

SUMMER 2019

Discover

Exceptional Healthcare Close to Home

Compassionate Care
at George Regional Hospital

**Pediatrics Gets
A Colorful Makeover!**

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George Regional
Health System

www.georgeregional.com



Letter from Greg Havard CEO

George Regional Health System

2019 has brought some exciting changes to our health system; the completion of our new Emergency Room, the grand opening of our Radiology Department, and the addition of the Pharmacy Drive Thru, this drive thru can fill your prescription from any provider and can most likely save you hard earned money.

The new Radiology Department features state of the art diagnostic equipment including a Wide Bore MRI and a new 64 slice CT scanner. Our wide bore MRI will relieve most issues caused by claustrophobia. With this equipment we can now perform Magnetic Resonance Angiography to specifically look at the body's arteries, as well as Coronary CT Angiography. This imaging will demonstrate whether or not your coronary arteries have plaque accumulating and will allow for much earlier preventative measures for your cardiac health.

If you're seeing a specialist located out of town be sure they know you want your CT or MRI performed at your local hospital.

We are also welcoming several visiting physician specialists; Hattiesburg Eye Clinic who specializes in cataract eye surgery and Nephrology Associates who can take care of any Kidney issues you may have. The eye surgeons will be working with our local Optometrist to provide their patients with a local option for cataract surgery here at George Regional Hospital- there is no longer a need to travel out of town.

I hope you find this issue of Discover magazine informative and remember to choose your local Healthcare System for your healthcare needs. We know you always have choices and we appreciate you choosing GRHS.

As always, our physicians and healthcare staff thank you for allowing us to provide all of your family's healthcare needs.

Sincerely,

Greg Havard, CEO
George Regional Health System

Hospital Donates Rescue Equipment to Local Fire Department



George Regional Health System donates a 'Jaws of Life' rescue system to the District 2 Fire Departments (Ward, Agricola, Howell, and Movella). Jaws of Life rescue tools are used by emergency rescue personnel to assist vehicle extrication of crash victims, as well as other rescues from small spaces. "Once we learned from Supervisor Kelly Wright that District 2 was without these tools we knew we could help. We actually had this equipment at George Regional Hospital and it was being underutilized. We're glad we were able to provide this life-saving equipment to our community," explains Greg Havard, CEO, George Regional Health System.

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Eye Surgery Close to Home!

George Regional Hospital & Local Optometrists Partner with Hattiesburg Eye Clinic to Provide Eye Surgery Close to Home.

Eye care is important at any age, but sight-robbing conditions for seniors, such as cataracts, are especially important to treat. Optometrists Dr. Leslie Valentine, Dr. Gregory Loose, and Dr. Dillon Ott are pleased to have a local facility to refer their patients to for cataract surgery.

Cataracts occur when our natural lenses in the eye become clouded and lose clarity. It's a natural consequence of the aging process, but it can be accentuated by some steroid use, exposure to bright sunlight for extended periods of time, and some diseases like diabetes. Cataracts eventually reduce a person's ability to see clearly.

As cataracts reach advanced stages of opacity, you may begin to notice certain problems with your vision like cloudiness (you can't "get your glasses clean – they're hazy all the time"), glare at night, unable to see or read without a bright light, or trouble with seeing blue-tinted headlights. Colors may also seem less sharp or vibrant than they used to be. Overall, it may seem as if you're looking through a foggy windshield that won't clear or wax paper.

Without proper treatment, patients increasingly encounter blurry vision and duller color perception. But cataracts are easily treatable, thanks to amazing advances over the last few decades – cataract patients not only regain clearer sight, but most gain better sight than they've had in years.

Most people are able to see clearly immediately after surgery, with continuing improvements in focal sharpness over several hours or days. Most patients can return to normal activities within twenty-four hours.

The physicians will have an office in the George Regional Specialty Center (57 Dewey Street).

As cataracts develop within the eye, you may increasingly notice the following symptoms:

- Decreasing vision with age
- Blurred or double vision
- Seeing halos around bright lights
- Difficulty seeing at night
- Vision that worsens in sunlight
- Difficulty distinguishing colors
- Poor depth perception
- Frequent prescription changes for glasses

Appointments are by referral, so check with your eye care professional to see if cataract surgery is right for you.

