

Fall 2013

# Discover

*Exceptional Healthcare Close to Home*



## Patient Shares Breast Cancer Recovery

*Read Angie Rouse Crawley's  
story on page 7*

inside this issue

**Fighting Childhood  
Diabetes**

**Outpatient Services  
Offer Convenience**

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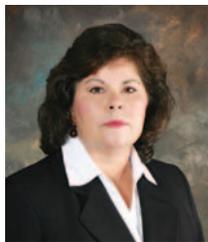


George Regional  
Health System



# Doctor Visit Changes Child's Life

## 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 in Birmingham and completed a geriatric postgraduate study at the University of South Alabama College of Nursing. She has practiced as a nurse practitioner since 1992 and also is on the clinical faculty at the University of South Alabama College of Nursing. Hyatt joined Community Medical Center in the summer of 2012. She loves horseback riding, reading, and her grandchildren.

Since kindergarten, 11 year-old Anna Grace has fought with weight issues. "She would gain weight rapidly, sometimes 10 pounds in just a few weeks," recounts her mother, Ada Gunter.

Suffering from ear infections throughout childhood, Anna Grace had to see a doctor often. "Each appointment I would ask about her weight. Tests were run but nothing was ever found. We even went to an endocrinologist in Mobile, but he couldn't find anything either," Gunter adds.

Anna Grace's uncontrolled weight has been extremely difficult for their family. "She would cry every day not wanting to go to school. Kids can just be so cruel. We finally had to take her out of public school and put her in a smaller private school," Gunter explains.

### Surprise Diagnosis

The Gunter's lives were changed in October 2012. After making an appointment at Community Medical Center for a sick Anna Grace, the family finally found what was causing the weight gain. "Our appointment was with Deborah Hyatt, Family Nurse Practitioner. She immediately looked at her and asked if she was diabetic."

Although she had been tested before, results have always come back negative. "She also asked me about the dark patches on Anna Grace's neck just below her chin. I've actually fussed at Anna on many occasions for not washing well," Ada admits. "But Deborah said that those discolored areas could indicate insulin resistance. She ordered a panel of blood

work and her insulin levels were through the roof."

"Anna had Acanthosis nigricans (ak-an-THOE-sis NIE-grih-kuns), which is a condition that causes the skin to darken and is most commonly caused by insulin resistance," Hyatt describes.

Insulin resistance is the step before diabetes. "Insulin resistance simply means that our body has gotten lazy," Hyatt reveals. Obesity, genetics, and poor diet all play a role in making our organs sluggish and not working as they should.

### Weight Loss Follows

In a matter of two months, Anna Grace has lost 20 pounds, just by cutting out sugar. "It's been very emotional for me. I knew something was wrong with my little girl, but we just couldn't figure it out. I am so thankful for Deborah Hyatt," Gunter expresses.

"Actually Anna is the hero in all of this. She took the information I supplied on diet changes and made a great effort in making a change," says Hyatt.

Anna Grace has a follow-up appointment scheduled with an endocrinologist, but until then, she is following the eating plan Hyatt has mapped out for her. The brown discolorations are gone and Anna Grace is continuing to drop the weight.

"She's a brand new kid," laughs Gunter. "Buying outfits she's always wanted to wear ... just like a typical little girl!"

To make an appointment with a healthcare provider at Community Medical Center, call 601-947-8181.

## Pharmacy Opens at Community Medical Center

Need a prescription filled at 7 p.m. on Friday, or Sunday afternoon? Community Medical Center now offers pharmacy services during the after-hours clinic. For the convenience of our after-hours patients and the community, we strive to provide friendly, fast, competitively priced, high-quality services. We accept cash and most major prescription insurance plans.

The full-service pharmacy offers fast, friendly prescription service as well as over-the-counter products to help maintain your health and wellness.

The pharmacy is open Monday through Friday from 5 to 8 p.m., Saturday from 9 a.m. to 2 p.m., and Sunday from 1 to 5 p.m. For more information, call **601-947-8181**.



### George Regional Hospital Expansion— Great News for Our County

With more than 21,000 square feet of additional space, George Regional Hospital is giving the George County community something no other longterm nursing care center has—*private rooms*. George Regional Health & Rehab, currently a 19-bed nursing facility, will gain 24 additional larger, private rooms by the completion date set for early 2014. The expansion also includes a large therapy area and a spacious activities room.

In addition, the new wing includes 13 acute care hospital rooms—all private with large, private baths.

To find out if George Regional Health & Rehab services is right for your loved one, please call **601-947-9101**.



