

QUALITY OF LIFE *from*

# aiken regional

WINTER 2018

MEDICAL CENTERS



## *Expanding* OUR REHAB SERVICES

*Sadie Davis tells how  
rehab helped her get  
her joy back*

Sadie L. Davis (right), pictured here with her physical therapist, Paula Bolton, says the transformation she experienced was "a miracle."

### INSIDE:

#### **Keeping your heart healthy**

*Symptoms and services to know*

#### **Colorectal Cancer Awareness Month**

*Health reminders and free screening kits*

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# BETTER *health.* BETTER *life.*



As we begin a new year, we're excited to tell you about our new inpatient rehabilitation services for people who are recovering from strokes and other serious neurological and physical conditions. Located right here in the hospital, our 14-bed inpatient unit enables patients to stay here in the community for specialized care and builds on the comprehensive outpatient rehab we provide through the Hitchcock Physical, Occupational and Speech Therapy Center (previously

Hitchcock Healthcare). Learn more on pages 4 through 7, and read about the experiences of two patients. Also, find out on page 8 what sets our cardiac rehab program apart and how it helps achieve better health.

In other stories, we introduce you to the new director of business development at Aurora Pavilion Behavioral Health Services, Whitney O'Connor, who is working to connect people in the community with important services and resources. We also remind you about heart care provided through the Cardiovascular Institute of Carolina, and answer questions about GERD (gastroesophageal reflux disease) and how to treat it.

If you're among the many people coping with diabetes or weight-management issues, be sure to check out the story on page 16 about the Diabetes and Nutrition Teaching Center. Also, Colorectal Cancer Awareness Month is right around the corner, and we are providing free screening kits in March, which you can read about on page 19.

Staying healthy requires dedication and commitment, and we're here to help you. Here's to your best, healthiest 2018!

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

Vance Reynolds  
Chief Executive Officer



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# INTRODUCING

## *Hitchcock Inpatient Rehabilitation*

Bringing specialized care closer to home



Heather Raynack,  
OTR/L, Director of  
Rehabilitation Services

Aiken Regional Medical Centers is excited to announce the opening of a 14-bed inpatient rehabilitation unit on the second floor of the hospital. This means patients no longer need to travel out of the community if they need specialized care and can recover safely and confidently – closer to the ones they love.

### Who can benefit?

Inpatient rehab helps patients regain their independence after a stroke, traumatic brain injury, neurological illness, amputation or major surgery. Among the admission criteria, patients must be able to tolerate and benefit from three hours of therapy at least five days a week, explains Heather Raynack, OTR/L, director of rehabilitation services.

Physical, occupational and speech therapy are provided in a supportive setting, with hospital services and nursing care available 24/7. “We get to know our patients and their families very well,” Raynack says. Patients have one-on-one contact with therapists, who push them to safely achieve their goals. “That’s how we’re able to have really good outcomes,” Raynack says. The goal is to help patients achieve the highest level of independence possible.



Lottie Jones,  
RN, BSN, Clinical  
Nurse Manager



Shared spaces for patients to engage in everyday activities and a welcoming environment help to support optimal recoveries.





A ribbon-cutting ceremony for the new inpatient rehab unit took place last November.

### Incorporating the comforts and challenges of home

During inpatient rehab, patients have their own private bedroom and bathroom, and they get dressed each morning and have meals together. A specially designed gym provides equipment such as treadmills with body weight supports to help build strength and confidence, explains Lottie Jones, RN, BSN, clinical nurse manager. Also, a fully furnished kitchen and other common areas provide a place to practice activities of daily living, such as cooking and laundry. It's not just about assisting with the physical aspects of recovery, but also providing emotional support, Jones says.

The progress patients make during inpatient rehab is awesome, Jones notes. "We're happy to be able to provide this service to the community," she says. ■

**To learn more about inpatient rehab and find out if you or someone you love may be a candidate, call 803-641-5281 or visit [aikenregional.com/rehab](http://aikenregional.com/rehab).**

*Read about our patients' rehab experiences in the stories on the next pages.*

## Outpatient rehab from a familiar name

Hitchcock Physical, Occupational and Speech Therapy Center (previously Hitchcock Healthcare), which is now part of Aiken Regional, continues to provide dedicated outpatient rehab for children and adults. Care is coordinated with each patient's referring physician, pediatrician, case manager and/or employer to support the highest level of independent functioning possible.

Through outpatient care, patients attend therapy sessions in accordance with their individualized plans, and then return to the comfort of their homes as they work toward their goals. In some cases, patients who are transitioning out of inpatient care may enroll in outpatient rehab to continue their recovery.