EYE CARE CENTER



Leslie Valentine, O.D.

852 Winter Street
601-947-3553

THE VISION CENTER



Dillon Ott, O.D.



Gregory Loose, O.D.

747 Winter Street
601-947-2913



David Richardson, M.D.



Adam Quinn, M.D.



Todd Williamson, O.D.



Benjamin Pace, M.D.



We Can See You Better Than Ever!



Carotid arteries viewed with new technology at George Regional Hospital

The final phase of the health system's expansion is now complete —

the 5,000 square foot Radiology Department is now open! The spacious new department allows all radiology services to be housed in one location; making it an easy transition for patient's exams when performed the same day. The space also features a dedicated women's imaging section.

Not only is the space new, it features state of the art diagnostic equipment including an Open Bore MRI and a new CT Scanner. This new equipment allows us to perform more specialized procedures.

Open Bore MRI

Our new Open Bore MRI can comfortably accommodate most patients and will offer comfort to those who are claustrophobic. It provides exceptionally clear images of the brain, joints, nerves, bones and internal organs, which allows us to provide precise results for our patients. It also cuts scan time to less than half of the previous scan time for most exams. We can now perform Magnetic Resonance Angiography and Magnetic Resonance Venography to specifically look at the body's arteries.

CT Scan

Our Board Certified Radiologists can now perform Coronary CT Angiograms along with Calcium Scoring CT's, which provides detailed images of the moving heart. This coronary computed tomography angiogram (CTA) uses advanced technology, along with intravenous contrast material to obtain high resolution 3D pictures of the moving heart and vessels. The Calcium Scoring CT is a screening test for people with family history or risk factors for Coronary Artery Disease. "This is a non-invasive way for us to find and look at blockages in the heart," explains Brandon Nichols, M.D., Board Certified Radiologist. "We are able to diagnose heart disease rapidly with this new study," he adds.

Full Service Radiology Department

- MRI *(ACR Accredited)
- CT *(ACR Accredited)
- Fully Digital Mammography *(ACR Accredited)
- Ultrasound
- Nuclear Medicine
- X-ray
- Fluoroscopy

Interventional Radiology Procedures offered including:

- Image guided biopsies: (Using Ultrasound or CT Guidance) Lung, Liver, Breast, Extremities, Thyroid FNA
- Breast biopsies: Stereotactic biopsies Ultrasound guided core biopsies Wire localization for excisional biopsies
- Fluid aspiration and drainage: Paracentesis Thoracentesis Abscess drainage
- Line Placement: Image guided PICC placement Image guided lumbar punctures MR and CT Arthrograms



Compassionate Care at George Regional Hospital

Kelly Underwood is grateful for her community hospital. “I just can’t say enough how thankful I am for the compassionate and wonderful people who helped me through a very difficult time,” Kelly expresses. Kelly (55) noticed a small lump in her breast in September 2018. “I’ve had small lumps before. I have dense breast tissue, so lumps are common and then they disappear,” she adds. With her annual physical scheduled for the next month, she decided to talk to her gynecologist about it then—if it was still there. “Well, he didn’t find it during my exam, so I just decided not to say anything. In the back of my head, I was thinking that I had lost two brothers, there was no way my mom would lose another child,” Kelly remembers.

During her annual mammogram the following month, Kelly mentions the lump to Jennifer Galle, (R) (T) RM, Mammographer. Jennifer then changed her regular screening mammogram to a diagnostic mammogram and recommended an Ultrasound, which was scheduled the same day. Board Certified Radiologist Brandon Nichols read the mammogram and the ultrasound. “He was concerned enough with what he saw that he said I needed a biopsy,” Kelly adds. “They could have done that the same day too, but I wanted my husband to be there, so we scheduled it the following Monday morning.”

Leigh Ann Cashwell, M.D., Board Certified Radiologist performed the biopsy. “She was so sweet, and kind, and gentle,” Kelly recalls. “It really came through how much everyone cares and it made such a difference when hearing the news that you have cancer.” Kelly had plans to fly out to Wyoming the next day to visit her daughter for 10 days. “Dr. Cashwell assured me that she would personally call me with the biopsy results, and she did the next day right before my flight. It was cancer and I needed to find a surgeon.”

