

Spring 2014

Discover

Exceptional Healthcare Close to Home

Accepting Surgery to Heal a Heart

*Read Keith Tanner's
story on page 6*

inside this issue

**Birth Center Blessing
to Expectant Parents**

**Health and Rehab
Expansion Complete**

www.georgeregional.com



**George Regional
Health System**

Community Medical Center

Care for every member
of your family

- Internal Medicine
- Family Medicine
- Pediatrics

92 West Raliff Street
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Monday – Friday 8 a.m. to 5 p.m.
Medicare/Medicaid and Major Insurance Accepted



92 West Raliff Street
601-947-8181

Monday – Friday. 5 to 8 p.m.
Saturday 9 a.m. to 2 p.m.
Sunday 1 to 5 p.m.

Community Urgent Care

Providing high-quality, affordable
and convenient healthcare

- Caring for our friends, families, and neighbors.
- Offering convenient features that help most patients get in and out in under an hour.
- The physician-led, full medical team is on-site seven days a week, with no appointment necessary.
- Most major types of health insurances are accepted.
 - Cold, flu
 - Sore throats, strep
 - Sinus Infections
 - Coughs
 - Earaches
 - Sprains
 - Minor burns
 - Minor cuts



Pictured are Kamber (18 months), AnneLeigh (3 years), and Tabithan holding Harmony (2 months).



Birth Center a Blessing for Expectant Parents

Three years ago, with the birth of their first child, Tabithan and Brad Dyer had to drive all the way to Ocean Springs to have their baby. “Having to drive that far was very scary for us because my labor came on so fast—I was already dilated 8 centimeters when we arrived,” remembers Tabithan.

When they found out they were pregnant with a second child, they made an appointment with Jay Pinkerton, M.D., at Obstetrics & Gynecology Associates. “We had heard really great things about him and during the appointment he made us feel so comfortable,” she said. “During this pregnancy I kept going into pre-term labor, which Dr. Pinkerton would stop. We really felt we were in the best hands. We love all the nurses—everyone is so wonderful.”

The Dyer family is thankful to have great healthcare services close to home. “Dr. Pinkerton delivered our third daughter too—we’ve had two really great experiences,” she adds.

George Regional Hospital began delivering babies again in the summer of 2011 and since then more than 400 babies have been welcomed into the world by Dr. Pinkerton and the Birth Center staff.

“We are on track for more than 200 births next year,” said Dr. Pinkerton. “The number of deliveries is growing steadily. I think the community is really embracing the fact that the hospital is not only delivering babies again, but doing so with a quality of care at a very high level. A lot of the success the Labor and Delivery unit is having is due to our nurses. We have a very experienced nursing staff that works well together. They really go out of their way for our patients,” he proudly points out.

George Regional Hospital continues to set a high standard in labor and delivery. “We have one of the lowest cesarean rates in south Mississippi—24 percent compared to 30 to 50 percent at other area hospitals. We are well above other benchmarks in terms of regional and national quality measures as well. Also, the facilities here are very good, but with plans for an expansion in the works, they will get even better,” he adds.

Dr. Pinkerton and his practice partner, Emily Pinkerton, a Women’s Health nurse practitioner, came to Lucedale from Cleveland, Ohio where Dr. Pinkerton was the Chief of General Obstetrics and Gynecology at University Hospitals of Cleveland.



Providing Excellence in Women’s Healthcare

The Birth Center at George Regional Hospital provides the highest quality medical expertise, close to home. The center was designed for comfort with homelike features, 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



Jay Pinkerton, M.D., delivers all babies at the hospital, with Emily Pinkerton, WHNP.

All parents-to-be are offered FREE tours of the birth center. To schedule your tour, call **601-673-6200**. As a way to help moms-to-be prepare for the physical demands of pregnancy, labor, and postpartum, we offer 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**.

George Regional Health & Rehab Expansion Complete

Nursing Home Residents Now Enjoy Private Rooms, Large Bathrooms and Expanded Living Area



Construction of a new wing of George Regional Health & Rehab has residents smiling. Long-time resident Edith Ferrill has been patiently waiting for the new building to be constructed. “I sit by the window and watch the progress when I can. I didn’t think they were ever going to get to pour the concrete—it just seemed to rain every day,” she remembers. Despite the spring rains, the wing was completed on schedule.

