

Spring 2013

Discover

Exceptional Healthcare Close to Home

Delivering Small Packages

inside this issue

**Post Stroke, Speech
Regained**

**Four Facts to
Know About Diabetes**

www.georgeregional.com



George Regional
Health System



Meet the Doctor



David Crump, M.D.

Board certified in general surgery, Dr. Crump has more than 21 years of surgical experience. He and his family are very active in Lucedale within the church, school system, and in scouting. Dr. Crump graduated from the University of Alabama School of Medicine and was trained at The University of Mississippi Medical Center.

Mary Nell, Thriving After Cancer

Mary Nell Box knew something just wasn't right. Following an appointment with her primary care doctor, she was referred to David Crump, M.D., of Community Surgical Center for a colonoscopy. She and her husband waited anxiously for the results.

The news was colon cancer. Also known as the quiet killer, it attacks the digestive system. Although there may be symptoms, including blood in stool, recurrent stomach pain, or unexplained weight loss, typically, colon cancer has no symptoms.

Thankful for Local Care

Mary Nell and her husband of 54 years have three sons. "All the boys were upset. It's that word 'cancer,' you know," she says. "I'm thankful to have someone with Dr. Crump's knowledge and experience so close to home. It means a lot.

"I'm a Christian woman and heard that Dr. Crump prayed with his patients before surgery," Mary Nell says. "Dr. Crump stood by my bedside and prayed for God to guide his hands. My family so appreciated that gesture."

Before surgery, Mary Nell had a stress test and an echocardiogram. "I was so impressed with the care I received at the hospital. It's also nice to be cared for by people I know. I was very comfortable in the capabilities of the hospital and Dr. Crump's expertise."

Easy Colonoscopies

Mary Nell continues to have yearly colonoscopies and has been cancer-free for years.

"Colonoscopies are much easier than most people think. The test, for the most part, is painless," Dr. Crump says. "And the surgical capabilities of this facility are equal to that of any larger hospital."

Over the years, Mary Nell and her husband have had several occasions to use the health care services provided by their community hospital. Just a few months ago, she brought her husband to the emergency room with pneumonia. During his stay, Dr. Crump came in to see him at the request of the ER physician—he had gallstones, which Dr. Crump removed.

"If we need medical care, George Regional is where we come. So much more convenient for our family and we could not ask to be treated any better," she says.

- Health experts recommend regular screenings for people at high risk for colon cancer. If you meet the following criteria, call **601-766-0308** to set up a screening appointment at the Community Surgical Center.
 - » Men and woman older than 50
 - » History of colon cancer or polyps
 - » Inflammatory bowel disease (like Crohn's disease or ulcerative colitis)

4 Facts You Need to Know About Diabetes

An estimated 1,700 Mississippians suffer from diabetes-related complications each year. Michael Huber, M.D., estimates 40 percent of his patient population faces diabetes each day.

Although there are a lot of myths surrounding diabetes—a disease in which the body has problems changing food into energy—here's the true story.

Fiction: Eating too much sugar causes diabetes.

Fact: Research has not found a link between sugar and diabetes, but too much protein is associated with a higher risk. Other studies also show a diet low in fiber and high in fat, refined carbohydrates, sweetened drinks, salt, and red meat seems to increase the chance of developing diabetes.

Fiction: Only those who are overweight get diabetes.

Fact: Excess weight—especially around the middle—raises your risk, but people with a family history of diabetes, as well as African-Americans, Hispanic Americans, and American Indians, are all more likely to develop the condition. Poor diet and low activity also increase risk.

Fiction: You'll know if you have diabetes.

Fact: Often people have no symptoms, or symptoms

are mild and go unnoticed. See a doctor if you have:

- Increased hunger or thirst
- Fatigue
- Weight loss
- Blurred vision
- Sores that don't heal
- Increased urination, especially at night

Certified family nurse practitioner Deborah Hyatt also treats many diabetic patients each day. "Many of diabetes' early symptoms may be so mild that they go unnoticed for years. That's why it's important to get screened on a regular basis," she explains.

Fiction: People with diabetes need a complicated diet and special foods.

Fact: Doctors advise those with diabetes to follow a balanced, low-fat diet that's light on sugar and salt, and heavy on whole grains, vegetables, and fruit. Foods marketed as "diabetic" or "dietetic," however, offer little benefit for extra expense.

"Because diabetes is very prevalent here in the South, it's extremely important for our community to be tested—and exercise more, lose weight, eat a healthy diet, since trying to undo problems is much harder than preventive measures," explains Dr. Huber.

