

Discover

Exceptional Healthcare Close to Home



Expertise at George Regional Unites A Family!



**George Regional
Health System**

inside this issue...

***George Regional Helps
Students Raise Money***

***New Administrator for
Health & Rehab***

***High School Football &
Southeast Rehab***

***Workout at the
Wellness Center***



Letter from Greg Havard CEO

George Regional Health System

As another year comes to a close, I want to personally thank you and your family for supporting our local healthcare system. Without your continued support, George Regional Health System couldn't exist to take care of our family and friends. Since the so called "Affordable Care Act" was instituted in 2010, over 100 hospitals have been forced to close, with another 400 in jeopardy. The reason George Regional Health System is not one of those statistics is simple; the support of our community and our dedicated employees. I am grateful for both. So the next time an out of town doctor wants to send you to some other place for a procedure or lab work, remind them you choose to have that done at George Regional Health System; your community hospital.

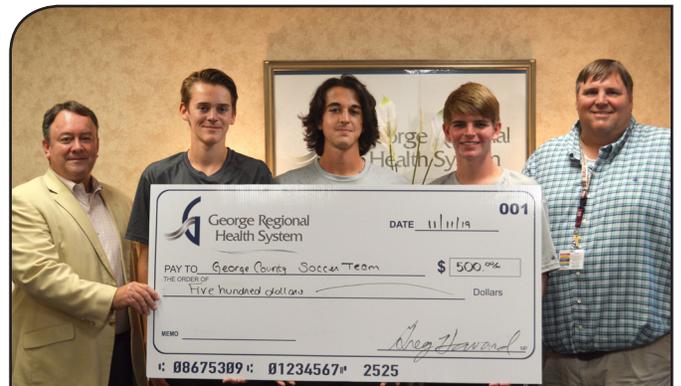
Looking back over the year, we thought you would be interested to read just a few of the events that make your healthcare system the best in the region. You'll read where we have partnered with more physician specialists, employed more primary care doctors, partnered with our local schools to provide athletic trainers, opened a convenient pharmacy drive thru and brought in a number of area youth groups to participate in our annual fundraisers. It's all in an effort to make our community a better place to live.

So once again, thank you for the support you provide to your local healthcare system; you make George Regional Health System what it is.

Sincerely,

Greg Havard, CEO
George Regional Health System

George Regional Gives Back To George County Students



Greg Havard, CEO, presents a \$500 check to the George County High School Soccer Booster Club. Pictured are Kyle McArthur, Kyle Parnell, Lance Strahan, and Scott McArthur.

Inside This Issue

3 New Administrator

4 Expertise at GRHS

6 High School Football and Southeast Rehab

7 Wellness Center

8 The Sleep Center

During our 8th Annual Pink Pumpkin Patch 5K we offered an incentive to the students of George County to earn money for their sports/booster clubs. Taking the lead was Cross Country earning \$750, followed by Soccer earning \$500 and Band receiving the third place prize of \$250.

Mason Named Administrator of George Regional Health & Rehab

Life-long George County resident Angie Mason (Sawyer) has been chosen to lead George Regional Health System's nursing home. "I never dreamed I would like working in the nursing home atmosphere, but I have fallen in love with these residents," Angie expresses.

Angie and her husband Mike Sawyer co-own and help run a local day care which Angie managed for more than ten years. She then switched gears and went to nursing school. Her first job was at Greene County Hospital. She transferred to George Regional Health & Rehab in 2015 and has had many roles since then; floor nurse, MDS (conducted federally mandated assessments of long term patients), admissions, Director of Nursing, and now Administrator. "I could not do this without an amazing staff. We have a great team in place that really put patients first," she adds. "It's all about our patients—we are local people taking care of our local people."

George Regional Health & Rehab: More Than a Nursing Home

George Regional Health & Rehab provides a home-like setting for precious loved ones with warm, inviting spaces, large private rooms and bathrooms, an energetic activities program and healthcare providers who truly care. Located on the campus of George Regional Hospital, the center provides long-term nursing services and specialized short stay rehabilitation with the goal of returning patients to their own homes.