“We are very proud to be able to offer our patients one-on-one personal care. That’s a significant bonus to our patients and a great benefit of being a community hospital,” Dr. Cashwell points out.

“The mammogram had to be placed on a disc for us to take to the referring surgeon to review. The radiology department had it ready for us so quickly—the same day we called. When I picked it up, everyone was asking how I was doing—they really showed me how much they cared. The whole experience was so much better because of the amazing staff at George Regional,” Kelly emphasizes.

Since then, Kelly had an MRI which showed additional spots in her breast. After genetic testing, she underwent a complete mastectomy and is now cancer free. “Both of my children and my niece and nephews went through genetic testing. My daughter was the only one positive and she will undergo a complete mastectomy sometime in the future,” Kelly adds.

“I’ve always been faithful about yearly mammograms, but not about monthly self-exams,” Kelly points out. “That’s one thing I preach to all my friends and family about now—how important it is to know your body, perform self-exams, and speak to your doctor about any changes.”

Kelly is a life-long resident of George County and taught at George County Middle School for 25 years. Married to Ronnie, they have two children and two grandsons. “It’s still so emotional, but I am thankful to be cancer free.”



Community Medical Center Acts Quickly & Saves Lives!

“I didn’t know I was about dead.” Abner Gibson went to the doctor for his regularly scheduled check up with Christopher Lansdown, M.D., but quickly began showing serious signs that something was terribly wrong. “I see Mr. Gibson on a regular basis to monitor diabetes and arthritis. He came in complaining of weakness and nausea. As his appointment progressed, his speech pattern became incoherent and he began stammering. His color was not good,” recalls Dr. Lansdown, Board Certified Family Practice physician.

Luckily, the George Regional Hospital Emergency Room is adjacent to Community Medical Center. “Because time was of the essence and the ER is just across the parking lot, we placed Mr. Gibson in a wheel chair and quickly transported him to the ER,” Lansdown explains. “Speaking with the ER physicians, I recommended a chest CT and blood work. Of course the physicians in the ER have their own evaluations, but it’s helpful to see where our thoughts were going during our evaluation as well—makes for faster patient care.”

The CT showed a massive pulmonary emboli (blood clot in the lung). “Many times, this type blood clot is fatal, but we caught it quickly enough and acted quickly enough that we were able to save Mr. Gibson’s life,” Lansdown adds. Gibson was life-flighted to Mobile where he received care from a cardiothoracic surgeon.

“It was a mighty fine thing what Dr. Lansdown did for me—wheeling me to the ER like that,” explains Gibson. “My surgeon

in Mobile told me it was a good thing he did too because only one out of four people survive these type clots.”

Gibson, a lifelong resident of George County was a Millwright at Scott Paper for 33 years. He and his wife Sandra (deceased) have three daughters and five grandchildren. Seventy-five year old Gibson still loves to work in his shop making walking sticks. “There are a lot of wild huckleberry trees on our land. I dig up the roots and make canes out of them.”

Gibson is grateful for Dr. Lansdown’s quick thinking and great care. “Dr. Lansdown is a fine doctor and a good man. I thank him for saving my life,” Gibson adds.



Meet Dr. Lansdown



Dr. Lansdown is a Board Certified Family Practice Physician. He received his medical degree from The American University of the Caribbean School of Medicine, followed by a residency and internship in Family Medicine at Louisiana State University Health Science Center Shreveport. He was a chief resident.

Dr. Lansdown joined

Community Medical Center in 2016. Along with Family Medicine, his interests include cosmetic procedures such as BOTOX and Juvederm. He has also been involved in numerous volunteer projects including medical mission trips and Red Cross Relief. Dr. Lansdown and his wife have three children. He enjoys hunting, fishing, boxing, guitar, and college football.

Healthcare providers you know and trust!



