

# McLeod

Volume 28, Issue 3, 2013

## *magazine*



THE ART AND SCIENCE  
OF MEDICAL EXCELLENCE



# Views



Rob Colones

The Mission for McLeod Health is to improve the health and well being of the people living in northeastern South Carolina. And, our Vision is to be 'The Choice for Medical Excellence.'

At McLeod, we want our Vision statement to continue to be a reality and authentic, so we measure it in three specific ways. We want to be the 'Choice for Medical Excellence' in the eyes of our patients, our physicians, and our people.

As an organization, we communicate and demonstrate ten Service Excellence Standards daily, reflecting our McLeod Values of Caring, Person, Quality and Integrity. We see it in the way our

teams consistently interact with our patients and customers, and how we treat one another.

We share it by giving others some part of ourself, whether it's an ear to hear concerns, hands to help, or a shoulder on which to lean for support.

It is a privilege to serve, taking pride in our appearance and our manners, as both a smile and our attire reflect upon the heart of McLeod. It is an honor to take the time to walk a patient to their destination, offer a tired family member a blanket or pillow, or hold the door open for someone entering any one of our five medical centers.

It is our purpose to care enough to explain to our patients what we are doing, why we are doing it, and what to expect next.

It is our responsibility to take personal ownership of our environment, which shows that we value and appreciate those whose job it is to keep our rooms and hallways clean.

It is our intention to see our work from a different perspective, for considering the experience we provide our patients through their eyes, and not just our own.

It is our commitment to live our values.

I am truly honored to be a part of an organization that respects both the art and science of medicine and am grateful to those who serve others with their minds, their hearts and their hands.

*Robert L. Colones*

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President, McLeod Health



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## On the Cover:

Dr. Doli Biondillo cares for patients at McLeod Pulmonary and Critical Care Seacoast in Loris and North Myrtle Beach, South Carolina. One of Dr. Biondillo's many passions is her love of art. She enjoys spending her time painting, particularly seascapes, adding dramatic lighting effects to sunrises and sunsets. Dr. Biondillo said she considers painting the best therapy.

Cover Photography: Doug Fraser

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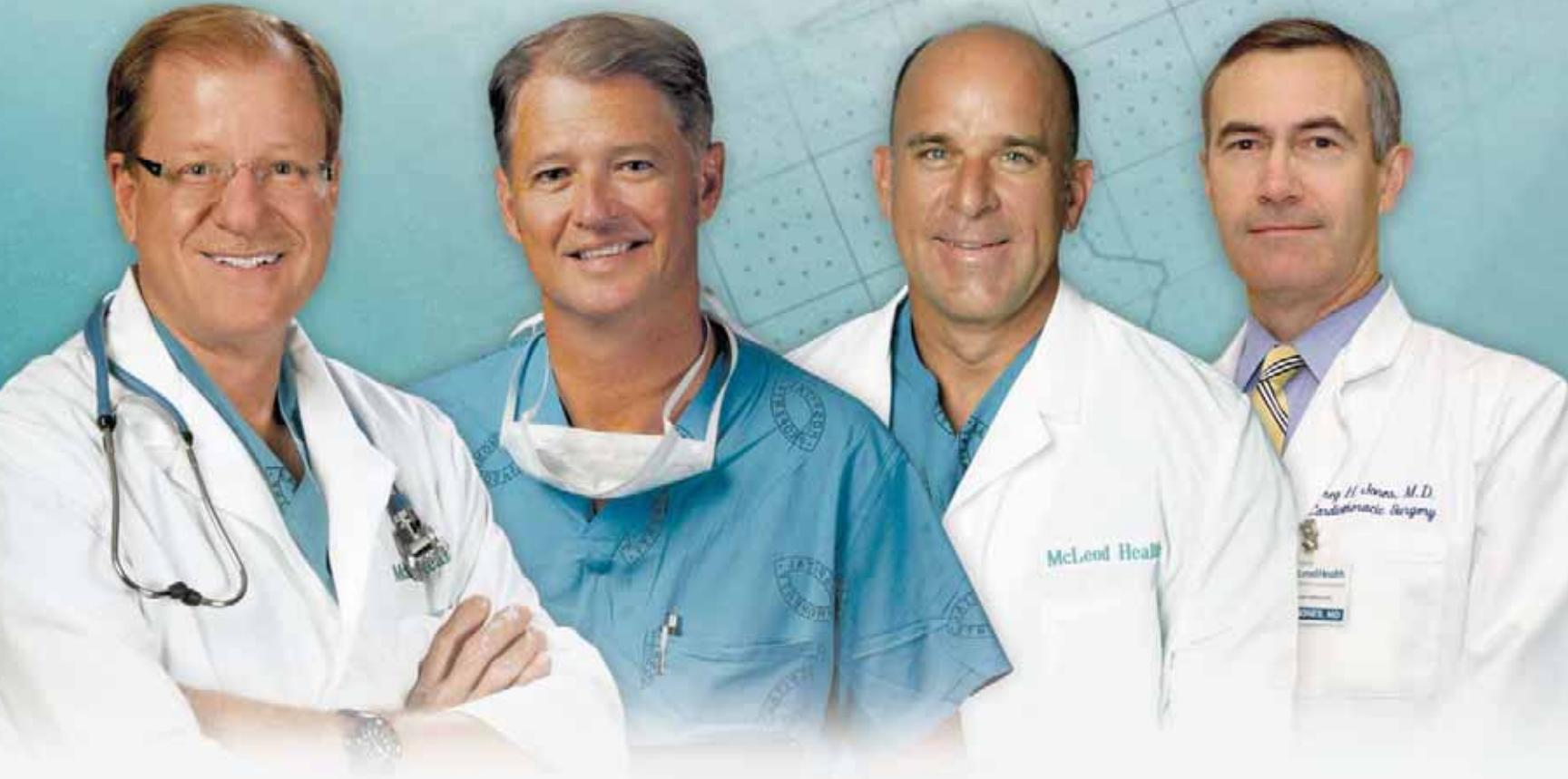


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GROWING COMMUNITY  
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# BUILDING A SUPERIOR Heart Program



The McLeod Cardiothoracic Team, from left to right:  
Dr. Michael Carmichael, Dr. S. Cary Huber, Dr. Scot Schultz  
and Dr. Gregory H. Jones

by Kristie S. Gibbs and Tammy White

The McLeod Heart and Vascular Institute provides the most comprehensive and sophisticated heart care for patients in Northeastern South Carolina and Southeastern North Carolina. Patients can rest assured that their lives are in the hands of an experienced team of cardiac surgeons, cardiologists, anesthesiologists, perfusionists, nurses and intensive care staff who all work together to deliver extraordinary cardiac care.

The region now has the premier heart program. This highly skilled, superlative team benefits even more with the addition of cardiothoracic surgeons, **Dr. Michael Carmichael** and **Dr. S. Cary Huber**. These nationally known heart surgeons partner with **Dr. Gregory H. Jones** and **Dr. Scot Schultz** of McLeod Cardiothoracic Surgical Associates and the McLeod Heart and Vascular Institute.

Prior to joining McLeod, Dr. Carmichael served as the Medical Director and Chief of Cardiovascular Surgery at Bethesda Heart Hospital, and Chairman of the Department of Cardiovascular and Pulmonary Services at Bethesda Memorial Hospital in Boynton Beach, Florida. He has also served as Chief of Adult Cardiovascular Surgery and Director of the Heart Transplant and Artificial Heart Programs at the University of Florida, in Gainesville, Florida. In addition, Dr. Carmichael is the founder of the Ocala Heart Institute, which expanded into seven cities throughout Florida, and co-founder of the El Castano Orphanage in San Pedro Sula, Honduras.

“Dr. Carmichael brings a world view of cardiovascular surgery to McLeod,” said **Dr. Coy Irvin**, Chief Medical Officer for McLeod Health. “He has trained at great schools and worked alongside some of the nation’s leading physicians. Dr. Carmichael has outstanding surgical ability and has also been instrumental in the development of several prominent cardiovascular surgery programs.”