From playful group exercise to manicures and music, there's always something going on to help keep our residents active and involved.

The center offers an expansive list of activities each month for residents to enjoy including:

- Bible Bingo
- Wheel of Fortune
- Popcorn and a Movie
- Group Exercise
- Trivia
- Story Hour
- Manicures and Music
- Crafts
- Cooking Group
- Bible Studies
- Pet Therapy
- Special outings around the community



Angie and her husband have three sons; Jared, Colby and Doc. They are also pastors at Salem Full Gospel Church.

“We are local people taking care of our local people.”

- Angie Mason

George Regional Health & Rehab provides:

- 24/7 Nursing Care
- Activities Program
- Spacious Recreational Area
- Laundry Services
- Beautician Services
- Registered Dietician to plan and monitor meals
- Physical, Occupational, and Speech Therapy
- Respiratory Therapy
- FREE Wi-Fi

For more information about George Regional Health & Rehab, please call 601-947-9101 or visit www.georgeregional.com/George-Regional-Health-and-Rehab.



After suffering from unexplained back pain for years

and consulting with more than a dozen different physicians, Anthony Caldwell finally found relief after a visit with Larry Henderson, M.D., Community Medical Center.

"I had bypass surgery in 2002 after a stress test revealed some issues with my heart," explains Anthony. "I then developed a pain high in my back behind my shoulder blade, but no one could pin point the problem. I even had neck surgery recommended by one of the doctors I saw in Mobile. It did not help."

Anthony and his wife of more than 30 years, Tammie, have a blended family including six children and eighteen grandchildren. "I was a rural mail carrier for George County for 30 years and Tammie still is," he adds. "We have a large family and we make a point to get together at the beach every other year. This year all 32 of us made the trip."

Caldwell's family physician had always been Dr. Seth Scott until he began seeing patients in the hospital only. "I didn't have a family doctor for several years," he adds. "I went to Sunday school with Dr. Larry Henderson's parents and people had been urging me to go see him. His sister told me that he might not be able to fix the problem since you have seen so many other doctors, but he will listen to you. The first thing he asked was had anyone ever recommended nitroglycerin...no one ever had, so he wrote me a prescription. Within minutes of taking the nitroglycerin, the pain was gone."

"That's when we knew his pain was heart-related," explains Dr. Henderson. "Pain from different sources will present in different ways. Upper back pain could come from muscles which would hurt with moving in different ways or certain positions. Pain from the pleura (the lining around the lung)

would hurt with breathing. Nerve pain from a pinched nerve might hurt all the time and might be worse with certain positions, but Mr. Caldwell's pain was specifically brought on by physical exertion. It hurt after he had dialysis and was walking back to his vehicle."

Anthony suffers from polycystic kidney disease, which is hereditary. He began dialysis in January and is now undergoing a procedure peritoneal dialysis which will allow him to dialyze at home. "It's also portable, so I can continue to enjoy trips with my family."

"Although the two health issues are not really related, it is interesting to note that Mr. Caldwell thought the pain was related to dialysis. It was not related strictly to the dialysis but brought on by the stress of dialysis and walking to the vehicle after the procedure," Dr. Henderson clarifies. "It was the gradual onset of the pain brought on predictably by physical exertion and the gradual resolution of the pain with rest that clued me in that this was probably related to heart disease."

Nitroglycerin is a medicine generally used to treat chest pain in people with coronary artery disease. "In this case, the nitroglycerin causes dilation of the coronary arteries which temporarily restores blood flow to the heart, thus relieving the pain. There are both short acting forms of nitroglycerin which provide immediate pain relief and long acting forms for prevention of pain." These are either used temporarily until heart surgery or stents can restore the blood flow permanently, or they can be used long term in cases where blood flow cannot be restored.

Anthony eventually had his original bypasses corrected and now has 3 stents. "I've struggled with this back pain for almost 10 years and to finally have some relief has been a blessing," adds Anthony. "I still have the same pain but it's manageable with the nitroglycerin."

Meet Dr. Henderson



Larry Henderson, M.D.,

is Board Certified in Family Medicine. He was born and raised in George County and has been taking care of patients at Community Medical Center since 2007.

