

# Discover

*Exceptional Healthcare Close to Home*



Inside this issue...

# NEW MULTI-SPECIALTY CLINIC



www.georgeregional.com  
(601) 947-3161  
859 Winter St., Lucedale, MS 39452

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- ▶ *Pharmacy Open*
- ▶ *Mammograms Save Lives*



# Letter from Greg Havard CEO

## George Regional Health System

Thank you for taking the time to look over our Discover Magazine. I hope you will find it educational and enlightening.

Over the past few years, we have been able to capitalize on new opportunities throughout our Health System and we wanted to share those with you. Just a few of the opportunities you can read about in this edition are; the services of our Multi-specialty building, the growth and events of GRHS's nonprofit Foundation, Ella's café, general surgery and the addition of a Foot and Ankle Specialist.

George Regional Health System is here, in your community, ready to care for you. We offer high quality services in George, Greene and Stone counties so you do not always have to travel long distances when you need healthcare.

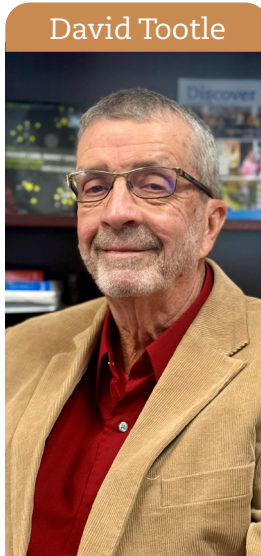
As always, thank you for choosing George Regional Health System for your healthcare needs. Without your continued support, George Regional Health System could not be able to serve our growing friends and family.

Sincerely,

Greg Havard, CEO  
George Regional Health System

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David Tootle

### MEET OUR NEWEST BOARD MEMBER

David Tootle has lived in George County his whole life in The Broom community. Tootle worked at the Ingalls Shipyard and Chevron Oil Co. and retired in 2008. He is married to Cheryl Buckhalter, and they have four daughters and six grandchildren. Tootle is an active member of Pine Grove Church. "I am very honored to be asked to serve on the Hospital Board for Beat 5. I will do my best to serve in a good and positive manner. Thank you for the opportunity."

### BE A HEALTHCARE HERO...

# Join our team!

Go to [GeorgeRegional.com](http://GeorgeRegional.com) for the most up-to-date employment listings.

Cover photo: George Regional Health System's new Multi-Specialty Clinic. See page 4.



# Reduce Your RISK OF CANCER



A diagnosis of cancer can be daunting. In fact, nearly half of all cancer cases and cancer deaths are preventable. With simple lifestyle choices and regular screenings, you can reduce your chances of developing cancer. Adopt these simple lifestyle choices today and begin reducing your risk:

## Avoid Tobacco Use

It is well-known tobacco is linked to the development of cancer. In fact, smoking is connected to many forms of cancer such as lung, breast, throat, bladder, pancreas, and kidney. Those who don't smoke but are exposed to secondhand smoke are also at risk for lung cancer and other respiratory conditions.

## Regular Screenings and Medical Care

Discovering cancer early gives you the best possible outcomes from treatment. However, there has been a decline in cancer screenings because of the COVID-19 pandemic. Talk with your doctor to determine the best screening for your needs. Some tests can help identify cancer early while others detect precancerous conditions before cancer develops.

## Get Vaccinated

Certain viral infections have been linked to cancers including liver, cervical, genital, and head and neck cancers. Talk with your doctor about being vaccinated against, for example, Hepatitis B and Human papillomavirus (HPV).

## Skin Protection

One of the most common, and preventable, forms of cancer is skin cancer. When outside wear sunblock year-round, stay in the shade if possible, avoid direct sunlight from 10 AM to 4 PM, and cover skin with clothing. Tanning beds and sunlamps should not be used because they are just as harmful as natural sunlight.

## Regular Exercise

Regular physical activity could lower your risk of developing breast or colon cancer. Exercise is also a great way to reduce stress, increase energy, and boost your immunity while helping to control weight.