A rehab space especially for children is located on the hospital's medical campus at 690 Medical Park Drive in Aiken. Also, a Southside location for adults is at 110 High Gate Loop in Aiken.

**A prescription from a physician is all that's needed for adults or children to participate in outpatient rehab. To learn more, call 803-648-8344 or visit [aikenregional.com/rehab](http://aikenregional.com/rehab).**

## *Saying goodbye to pain*

### How rehab helped this active volunteer get back to her busy life

"I could not get out of bed in the morning without holding onto something, and the pain was so bad I could barely walk," recalls Sadie L. Davis. She'd been diagnosed with arthritis in her back, but her physician did not feel she was a strong candidate for surgery and recommended physical therapy instead.

In her first six to eight weeks of outpatient rehabilitation through Hitchcock Physical, Occupational and Speech Therapy Center (previously Hitchcock Healthcare), her therapist, Paula Bolton, PT, worked with her on exercises that helped overall, but she continued to have debilitating pain in one spot of her hip.

"Paula was so persistent," Davis recalls. "She was determined to find the cause of my hip pain." Soon after, Bolton identified that Davis had sacral dysfunction, a problem associated with the lower part of her spine, and she immediately began administering treatment.

Davis describes what happened next as "a miracle." "I woke up and was able to get out of bed and walk without pain and without holding onto something," she says. "I couldn't believe it. I am now pain free as long as I do my 'bridge' exercise every morning that Paula instructed me to do."

Thanks to the care she received and the work she has done through rehab, she is now able to enjoy everyday activities again. "I volunteer with children and I now have the ability to get down on the floor with the three- and four-year-olds and play with them," she says. "I read stories to the children, as well as sit in small preschool chairs that are low," she adds, happy to be able to do these activities without pain or limitations.

"I knew the first time I met Paula it would be a good relationship," Davis says. "Hitchcock rehabilitation at Aiken Regional Medical Centers put the joy back in my life." ■

*Sadie Davis is feeling better now, thanks to rehab.*

**For patients needing support with heart-related issues, Aiken Regional Medical Centers also provides dedicated cardiac rehab through a collaboration with University of South Carolina Aiken. *Find out more about these services on page 8.***

*how rehab changed their lives ...*

## *Independence-bound*

### Ryleigh makes great strides with caring therapy support

Learning to be independent is a natural part of growing up. For six-year-old Ryleigh Snead, doing new things on her own – like going to school by herself – is possible with hard work and support from her rehab team.

Since suffering from a spinal cord injury at age 3, she has been attending rehab regularly through Hitchcock Physical, Occupational and Speech Therapy Center, where her family has also learned how to help support her progress. “As a mother, you want to fix everything for your child,” says her mom, Shantell Snead. She says the therapy team has worked with her to allow her daughter to do as much on her own as she can. The care provided is also very nurturing, she says, remarking on how Kathy Cothran, PT, cares for Ryleigh “like she was her own.”

“It’s really important for us to involve the family in every aspect of care,” says Heather Raynack, OTR/L, director of rehabilitation services. “We have to be very patient-driven,” she adds, noting that they approach challenges and goals from each patient’s perspective. “When you make a difference, especially a long-term difference, it’s very rewarding,” she says.

For the Snead family, rehab has been transformative. Ryleigh has transitioned from an electronic wheelchair to a manual wheelchair, and she is now able to go to school independently. Also, her strength has improved so that she can now do pushups and lift more weight on her own. The team has been “amazing” and “so open-minded to learning new things to help Ryleigh,” says her mom. “Hitchcock is a wonderful rehab center with caring people,” she says. ■

**Learn more about rehab services at Aiken Regional at [aikenregional.com/rehab](http://aikenregional.com/rehab). To contact our outpatient rehab team, call 803-648-8344; for inpatient rehab, call 803-641-5281.**



*Ryleigh Snead smiles for the camera!*



# **The Aiken Cardiac Rehabilitation Program**

*Supporting  
healthy hearts, souls  
and minds*

**Learning how to stay heart-healthy is a big part of cardiac rehab. Classes include education on:**

- The heart
- Heart treatments
- Behavior change
- Stress management
- Label reading
- Weight management
- Medications
- Exercise
- Risk factors
- Dining out
- Lipids

If you've experienced a recent cardiac event such as a heart attack, open heart surgery, angioplasty or heart failure, it's important to have support recovering and staying healthy for the long haul. That's what you'll find at the Aiken Cardiac Rehabilitation Program, where Aiken Regional Medical Centers, the University of South Carolina Aiken (USCA) and volunteers from the Mended Hearts organization come together to provide a special healing experience.