Dr. Carmichael is the recipient of numerous awards and honors, including America’s Top Surgeons, the Compassionate Doctor Award and the Patient’s Choice Award. He received his medical degree from the University of Texas Health Science Center at Houston in Houston, Texas, where he also completed a general surgery residency. He completed a thoracic and cardiovascular surgery residency at the Texas Heart Institute and M.D.

Our physicians “bring a world view of cardiovascular surgery to McLeod.”

– **Coy Irvin, MD**  
McLeod Health Chief Medical Officer

Anderson Tumor Institute also in Houston, Texas.

With more than 30 years of experience, Dr. Carmichael said, “It is a tremendous privilege to be a cardiothoracic surgeon and to have a patient place their physical heart in your hands. I enjoy the art and science of reconstructing a heart valve and giving a patient that is in heart failure or having chest pain, an opportunity for relief of those symptoms and an improved quality of life.”

In addition to performing cardiac surgery, Dr. Carmichael is gifted in bringing a cardiac team together. “I enjoy working with the cardiac surgeons, cardiologists, anesthesiologists, perfusionists, operating room and intensive care nurses, and administration to deliver the highest level of cardiac care in a compassionate caring way.”

Dr. Carmichael is also dedicated to medical mission work in China. He travels to China to perform surgery and to assist the Chinese in improving their quality of cardiac care. Additionally, Dr. Carmichael brings Chinese surgeons to the United States to provide them first hand experience and to aid in their education of Western medicine.

Dr. S. Cary Huber joins McLeod with more than 20 years of cardiac surgical experience. Prior to his work at McLeod, Dr. Huber was in practice with Charlotte Harbor Cardiac Surgical Associates in Port Charlotte, Florida. He received his medical degree from the Northeastern Ohio University College of Medicine in Rootstown, Ohio. Dr. Huber completed a general surgery residency at Orlando Regional Medical Center in Orlando,

Florida, and a Cardiothoracic Surgery Fellowship at the University of Kentucky in Lexington, Kentucky.

Dr. Huber has a special interest in adult heart valve replacement, surgical treatment of arrhythmia, a condition in which the heart beats with an irregular or abnormal rhythm; and video assisted lung surgery, a procedure involving a video scope through a small incision in the skin. This minimally invasive technique shortens recovery time allowing patients to return home sooner after surgery.

“I find heart surgery to be very rewarding,” said Dr. Huber. “It allows me to care for patients who have a life-threatening problem and then see them go home to lead normal lives. Witnessing the transformation of a patient from critically ill to back to normal over the course of several weeks is really quite remarkable.”

Dr. Huber considers heart surgery a collaborative effort. “We review each case with the cardiologists and outline the best plan of care utilizing the strengths and expertise of each specialty. It is a real team approach that leads to better outcomes for the patient.”

“The McLeod Heart and Vascular program has an extensive history of strong leadership and outstanding physicians,” added Dr. Irvin. “The collegiality between the highly-skilled cardiothoracic and vascular surgeons added to the strength and expertise of our cardiologists and cardiac nursing team is enabling McLeod to build the best heart and vascular program possible.”



# AND THE BEAT GOES ON

by Tammy White

McLeod Cardiothoracic Surgeon Dr. Scot Schultz has performed more than 1,500 Beating Heart procedures and is one of the most experienced surgeons in the country for this type of surgery.

Imagine trying to sew a button to a shirt while riding a roller coaster. Sound difficult? Most people would not even attempt it. Unless of course it gave you a better shirt.

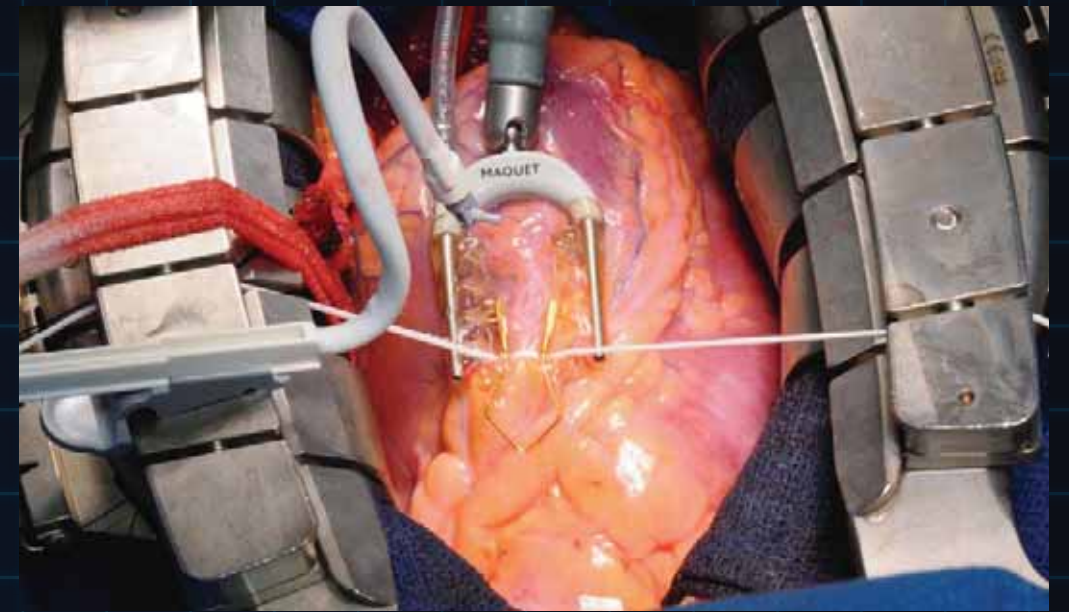
Trying to sew that button on while the shirt is moving represents the challenge a cardiothoracic surgeon faces with Beating Heart surgery, with an obvious difference being that a human life is on the line.

Beating Heart surgery is a way to perform open heart surgery without stopping the heart. In other words, the heart continues to beat and circulate blood throughout the body during the operation.

Why perform surgery on a beating heart? Studies have shown the technique when performed by experienced surgeons helps reduce the risk for complications, such as strokes, that are associated with traditional coronary artery bypass grafting (CABG) surgery.

During CABG, a vein or artery removed from the chest, arm or leg is sewn onto the heart artery beyond the blockage. This allows the blood to flow around the blockage, thereby “bypassing” the blockage. Although this procedure is commonly referred to as “open heart surgery,” the heart is not “opened” during CABG, as the blocked arteries are located on the surface of the heart, not inside.

The traditional method for performing CABG includes the utilization of cardiopulmonary bypass (heart-lung machine), which allows the cardiothoracic surgeon to operate on a patient’s heart that is not beating.



A tissue stabilizer limits the motion of a small area of the heart while the rest of the heart continues to beat normally. The small section of the heart within the tines of the “fork,” (center of the picture) is the stabilized area where McLeod Cardiothoracic Surgeon Dr. Scot Schultz sews on the graft for the CABG surgery.

In other words, the patient’s heart and lungs are stopped for an average of 60 to 90 minutes and the machine takes over the function of these two vital organs while the surgeon performs the surgery.

An alternative to the heart-lung machine is to perform the procedure while the heart is still beating. In other words, the heart is NEVER stopped during surgery and hence the concern of restarting the heart is absent.

“This is a more technically challenging procedure, which explains why only twenty percent of all coronary artery bypass procedures are performed on a beating heart,” said Dr. Scot C. Schultz, a McLeod Cardiothoracic Surgeon. “In addition, Beating Heart surgery is performed by only ten percent of the cardiothoracic surgeons in this country. Some surgeons have compared performing Beating Heart surgery to changing the oil in your car’s engine with the motor still running.

“I approach virtually every CABG procedure as a Beating Heart procedure. I believe, for most patients, it is the best operation. There are a few patients who would not be a good candidate, such as

someone who has had previous heart surgery. These patients tend to have scar tissue from the previous surgery which makes manipulation of the heart more difficult,” added Dr. Schultz.