## Make Health Your Priority JOIN THE WELLNESS CENTER

George Regional Health System's Wellness Center is more than a gym. Our members have access to one-on-one nutritional counseling with a Registered Dietitian as well as fitness programs created by a Certified Personal Trainer.

### Wellness Center Membership Includes:

- Orientation to the facility/equipment
- Body Composition Assessment: Body Weight, Body Fat Percentage, Body Mass Index (BMI)
- Nutritional Counseling/Education
- Certified Personal Trainers on staff
- Cardio Equipment
- Multiple Station Weight Machines
- Free Weights/Dumbbells
- Group Fitness Classes (including Yoga, Pilates, Dance, and Circuit-Training classes)
- Happy Hearts & Silver Sneakers (geared towards our senior members)
- Free WiFi
- Showers, lockers, linens
- Affiliations with Humana (Silver Sneakers), Cigna-HealthSpring (Silver & Fit/ Active & Fit), and United Healthcare (Renew Active) fitness programs

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

Monday – Friday  
5:30 AM to 9 PM

Saturday  
8 AM to 2 PM

Sunday  
1 PM to 5 PM

**For more information about the Wellness Center,  
please call (601) 766-9001. We are located at  
838 Mill Street, Suite A, Lucedale, MS 39452.**



# Multi-Specialty Clinic

After two years of planning and construction, George Regional Health System (GRHS) marked a significant achievement with the opening of our new Multi-Specialty Clinic. This modern facility, funded in part by the BP Oil Spill settlement, is a testament to our commitment of improving healthcare and economic resilience along the Mississippi Gulf Coast.

The clinic will host our general surgeons Dr. Wentzel and Dr. Richardson, Stonnington Orthopedics, and our Foot and Ankle Specialist, Dr. Georgian. With contributions from the Mississippi Gulf Coast Restoration Fund covering 80% of the costs, totaling \$2.2 million, and \$550 thousand from GRHS itself, the project represents a substantial investment in community health.

As the ribbon falls and doors open, the clinic stands as a symbol of progress, offering local medical expertise and economic benefits to the state, projected to be over \$1 million annually. Our new Multi-Specialty Clinic is a step forward towards a healthier and more prosperous future for all.

## Expert Surgical Care Close to Home

Having surgery is stressful, but having to travel out of your community puts unnecessary strain on you and your family. Our expert surgical team at our new Multi Specialty Clinic can treat many medical conditions locally with faster recovery times and reduced risks.

### General Surgery

- Gastric Repair
- All Colon Surgeries for Cancer
- Breast Surgery
- Bowel Disease
- Colon Cancer Screenings
- Splenectomy
- Hernia Repairs
- Appendectomy
- Hemorrhoidectomy
- Vasectomy
- Peritoneal Dialysis Catheter Placement
- Gallbladder Surgery
- Scope Tests (for stomach & colon problems)

- Skin and Soft Tissue Lesions
- Ports
- Thyroid
- Laparoscopic Procedures and more

### Orthopedic Surgery

- Arthritic Joint Replacements
- Robotic Hip & Knee Replacements (MAKOplasty Robotic-Arm Assisted Surgery)
- Muscle Sparing Total Hip Replacements
- Minimally Invasive Surgery
- Arthroscopic Surgery
- Hip Surgery

- Knee Surgery
- Shoulder Surgery
- Elbow Surgery
- Hand Surgery
- Foot & Ankle Surgery
- Sports Injuries
- Fractures and Traumatic Injuries
- Hip Pain
- Knee Pain
- Shoulder Pain
- Hand Pain
- Elbow Pain
- Foot & Ankle Pain

### Podiatric Services

- Diabetic Feet
- Injuries
- Heal and arch pain
- Joint pain and swelling

- Arthritic conditions
- Bone Spurs
- Fractures, sprains, and strains
- Hammertoes
- Bunions
- Foot Deformities
- TOTAL FOOT Care

### Skin & Wound

- All Forms of Dermatological Surgery
- Wound Care and Debridement
- Split and Full Thickness Skin Grafts

### Thoracic Surgery

- Lung Cancer Wedge Resections
- Lobectomy





**Stephen B. Georgian, DPM**

Steven B. Georgian, DPM, a doctor of podiatric medicine, is welcoming new patients at Foot & Ankle Specialist in Lucedale. Dr. Georgian, a Wiggins native, received his medical degree from Kent State University College of Podiatric Medicine followed by a residency at West Penn Hospital / Allegheny Health System in Pittsburgh, Pa.