#### The Aiken Regional/USCA collaboration

Located in the USCA Wellness Center, the outpatient Aiken Cardiac Rehabilitation Program is jointly operated by Aiken Regional and USCA. "It's such a good relationship," says Holly Guy, cardiac rehabilitation program coordinator. The students are excited about what they're doing and are always very interactive with patients, checking heart rates, blood pressure and taking patients through their day-to-day exercises, she says.

Either a nurse or paramedic is always present. Also, patients are supported by an exercise physiologist and supervising physician. Programs are individualized for each patient. We ask them, "How can we help you get back to where you need to be?" says Guy. "Then we focus on those items."

#### Exercise, strength building and so much more

Patients typically attend 36 sessions over 12 weeks. Along with exercise, there is an important educational component that focuses on how to manage risk factors for heart disease and maintain a heart-healthy lifestyle. One of the goals is to instill lifelong tips and information that patients can take with them, Guy notes.

During rehab, patients form bonds and relationships with one another. It's not officially a support group, but it is in a way, says Guy. "There is that support system built in."

Among other services, patients can receive individualized help from a dietitian and a clinical psychologist, as well as employment-related assistance through a connection with South Carolina Vocational Rehabilitation. Also, volunteers from the Mended Hearts organization, who have experienced heart issues, visit patients in cardiac rehab to provide support and encouragement.

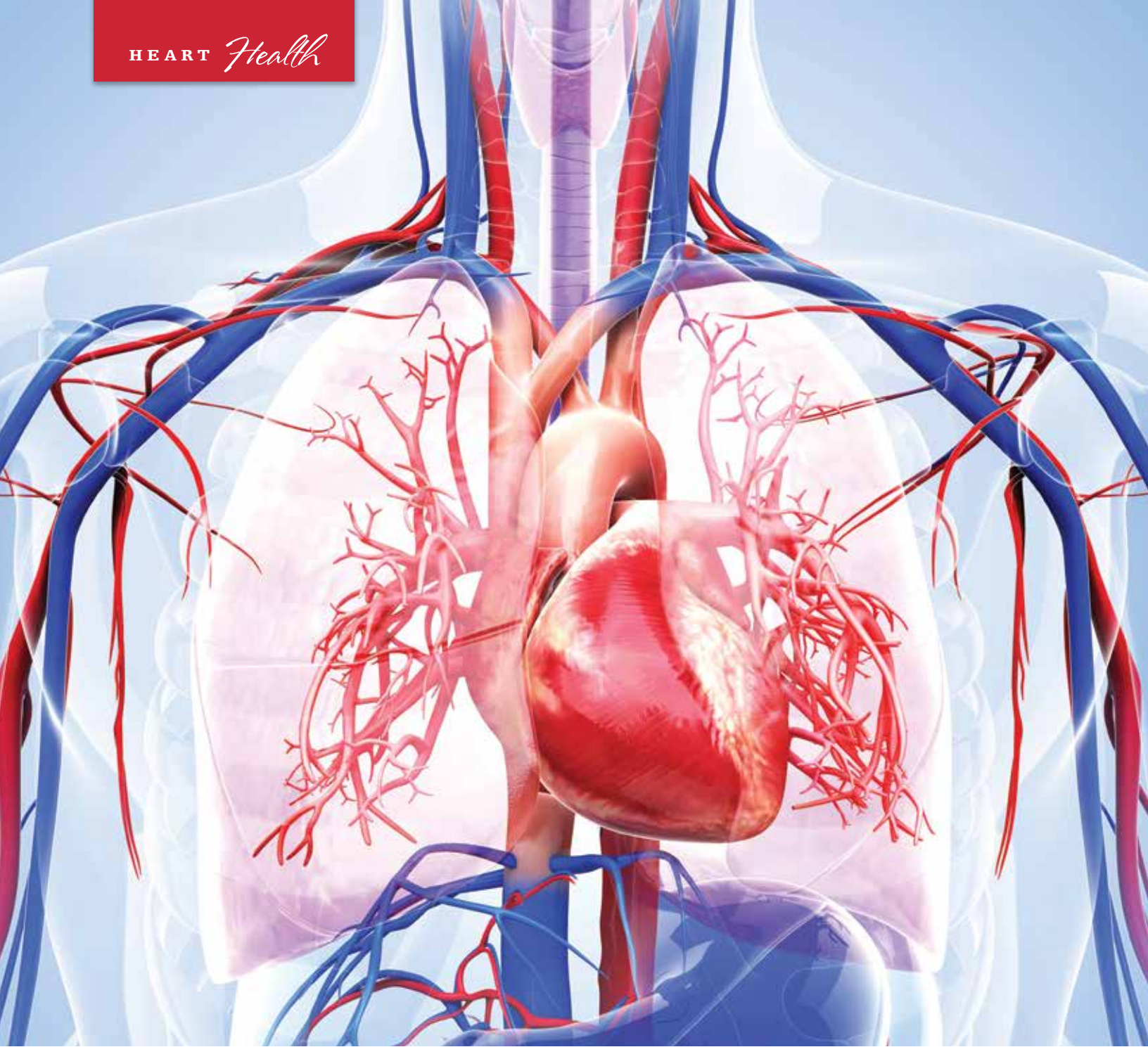
The collaboration with USCA and strong community support make the program special, says Lisa Pagani Davis, BA, RT(R), (CV), radiology and cardiovascular services director at Aiken Regional. "There is that sense of ownership and asking, 'What can we do to help one another and provide excellence?'" ■