*“In the two-and-a-half years we’ve been providing services through our partnership with George Regional, we’ve enjoyed a collaborative working relationship with the staff and are impressed with the exceptional world class care available within the hospital.”*  
 — Edward Dvorak, M.D.,  
 South Mississippi Surgeons

## Outpatient Services at George Regional Hospital— **Cost Effective and Time Efficient**

**As healthcare continues to change,** George Regional Hospital is here to meet the needs of our growing community. Many treatments and tests ordered by your physician can be completed on an outpatient basis, which is very cost effective and time efficient for our patients. With this in mind, our partnership with Singing River Health System to continue to provide medical specialty services, including outpatient, was recently extended for another five years.

“Given the history of success between our two health systems, extending the partnership makes perfect sense for the needs of our growing community,” says Paul Gardner, CEO, George Regional Health System. “This partnership is all about growth—the growth of our community and the specialty care services needed for continued growth. George Regional’s longstanding mission is to provide the community with quality, affordable health-care services.”

### **Don’t Travel for Surgery**

Having surgery is stressful, but traveling out of your community puts unnecessary strain on you and your family. It’s good to know that many medical conditions can be treated locally with faster recovery times and reduced risks.

Many procedures, including gallbladder surgery, hernia repair, colon surgery, skin cancer surgery, thyroid surgery, and breast

biopsies, can be performed right here at George Regional Hospital.

It’s our focus to continue to develop and offer these advanced procedures locally, not only for the health of our patients but for the health of our community. George County is fortunate to have many surgeons providing services at our hospital, including:

**David Crump, M.D.**  
 Community Surgical Center

**Edward Dvorak, M.D.**  
**Jason Payne, M.D.**  
 South Mississippi Surgeons

**Jay Pinkerton, M.D.**  
 Obstetrics & Gynecology Associates

**Paul Scott, M.D.**  
 Urology Associates

**James M. Hodges, M.D.**  
 Ear, Nose and Throat Associates

**Donnis K. Harrison, M.D.**  
**Eric D. Washington, M.D.**  
 Bienville Orthopaedic Specialists

**Christopher Hogan, M.D.**  
 Hogan Eye Clinic

**William Neely III, D.M.D**  
 North MS Community Dental Clinic

### **Laboratory Services**

Our certified medical laboratory scientists perform tests on blood and other body fluids to determine the presence, extent, and cause of diseases. As a state-certified

laboratory, listed are just a few of the lab services we provide on an outpatient basis:

- Coagulation (pro-time INR clotting studies)
- Chemistry (glucose, cholesterol, cardiac enzymes)
- Hematology (complete blood count, hemoglobin platelet count)
- Immunology (tests for autoimmune diseases such as rheumatoid arthritis and lupus)
- Microbiology (cultures and antibiotic susceptibility studies)
- Parasitology (stool studies for parasite identification)
- Toxicology (drug levels—therapeutic and abusive)
- Blood Bank (compatibility of blood types for blood transfusions)
- Anatomic Pathology (examination of tissue removed by surgical procedures)
- Cytology (PAP test interpretation general cell studies from test fluid aspirations)
- Serology (tests for mono, strep, hepatitis)
- Urinalysis (chemical and microscopic exam of urine)

Our lab team works hard to provide quality services, from the collection of the specimen, throughout the course of analysis, to reporting results in a timely manner. Laboratory services for outpatients are available from 7 a.m. to 5 p.m., Monday through Friday. If necessary, services may

be arranged outside of those times, as we strive for convenience and quality care for our community.

Call **601-673-6160** for assistance.

### Rehabilitation Therapy

Southeast Rehabilitation offers physical, occupational, and speech therapy all under one roof. The 5,600 square-foot outpatient facility features:

- Aquatic therapy
- Occupational therapy
- Pediatric therapy
- Physical therapy
- Speech therapy
- Orthopedic rehabilitation
- Sports medicine rehabilitation
- Neurological rehabilitation
- Neck and back pain therapy
- Work conditioning
- Hand rehabilitation
- Shoulder rehabilitation
- Wound care

Call **601-947-9190** for assistance.



### 'Aunt Bess,' Spunky at 98

Bessie Reynolds likes to spend most of her time nurturing the flowers and plants she grows each year. And at 98 years old, she has more energy than most half her age. Although a setback with her health has her doing therapy at George Regional's Health & Rehab facility, she's still as spunky as ever.

Therapists say Aunt Bess—as she's affectionately called—is one of the most determined patients they have ever had. A longtime Lucedale resident, she and her husband owned and operated Doyle's Refrigeration on Mill Street for years.

Nice summer days allow Bessie Reynolds to go outside for her therapy sessions. Here, she works with Southeast Rehab therapists on dexterity and coordination.