Kelley DeBar, nurse practitioner, lives in Leakesville. She received her Bachelor of Science in Nursing from Valdosta State University followed by her Family Nurse Practitioner degree from the University of South Alabama, and she has more than 25 years of healthcare experience.

**Spencer Richardson, MD**

Dr. Spencer Richardson, general surgeon, is a longtime resident of Mississippi. He earned his medical degree from the University of Mississippi and completed both his residency and general surgery internship from there. He has practiced general surgery at Ochsner Health for the past six years.



**Michael Stonnington, MD**

Michael Stonnington, MD, an orthopedic surgeon, received his BA with a distinction in Archaeology from the University of Virginia. He then received his medical degree from Duke University while serving in the United States Air Force Reserve. He attained his residency in Orthopedic Surgery at the University of Florida.



**Jennifer Wentzel, MD**

Dr. Jennifer Wentzel, general surgeon, is originally from central Pennsylvania. She obtained her medical degree at The Commonwealth Medical College in Scranton, Pennsylvania and residency training at Grand Strand Medical Center in Myrtle Beach, South Carolina. She then spent 4 years practicing General Surgery at SSM Health in Shawnee, Oklahoma.



Community  
Surgical Center:  
**601-766-0308**

Stonnington  
Orthopedic:  
**601-673-6120**

Foot & Ankle  
Specialist:  
**601-673-4625**





# Star Gala

This past year, the GRHS Foundation held its first Star Gala to recognize outstanding members of the community and our health system while raising funds. At this year's Gala, the Foundation honored the 2024 scholarship recipients. The Foundation offers two types of scholarships: a Healthcare Scholarship and a Foundation Scholarship for high school seniors.

Three recipients were awarded \$5,000 each through the Healthcare Scholarship: Hayleigh Parker, Crystal Collins, and Kaylee Hayden. Six high school seniors received the \$500 Foundation Scholarship: Maggie Ferguson, Cooper Whatley, Alyssa Holland, Avery Fairley, Jase Read, and Noah Wallace.

The evening featured awards, great food, a jazz band, and a silent auction. Two employees were recognized: Hanna Jordan as Employee of the Year, chosen by her colleagues, and Dr. Cody Davis as Provider of the Year, selected by the community.

The Foundation raised over \$25,000 to support its mission. We look forward to another successful Gala in 2024.

George Regional Health System Foundation was founded in 2020. This nonprofit was created to help support George Regional Health System, its patients, and people in the community. Over the past few years the Foundation has been growing and has raised over \$60,000 through events throughout the years. This would not be possible without the support from our community and employees. This past year the Foundation hosted our first annual Golf Tournament and Reindeer Run 5k. There are many ways to contribute to our foundation by making a donation, participating in fundraising events, and volunteering. Because of the continued support, hundreds of people have been helped and many scholarships have been given to local students in the community.

If you'd like to contribute to our Foundation, you can call 601-673-6185.



# Ella's Café

Ella's Café opened April of 2022 and was named after Ella Erkhart Miler in recognition of her 21 years of excellent service. Ella's café serves the residents and patients at George Regional Health System as well at the community.

## Ella's café hours

**Breakfast: 7am - 8:30am Lunch: 11am - 1:00pm**

**Grab & Go: 7am - 6:15pm**

Our Grab & Go consists of a variety of sandwiches, wraps, salads, parfaits, pies, and cakes. Menus for each week is always posted on [GeorgeRegional.com](http://GeorgeRegional.com).



Choose to fill your prescriptions at George Regional Health System's pharmacy, located inside Community Medical Center. We are a full-service retail pharmacy ready to help you and your loved ones with your prescription needs.