Making Residents Feel at Home

Adding 21,000 square feet, George Regional Health & Rehab now offers 60 private rooms, with large private bathrooms, a spacious activities room and kitchen, and a large therapy room. “The addition is really beautiful. All of the large windows let in so much natural light, which helps make the facility seem more home-like,” Joy Turner, Administrator, points out. The entire expansion is designed to make residents feel like they are at home, not at a hospital.

“I came here for a permanent home and I love it here,” expresses Ferrill. “We get three square meals a day, our laundry cleaned and put up for us, our medicines brought to us when we need them—it would tend to make a person lazy,” she laughs. “There’s never a dull moment around here—always something going on—bingo, games, parties—it’s wonderful.”

Offering long and short term nursing care, the facility provides continuity in services—from hospital care to inpatient rehabilitation. “Access to the hospital is invaluable for our patients. Being connected by simply a hall eases many of our family’s minds. And our patients receive care from the same therapists they’ve seen while in the hospital. Keeping that relationship for our patients is really helpful in the healing process,” Turner explains.

“Our ultimate goal is to have our patients ready to go back home. We want that for them, we strive for that,” Turner says. “Of course, those that are here long term—they are like family.”

Activities...the Highlight of Every Day!

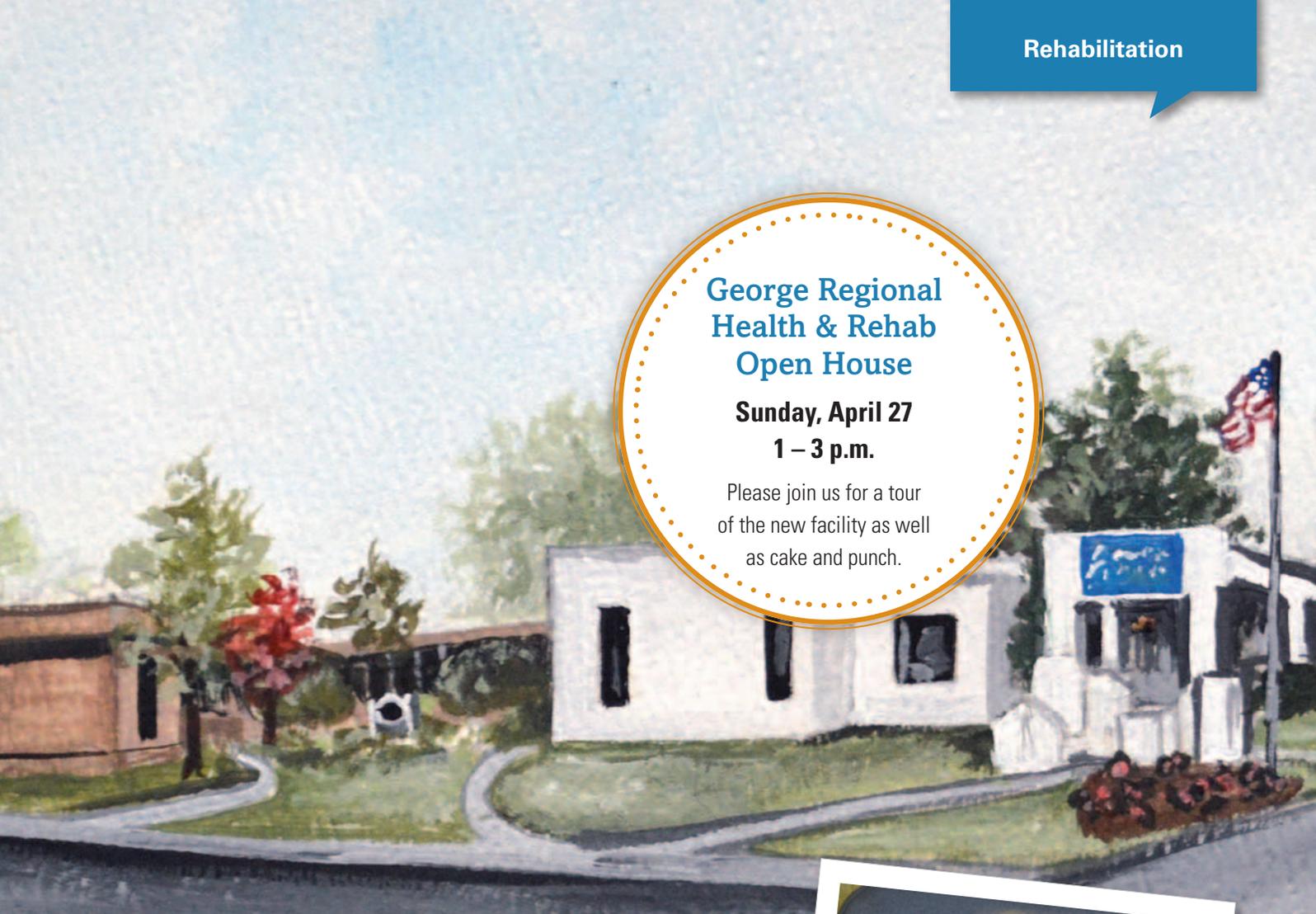
Tikki Blakely, Activities Director, is a ball of energy who makes sure the residents feel like they are needed and wanted. “Because they can’t leave, it’s my job to bring the things that bring them joy into our facility. Movies and popcorn, manicure day, bingo, discussion groups, and exercise are just a few of the activities the residents enjoy each week.”