The challenge of Beating Heart surgery is the difficulty of having to sew on a moving target less than two millimeters in size. To assist with this procedure, Dr. Schultz uses a device to immobilize the area where he needs to work. This device, called a “Suction Stabilizer,” adheres to the heart with soft silicone suction cups that holds steady a two-inch area of the heart. This stabilization allows Dr. Schultz to sew the artery or vein to the heart, which takes less than 10 minutes.

Dr. Schultz brings to the McLeod Heart and Vascular Institute more than 15 years of experience in Beating Heart surgery. He has performed more than 1,500 Beating Heart procedures and is one of the most experienced surgeons in the country in this type of surgery. Since he joined McLeod in May of 2013, he has been training the open heart surgical team in the art of Beating Heart surgery, adding a dimension that this region lacked prior to his arrival.



# It All Adds Up

Will Wheeler and his wife, Keyes, are grateful for the lifesaving care from Lee County EMS and McLeod when Will suffered a heart attack at 38-years-old.



by Tammy White

Will Wheeler enjoyed only a few short hours of his 20-year Bishopville High School Reunion before he told his wife Keyes they needed to leave. At 38 years old, Will believed he was having a heart attack.

## Three Hours

“We danced one dance, then Will left and went outside for a few minutes,” said Keyes. “When he came back in, he said we needed to leave right away. I stayed a few minutes saying goodbye to friends.

“When I got outside, Will was sitting at the bottom of the stairs. He told me he thought he was having a heart attack and we needed to get to a hospital.”

“I called 911 and explained my symptoms, chest pain and sweating,” said Will. “We were close to the Lee County EMS Facility, Keyes drove there while I was on the phone with 911. We arrived as EMS was receiving the call from the 911 dispatch.”

Paramedic Susan Walters ran an EKG of Will’s heart and took his blood pressure. The EKG report was a clear indication that Will needed medical attention right away. The Wheelers asked that Will be transported to McLeod for treatment.

Using her iPhone, Susan took a picture of Will’s EKG report and sent it over to McLeod to expedite getting the information to the hospital. “The communication between the EMS facility and the hospital is crucial,” explained Debbie Whisenhunt, the McLeod Cardiology Outreach Director. “It alerts the McLeod Cardiac Catheterization Team that a heart attack patient is on the way and to be prepared for his arrival.”

“It was the end of Susan’s shift but she said she was going with me in the ambulance to McLeod,” said Will. “Susan is also a friend of mine, and it was very reassuring to have someone I knew going with me.”

## 22 Minutes

Twenty-two (22) minutes is the travel time it took Lee County EMS to transport Will to the McLeod Emergency Department. “I remember Susan calling Keyes from the ambulance,” said Will. “She told Keyes that we were going

“In less than 20 minutes, Dr. Krainin had saved my husband’s life.”

– Keyes Wheeler

to be traveling fast and asked her not to try and keep up with us.”

“I asked a friend to drive me to McLeod because I knew I should not drive myself,” said Keyes. “When we got to McLeod, they were already wheeling Will into the Heart Catheterization Laboratory. McLeod was ready and waiting for him to arrive. I got to see Will three minutes before they started the heart catheterization.”

## 19 Minutes

Nineteen minutes (19) is the time it took McLeod Interventional Cardiologist **Dr. Fred Krainin** to open the blocked artery and re-establish the blood flow to Will’s heart.

“In less than 20 minutes, Dr. Krainin had saved my husband’s life,” said Keyes. “Dr. Krainin met with me after the heart catheterization and confirmed that my husband had suffered a heart attack. I was stunned. He showed me the pictures

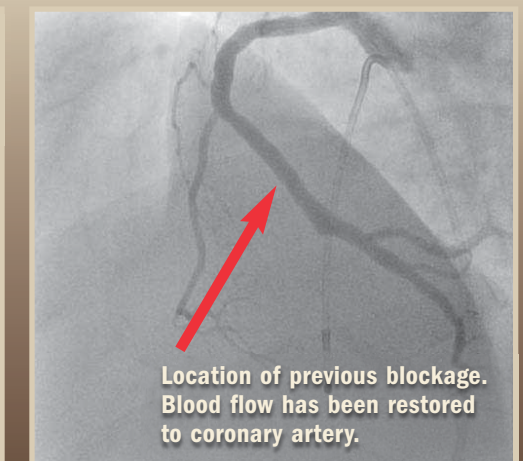
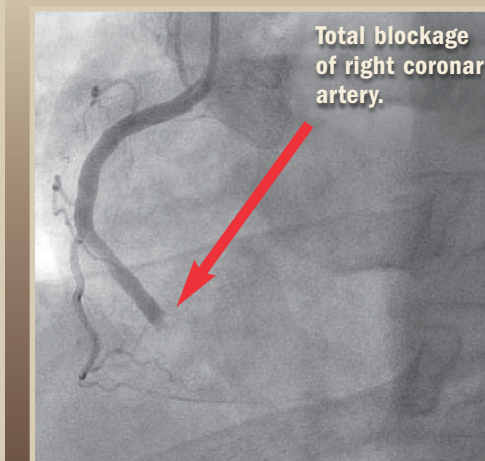
where the blockage was located on the right side of Will’s heart.”

Nineteen minutes is a number Keyes and Will are not likely to forget. In fact, when it comes to a heart attack, numbers and time are important. For the best possible outcomes, the American Heart Association recommends a ‘Door to Balloon Time’ of less than 60 minutes. This measurement begins from the time a heart attack patient first arrives at the medical facility to the point the blocked heart artery is opened.

“Will’s total ‘Door to Balloon Time’ was 46 minutes,” said Debbie. “This measurement started from the time Lee County EMS arrived with Will at the McLeod Emergency Department to the point that Dr. Krainin opened his blocked artery.”

Today, Will is living a healthier lifestyle. He exercises on a regular basis and long hours at the office are a thing of the past. “With two young children, and their busy schedules, it is hard to not make fast food restaurants part of your life,” said Will. “But now I make sure I select healthier options like grilled chicken and fruit cups instead of french fries.”

“My husband is with me today,” said Keyes. “I am very thankful for the wonderful care and everything Lee County EMS, Dr. Krainin, and the medical team at McLeod did to save my husband’s life.”





# Comfort and Care

by Jessica Wall



The Johnson family feels blessed they were sent to McLeod when Beth experienced complications during her pregnancy. The superior care the family received made Brynlee's arrival a positive experience.

It was a typical Monday afternoon for Beth Johnson, who is a dance instructor at Sally Woody School of Dance in Conway. However, on January 7, 2013, 30 weeks pregnant with her second child, Beth felt an unusual leakage that evening after teaching a clogging class earlier.

"Initially, I thought I had danced too much, but then I became concerned. I visited my obstetrician the next day and was told that some leakage is normal. However, it continued and we thought it was better to be safe than sorry, so I went to the hospital to be checked," explained Beth. The examination indicated that Beth had Premature Preterm Rupture of Membranes (PPROM).

Because PPROM can lead to serious complications for both the mother and baby, including an increased risk of intrauterine infection and preterm delivery, Beth was immediately transferred by ambulance to McLeod Regional Medical Center.

At McLeod, Beth and her baby had access to the specialized women's and newborn care they needed, including the Level III Neonatal Intensive Care Unit (NICU), the only NICU in this region.

According to **Dr. John Chapman** of McLeod OB/GYN Associates, PPROM occurs in 3% to 19% of pregnancies and accounts for nearly 30% of preterm deliveries. Risk factors of PPROM include history of preterm births, amniotic fluid infection, multiple fetuses and prior history of PPROM.

"It was important for us to monitor Beth for any complications and prolong labor as much as possible to encourage her baby's proper development," explains Dr. Chapman.

"My husband, Matt, and I had never been to McLeod, but we both were impressed with the hospital from the very beginning," says Beth. "Dr. Chapman and the entire McLeod Women's Services team comforted me and held my hand through it all."