**We offer...**

- Competitive Pricing
- Fast, accurate, and friendly service – in person or through the drive-up
- Pharmacist consultations are available
- Fulfilling prescriptions from all doctors, even those out of town
- \$4 prescription plan & a loyalty program
- Accepting most insurances, as well as cash, check, and credit/debit cards
- Open longer hours to help YOU

**Open to the Community and Ready to Serve You**

The pharmacy, and the drive-up window, is located at 92 West Ratliff Street, Lucedale, MS 39452

**PHARMACY & DRIVE-UP HOURS:**

Monday - Friday

8 AM to 7:30 PM

(Drive-Thru open until 8 PM)

Saturday and Sunday

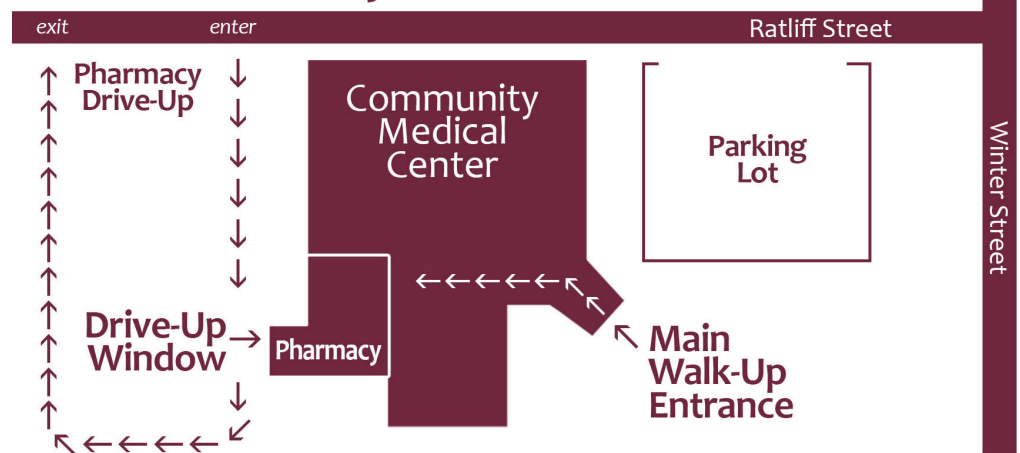
9 AM to 3 PM

The pharmacy can be reached at (601) 673-6383

**Our pharmacy can fill prescriptions from ANY physician!**

**GRHS Pharmacy**

If you are a patient of Community Medical Center, get your prescription filled before leaving the office. Simply ask your nurse to send your prescription to George Regional Health System's Pharmacy.





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



# Mammograms Save Lives

If you have put your mammogram on hold, wait no longer. Finding breast cancer early can reduce your risk of dying from the disease. In fact, it is recommended women should begin getting yearly mammograms at age 40, or earlier if they are at high risk.

A mammogram is an x-ray picture of the breasts making it possible to detect lumps or abnormal growths in women who have no signs or symptoms of breast cancer. George Regional Radiology offers high-quality digital mammography. A digital mammogram is recorded onto a computer providing clearer, more detailed images of the breast tissue.

“The digital images allow our radiologists to magnify and manipulate the images for a better diagnosis,” explains Jennifer Galle, (R) (T) RM, mammographer, who has been with George Regional Radiology for over 25 years. “That’s why yearly mammograms are so important,” Galle adds.

Screening mammography is one of the easiest steps you can take for your health. The procedure takes about 20 minutes and discomfort is minimal for most women.

“We are committed to the fight against breast cancer and we take pride in offering digital mammography, along with compassionate, high-quality care, right here at George Regional Radiology,” says Christy Pope, Director of Radiology, George Regional Health System.

Getting your mammogram, having clinical breast exams, and breast self-examinations on a regular basis are the best ways to detect breast cancer early.

**During the Month of October, George Regional Health System offers a discounted price for mammograms to encourage and support breast cancer prevention. Schedule your mammogram!**

Call George Regional Radiology at 601-673-6100. A physician order is required for all screenings.

**We offer services across George, Greene and Stone Counties...**