Activities are scheduled twice each day. “Of course, we have a very flexible schedule because sometimes the residents may still be in therapy and we want to make sure everyone is included,” Tikki explains. “We even have cooking classes twice each month—they really love that.”

George Regional Health & Rehab Open House

**Sunday, April 27
1 – 3 p.m.**

Please join us for a tour
of the new facility as well
as cake and punch.



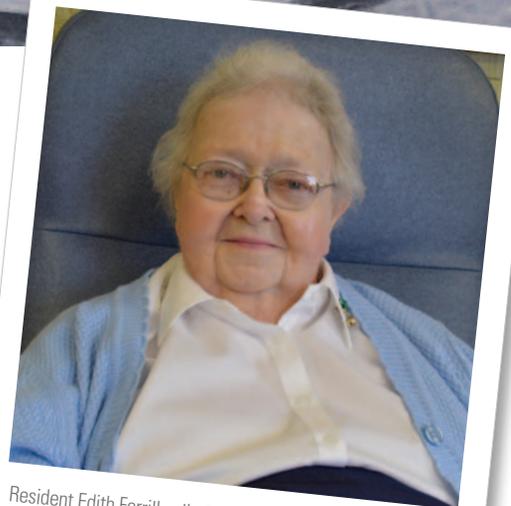
The generous new space will allow activities on one side of the room while other residents can still enjoy reading a book or watching television without being disrupted. “This new space is a God-send. Having the large windows looking out Winter Street is so wonderful for our residents—they always want to be by a window to see the world outside.”



George Regional Health and Rehab Services

Offering the care, compassion, and personalized treatment needed to maintain a healthy life.

- 24/7 Nursing care
- Laundry services
- Beautician services
- Registered dietician to plan and monitor meals
- Physical, occupational, and speech therapy
- Respiratory therapy
- Spacious recreational area
- Activities program



Resident Edith Ferrill calls George Regional Health & Rehab her permanent home. A staff favorite, Ms. Ferrill plays the piano at all the birthday parties, just as she used to do for so many years at The First Baptist Church on Main Street.

For more information about
George Regional Health & Rehab,
please call 601-947-9101.

Healing a Heart with Surgery



Devoted husband, father, and lifelong George County resident Keith Tanner—affectionately called “Chief” by friends—never expected to be facing heart problems again. But when simply walking to and from his truck made breathing difficult, he knew something was wrong. Born a “blue baby,” which means his heart wasn’t receiving enough oxygen, Keith underwent two traumatic heart surgeries in Mobile, AL, to repair the hole in his heart. The first was when he was 3 years old, followed by a second one at age 11. Then, after several heart catheters during his teenage years, the doctors told him his heart was healed and should not have any more problems.