Dr. Henderson graduated from the University of South Alabama with a BS in Biomedical Science where he also completed Medical School, as well as an Internship and Residency in Family Practice.

He is a member of the American Academy of Family Practice,

American Medical Association, and Society of Teachers of Family Medicine. Dr. Henderson enjoys family time with his wife and children, working on cars, gardening, hiking, dining, creating, and inventing.

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. CHRISTOPHER LANSDOWN
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.



George County 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.

High School Football and Southeast Rehab

It was the first game of the season and the medical team was already being called into action. “As I was stretching out a player’s ankle, I looked up to see the head referee on the ground,” recalls Dillion Evans, Physical Therapist, Southeast Rehabilitation. “We raced out to the field and began performing CPR. The West Jones athletic trainer brings out the AED (automated external defibrillator used to help those experiencing sudden cardiac arrest). We continued taking turns performing CPR until the ambulance could get to the field.”

Through a partnership with George Regional Health System’s Rehabilitation Department, Southeast Rehab, students have ready access to an on-site physical therapist at all varsity high school sport events. “If there had not been qualified medical staff that gave him attention so quickly, the outcome would have been much worse. Dillion and the athletic trainer for West Jones did an outstanding job following the CPR & AED protocol,” reports Matt Caldwell, Athletic Director and Head Football Coach for the George County School System.

“It was definitely a team effort and a perfect example of why knowing CPR is so critical,” Dillion adds. Earlier in the day, the referee had complained of indigestion. “It’s important to know the early warning signs of a heart attack—a feeling of ‘indigestion’ being one. This is especially true before you exert yourself in the heat,” Dillion said. Other warning signs include shortness of breath, nausea and vomiting, sweating, unusual fatigue, chest pain, and neck, jaw, shoulder, abdominal or arm discomfort.

The referee has since had surgery and is continuing to improve. “It was quite an intense experience and I’m glad to have been able to help,” Dillion adds.

Southeast Rehabilitation helps people with physical injuries and chronic diseases get back on their feet through physical, occupational, and speech therapy.

Meet Dillion Evans



Dillion is a life-long resident of George County. He received his Bachelor of Science in Exercise Physiology from the University of Southern Mississippi in 2014 followed by his Doctorate of Physical Therapy from the University of South Alabama in 2017. He joined Southeast Rehab in 2017 where he specializes in

general orthopedics with an emphasis on low back pain, athletic injuries, and preventative medicine. Dillion is also a Certified Strength & Conditioning Specialist, and he often helps students improve their performance with movement and training recommendations.

Southeast Rehabilitation provides:

- Aquatic Therapy
- Pediatric Therapy
- Sports Medicine Rehabilitation
- Work Conditioning
- Neurological Rehabilitation
- Hand and Shoulder Rehabilitation
- Neck and Back Pain Therapy
- Wound Care
- Preventative Health and Wellness

For more information, call 601-947-9190 or visit georgeregional.com/southeast-rehabilitation.



Health & Well-Being!

Ginger Simmons began her weight loss journey three years ago after injuring her foot while walking in the park. In just three years she's lost 70 pounds with the help of the staff at the Wellness Center.

"I had a mid-foot sprain which developed into Complex Regional Pain Syndrome. The pain then began spreading to my hip, it was excruciating," Simmons recalls. Her foot was cast for almost four months and during that time, she gained nearly 40 pounds. "I was bored and immobile, and my weight was steadily increasing," she adds. After the cast was removed, she knew she needed to do something about the weight and wanted to join a gym.

"When I started at the Wellness Center, I could only handle about 5 minutes of pressure on my foot, but with the guidance of Jennifer Hillman and Michelle White (Fitness Instructor), I slowly added different exercises to my routine to strengthen my foot." Ginger began working on cardio exercises as well as Yoga. "The Yoga was especially good for my foot injury—to help build back muscle and strength."

Jennifer is the Director of the Wellness Center as well as a Registered Dietitian and a Certified Personal Trainer. "My goal is to facilitate health and overall well-being for our members," explains Jennifer. "Ginger has done so well overcoming her injury and

because she's been so consistent in her exercise regime, she's been able to lose weight steadily."