DR. JENNIFER ATKINS
PEDIATRICS



DEEDY CAIN
NURSE PRACTITIONER



COURTNEY BURNS
NURSE PRACTITIONER



DR. NATOYA GRINDLEY
PEDIATRICS



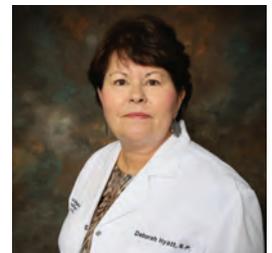
KELLEY DEBAR
NURSE PRACTITIONER



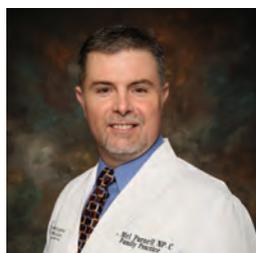
DR. LARRY HENDERSON
FAMILY MEDICINE



DR. MIKE HUBER
FAMILY MEDICINE



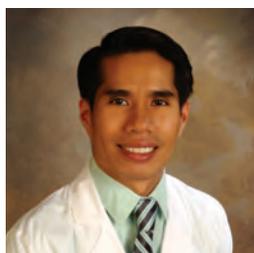
DEBORAH HYATT
NURSE PRACTITIONER



MEL PARNELL
NURSE PRACTITIONER



DR. COURTNEY VALENTINE
FAMILY MEDICINE



DR. HIEU NGUYEN
FAMILY MEDICINE

For more information, please call 601-947-8181 or visit the center's Facebook page.



The Pharmacy is Open Inside Community Medical Center

Monday through Friday
8:00 a.m. until 7:30 p.m.
(Drive Thru open until 8 p.m.)

and

Saturday and Sunday
8:00 a.m. until 3:30 p.m.

Our pharmacy can fill prescriptions from ANY physician!

Scheduled Appointment Hours:
Monday - Friday
8:00 a.m. until 5:00 p.m.

Walk-In & Urgent Care Hours:
No appointment needed!

Monday - Friday
8:00 a.m. until 7:30 p.m.

Saturday & Sunday
8:00 a.m. until 3:30 p.m.

“Like” the George Regional Health System Facebook page to keep up with news and events.



A Fresh Look for Our Little Patients!



One Fish, Two Fish, Red Fish, Blue Fish...Dr. Seuss now decorates every wall of the lobby as well as patient rooms. The child-friendly theme began as an idea from pediatricians Natoya Grindley, M.D., and Jennifer Atkins, M.D. “We wanted the space to be comfortable and welcoming for the children we care for,” explains Dr. Atkins.

With the help of local artists Dee Turner, Katie Eley, Desi Warren, Jacob Havard, Katelin Lee, Amber Reus and Semyra Reus as well as help from George County Middle School students, the pediatricians’ idea came to life. The space is now filled with life size, colorful Dr. Seuss creations.

Your Pediatric Hometown Healthcare Team

Meet Dr. Grindley



Natoya Grindley, M.D., is Board Certified in Pediatrics. She completed her Bachelor of Medicine and Bachelor of Surgery from the University of the West Indies. She then received her Medical Degree from Newark Beth Israel Medical Center Children’s Hospital of New Jersey followed by a residency in pediatrics at Long Island College Hospital/Beth Israel Medical Center.

She has more than ten years’ experience in caring for children and joined Community Medical Center in 2016. She provides ADHD evaluation and management, as well as school/sports Physicals and vaccinations. Dr. Grindley is pleased to provide great care to the children of Lucedale and the surrounding area. Dr. Grindley enjoys traveling and spending time with her family.

Meet Dr. Atkins



Jennifer Atkins, M.D., is Board Certified in Pediatrics. She received her medical degree from Howard University College of Medicine in Washington DC. She also completed her Residency training at Our Lady of the Lake Pediatric Residency Program in Baton Rouge, La.

Dr. Atkins is a married mom of three who loves working with our nation’s most prized possessions, our children. She grew up in a small military town in Central Georgia and is excited to be able to make a positive impact for families across the south, both inside and outside of her normal clinic ours.

The only pediatricians who will care for children in the clinic and in the hospital!

For more information about pediatric care at Community Medical Center or to make an appointment, please call 601-947-8181.