## Dr. Pinkerton Specializes in Surgical Procedures for Women

One in five women suffers from heavy menstrual periods affecting their quality of life. In the past, a hysterectomy was one of only a few options available to fix this problem. Today, endometrial ablation is an alternative to hysterectomy for many women. "It's a better method," explains Jay Pinkerton, M.D., board certified OB-GYN. "Being able to correct the problem—on an outpatient basis with less risk, less pain, a short recovery, and without an incision—definitely makes patients happier."

The goal of the procedure is to remove or destroy the endometrial lining, the area of the uterus responsible for the heavy bleeding each month. Most women, nine out of 10, will have lighter periods and some, five out of 10, will stop having periods entirely. "The endometrial ablation has become a very successful alternative for women seeking to improve their quality of life while avoiding a hysterectomy," adds Dr. Pinkerton.



Another procedure that has been improved by technological advancements is the tubal ligation. Traditionally, this involved an incision into the abdomen, with accompanying risks of bleeding, infection, and pain. Newer methods of tubal ligation can be performed without an incision, by placing an insert inside the fallopian tube through the vagina. Without the incision, the patient experiences far less pain, and is exposed to less risk. "The best thing about this procedure is the patient has less pain with a quicker recovery, and the procedure has a lower failure rate than the traditional methods of tubal ligation," Dr. Pinkerton points out.

### Meet the Doctor

#### Jay Pinkerton, M.D., OB-GYN

Dr. Pinkerton of Obstetrics & Gynecology Associates has specialized in obstetrics and gynecology since 1999. Before joining the George Regional family, he was the division chief of general obstetrics and gynecology at MacDonald Women's Hospital in Cleveland, Ohio, and has extensive experience teaching these and other surgical procedures. He is both proficient and comfortable with complicated surgeries, including gynecology and high-risk pregnancies.

To find out if these procedures may help you, please call **601-947-6000**.

# Fast, Reliable Imaging— Convenient Lucedale Location

## Meet the Doctors



### Leigh Ann Cashwell, M.D.

A board certified radiologist, Dr. Cashwell received her medical degree from the University of South Alabama College of Medicine, where she also completed an internship in internal medicine and a residency in diagnostic radiology. Dr. Cashwell lives in Lucedale with her husband and three sons. When she isn't reading X-rays and homeschooling her boys, she enjoys working in the garden and cooking for her family.



### Brandon Nichols, M.D.

Dr. Nichols is a board certified radiologist who received his medical degree from the University of South Alabama College of Medicine, where he also completed his residency training and an internship. Dr. Nichols lives in Mobile and enjoys travelling with his wife and two children.



**While George Regional Hospital does have** the same sophisticated radiology equipment that all larger hospitals have, what we have that really sets us apart is our ability to provide results more quickly.

“Being in a smaller hospital setting allows us to give real-time results. As soon as a CT is complete, we review the images and let the doctor know about any significant findings. We are always available to answer questions quickly. That’s just something you don’t get at a larger facility,” says Leigh Ann Cashwell, M.D. “It’s the personal touch that means so much,” she adds.

George Regional Radiology, staffed by board certified physicians Dr. Cashwell and Brandon Nichols, M.D., offer more than just X-rays.

Services include:

- CT scan
- MRI
- Fluoroscopy
- Digital mammography
- Ultrasound
- Nuclear medicine

Not only does George Regional have the most up-to-date equipment, “we have a straight line of communication with healthcare providers throughout the system,” explains Dr. Cashwell. “Again, this faster communication helps us get a clearer picture of each patient’s medical history and allows us to provide better follow-up care.”

And although she may not remember every patient’s name, Dr. Cashwell often recognizes patients simply by looking at their digital X-rays. “It’s definitely a personal interest for me—because I see many of these patients again and again. It’s that continuity in care that sets us apart and allows us to give better treatment.”

While providing the best results possible is the priority, “it’s also important to keep patients relaxed and let them know what’s going on with detailed explanations,” explains Dr. Nichols, who joined the George Regional team in 2011.

Both Drs. Cashwell and Nichols appreciate the importance of the radiology staff. “Our techs are amazing. While highly qualified, they also take personal pride in taking great care of our patients. If a patient needs someone to hold their hand during a procedure—that’s what happens. It’s all about that personal touch and going above and beyond—every day.”

As an additional advantage to radiology services at George Regional, “we check to see if there’s anything serious before you leave the hospital,” Dr. Cashwell adds. “That just doesn’t happen in a lot of places.”

Many people don’t realize George Regional offers 24-hour board certified radiology services. To learn more about the services provided, please call **601-673-6100**.