Heart Damage Continued

His wife, Theresa, an OR nurse at George Regional Hospital, recalls the first time she took Keith for a check-up. “Dr. Seth Scott at Community Medical Center is our family doctor. After examining Keith, he ordered a chest X-ray and an echocardiogram in the cardiopulmonary department at George Regional Hospital. After reading the results, Dr. Scott immediately contacted Dr. Glenn Cochran of Cardiology Associates.”

Cardiology Associates physicians have partnered with George Regional Health System to provide heart care in Lucedale since January 2007. The next morning Keith was scheduled for a heart cath but because of the large amount of fluid on his lungs, it was impossible to see the amount of damage.

After a seven day hospital stay the fluid was finally gone, but the damage to his heart was extensive: three major blockages, an aneurysm, and a heart valve that was not working.

“After the heart cath, they came in and said, ‘Ms. Tanner, I don’t know what to tell you—your husband has the heart of an 80 year old.’ That was very scary for us since Keith is only 54,” recalls Theresa.

Debating Surgery

Because of his past open heart surgeries as a child, Keith was considered high risk. When Dr. Cochran urged him to have the surgery immediately, Keith balked. “No, I’m not doing it again,” he told Theresa, “I’m not afraid of dying—it’s the pain.” Keith was in the hospital 45 days for the heart surgery when he was 11 and remembers every painful detail. “It was a terrible experience. I had all these tubes coming out of my chest,” he describes. “Other children died while I was there. I had nightmares for a long time after—that’s all I could think about.”

“Keith is a very headstrong man and he was very apprehensive about having heart surgery,” explains Dr. Cochran. “But the bottom line was he needed this surgery.” Theresa asked Dr. Cochran what Keith’s chances were and his honest reply was ‘in a year or two, he will drown from all the fluid.’ With heavy hearts, Keith and Theresa went home to think and to pray.

With an annual family reunion scheduled for that weekend, Keith went right to work

Heart Care Services at George Regional Hospital

Did you know that George Regional Hospital performs more than 400 heart care and respiratory tests each week? With the expertise, experience and technology available right here at home—why choose anywhere else for your heart care?

- EKG (Electrocardiogram)
- EEG (Electroencephalogram)
- Cardiac Stress Test
- Non-Invasive Ventilation
- (Bipap and CPAP)
- Pulmonary Function Test
- Breathing Treatments
- 24-48 Hour Holter Monitors
- Arterial Blood Gases
- Ventilator Management
- Chest Physiotherapy
- Echocardiogram
- Carotid Duplex
- Ankle Brachial Index
- Upper and Lower Extremity
- Venous Duplex
- Upper and Lower Extremity
- Arterial Duplex
- Renal Artery & Vein Duplex
- Renal Artery Ultrasound

It's so nice to have all of our follow-up care with both Dr. Scott and Dr. Cochran here at home.

brush hogging his property in anticipation of the large crowd. "During the reunion my family all fussed at me for not having the surgery," Keith recalls. "One even jokingly said 'if you kick the bucket, we're still having the reunion here every year!'"

"I worked a few more days, but was struggling to breathe—that's what pushed me to make a decision," Keith remembers. Both Dr. Cochran and heart surgeon Dr. Peter Pluscht assured Keith that the painful trauma he remembered as a child would not be the same. "And they were right; I did not suffer like I did as a child."

The heart surgeon was able to repair the aneurysm, did a three-vessel bypass and put in a mechanical valve.

"The Lord surely works in mysterious ways and he's blessed us in so much. Instead of surgery in an emergency situation, Dr. Pluscht had time to put his team together and the surgery went smoothly," said Theresa.

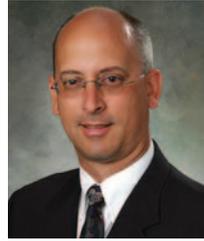
"Dr. Pluscht is an awesome surgeon and he was so good with Keith."

"Dr. Cochran is as sweet as he can be and we love the fact that he's right here in Lucedale," adds Theresa.

"The first few weeks, blood had to be checked every week and labs ran. Now, it's monthly. It's so nice to have all of our follow-up care with both Dr. Scott and Dr. Cochran here at home."