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**To learn more about our cardiovascular services, visit [aikenregional.com/cardiocare](http://aikenregional.com/cardiocare).**

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*Outpatient cardiac rehabilitation is covered by most insurance companies, including Medicare. However, coverage may vary depending on diagnosis and insurance provider. Check with your provider for specific questions about your coverage.*



## Not all heart attacks are sudden and severe...

Most of the time, pain and discomfort will set in slowly and may be overlooked if you don't know the warning signs\*. During a cardiac event, every second is critical. The sooner you recognize symptoms, the faster you can seek out lifesaving medical help to minimize the risk of complications and damage to the heart muscle. ►

\* Heart.org

Be aware that a heart attack may feel different for men and women.

### FOR MEN

A heart attack is often preceded by a feeling of physical exhaustion followed by what are known as "classic" symptoms:

- Discomfort in the center of the chest that may feel like pressure, squeezing or fullness that goes away and comes back
- Chest discomfort accompanied by fainting, lightheadedness, shortness of breath or nausea
- Pain that spreads to the neck, shoulders or arms

### FOR WOMEN

A heart attack may cause a feeling of emotional distress with a milder form of the "classic" symptoms as well as the following:

- Shortness of breath or breathing difficulty
- Back or jaw pain
- Nausea, vomiting or dizziness
- Palpitations, paleness or cold sweats
- Mild, flu-like symptoms
- Unexplained anxiety, fatigue or weakness ■

Call 9-1-1 right away if you or someone you know experiences symptoms of a possible heart attack!

**For more information on the Cardiovascular Institute of Carolina at Aiken Regional Medical Centers, go to [aikenregional.com/cardio](http://aikenregional.com/cardio).**



The Cardiovascular Institute of Carolina at Aiken Regional provides a range of services for prevention, diagnosis, treatment and rehabilitation for cardiac events.

### Prevention

- Wellness and education programs
- Aerobic and yoga classes
- CPR classes
- Support groups
- Diabetes education

### Diagnostic

- Electrocardiogram (EKG)
- Cardiac catheterization
- Color doppler and transesophageal echocardiography
- Intravascular ultrasound
- 24-hour holter monitoring
- Nuclear medicine studies

### Treatment

- Artherectomy 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

### 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

## Cardiologists



Ansermo  
Arthur, MD



David W.  
Cundey, MD



Gregory L.  
Eaves, MD



Weems R.  
Pennington,  
III, MD



Idris S. Sharaf,  
MD

## Cardiac Surgeons



Thomas P.  
Paxton, MD



L. Dieter  
Voegele, MD

# Could your frequent heartburn be a sign of *possible GERD?*



According to the American College of Gastroenterology, almost everyone experiences

heartburn from time to time. However, if you get heartburn twice or more a week, it could be a sign of possible gastroesophageal reflux disease (GERD), commonly known as acid reflux. While GERD is not life threatening, if untreated it may increase your risk of developing esophageal cancer. Here, **Lorenzo Sampson, MD**, explains symptoms and treatments for possible GERD to help you decide if it's time to see a doctor.

## Q: What is GERD?

GERD is a condition in which the muscle that controls the valve between the esophagus and the stomach weakens, letting stomach acid rise into the esophagus. This can lead to the burning sensation in the chest and throat called heartburn and indigestion that can be painful and may occur multiple times a day over the course of weeks, months or years. GERD can adversely affect a person's sleep, health and overall quality of life.