Angie Rouse Crawley, above, received an aggressive breast cancer diagnosis. High-tech care at George Regional includes digital mammography, shown left. “The clearer images allow our radiologists to magnify and manipulate the images for a better diagnosis,” explains Jennifer Galle, mammographer, who has been with George Regional Radiology for 18 years. Digital mammograms can detect breast changes in women who have no signs or symptoms of breast cancer. “That’s why yearly mammograms are so important,” Galle adds.

# Mammograms *Matter*

**Ten.** That’s the number of women diagnosed with breast cancer each year in George County. George Regional Radiology offers lifesaving technology to screen and diagnose breast abnormalities. Whether it’s an annual exam or a diagnostic procedure, you don’t need to go far to find the best technology available.

Angie Rouse Crawley of the Shipman Community is only 42 and is facing the most aggressive form of breast cancer—triple negative. “It’s the same form Angelina Jolie so publicly came out with a few months ago,” explains Crawley. But unlike the actress, breast cancer does not run in Crawley’s family.

“It just happened so fast,” she says. “I felt a small lump but really didn’t think anything of it. I’ve dealt with cysts in my breasts since I was in my twenties.” Two weeks later, after the lump did not go away—as they generally do with a cyst—she made an appointment with her gynecologist, Jay Pinkerton, M.D., of Obstetrics & Gynecology Associates. While Dr. Pinkerton didn’t feel she had anything to worry about, he did order a mammogram to be on the safe side.

“I had the mammogram and the radiologist said the same thing—don’t think there’s really anything to worry about, but she ordered an ultrasound, which showed a solid tumor.” Crawley was then referred to David Crump, M.D., at Community Surgical Center for a needle biopsy. “He also told me not to get upset, and he would have results in a few days. But the very next day, Dr. Crump called me himself with the news—invasive ductal carcinoma.”

Crawley, the mother of three, and her family are not strangers when dealing with cancer. Her 14-year-old daughter has fought brain cancer since 2006. “It was definitely a double whammy for me,” Crawley admits. “We’ve been fighting my daughter’s cancer

for years so I’m very well aware of cancer.

“Everything happened in less than two months: my diagnosis, biopsy, mastectomy, and now chemotherapy,” she says. “But you know,” she adds, “we really didn’t freak out about the diagnosis—we’ve been fighting cancer for years and that’s how we look at it—as a fight. My daughter is doing well right now and my children all expect the same for me.

*...if you feel anything out of the ordinary—get it checked.*

“Most people are under the assumption that they don’t need to worry about breast cancer unless it runs in your family. I’m here to say that it’s just not true. I’ve preached to all of my family,

cousins, friends, everyone—go get a mammogram NOW! It could be in our family ... and I’m the first indication,” Crawley adds.

“My advice to women: If you feel anything out of the ordinary—regardless of what it feels like or what it looks like—get it checked,” Crawley emphasizes. Early detection is an important factor in the battle against breast cancer. At George Regional, we have the newest technology and an experienced staff of experts to diagnose breast cancer at any stage.

## \$70 Screening Mammograms in October

Each October, George Regional Hospital offers screening mammograms to the women of our community at a discounted rate. To schedule yours today, call **601-673-6100** (a physician order is required).

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



10655M

*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

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## Calendar of Events



### GEORGE REGIONAL HEALTH SYSTEM HOSTS 'PINK' PUMPKIN PATCH AND 5K FUN WALK/RUN

On Saturday, October 5, George Regional Hospital's campus will be filled with pink pumpkins in support of Breast Cancer Awareness. The second annual event begins at 8:30 a.m. on the hospital's campus with a 5k Fun Walk/Run through the city of Lucedale. The "Pink Pumpkin Patch" will be open to the community. Children can have their photos taken in the pumpkin patch (a photographer will be available). The event also features many FREE activities: face painting, balloon art, refreshments, and great door prizes (including free mammograms, a massage, gift baskets, and more!).

Businesses as well as individuals are asked to show their support by decorating a pumpkin. Pumpkins are \$10 each and will be available the last week of September for decorating. The pumpkins will then be displayed at the event.

The 5k Fun Walk/Run is \$20 and includes a commemorative T-shirt. Pre-registration is due by Wednesday, September 18. Participants may also register the day of the race but are not guaranteed a shirt.

Registration forms can be found at the Wellness Center, 838 Mill Street, and at [www.GeorgeRegional.com](http://www.GeorgeRegional.com). Participants can also register online at [www.eventbrite.com](http://www.eventbrite.com). For questions, please contact Stephanie Chisholm at 601-947-0709 or [schisholm@georgeregional.com](mailto:schisholm@georgeregional.com).