Kay DeWitt, Nursing Director for McLeod Labor and Delivery, explains that Beth was initially given magnesium sulfate to stop preterm contractions as well as antibiotics and steroids to help mature the baby's lungs.

"This treatment lasted for several days until Beth's labor stopped," stated Kay. "Beth was then placed on strict bedrest to prevent labor. This can be difficult for the parents, but each day we gained meant a shorter NICU stay for the baby."

Beth remained in the McLeod Labor and Delivery Unit on bedrest for twenty days.

"Bedrest was very challenging for me, but I received incredible care and attention from everyone – my physician, nurses and technicians," said Beth.

"I felt like I was their only patient, and they made my stay at McLeod special and memorable."

On January 29, at 33 weeks, Beth underwent a C-section, performed by Dr. Chapman, and gave birth to Brynlee Johnson, who weighed just four pounds.

"We were ecstatic over Brynlee's arrival, but we were also concerned about her health," says Beth.

Brynlee was immediately admitted to the NICU. Initially, Brynlee required oxygen and an isolette to keep her body temperature normal. She later learned how to use a bottle.

"Preparing to go into the NICU was a fearful experience, but everyone made us feel like we were part of the family," admits Matt. "We were surprised to learn how many babies were in the NICU, yet the staff gave each baby the personal attention they required. Although this was a trying and uncertain time, we found comfort in knowing that an exceptional medical team was caring for our little girl."

Brynlee was released from the hospital on February 13, fifteen days after her birth. Today, she is a beautiful, healthy little girl who will soon celebrate her first birthday. Her big brother, Matthew, could not be more excited.

"Matthew and Brynlee are full of life and adore each other," says Beth. "We are grateful to the Women's Services and NICU teams at McLeod for everything they have done for our entire family."

"McLeod was the best option for us," continues Beth. "While the unknown can bring many doubts and fears, we knew we were in good hands the entire time."

**"Although this was a trying and uncertain time, we found comfort in knowing that an exceptional medical team was caring for our little girl."**

**– Matt Johnson**



# Caring For Employees Where They Work

by Tammy White

A hospital or physician office is where you would expect to receive care from a nurse. But, did you know nurses also work in industries? While the environment of nursing in an industry is vastly different than in the medical field, the mission remains the same – to offer excellent care and help keep employees healthy.

To support the local workforce, McLeod Occupational Health provides Registered Nurses or Nurse Practitioners in 15 industries throughout Florence and Horry County.

The Occupational Health department assigns Registered Nurses or Nurse Practitioners to partner with industries to supply ongoing medical care, implement employee wellness programs, and offer direction on workplace safety.

RockTenn is one of North America's leading integrated manufacturers of corrugated and consumer packaging. RockTenn of Florence employs 470 people, the majority of whom are men.

The company offers an on-site health clinic with 24-hour nursing coverage, staffed by five full-time and three part-time registered nurses who help oversee the health and welfare of these workers. Gina Turner, a registered nurse, has served on the RockTenn team for five years as the Nurse Manager of this group.

At the RockTenn Health Clinic, the nurses treat an average of 50 employees a day. Some of the many health assessments the

clinic offers include: pre-employment physicals, lab work, vision screenings, immunizations, annual audiograms and pulmonary function testing.

"We have four work shifts, so it is hard to schedule events like health fairs and find a time that the majority would be able to attend," said Gina. "We must be creative and find ways to make health events convenient for them to attend."

Gina and her team also make rounds in the mill. Many of the employees can not leave their work area to visit the clinic, so the McLeod staff comes to them. This allows the nurses an opportunity to ask the employees questions and to ensure that everyone is doing well.

"These are hard working people whose job schedules are rotating shifts," said Gina. "On their day off, they are reluctant to spend that time in a physician's office. The health clinic provides these employees the convenience of having their medical needs taken care of at work."

"For one employee, we made arrangements with his physician for me to administer his allergy maintenance vaccinations. This type of assistance allows the employees to receive medical care at work and spend their time off with their family," added Gina.

James Washington, Recycle Lead Operator and a 32-year employee with RockTenn, knows first-hand the benefits of Gina and her team. James is treated for high-blood pressure and diabetes.

One weekend, James began experiencing problems with his blood pressure. He visited an urgent care center to have it checked. The urgent care center staff recommended that he have his blood pressure re-evaluated when he returned to work.

"On Monday, I went to see Gina," said James. "After she checked my blood pressure, she reviewed my medications." Concerned about the number of medications James was taking, Gina suggested he make an appointment to see a physician. James sought care from a physician accepting new patients.

"Gina helped me arrange an appointment with **Dr. Patrick Jebaily** with Medical Plaza Family Medicine.

"Right away I felt this bond between Dr. Jebaily and I. We have developed a partnership working towards my health goal, which is to make sure I am around to watch my thirteen grandchildren grow up," added James.

Dr. Jebaily re-evaluated James' medications and reduced them by three with a plan to lower that number even further.

Tom Swan, Senior Credit Analyst, has worked with ESAB since May of 2013.

James Washington, Recycle Lead Operator, is a 32-year employee with RockTenn.



"I have lost weight, and I am working on losing more. I am also feeling much better. In addition, Gina keeps checking on me. I can tell if I am experiencing problems with my blood pressure, and I will go see Gina to have it checked. Gina is a compassionate person. I believe this is not just a job for her. She sincerely cares about us. And to a shift worker like me, she is like a life line."

Krista Montrose is a Nurse Practitioner who cares for the employees at ESAB Welding & Cutting Products in Florence. With 650 employees, ESAB is the world's largest manufacturer of plasma cutters, welding equipment and welding consumables.

Krista has been a part of McLeod for twelve years, the past two at ESAB. She spends Monday through Thursday at ESAB and Fridays at RockTenn with Gina and her team.

At ESAB, Krista cares for not only employees but their dependents and children as well. She handles sick visits, well visits, sports physicals, college physicals and immunizations.

"ESAB offers a wellness program," said Krista. "One of my primary responsibilities is the management of the program. I complete blood work for each employee then we meet, review the results and establish their wellness goals. I follow up with each employee quarterly to see how they are doing."

Krista, too, makes rounds in the plant at ESAB. "It is important that I am visible," she explained. "I want the staff to know that I am here for them."

Krista has worked hard to build that trust with the employees, many of whom might not have sought necessary medical attention without her encouragement. One employee who can attest to this is Tom Swan.

Tom, a Senior Credit Analyst, has been employed with ESAB since May of



Tom Swan from ESAB is grateful to Nurse Practitioner Krista Montrose for making sure he received lifesaving cardiac care.

2013. It was around this time that Tom's medical problems arose. He began experiencing chest pain with physical activity and had trouble "catching his breath."

"I would take an aspirin, drink a bottle of water, rest and I would feel fine," explained Tom. However, he quickly reached the point where aspirin was not relieving the pain. His wife Sharon insisted that he go see Krista.

"I had a fall several months before, and I thought the symptoms were related to that injury," said Tom. "Fortunately, Krista was not listening to my self-denials. She made an appointment for me with Dr. Nicolette Naso at Pee Dee Cardiology for the next day."

Tom underwent a heart catheterization, performed the day following his appointment with Dr. Naso. After his procedure, Tom and his wife received the news that he needed Coronary Artery Bypass Grafting Surgery to repair the blockages.

"My heart catheterization was on a Friday, and I was scheduled for surgery on Monday with McLeod Cardiothoracic Surgeon Dr. Scot Schultz," said Tom. "Dr. Naso and Dr. Schultz wanted me to remain in the hospital." After the heart catheterization, both physicians felt Tom's condition warranted monitoring over the weekend.

"I underwent quadruple bypass on Monday, and by Tuesday, I was up and sitting in a chair in the Heart and

Vascular Intensive Care Unit. My entire hospital experience from Dr. Schultz to the nursing staff was top notch. I could not have received better care. And, I feel one hundred percent better," said Tom.