## Q: What are possible symptoms to look for?

In addition to heartburn and indigestion, common symptoms of possible GERD are bloating; sensitivity to certain foods or drinks; excess saliva; regurgitation; and chest pain. Other symptoms that may also occur as a result of chronic heartburn and acid reflux are trouble sleeping, coughing, sore throat, hoarseness, asthma and difficulty swallowing. If you have experienced these symptoms and think you may have GERD, you should talk with your doctor about a screening.

## Q: What can I do to treat symptoms of GERD?


Your doctor may recommend lifestyle changes and medications to control or ease symptoms. Lifestyle changes could be avoiding foods and liquids that trigger your heartburn; eating at least 3 hours before lying down to sleep; consuming smaller portions; and losing excess weight. Antacids, H2 blockers and proton pump inhibitors (PPIs) are the most common medications.

## Q: What other treatments are available?

If your symptoms persist or worsen, you may be a candidate for a treatment to repair the weakened gastroesophageal valve that causes GERD. One option is transoral incisionless fundoplication (TIF®), a minimally invasive procedure done from within the stomach. TIF is a newer, less invasive treatment than traditional open or laparoscopic fundoplication and requires no incisions on the abdominal wall. Treatment depends on your condition and your doctor's recommendation. ■



**Ready to see a doctor about GERD? Call Direct Doctors Plus® at 800-882-7445 or learn more at [aikenregional.com/GERD](http://aikenregional.com/GERD).**



*“I saw no reason not to have my surgery here, and the results speak for themselves.”*

John Andrews  
PATIENT

John Andrews had a total knee replacement at The Joint Academy at Aiken Regional Medical Centers.

BETTER *health.* BETTER *life.*

The Joint Academy at Aiken Regional Medical Centers has a dedicated team of orthopedic surgeons, anesthesiologists, physical therapists and nurses who work together to provide patient care in a nurturing, healing environment.

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See more about John Andrews’  
story and learn more about  
The Joint Academy at  
[aikenregional.com/andrews](http://aikenregional.com/andrews)

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# TAKING CARE OF YOUR *mental health*

Children and adults who are coping with emotional stress, addiction, depression and other conditions can find programs and support specifically tailored to their needs at Aurora Pavilion Behavioral Health Services.

"We want to make sure people know there is help available," says Whitney O'Connor, MA, NCC, LPCI, who was recently named director of business development. ➤



Whitney O'Connor,  
MA, NCC, LPCI



John A. Allen, MD



Dannette Rowe,  
MS, Chief Executive  
Officer



Aurora Pavilion   
Behavioral Health Services  
at Aiken Regional  
[www.aikenregional.com](http://www.aikenregional.com)



Caring staff are available at the Aurora Pavilion 24 hours a day, seven days a week.

### DID YOU KNOW ...

Along with inpatient care, Aurora Pavilion also provides intensive outpatient and partial hospitalization programs that enable patients to live at home while still getting the help they need. A Senior Adult Treatment Program addresses the specific challenges older patients may face such as depression, anxiety and Alzheimer's disease. Patients as young as age 5 may also receive care from board-certified child and adolescent psychiatrist John A. Allen, MD, who can address concerns such as bullying, depression, suicide and others.

Also, patients seeking help with addiction problems may participate in a short-term detox program for three to five days, then step down to outpatient care at Aurora Pavilion or continue their recovery at another treatment facility. "We really try to give patients alternatives," says Chief Executive Officer Dannette Rowe, MS.

### OPENING THE DIALOGUE

One of the biggest challenges for patients and families facing mental health challenges is understanding what resources are available and taking the first step toward getting help. That's something O'Connor is working to address in her new role.

"I am in charge of educating the community about the services we offer," she says. Before her current position, she worked for three years in crisis intake assessment with Aurora Pavilion, so she knows firsthand the challenges many people face. This gives her special experience to help direct patients to services and community resources that are best for them.

"The real dialogue that she has with everyone is exactly what we want," says Rowe. "Mental health always comes attached with stigmas, and no one seems to want to talk about what it looks like and the impact it has on families and our community." Getting treatment can help patients improve relationships and live better, healthier lives. "We want to talk about behavioral health like we talk about cardiovascular disease and normalize it so people are more apt to get help," says Rowe. ■

## Beating the winter blues

The darker, cooler winter months can affect people's mental health and may sometimes lead to seasonal affective disorder (SAD), a type of depression that can occur when there is less natural sunlight. Thankfully, the warmer southern climate can help, Rowe and O'Connor note. Still, winter can be a time when people may be especially susceptible to feelings of sadness and grief. To help combat this, first try the "simple remedies," Rowe says. "Try to stay active. When you close the curtains and stay in the house, that's what gets the best of you."

