TO *your bones*

Getting older can lead to an increased risk of osteoporosis, a condition that makes bones weaker and more likely to break. While anyone can be affected, women are more at risk. Here are recommendations from the National Institutes of Health (NIH) to help support healthy bones.*

Eat a well-balanced diet rich in calcium and vitamin D.

Good sources of calcium include low-fat dairy products, and foods and drinks with added calcium. Good sources of vitamin D include egg yolks, saltwater fish, liver, and milk with vitamin D.

Get plenty of physical activity.** The best exercises for healthy bones are strength-building and weight-bearing, like walking, climbing stairs, lifting weights and dancing.

Live a healthy lifestyle. Don't smoke, and if you choose to drink alcohol, don't drink too much.

Talk to your doctor about your bone health and risk factors.

Ask if you should get a bone density test. If you need it, your doctor can order medicine to help prevent bone loss.

Prevent falls. Check your home for dangers like loose rugs and poor lighting. Have your vision checked. Increase your balance and strength by walking every day and taking classes like tai chi, yoga or dancing. ■

*Source: NIH Osteoporosis and Related Bone Diseases National Resource Center.

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

Bone densitometry, available at the Women's Breast Health and Imaging Center, is a simple and quick test that measures your bone strength. To learn more, call 803-641-5065, or to schedule an appointment call 803-641-5808.





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:



GERD/TIF® Procedure

Speaker: Lorenzo Sampson, MD,
General Surgeon

Date: Friday, May 11

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.

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.



Cancer couldn't keep him *off of the course*

After a prostate cancer diagnosis, Jim Lawrence's urologist recommended robot-assisted surgery at Aiken Regional Medical Centers. An avid golfer, Jim was concerned with missing time on the green. After his minimally invasive prostatectomy with the da Vinci® Surgical System, it wasn't long until he was back in the swing of things.

“With the robotic surgery, the recovery was much quicker than I ever imagined.”

- Jim Lawrence
ROBOTIC-ASSISTED
SURGERY PATIENT

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

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.

BETTER *health.* BETTER *life.*



Welcome NEW PHYSICIANS



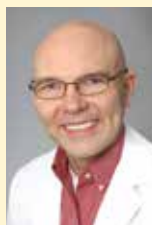
Christopher Ayers, MD – Otolaryngology

**Aiken ENT • 170 University Parkway
Aiken, SC 29801 • (803) 649-0003**

Medical School: Medical University of South Carolina

Residency: Medical University of South Carolina

Board Certification: American Board of Otolaryngology – Head and Neck Surgery



Charles Millwood, MD – Family Practice

**131 Rinehart Way, Aiken, SC 29801
(803) 335-2200**

Medical School: University of South Carolina School of Medicine

Residency: Palmetto Health Richland Memorial Hospital – Columbia, SC

Board Certification: American Board of Family Medicine



Lauren White, MD – Otolaryngology

**Aiken ENT • 170 University Parkway
Aiken, SC 29801 • (803) 649-0003**

Medical School: University of South Carolina Medical School

Residency: Medical College of Georgia

Board Certification: American Board of Otolaryngology – Head and Neck Surgery

Here's to your GOOD HEALTH!

There are many components that play a part in getting and staying healthy. The new **“Living My Health”** page on our website features tips on:

- ★ **EAT WELL** - making better food choices, getting kids involved with nutrition
- ★ **GET FIT** - fitness tips for the whole family, proper stretching, improving balance
- ★ **FEEL GOOD** - health screenings, well visits, safety tips, managing pain

Download free recipes for gluten-free, heart healthy or diabetic diets. Information is updated monthly, so bookmark this page and visit it again for the latest healthy news. **Learn more at aikenregional.com/healthyliving.**



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: May 29, July 10

Time: 6 – 8 p.m.

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

Registration: Required

For Babies' Sake

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

Time: 1 – 2 p.m.

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

Registration: 803-641-5703

Childbirth Preparation

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

Weekday Classes

Dates: July 10 – 31

Time: 6 – 9 p.m.

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

Registration: Required

Weekend Classes

Dates: June 2 & 3

Time: 10 a.m. – 4 p.m.

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

Registration: Required

First Aid and CPR

Family and Friends CPR

Learn basic CPR and relief of foreign body airway obstruction for adults, infants and children. Course DOES NOT result in certification.

Instructor: Helen Thompson, Certified Instructor, American Heart Association BLS

Date: Sept. 6

Time: 6:30 – 8:30 p.m.