Today, Tom is making healthy lifestyle changes. He works out at McLeod Cardiac Rehabilitation three times a week. On the days that he is not in rehab he is walking his new puppy. Tom also adheres to a no salt diet and admits to putting his deep fryer away for good.

"I thank God that my wife stayed after me to go see Krista," said Tom. "And, I am eternally grateful to Krista that she forced the issue on getting me to Dr. Naso. I believe it is because of her that I am still here today. I did not know it at the time, but with the condition my heart was in, further procrastination could have led to a fatal heart attack.

"I am also very appreciative to ESAB for having the foresight to offer an on-site clinic here at the plant. ESAB is very conscious of the welfare of their employees. Convenient access to healthcare in my situation was lifesaving," added Tom.



James Washington with RockTenn visits Registered Nurse Gina Turner in the On-Site Health Clinic to have his blood pressure checked routinely.

# Growing your FAMILY



by Emily E. Bracey



It is 2013, and being a woman has never been more exciting, or challenging. Women have adapted to carrying the world on their shoulders. Many are up before dawn, ready to face their work day, and in most families usually the last to bed, finishing up their demanding 'to-do' list. Thousands of thoughts and concerns run through a woman's head daily about her growing family.



As a female, choosing a doctor for her children and herself is an extremely important decision. McLeod OB/GYN Dillon and McLeod Pediatrics Dillon have earned that trust from mothers in the area. To the healthcare providers, these women and children are not just patients. Likewise, to these mothers, the physicians and staff are not just medical professionals, they are family.

#### McLeod OB/GYN Dillon

**Dr. Rebecca Craig** and Nurse Practitioner **Andrea Atkins** with McLeod OB/GYN Dillon have worked together as a team for several years. They strive to ensure their patients receive excellent care for all of their personal health needs.

This medical team makes it their priority to help expecting mothers find the Pediatrician that they feel most comfortable with and can trust with all of their child's needs. Atkins also works with women during and after pregnancy to encourage and assist in breastfeeding. In addition, she personally escorts the mom-to-be across the hall and introduces her to the

McLeod Dillon Pediatrics' team. This personal touch helps the mother select the doctor who will care for her child's health needs after the delivery.

McLeod OB/GYN Dillon recently welcomed board certified physician **Dr. Jacob Marcovici**. With more than 20 years of clinical and surgical experience, Dr. Marcovici's experience in women's health includes general OB/GYN care, labor and delivery, and specialty care in urinary gynecology, advanced laparoscopic techniques, high risk pregnancy, microsurgery, tubal ligation reversal and cosmetic surgery.

"Giving the highest quality of service and the utmost respect and compassion to my patients has been my number one goal since my early years in medical school," said Dr. Marcovici. "And, once I experienced sharing the precious moments of childbirth with families, I was completely hooked on this profession."

Dr. Marcovici is a native of Romania. He speaks four different languages: English, French, Romanian

and Hebrew. Dr. Marcovici and his wife Irene relocated to Dillon from Avon, Connecticut.

Dr. Marcovici received his medical degree from the Hebrew University and Hadassah Medical School in Jerusalem, Israel. After completing a residency in Obstetrics and Gynecology in Israel, Dr. Marcovici relocated to the United States where he completed an additional residency in Obstetrics and Gynecology at the University of Illinois at Chicago. Dr. Marcovici has held academic appointments at the University of Connecticut, Yale University and the University of Michigan.

In addition to his work as an OB/GYN physician, Dr. Marcovici performs cosmetic surgery. His practice, Aesthetic Medical Center, is located in the McLeod OB/GYN Dillon office. Dr. Marcovici provides a full scope of services for women and men including body contouring procedures, such as liposuction and tummy tucks, no-scar breast enlargements and reductions,

Mommy Makeovers, and anti-aging procedures and cosmetic fillers like Botox and painless laser treatments. For more information on Dr. Marcovici's cosmetic surgery practice, please call (843) 610-0602.

#### McLeod Pediatrics Dillon

The McLeod Pediatrics Dillon team of caregivers has a huge heart for children of all ages. **Dr. Yvonne Ramirez** and Nurse Practitioner **Stephanie Hodge** are not only concerned for the health of their patients – they also take extra time at each visit to create a special bond with the child.

Recently, **Dr. Joseph Wangeh** joined this team, although he has been providing medical care for area pediatric patients on an as-needed basis for the past few years. He has established close relationships with families.

"I have always enjoyed caring for and being around children," said

"Giving the highest quality of service and the utmost respect and compassion to my patients has been my number one goal since my early years in medical school."

– **Dr. Jacob Marcovici**

Dr. Wangeh. "When I was in medical school, I had a professor that told me early on, long before I knew it, that I was going to be a Pediatrician, and he was right.

"I also have a passion for adolescents," he added. "I want to help prepare them for the future, give them direction, challenge them and make an impact on their lives."

Dr. Wangeh and his family have relocated to Dillon from Orangeburg, South Carolina. He is board certified in Pediatrics. He received his medical degree from the University of Ghana

Medical School in Accra, Ghana. He completed his residency in Pediatrics at Woodhull Hospital in Brooklyn, New York.

McLeod OB/GYN Dillon and McLeod Pediatrics Dillon work hand-in-hand to ensure women and children receive a full spectrum of care. The offices are also located across the hall from one another in the McLeod Dillon Professional Building, which offers familiarity to mothers as their families grow.

At McLeod OB/GYN Dillon, left to right, **Dr. Rebecca Craig**, **Dr. Jacob Marcovici**, and Nurse Practitioner **Andrea Atkins**.



At McLeod Pediatrics Dillon, left to right, Nurse Practitioner **Stephanie Hodge**, **Dr. Yvonne Ramirez** and **Dr. Joseph Wangeh**.



# The McLeod Hospitalist Team

## *Putting Your Health in Good Hands*



Dr. Deborah Wheeler

Dr. Bill Hazelwood

by Leah M. Fleming

Patients in the hospital are often at their most vulnerable state. Family members of loved ones who are hospitalized may be frightened. Both are anxious to find out what is happening, and what can be done to make the patient feel better.

Often, the patient's care is placed in the hands of a Hospitalist. A Hospitalist is an Inpatient Physician who cares for patients in the hospital. Their time is dedicated solely to helping hospitalized patients get well.

"The Hospitalist is the patient's advocate," explains **Dr. Katie Jarvis**, a McLeod Dillon Hospitalist. "They are connected to all of the hospital's resources, including diagnostic testing and specialist physicians. They are there to listen to your problems, to piece together your story, and to make sure you get the very best care while you are in the hospital."

More than 25 physicians care for patients as Hospitalists across McLeod Regional Medical Center in Florence, McLeod Dillon, McLeod Loris and McLeod Seacoast.

"The Hospitalists are experts in inpatient medicine and know what to do to help you get better," said **Dr. Coy Irvin**, Chief Medical Officer of McLeod Health. "Your health is in good hands with the McLeod Hospitalist Program."

"These physicians are an extension of the primary care provider's office," he added. "They work with the patient's primary care physician to obtain information about the patient that may be helpful during their hospital stay. They also give the primary care physician information about the patient's hospital stay upon discharge to provide continuity of care."

Often, patients who are under the care of a McLeod Hospitalist have a primary care physician that has entrusted the McLeod Hospitalist team to care for them upon hospitalization. In some cases, the patient's primary care physician may not be located nearby. For patients who do not have a primary care physician, the Hospitalist team can assist them with choosing one to fit their needs.

The physicians' expertise is a result of diverse training, specializing in Family Medicine, Internal Medicine, Pediatrics,



**Dr. Edward Botse-Baidoo is one of eight board certified Hospitalists serving McLeod Loris and McLeod Seacoast.**

Geriatrics, Pulmonary Diseases and Nephrology. The physicians are able to provide for the patient's complete medical needs while they are in the hospital, and have access to resources and specialists for specific consultations or procedures to assist in their care.