O'Connor suggests making new traditions and memories after experiencing a significant loss or life change, and spending time with friends. If feelings of sadness persist, antidepressants may be prescribed. Talk with a healthcare professional if you have concerns.

**Aurora Pavilion offers free clinical assessments, information and referral services for psychiatric and substance use problems 24 hours a day, seven days a week by calling 803-641-5900 or 800-273-7911. To learn more, visit [aikenregional.com/pavilion](http://aikenregional.com/pavilion).**



## Improving his kidney health through nutritional counseling services

***“I’m feeling SO MUCH BETTER.”*** – Lewis Seabolt

**W**hen Lewis Seabolt noticed that he was losing weight due to kidney disease, his nephrologist referred him to the Diabetes and Nutrition Teaching Center of Aiken Regional Medical Centers.

Like many patients, he needed help learning what to eat to better manage his health. At the Diabetes and Nutrition Teaching Center, he got to know Jackie Enlund, MPH, RD, LD, who was able to assess his individual needs and establish a plan to help him achieve his goals. ►



“In addition to losing weight, Mr. Seabolt’s labs were reflecting an active decline in his kidney health,” she explains. “The priorities were to stop his kidney decline and achieve weight maintenance.”

During their counseling sessions together, she helped him better understand what foods were recommended and how to prepare them and manage portion control. For extra support, he included his wife and daughter in his nutrition planning.

“Once weight maintenance was achieved, I was better able to assess his calorie needs for weight gain,” Enlund notes. Following his individualized plan, he began to show improvement. He continues to check in with Enlund regularly, and is feeling better.

Enlund says that taking the steps to manage diabetes and other diseases is crucial to prevent further health issues that can be even more difficult and restrictive. The Diabetes and Nutrition Teaching Center not only helps patients with diabetes and kidney disease, but also provides one-on-one nutritional counseling to help children and adults with weight-loss and management of conditions such as hypertension, food allergies, wound healing and others. The goal is to give patients the tools they need to enjoy healthier, happier lives.

Seabolt says the help he received was “fabulous and very informative.”

“The staff is so friendly, and they really want to help patients improve,” he says. “I could not have achieved these results without the help of my wife, daughter and Jackie’s support.” ■

**The Diabetes and Nutrition Teaching Center is located at 440 Society Hill Drive, Suite 204, Aiken. To learn more, visit [aikenregional.com/nutrition](http://aikenregional.com/nutrition). To make an appointment, call 803-293-0021 or 800-245-3679.**



## March is National Nutrition Month®

Eating healthy is important for everyone. Here, Enlund offers some general tips for adults and children.

### ADULTS

1. Establish a meal pattern of three same-size meals to help stabilize your appetite and prevent overeating.
2. Include a variety of foods and food groups at each meal.
3. Rethink your portions and learn appropriate servings sizes. The size of a deck of cards, one handful or one-half cup of cooked food is often one serving.

### CHILDREN

1. Teach children to be aware of their hunger and to stop eating when they first feel full. Create awareness by banning electronics while eating and having a designated table for meals.
2. Encourage kids to eat a variety of foods by repeating simple messages at meals and snacks. For instance, low-fat milk helps your teeth and bones. Fruit has vitamin C that can help your cold get better faster.
3. Provide healthy snacks to curb hunger between meals but not feel full, and remind children that their bodies need fewer snacks as they grow.





**MARCH IS**  
**COLORECTAL CANCER**  
**AWARENESS MONTH**

Colorectal cancer is the second leading cause of cancer death for men and the third leading cause for women in the U.S. according to the American Cancer Society. However, it is highly treatable when caught early. There may not be any obvious signs or symptoms of colorectal cancer, making screening critical for early detection. This is why we're providing free colorectal cancer screening kits this month to promote awareness and prevention!

### Symptoms and risk factors

The most common symptoms of possible colorectal cancer include lower abdominal pain that varies in intensity and a notable change in bowel habits. If you experience sudden weight loss, vomiting and nausea, a distended abdomen, anemia or blood in your stool, these may be signs of a more serious problem. You should consult your doctor if think you may be experiencing symptoms related to colorectal cancer.

Men and women over the age of 50 have a much higher risk of developing colorectal cancer, but in recent years, the number of colorectal cancer cases in those under 50 has increased\*. If you have a family history of colorectal cancer, have inflammatory bowel disease,

or if you have had adenomatous polyps in the past, your doctor may recommend that you go for screenings regularly. Other risk factors include obesity, a diet high in processed and red meats, tobacco use and heavy alcohol consumption.