Married for 36 years, Keith and Theresa have two children and five grandchildren.

Meet the Doctors



Glenn A. Cochran, M.D., FACC

Dr. Cochran earned his medical degree and completed his internship, residency and fellowship programs at Louisiana State University Department of Medicine in New Orleans, where he was Chief Cardiology Fellow. He is Board Certified in Internal Medicine and Cardiovascular Disease.
911 Winter Street
601-947-6508



Seth Scott, M.D.

A life-long resident of George County, Dr. Scott is a graduate of Delta State University. He earned his medical degree from the University of Mississippi School of Medicine. He then completed both an internship and residency at the University of South Alabama, where he specialized in Family Medicine.
92 Ratliff Street
601-947-8181

Community

"Hippity Hop for Your Heart" During Second Annual Fun Run

Last year, **George Regional Health System** brought the first-ever heart walk to George County. According to the American Heart Association, almost 36 percent of all George County deaths are heart disease and stroke related.

The Easter-themed Heart Walk is set for Saturday, April 12 and includes many free family-friendly activities. The walk begins at 8:30 a.m. (registration begins at 7:15 a.m.) on the hospital's campus with a 5K Fun Run through the city of Lucedale.

"We are very pleased to host this event for our community. Heart disease affects many lives in our county. This is a good way to bring people together to increase recognition of heart disease and the heart care services our hospital offers," explains Paul Gardner, George Regional Health System CEO.

All proceeds benefit the American Heart Association. "We are so proud of our compassionate Heart Walk team at George Regional Health System and the wonderful efforts they are making for the benefit of the American Heart Association's Heart Walk," says Kathy Aycock, Regional Director for the American Heart Association.

While recognizing a serious issue, the event also promises to be a fun, family-friendly day. The Easter bunny will be available for photos. At 10 a.m. there will be an Easter egg hunt with prizes galore. The event also features face painting, balloon art,



refreshments, door prizes, and heart health booths. The Easter egg hunt and children's activities are all FREE!

The Fun Run will begin on the George Regional Hospital campus, winding through the city of Lucedale onto the new Greenway, which joins the City Park, and back to the hospital. The 5K Fun Run is \$20 and includes a commemorative T-shirt. Pre-registration is due by March 26. Participants may also register the day of the race for \$20, but will not receive a shirt.

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

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



10655M

Physician & Specialty Directory

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William Smith, M.D.
Donna Velasquez, LCSW
601-247-0702

CARDIOLOGY

Glenn A. Cochran, M.D.
Mike W. Monson, M.D.
Stan A. Thornton, M.D.
601-947-6508

DENTAL SURGERY

William Neely III, D.M.D.
662-561-1045

EAR, NOSE, & THROAT

James M. Hodges, M.D.
601-947-9187

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Larry Henderson, M.D.
Michael S. Huber, M.D.
Deborah D. Hyatt, CFNP
Mel Parnell, CFNP
Seth A. Scott, M.D.
Demetrius Steele, M.D.
Courtney Valentine, M.D.
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INTERNAL MEDICINE

Patrick C. McGuire, M.D.
Harilal R. Patel, M.D.
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NEUROLOGY

Terry J. Millette, M.D.
Krishna Nalluri, M.D.
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OBSTETRICS & GYNECOLOGY

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Emily Pinkerton, W.H.N.P.
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ORTHOPEDIC

Eric Washington, M.D.
Daniel A. Wittersheim, M.D.
228-392-9355

PAIN MANAGEMENT

Bart Edmiston, M.D.
601-247-0170

PEDIATRICS

Tara S. Mallett, D.O.
Patrick C McGuire, M.D.
601-947-8181

PULMONARY

Philip Almalouf, M.D.
Ijlal Babar, M.D.
Michael Darin, M.D.
Gary Rodberg, M.D.
Jerrod Taylor, M.D.
228-872-1951

RADIOLOGY

Leigh Ann Cashwell, M.D.
Brandon Nichols, M.D.
601-673-6100

SLEEP MEDICINE

Christopher P. Karcher
601-247-0170

GENERAL SURGERY

David B. Crump, M.D.
601-766-0308
Edward Dvorak, M.D.
Jason Payne, M.D.
601-247-0180