Upon discharge, the McLeod Hospitalist team provides each patient with a follow-up care plan, including a referral for a physician or specialist if needed, as well as education about taking care of their condition.

Specific nursing staff is also assigned to work directly with patients to ensure that patients are put into contact with needed resources after they leave the hospital. Patients are contacted approximately 48 hours after discharge to make sure that they are on track with their appointments and medicines.

The McLeod Hospitalist staff can help to improve the quality of a patient's care while they are in the hospital, and they are eager to assist in making a patient's experience as safe as possible.

"It's all about the human connection," said Dr. Cliff Medina, a Hospitalist at McLeod Regional Medical Center in Florence. "The Hospitalist is able to establish a close relationship with the patient, and the patient, in turn, trusts their Hospitalist. Compassionate care leads to healthier patients."



**Dr. Benjamin Mitchell is among the four Hospitalists caring for patients at McLeod Dillon.**





MOVING

**BIG**

**LOUD**

by Kristie S. Gibbs

Above: McLeod Occupational Therapist Krista Stephens demonstrates BIG movement exercises.

At right: Mickey Lloyd practices saying phrases, sentences and a series of sounds as instructed by McLeod Speech Language Pathologist Jan Parish.



Larry Hicks is working on being BIG with his movements and LOUD with his voice.

The retired welder from Effingham was diagnosed in the Spring of 2013 with Parkinson's disease. He knows that making his movements BIG and learning to project his voice will help him carry out his daily activities and interactions, and enhance his quality of life.

"Move BIG, and 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, now the other side," says Krista Stephens with great enthusiasm, energy and a BIG voice during an occupational therapy session with Larry. Krista makes BIG movements with Larry as they reach their arms upward as far as they can, while stretching up on their toes as high as possible.

Krista is a McLeod Occupational Therapist who is specially trained in the Lee Silverman Voice Treatment (LSVT®) BIG program. LSVT is a clinically-proven technique for improving movement, voice, and speech in individuals with Parkinson's disease. She works with Larry during therapy sessions intended to improve his movement quality.

Rachelle Borja-Lydell, a McLeod Occupational Therapist explains, "Parkinson's disease is a nervous system disorder that often begins with tremors in the hands and progresses to stiff muscles, weak speech, stooped posture, and problems with balance and coordination. The disease alters the brain's ability to monitor itself, so patients are often unaware that they are whispering, hunched over or moving slowly."

A significant result of Parkinson's disease is the loss of muscle and the ability to perform daily tasks. "By teaching patients to perform large movements they learn the amount of effort they must exert to produce improved movements," says Marty Josey, McLeod Physical Therapist. "Through intensive and repetitive

"I know the harder I work and the more often I perform the exercises, my movements and speech will continue to improve. Therapy has made such a difference in my life."

– Larry Hicks, Big and Loud patient

physical, occupational and speech therapy, Parkinson's patients are able to decrease their chance of falls and increase their strength, speed of walking and vocal abilities."

The BIG portion of the program is instructed by certified Physical and Occupational Therapists. The therapists teach patients healthy movements which are continued in daily activities.

"We identify functional goals and teach exercises specific to meeting those goals for each patient," said Terri Morrison, a McLeod Physical Therapy Assistant. "The exercises target strengthening the muscles in the arms and legs to help improve balance and walking. They also mimic movements of everyday activities – such as getting into and out of a chair, unloading the dishwasher, and placing items on a high shelf."

Through the LOUD program, instructed by a certified Speech Language Pathologist, patients are taught how to train their vocal muscles to reach an appropriate level of loudness without straining their voice.

"It is common for patients with Parkinson's disease to have difficulty speaking loud enough for people to hear," said Jan Parish, a McLeod Speech Language Pathologist. "The LOUD program is designed to improve vocal loudness in a healthy way. Patients improve the volume and clarity of their speech, as well as swallowing and facial expressions. LOUD therapy helps patients gain control over their ability to communicate."

Mickey Lloyd of Timmons ville has been working with Jan to learn exercises to amplify his voice and make his speech

clearer. "I am a minister so teaching and preaching are what I do," smiled Mickey. "I had to use a microphone when preaching in order for everyone in the church to hear what I was saying. After a few weeks of sessions with the LOUD program, I no longer needed the microphone. The people at my church were amazed."

The BIG and LOUD programs require an intensive amount of time and dedication. Patients receive therapy four days a week for four weeks and are given exercises to perform at home everyday.

"My body was stiff and I moved my right arm and shoulder very slowly," said Larry. "I thought my movements were normal but everyone would tell me that I was moving at a slow pace. The therapy has helped loosen up my muscles and improve my strength. I also perform exercises at home in the morning and in the evening."

BIG and Loud programs are available for patients at all stages of Parkinson's disease. These programs not only help improve the quality of life for people with Parkinson's disease, it may also help patients with other conditions such as stroke, cerebral palsy, multiple sclerosis, and Down syndrome.

"It is rewarding to see what a difference BIG and LOUD can have on the life of a patient and their families," said Krista.

"My family tells me I am so much faster than before," added Larry. "I know the harder I work and the more often I perform the exercises, my movements and speech will continue to improve. Therapy has made such a difference in my life."



# Expanding Care to Serve Our Growing Community



by Jenna Falls Cox

As the community grows, so do the needs of its residents. With this in mind, McLeod Loris Seacoast and McLeod Physician Associates have broadened their network of physicians to better serve patients in the region. This expansion and access to excellent medical care includes the arrival of four new physicians who are dedicated to serving patients in Horry County and the surrounding areas: **Dr. Doli Biondillo, Dr. Eric Heimberger, Dr. David Johnson and Dr. Amanda Turbeville.** With a patient-focused purpose and quality-driven principles, each of these physicians is dedicated to providing exceptional care to their patients.

## Doli Biondillo, MD



Dr. Doli Biondillo, who is also pictured on the front cover, cares for patients with Dr. Carol Young at McLeod Pulmonary and Critical Care Seacoast.

**Dr. Doli Biondillo** joins **Dr. Carol Young** at McLeod Pulmonary and Critical Care Seacoast. With two locations, in Little River and Loris, Dr. Biondillo cares for patients in the Loris practice. She is board certified in Pulmonary Medicine and Critical Care Medicine.

“I chose to join McLeod because it is a superlative organization with an excellent reputation,” said Dr. Biondillo.

Originally from New Orleans, Louisiana, Dr. Biondillo moved to Indiana with her family at a young age. It was at Indiana University in Indianapolis, Indiana, that she received her medical degree, completed her residency in Internal Medicine, and a fellowship in Pulmonary and Critical Care.

Dr. Biondillo treats patients with lung problems including: COPD (Chronic Obstructive Pulmonary Disease), asthma, lung cancer, interstitial lung disease, shortness of breath and cough.

She also provides care for patients in the McLeod Loris Intensive Care Unit.

“My specialty is both challenging and rewarding,” said Dr. Biondillo. “I enjoy seeing patients that are critically ill recover and go on to have meaningful lives.”

One of Dr. Biondillo’s many passions is her love of art. She enjoys spending her time painting, particularly seascapes. Dr. Biondillo has painted more than 40 pieces, including seascapes from California, Hawaii, and Venice, Italy. She most recently completed a painting of the Myrtle Beach shoreline.

“I love dramatic lighting effects in painting sunrises and sunsets. When I paint, it takes my full concentration. For me, it is the best therapy.”

McLeod Orthopaedics Seacoast welcomes new Orthopedic Surgeon **Dr. Eric Heimberger**, who joins **Dr. David Lukowski** in Little River. Dr. Heimberger is board certified in Orthopedics and has cared for patients in the Grand Strand and Pee Dee areas for 17 years. “I joined McLeod because of its reputation as a premier tertiary care facility,” he said.

Dr. Heimberger specializes in total hip, knee, shoulder and elbow replacement, complex revision total joint replacement, and sports medicine.

“I chose Orthopedic Surgery as my specialty because of the wide range of conditions this specialty treats,” said Dr. Heimberger. “The most rewarding part of my practice is seeing the smiles and receiving the hugs I get from my patients once they have recovered from their injuries or surgeries.