### How you can prevent colorectal cancer

The best way to prevent colorectal cancer is through screening. In fact, 60% of deaths from colorectal cancer could be prevented if all adults age 50 and over were screened\*\*. A commonly used screening is the colonoscopy procedure during which doctors can check for and remove polyps in the colon that could become cancerous.

A healthy diet and regular exercise can also reduce your risk of developing colorectal cancer. ■

## Meet the Physicians

At Aiken Regional Medical Centers, there are specialists in the medical and surgical management of colon and rectum problems, including colorectal cancer.



**Virginia B. Winburn, MD**  
**Medical School:** Tulane University School of Medicine  
**Residency:** Medical College of Georgia  
**Fellowship:** Baylor University Medical Center - Colon & Rectal Surgery



**David H. Gibbs, MD**  
**Medical School:** East Carolina University School of Medicine  
**Residency:** Medical College of Georgia  
**Fellowship:** Ochsner Foundation - Colon & Rectal Surgery



**Edward J. Jakubs Jr., MD**  
**Medical School:** Ohio State University College of Medicine & Public Health  
**Residency:** Indiana University School of Medicine  
**Fellowship:** Baylor University Medical Center - Colon & Rectal Surgery

\* [www.ccalliance.org/get-information/what-is-colon-cancer/statistics/](http://www.ccalliance.org/get-information/what-is-colon-cancer/statistics/)

\*\*[healthfinder.gov/NHO/MarchToolkit.aspx](http://healthfinder.gov/NHO/MarchToolkit.aspx)



## Get your free screening kit

For the month of March, Aiken Regional is providing **FREE** colorectal cancer screening kits to check colon health. In the kit, you will find an easy-to-use test that can detect trace amounts of blood in stool, which could be an indicator of possible polyps or cancer. The test can be done in the privacy of your home and requires a minimal stool sample to work.

**For more information on the colorectal cancer screening kits, visit [aikenregional.com/colonhealth](http://aikenregional.com/colonhealth).**

*"I work in Augusta,  
so I had options, but  
we wanted a place  
that felt like home.  
We found it —  
Aiken Regional."*

**Katie Berube**  
**MATERNITY PATIENT**



## BETTER *health.* BETTER *life.*

The Women's LifeCare Center at Aiken Regional offers a fresh approach to women's health, and better health means a better life. Experience the positive, pampering and healing environment of the Birth Experience at the Women's LifeCare Center.

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See Katie's story at [aikenregional.com/BetterHealth](http://aikenregional.com/BetterHealth)

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 **Aiken Regional**  
MEDICAL CENTERS  
Women's LifeCare Center  
[www.aikenregional.com](http://www.aikenregional.com)  
803-641-5800



## PAINT THE FAIR PINK PROCEEDS RAISED FOR A GOOD CAUSE

Aiken Regional Medical Centers was honored to be the presenting sponsor of the "Paint the Fair Pink" event, held October 26, 2017, at the Western Carolina State Fair. The event helped raise awareness about breast cancer. All proceeds went to CanHope, a local non-profit organization that provides financial, educational and emotional support for local patients.



*Pictured L to R: Sherry Walters, board member for the Western Carolina State Fair; Tony Rickard, president of the Western Carolina State Fair Foundation; Linda Lucas, board member for the Western Carolina State Fair; Nancy Fish, board member of CanHope; Brent Slack, director of Cancer Care Institute of Carolina at ARMC, board chair of CanHope; and Barbara Magrath, board member of CanHope.*

## Para su comodidad, EN ESPAÑOL

Le damos la bienvenida a Aiken Regional Medical Centers. Estamos felices de anunciar que nuestro sitio web fue actualizado para ayudar a nuestra población de pacientes hispanohablantes. Ahora puede navegar a través de todo nuestro sitio web tanto en inglés como en español.

Visitar [www.aikenregional.com/es](http://www.aikenregional.com/es).



## *Maintaining a healthy weight* TIPS FOR THE NEW YEAR

To stay at a healthy weight, you must strike a balance between the calories you take in during the day and the energy you expend. This does not always mean dieting to shed pounds—it can also mean choosing more nutritious foods and staying active! Tips to control your weight from the Centers for Disease Control:

### **Get moving\***

One way to stay at a healthy weight is to be physically active on a regular basis. A brisk walk each morning may be enough for some while others may need a more rigorous activity like swimming laps. Find what works for you and get moving!