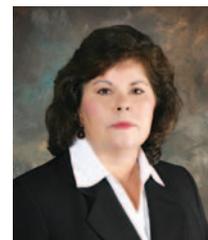
Meet the Doctor



Michael Huber, M.D., Family Medicine

Dr. Huber received his medical degree from the University of South Alabama School of Medicine where he completed both his internship and residency training. Before joining Community Medical Center in 1997, he practiced at hospitals and medical practices in south Alabama. Dr. Huber is a sports enthusiast and enjoys football, basketball and fitness training.

Meet the Nurse Practitioner



Deborah Hyatt, MSN, Family and Pediatric Nurse Practitioner

Hyatt received her pediatric and family nurse practitioner degree from the University of Alabama and completed a geriatric post-graduate study at the University of South Alabama College of Nursing, where she also is on the clinical faculty. She has practiced as a nurse practitioner since 1992. Hyatt loves horseback riding, reading, and spending time with her grandchildren.

You can make an appointment with these providers at Community Medical Center. Call 601-947-8181.



Labor and Delivery Wing Moves Toward 2nd Anniversary

Since reopening almost two years ago, the Labor and Delivery wing has marked several milestones including welcoming the first Jackson-George County baby of 2012 and delivering its first set of twins last summer.

One-On-One Setting

Jay Pinkerton, M.D., of Obstetrics & Gynecology Associates praises his staff and George Regional Hospital for furnishing the space and equipment needed to provide an excellent labor and delivery unit for this area. “Our patients get one-on-one attention. A community hospital setting is very different from the conditions at larger hospitals. It certainly allows us to give a more personal touch to the birthing experience,” explains Dr. Pinkerton.

With one of the lowest cesarean rates in south Mississippi—24 percent compared with 30 to 50 percent at other area hospitals—George Regional Hospital is setting a very high standard in labor and delivery. The four labor and delivery suites are staffed by 13 full-time employees and eight who are available on an as-needed basis.

Husband and Wife Team

Dr. Pinkerton was formerly chief of General Obstetrics and Gynecology at University Hospitals of Cleveland, Case Medical Center, and MacDonald Women’s Hospital, where more than 5,000 babies were delivered a year. Dr. Pinkerton’s wife, Emily Pinkerton, is a nurse practitioner and his partner at Obstetrics & Gynecology Associates. “When the opportunity was presented for us to move from Ohio and build a practice and labor and delivery unit from the ground up, we gladly accepted. Our goal is to provide services that are simply better than any other hospital,” he states.

The couple live only a few miles from the hospital and have thoroughly embraced the community. “We love it here—the beautiful streets of downtown, the city park, the friendly people—it’s a nice atmosphere,” Emily says. “Being able to build true friendships and connections with our patients is a great benefit for the way we want to practice medicine.”

Be ready to take on the physical demands of pregnancy, labor, and postpartum with a complimentary Wellness Center membership during pregnancy and for three months after delivery. For more information on the program, call the Wellness Center at 601-766-9001.

Choosing a Doctor for Your Baby

Choosing a doctor is an important part of preparing for a new baby. As your baby grows and develops, a health care provider is essential for routine well-baby visits as well as for illnesses. Community Medical Center physicians provide expert medical care, knowledge, and understanding of children’s health needs. To find a doctor for your baby, call 601-947-8181.

Providing Excellence in Women's HealthCare

The Birth Center at George Regional Hospital provides the highest quality medical expertise in a peaceful location close to home. The center was designed for comfort with homelike features, soothing décor, beautiful hardwood floors, and extra-large showers — all to make the birth experience as special as it deserves to be.

Inside the George Regional Birth Center, you'll find:

- Private, comfortable, and secure labor and delivery rooms
- Physicians and nurses dedicated to you and your baby's health and wellness
- One-on-one nursing care and 24-hour baby care

All parents-to-be are offered FREE tours of the birth center. Meet our health care staff and visit our state-of-the-art facility. To schedule your tour, call **601-673-6200**.



Meet the Doctor



Jay Pinkerton, M.D., OB/GYN

Dr. Pinkerton has specialized in obstetrics and gynecology since 1997. Before joining George Regional, he gained extensive experience at MacDonald Women's Hospital in Cleveland. He is both proficient and comfortable with complicated gynecologic surgeries including high-risk pregnancies. Dr. Pinkerton enjoys the warm southern weather and doing things outdoors all year long.