About six months after joining the Wellness Center and steadily losing pounds, Ginger hit a plateau in her weight loss. "Jennifer really helped me understand the importance that nutrition plays in exercise and weight loss. She guided me through the slump and got my body using energy more effectively."

"As a dietitian, I find that most people overcomplicate nutrition. If your goal is weight loss and you stay in a small, daily caloric deficit, ALL foods can fit into your intake pattern! It really comes down to monitoring portion control," Jennifer explains. "We provide that one-on-one nutritional counseling for all of our new member assessments. Nutrition has to be part of the journey, whether its weight loss or muscle gain!"

Ginger and her husband Randall moved to George County twelve years ago from Big Point in Jackson County. They have two children. "I'm thankful we have an exercise facility like the Wellness Center that provides exercise equipment, but more importantly, qualified people who can help with your goals," she notes. "Thirty more pounds and I'll be at my goal weight!"

Workout At The Wellness Center!

Mon. - Fri. 5:30 AM - 9 PM | Sat. 8 AM - 2 PM | Sun. 1 PM - 5 PM

Wellness Center Membership includes:

- Personalized Fitness Assessment
- Professional Supervision
- Nutritional Counseling
- Certified Personal Trainers
- Cardio Equipment
- Weight Machines
- Free Weights
- Aquatic Classes
- Pilates
- Circuit Classes
- Step it Up

- FHIIT 30
- Flex-Ability
- PowerFlow
- Burn & Firm
- Yoga
- Barre Bottom
- Body 360
- Rhythm Fitness
- Kickboxing
- 30 Minute Lunch Classes (Monday - Friday)
- Group Fitness Classes
- Happy Hearts & Silver Sneakers (special programs for seniors)

\$20 assessment fee for new members. Monthly dues are \$33 and \$11 for each additional family member.

KidKare

Mon., Tue., Wed. and Fri.
8 AM to 11 AM

Daily rate: \$5 for the first child and \$2 for each additional child
Monthly rate: \$20 for first child and \$10 for each additional child.

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



George Regional Hospital Welcomes Sleep Medicine Specialist

The Sleep Center opened its doors in 2016 and continues to help those who struggle with sleep issues. “Our Sleep Center is growing and in order to provide our patients with the best standard of care, we have added a Sleep Medicine Specialist,” states Karen Saussy, BSHA-Ed, RRT, Director of Cardiopulmonary. “We are excited to welcome Dr. Michael Darin who is Board Certified in Sleep Medicine, Pulmonology, and Critical Care.”



Dr. Michael Darin

Dr. Darin received his medical degree from the University of Minnesota Medical School and completed his residency and sleep medicine fellowship at the Northwestern Memorial Hospital. Dr. Darin is passionate about sleep medicine and excited to provide

his services to our community. He treats all types of sleep disorders including narcolepsy, insomnia, and shift work sleep disorders.

The average person often sacrifices sleep in order to meet the demands in their busy lives. The result is sleep deprivation which can negatively affect one’s overall health and quality of life. Serious health conditions can also arise when a person doesn’t get the sleep their body needs.

Sleep apnea, for example, can lead to high blood pressure, diabetes, stroke, heart disease, and heart attack. “Sleep is important to a person’s overall health,” adds Saussy. “We see so many people struggling with serious health conditions that are a direct result of a sleep disorder.”

The Sleep Center offers sleep studies, which is a painless series of tests performed in an overnight setting that evaluate an individual’s sleep patterns to determine if they have a sleep disorder. Located inside George Regional Hospital, the Sleep Center provides professional consultation, diagnostic, and treatment services for all types of sleep disorders. Sleep studies are by physician order. If you feel you may be suffering from a sleep disorder, talk to your doctor about the benefits of a sleep study.

Trouble Sleeping? We Can Help!

Competitive Pricing
with Payment Plans Available!

50% LOWER than other Sleep Centers!

*based on average cost of other sleep centers.

For more information about the Sleep Center at George Regional Hospital, please call 601-673-6319.