### **Add fruits and veggies to your diet**

Adding fresh fruits and vegetables to your diet can help you control your weight because they are high-fiber and low-calorie, which means they make you feel more full without adding a lot of calories. Keep your favorite fruits and vegetables on hand to snack on and add to meals throughout the day.

### **Combine cardio and strength training\***

A combination of cardio exercise and strength training is key. Cardio exercise, like walking or jogging, raises your heart rate while strength training, like weight lifting or Pilates, builds muscle and promotes bone health. Together, they can help you burn calories and reach a healthy weight!

### **Eat smaller portions**

One trick is to use smaller bowls and plates. You might also try eating smaller meals more frequently throughout the day. This can boost your metabolism and help you feel more satisfied as you cut down on your portion size. ■

\*Consult your doctor before you start any new workout routine.

.....  
**For more wellness tips and healthy recipes,  
visit [aikenregional.com/livinghealthy](http://aikenregional.com/livinghealthy).**  
.....





## SENIOR WELLNESS

### BREAKFAST CLUB

**PLEASE NOTE:** The Senior Wellness Breakfast Club is held once each quarter, and addresses a different healthcare or wellness topic. The next meeting is planned for Friday, May 11. Visit [aikenregional.com/breakfast](http://aikenregional.com/breakfast) to register.

### Don't forget to get your **FREE** colorectal cancer screening kit!

For the month of March, Aiken Regional is providing **FREE** colorectal cancer screening kits.

To get your **FREE** kit visit, [aikenregional.com/colonhealth](http://aikenregional.com/colonhealth).

### FITNESS & FUN

#### Travel Opportunities

Now you can access travel opportunities online! Visit [aikenregional.com](http://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 [aikenregional.com](http://aikenregional.com)



## 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:** March 13, May 29

**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:** April 10 - May 1

**Time:** 6 – 9 p.m.

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

**Registration:** Required.

#### Weekend Classes

**Dates:** March 10 & 11

**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:** Feb. 20

**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:** Feb. 24

**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:** March 12, April 9

**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:** March 24

**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.

**Facilitator:** Linda Lucas

**Dates:** March 13, April 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**.

### **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 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:** March 9, April 13

**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.



### Allergy

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

### 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

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Sumita Jain, MD  
803-392-3724  
Dean T. Koukos, DO  
803-259-5762  
Ann M. Kulik, MD  
803-648-8804  
Charles Millwood, MD  
803-642-3505  
Leopoldo M. Muniz, MD  
803-642-3505  
Henry S. Tam, MD  
803-648-4224  
F. Michael Vasovski, DO  
803-648-1464  
Ray B. Vaughters Jr., MD  
803-649-2501  
David Zimmerman, MD  
803-649-6941

### Gastroenterology

Ayaz Chaudhary, MD  
803-226-0073  
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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

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Danijela S. Zotovic, MD, Ph.D.  
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### Nephrology

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### Neurology

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803-644-4264

### Neurosurgery

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Candace Waters, FNP  
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### Obstetrics/Gynecology

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### Ophthalmology

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R. Lee Grantham, MD  
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Nini S. Patheja, MD  
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Daniel J. Smith, MD  
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### Orthopedic Surgery

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Evan Ekman, MD  
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Douglas E. Holford, MD  
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803-335-2281  
E. Louis Peak, MD  
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Timothy J. Shannon, MD  
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### Otolaryngology

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Gregory H. Esselman, MD  
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Anthony E. Harris, MD  
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Patrick G. McMenamin, MD  
803-649-0003  
Lauren White, MD  
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### Pain Management

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William E. Durrett Jr., MD  
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### Pediatrics

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Jonathan C. Collins, MD  
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Paula A. Luther, MD  
803-642-9204  
Rebecca Pierce, MD  
803-641-5437  
Edward Rigrup, MD  
803-641-KIDS (5437)  
John B. Tiffany, MD  
803-508-7651

### Plastic/Reconstructive Surgery

Dean A. Page, MD  
803-642-0277

### Podiatry

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803-306-1006  
Kevin Ray, DPM  
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George Sich III, DPM  
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### Psychiatry

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Bhavna Kaushik, MD  
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David A. Steiner, MD  
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Jed Howington, MD  
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John Stewart, MD  
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Wayne T. Frei, MD  
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Lorenzo K. Sampson, MD  
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### Thoracic/Vascular Surgery

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L. Dieter Voegelé, MD  
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### Urology

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Darren Mack, MD  
803-716-8712

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- Eat a healthy diet.
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- Limit alcohol use.



\*Source: Centers for Disease Control and Prevention (CDC)

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