Reach Obstetrics & Gynecology Associates at **601-947-6000**.



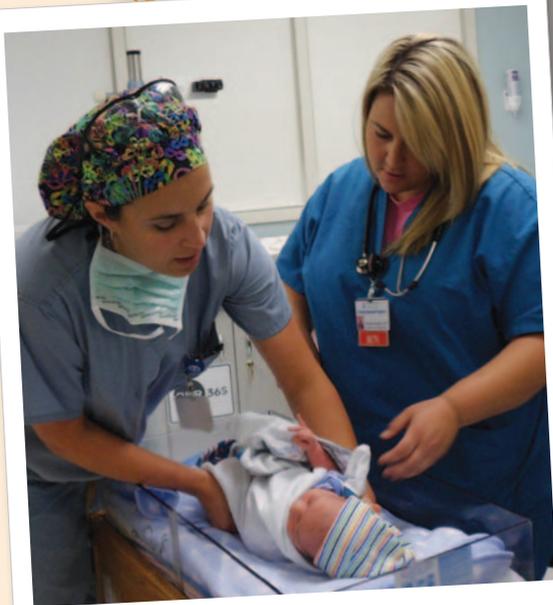
Alesha Steede, R.N., examines one of the hospital's newest patients.

Meet the Nurse Practitioner



Emily Pinkerton, R.N. First Assistant Women's Health Nurse Practitioner

Pinkerton's extensive experience in Urogynecology allows her to offer women the assessment needed to treat female urinary incontinence. She also has years of experience as a labor and delivery nurse for high-risk patients.



Emily Pinkerton, WHNP, and Alesha Steede, R.N., swaddle a newborn baby.

We are now offering **FREE** Childbirth classes for expecting parents. For more information or to register, call **601-673-6076**.

Learning to Speak Again

Longtime businessman James Powell never thought he would struggle to form words just to communicate simple everyday language. But following a stroke last summer, his words came out as indistinguishable sounds.

Communication returned via a small DynaVox computer, mounted to the front of his wheelchair. It allowed him to build responses and phrases in real time. Robin Hovermale, speech therapist at Southeast Rehab, and Tia, his 8-year-old granddaughter, helped him learn the system.

He can now carry on a conversation quite clearly. "The DynaVox allows him to push a button and 'speak' in situations where he can't form the words he wants to say, like at a doctor's visit or a restaurant," explains Hovermale.

Powell works at Lucedale Appliance, where the computer sometimes comes in handy with getting numbers straight and in the right sequence, he notes.

Learning to speak again, James Powell and granddaughter Tia work together during a speech therapy session at Southeast Rehab.



Kellie Hughes, occupational therapist, helps Hugh Hopper balance as he "swings" back and forth on the tire.

Southeast Rehab Debuts Pediatric Program

Diagnosed with Asperger's syndrome (a milder variation of Autism) at age 3, Hugh Hopper suffers from Sensory Processing Disorder. Now 7, he enjoys outpatient therapy sessions at Southeast Rehab twice each week.

In his first grade classroom at Leakesville Elementary School in Greene County, Hugh was having difficulty due to his delayed fine motor skills, which are essential for writing or coloring, grasping objects, and tying shoelaces.

After learning that the additional pediatric therapy Hugh needed wasn't available in town, his mother, Jennifer Hall of Leakesville, found the services he needed at George Regional Hospital. Hugh quickly showed marked improvement in his balance, coordination, and strength.

"We were so relieved that he could have therapy close to home," Hall says.



Freedom to Move

Heather Tanner of Lucedale relishes her new power wheelchair, giving her a never known freedom of movement. Born with cerebral palsy, the 15-year-old is quadriplegic as well as hearing impaired. Therapists at Southeast Rehabilitation worked with Medicaid to replace her old, outgrown manual chair.

The daughter of Terry and Mary Tanner, Heather is a student at George County High School. Heather has been busy dem-

onstrating how she can move forward and backward on her own.

"This is a huge step in creating a higher quality of life for Heather," says Kellie Hughes, occupational therapist.

Because her disabilities are so severe, no one thought she would even be able to operate the chair. "But she is completely independent. It's exciting watching her newfound freedom," Hughes says.

Life is on the go for Heather Tanner in her power wheelchair.

{ Southeast Rehab therapy services at George Regional Health System are available by physician referral. Call 601-947-9190. Visit www.georgeregional.com to read the full stories of these inspiring local residents.