“It is a wonderful feeling knowing that you have improved someone’s life by decreasing or eliminating their pain, and allowing them to be more functional as they go about their normal activities of daily living.”

Dr. Heimberger received his medical degree from Georgetown University School of Medicine in Washington, DC, where he also completed his residency in Orthopedics.

Dr. Heimberger enjoys spending time with his children and being outdoors. He loves watching his children participate in their recreational activities, which keeps the family busy.

## Eric Heimberger, MD



Dr. Eric Heimberger educates a health fair participant at the 2013 McLeod Loris Seacoast Health & Fitness Fair.



Dr. David Johnson has joined the McLeod Loris Seacoast team to serve the primary care needs of patients in Horry County. Dr. Johnson joins **Dr. Marie LiVigni** at McLeod Internal Medicine Seacoast in Little River, South Carolina.

Dr. Johnson comes to McLeod from private practice in Gastonia, North Carolina. He treats an extensive range of adult health care needs, from primary care to more complicated medical needs including heart disease, diabetes, lung cancer, kidney disease, and multi-system diseases.

“I chose to join McLeod because I wanted to be with a healthcare system that has the outstanding reputation McLeod does in providing a high standard of quality care,” said Dr. Johnson. “With top specialty physicians, the McLeod network gives me the resources I need to provide exceptional care for my patients. At McLeod, I can give my full attention to my patient’s health needs knowing I have a strong organization to assist me in the care and diagnosis of my patients when needed.”

In addition to caring for patients in both inpatient and outpatient settings, Dr. Johnson also served as a physician in the United States Army for 12 years.

“I enjoy knowing that each day I come to work I am helping someone and making a difference in their lives. When a patient’s family member comes to me and says thank you for saving my loved one’s life, there is no better feeling of happiness. It makes all the long hours and years of study worth it.”

Dr. Johnson received his medical degree from Loma Linda University in Loma Linda, California. He completed his residency in Internal Medicine at Walter Reed Army Medical Center in Washington, DC. Dr. Johnson has also been awarded recognition by the National Committee for Quality Assurance Heart/Stroke and Diabetes Recognition Programs.

Dr. Johnson enjoys traveling with his wife, a professional photographer. He also enjoys outdoor activities and spending time with his three grown children.

## David Johnson, MD



Dr. David Johnson and his wife, DonnaKay, enjoy traveling and spending time with their three grown children.

## Amanda Turbeville, MD



Dr. Amanda Turbeville enjoys kayaking, one of her many hobbies, in the Cherry Grove Inlet.

Dr. Kenneth Mincey and Dr. Eric Young of McLeod Loris Seacoast Surgery have welcomed new Surgeon **Dr. Amanda Turbeville** to their team.

Dr. Turbeville comes to McLeod Loris Seacoast from Ochsner Clinic Foundation in New Orleans, Louisiana, where she completed her residency in General Surgery.

“After completing my Bachelor of Science in Nursing, I chose to continue my education in medical school and go deeper into the science of medicine while still having the opportunity to care for patients and have that one-on-one interaction with them,” she explained. Dr. Turbeville received her medical degree from the Medical University of South Carolina in Charleston, South Carolina.

“General Surgery appealed to me because I like caring for a variety of

patient needs and conditions. I am able to treat patients in the office, operating room, and those who have surgical emergencies in the Emergency Department,” she added.

McLeod Loris Seacoast Surgery offers general surgery care including diagnosis and treatment of abdominal and intestinal issues in the esophagus, stomach, small bowel, colon, liver, pancreas, gallbladder and bile ducts. In addition to treating patients for diseases of the thyroid, skin, breast, soft tissue and hernias, they also specialize in minimally invasive procedures, endoscopy and wound care.

Originally from Summerville, South Carolina, Dr. Turbeville enjoys spending time with her family, reading, traveling, and going to the beach. One of her newest hobbies is kayaking, which she really enjoys and finds to be great exercise.

# A Pleasant SURPRISE

by Tracy H. Stanton

Beth Watford of McBee, South Carolina, said she was pleasantly surprised at both the ease and comfort during her recent experience with McLeod Darlington. Beth had a bone density scan and mammogram performed at the hospital.

“I was in and out in less than 45 minutes,” said Beth. Having never been to McLeod Darlington before, Beth was amazed at how fast and easy it was for her to get an appointment and have the two tests performed.

The hospital is also located closer to Beth’s home and work, which made for an ideal situation. “The staff was very nice and prompt. I highly recommend that other women consider going to McLeod Darlington for their annual screenings.”

**Dr. D. Parker Lilly**, McLeod Family Medicine Darlington, serves as the Chief of Staff for McLeod Darlington. “At McLeod Darlington, we provide many preventive services including health maintenance screenings for women. These screenings should include a Bone Density study every two years, from age 50 to 74, – unless a woman has increased risk factors, and a screening mammogram every year starting at age 40. We can provide these services at McLeod Darlington and can usually perform the test at the patient’s convenience.”

Osteoporosis is a gradual loss of calcium in the bones which can result in hip, spine and wrist fractures. This disorder affects nearly one-half of all post menopausal women, the largest group at high risk for osteoporosis.

Using a bone densitometer, physicians can measure a patient’s bone density and follow it over time. If the patient’s bone density is low, or decreases at an abnormally fast rate, the

patient may be at risk for osteoporosis.

McLeod Darlington uses a GE Lunar Bone Densitometer to measure the density of the spine, hip and other bones which are the most frequent sites of fracture. In 30 seconds, this highly precise densitometer helps identify risk at a much earlier stage. It can also evaluate response to treatment so that medical professionals know whether the therapy is effective or if they need to modify their approach.

Traci Hubbard, Director of McLeod Darlington Radiology, encourages women to visit McLeod Darlington for a bone density examination. “There is no special preparation involved for the patient, and the exam is very brief and painless.”

In addition to bone density scans, McLeod Darlington continues to offer women an annual mammogram in less than 30 minutes. From the moment

patients arrive, the radiology team makes them feel at home in the warm and friendly setting. And, the experienced radiologists of McLeod Health read and interpret all results before they are sent directly to the patient’s primary care physician for review.

Outpatient Radiology Services, including Digital Mammograms and Bone Density Scans, are provided at McLeod Darlington between the hours of 7:00 a.m. and 5:00 p.m. All radiology tests are performed by registered and state certified technologists and are interpreted by McLeod Health Radiologists.

To schedule a bone density scan or mammogram at the Darlington campus, call McLeod Reservations and Scheduling at (843) 777-2095 and request McLeod Darlington.



Dr. Parker Lilly is pictured here with the McLeod Darlington Outpatient Radiology Team. From left to right: Keisha Andrews, RRT; Melanie Rollings, RRT; Lyn Sellers, RRT; Becky Watts, RRT; and Lynette Griffin, RRT.



AT THE CENTER OF  
**HOPE**

THE NEW McLEOD CENTER FOR  
CANCER TREATMENT & RESEARCH

by Tracy H. Stanton



When a patient is diagnosed with cancer they want reassurance and the guiding touch of a medical team ready to take on this challenge with them. To enhance the patient's experience on this journey, the new McLeod Center for Cancer Treatment and Research has been designed to provide the highest quality, individualized care with convenient access to all facets of cancer care.

BUILDING THE FUTURE OF CANCER CARE

**McLeod Health**

**2013  
CANCER  
REPORT**

BASED ON 2012 STATISTICS



Commission  
on Cancer



**McLeod Cancer Committee**



A REPORT FROM THE CHAIRMAN

As Chairman of the Cancer Committee at McLeod Regional Medical Center, I am pleased to present the annual Cancer Report for 2013. The data presented is based on 2012 statistics.

A record number of 1,335 cases were diagnosed and treated at McLeod in the past year. A word of caution, this increase does not represent a big increase of cancer patients in our region. The number just represents an increase in the patients who have been initially diagnosed and treated at McLeod.