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

Registration: Required

Fee: \$10

Standard First Aid, CPR & AED

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

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

Date: Sept. 8

Time: 9 a.m. – 4 p.m.

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

Registration: Required

Fee: \$45

Community Health

Kidney Smart® Classes

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

Facilitator: Lorie Ann Pardue

Dates: May 14, June 11, July 9

Time: 11 a.m.

Location: Aiken Dialysis, 775 Medical Park Drive

Registration: Not required

Please call 803-641-4222 for more information.

Stroke Support Group

Date: First Tuesday of every month

Time: 11 a.m. – Noon

Location: Aiken Senior Activity Center, 944 Dougherty Road

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

Diabetes Support Group*

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

Time: 3 – 4 p.m.

Location: O'Dell Weeks Activity Center

Registration: Required
Call 803-293-0023.

*No meetings in July or August

For Kids and Teens

American Red Cross Babysitter's Training

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

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

Date: June 14 & 30, July 19

Time: 9 a.m. – 4 p.m.

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

Registration: Required

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

Refreshments and snacks provided.

Home Alone

Children ages 8 – 11 learn information and skills to take care of themselves. Topics include emergencies, boredom, fear, loneliness and establishing a support system.

Dates: June 14, June 30, July 19

Time: 4 – 6 p.m.

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

Registration: Required

Fee: \$10

Support Groups

AA Meeting

Designed for open discussion.

Dates: Every Sunday and Wednesday evening

Time: 7:30 p.m.

Location: Aurora Pavilion

Aiken Cares Alzheimer's Support Group

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

Facilitator: Linda Lucas

Dates: May 8, June 12, July 10

Time: 11 a.m. – Noon

Location: 151 Linden Street
Daybreak Training Center

Registration: Not required

Al-Anon

Support for those dealing with another's drinking.

Dates: Tuesdays and Thursdays

Time: 7 – 8 p.m.

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

Cancer Support Group

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

Dates: Third Wed. of every month

Time: 2 – 3 p.m.

Location: First Baptist Church

Registration: Not required

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

CSRA Dream Catchers – Traumatic Brain Injury and Disability Support Group

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

Facilitator: Les Paul Morgan

Time: 6 – 7 p.m.

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

Registration: Required

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

Mended Hearts

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

Dates: May 11, June 8

Time: 10 – 11:30 a.m.

Location: USCA Alan B. Miller
Nursing Building

Registration: Not required

Please call **803-641-1192**

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

Pink Ribbonettes

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

Facilitators: Joan Jarcik
and Carol Lyla

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

Location: Millbrook Baptist Church

Registration: Please call Joan

at **803-641-0011** or Carol at

803-648-7365 or visit

pinkribbonettes.org.

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



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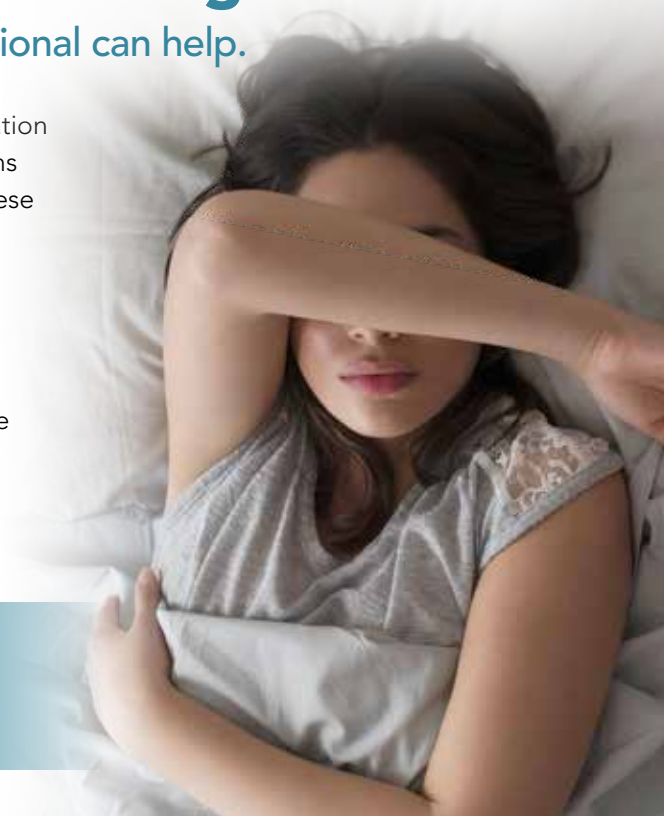
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