“It’s really a mindset. I’m learning to be satisfied with small amounts.”

Create a Healthy Lifestyle; Maintain a Healthy Weight

With 21 years of marriage, a 3.5-year-old son, and a full-time job, Mary Allgood found herself overweight and out of energy. But after losing more than 30 pounds with the help of Larry Henderson, M.D., of Community Medical Center, Mary is back doing the thing she’s always loved to do—ride horses.

An avid equestrian since childhood, Mary explains, “It just wasn’t comfortable for me to go saddle up my horse and ride anymore. My clothes didn’t fit. I didn’t fit in my saddle. And I had no energy to even try.”

So she decided to do something about it. Her initial appointment with Dr. Henderson had her discussing her eating habits and weight-loss goals. “The program is easy to follow,” Mary says. “I love the fact that I wasn’t expected to just eat a set number of calories. I gradually stepped down what I was eating over several months.” Each month she meets with Dr. Henderson and they talk about her continued weight-loss goals, exercise routine, and the changes in her eating habits.

Dr. Henderson is a family medicine physician who also has a passion for helping people create a healthy lifestyle, which includes maintaining a healthy weight. “Our program doesn’t only focus on losing weight; it’s about the whole person and how the weight is affecting their health, whether it’s diabetes, high blood pressure, or high cholesterol,” Dr. Henderson says.

“It’s really a mindset; learning to be satisfied with small amounts. Eating a small piece of cake rather than thinking I have to have the whole thing,” Mary expresses. “It’s amazing that weight can even play a part in your shoe size. I’m wearing a favorite pair that has been tucked away in my closet for eight years!”

A licensed insurance agent with State Farm in Lucedale, Mary keeps a food journal and calorie book to stay on track when she eats out at lunch during the week. What’s helped her even more is the My Fitness Pal app she uploaded to her phone.

Although she’s continuing to lose—and has about 25 more pounds until she hits her goal weight—Mary’s now back to riding every weekend and has more energy to go outside and play with her son, Clint.

Meet the Doctor



Larry Henderson, M.D., Family Medicine

Dr. Henderson received his medical degree and completed an internship and residency from the University of South Alabama College of Medicine. He holds a bachelor’s degree in biomedical science. A resident of Lucedale, Dr. Henderson enjoys working on cars, hiking, and inventing.

Join Us!

The weight-loss program at Community Medical Center has helped this community lose more than 10,000 pounds. With convenient evening appointments available, why wait to start your journey to be a healthier you? Call **601-947-8181** today.

We offer:

- Nutritional counseling
- Customized calorie and fat gram calculated diet
- Vitamin supplementation
- Monthly results monitoring
- Behavior modification strategies
- Weight-loss medications

Click "like" on the George Regional Health System page on Facebook and check out our cute newborns, upcoming classes, news coverage and future events.



10655M

Calendar of Events

HIPPIFY HOP FOR YOUR HEART FUN RUN

Saturday, March 30

8:30 a.m., 5K through the city of
Lucedale

10 a.m., Easter egg hunt

- » Face painting
- » Balloon art
- » Refreshments
- » Door prizes

For more information or to register, please e-mail schisholm@georgeregional.com or call 601-673-6185.



4TH ANNUAL FREE COMMUNITY HEALTH FAIR

Saturday, May 11 • 9 to 11 a.m.

Mississippi Gulf Coast Community College Multipurpose Room
Free health screenings, health information, children's events, and fitness demonstrations.

- » Skin cancer
- » Blood pressure
- » Cholesterol
- » Pulmonary function
- » Glucose (blood sugar)
- » Fitness assessment
- » Height/weight/body mass index
- » Refreshments
- » Door prizes

For more information, call 601-673-6130.

When it just can't wait...



Community Medical Center Immediate Care

The convenient place for every member of your family to go for the treatment of minor illnesses and injuries.

601-947-8181

Community Medical Center
92 West Ratliff Street

No Appointment Necessary

5:00 to 8:00 p.m.
Monday–Friday

9:00 a.m. to 2:00 p.m.
Saturday

1:00 to 5:00 p.m.
Sunday



PINK PUMPKIN PATCH 5K FUN WALK/RUN

Saturday, October 5 • 8 a.m.

George Regional Hospital Campus

- » Pink pumpkin patch display
- » Face painting
- » Balloon art
- » Refreshments
- » Door prizes

For more information or to register, please e-mail schisholm@georgeregional.com or call 601-673-6185.