As baby boomers age, the incidence of cancer is expected to continue to grow as well in the coming decade. However, the good news is that cancer deaths across the country have

continued to decline by 0.5% per year in the past decade as depicted in the graph below.

This report breaks down the common types of cancers diagnosed at McLeod. The top five diagnosed cancers were Breast, Lung, Prostate, Colorectal and Kidney. These five cancers comprised 70% of all the cancers diagnosed and treated.

According to the Centers for Disease Control (CDC), almost two thirds of the cancers in 2012 were caused by preventable etiologies – most notably tobacco use, alcohol, obesity, physical inactivity and infectious agents. Public awareness of the effects of tobacco and alcohol has been promoted heavily for a number of years and tobacco-related cancer deaths are

on the decline. If the obesity rate continues to rise in our region, this can become an even more important preventable cause of cancer in the future.

McLeod remains the only Cancer Center in the region which is accredited by the American College of Surgeons. This year, we went through our re-accreditation and received commendations in numerous categories along with renewal of our full accreditation.

With availability of new technological tools, scientists have been able to decipher the complexities of cancer. As a result, breakthroughs in treating cancers are being made at an ever increasing pace. There are also additional tools available to treat cancer today then there were just a few years ago. With successful treatment, many more people are becoming cancer survivors rather than victims.

At McLeod, we continue to fulfill our mission by providing state-of-the-art cancer treatment to patients close to home surrounded by their support team of family and friends.

*Rajesh Bajaj*

Rajesh Bajaj, M.D.  
Chairman, McLeod Cancer Committee



Rajesh Bajaj, M.D.

CANCER LIAISON PHYSICIAN REPORT

Are you aware that South Carolina women are less likely to be diagnosed with breast cancer but more likely to die of the disease when compared to other states? South Carolina will have 3,570 new cases of breast cancer and 660 deaths from the disease in 2013, according to the American Cancer Society.

Statistics in 2000 indicated an 11% less breast cancer incidence for Caucasians and a 7% less incidence for African Americans in South Carolina (Adams, 2009). However, African Americans in South Carolina have a 47% higher mortality than Caucasian women (Adams, 2012). In many rural South Carolina counties, breast cancer mortality is high secondary to a late stage diagnosis.

Considering we have a lower incidence and higher mortality, South Carolina has a population health issue that requires attention. To decrease mortality from breast cancer in all states we need screening mammography.

When breast cancer is diagnosed at an early, localized stage, it has a very high cure rate of greater than 90%. Yearly screening mammograms can help to detect breast cancer early when it is very treatable.

A mammogram is a cost effective tool that can diagnose breast cancer before a woman has any symptoms. For this reason, the American College of Radiology and the American Cancer Society recommend that all women begin annual screening at age 40.

The McLeod Breast Health Center strives to decrease breast cancer mortality in the communities that it serves. Collaborating with the McLeod Health Foundation and Susan G. Komen Lowcountry, the Breast Center reaches out to women of disparity to help them overcome financial and transportation barriers to screening mammography.

In 2008, the McLeod Foundation raised more than \$800,000 to purchase a mobile mammography unit to provide mammograms in rural communities. To date, the Breast Center has screened more than 10,000 women on the mobile unit from 10 nearby counties, leading to the diagnosis of 41 breast cancers. In addition to the purchase of the mobile unit, the McLeod Foundation and Susan G. Komen Lowcountry provide grant funded screening mammograms to uninsured or under-insured women meeting financial guidelines.

With this grant support, screening mammograms and the radiological reading of the mammogram are provided to qualified women at no cost. These free screenings are available in the Breast Health Center and on the McLeod Mobile Mammography Unit throughout our service area.

In addition to screening mammo-grams, diagnostic mammograms and ultrasounds are also available with grant funding when indicated by the primary provider.

I am also pleased to report that the McLeod Breast Health Center has received a second three-year full

accreditation by the National Accreditation Program for Breast Centers (NAPBC). In April, Dr. James R. Daniel, FACS, a physician surveyor for the Commission on Cancer of the American College of Surgeons, evaluated the McLeod Breast Program for re-accreditation.

In his summary remarks on the survey, Dr. Daniel noted that McLeod offers an “outstanding, well constructed, collaborative breast cancer program. Their navigation program excels under a well-trained, organized and experienced nurse navigator. The breast team’s ability for self-analysis, collection of data and action based on the data is remarkable. Their extensive use of grant programs to support patient care initiatives that are non-revenue producing is also innovative.”

Dr. Daniel’s observations of our program indicate that we are indeed on the right path in our mission to detect breast cancer earlier, decrease mortality from this disease and ensure that more women in our region have access to screening mammography.

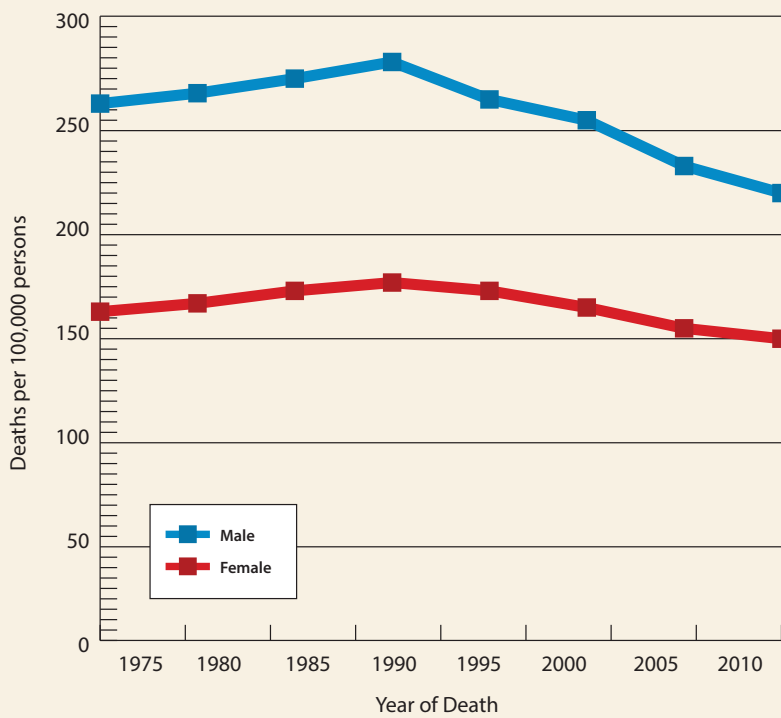
*Joseph Pearson*

Joseph Pearson, M.D.  
Cancer Liaison Physician for McLeod to the American College of Surgeons’ Commission on Cancer



Joseph Pearson, M.D.

All Cancer Death Rates, 1975-2008



McLeod General Surgeon Dr. Joseph Pearson serves as the Breast Program Leadership Chair for the McLeod Breast Health Center and the Cancer Liaison Physician for McLeod to the American College of Surgeons’ Commission on Cancer.



# Living to Give

For more than 45 years, Tommy Graham has faithfully used his talents of singing and playing the trumpet to minister to people throughout the world. And for the next few moments, you will hear his incredible journey of living to give.

In November of 2010, doctors discovered that Tommy Graham had a cancerous tumor on his right kidney. The kidney was removed, and he was cancer free. Until July 17, 2012, that is, when doctors diagnosed Tommy with Stage IV Renal Carcinoma, or kidney cancer.

Since being diagnosed, Tommy has been on a chemotherapy regimen under the care of his oncologist, **Dr. Rajesh Bajaj** of McLeod Oncology & Hematology Associates. The side effects of this treatment can be difficult, but Tommy received his first good report this past April. By June, Tommy's bone scan indicated a sign of partial remission, meaning the cancer is half its original size. He recently started a new chemotherapy medication and received a good report after an MRI of his brain.

"Through my journey with cancer, I have seen firsthand the marvelous work of the McLeod Cancer program," recalls Tommy. "I wait in anticipation for the opening of the Cancer Center, and I am so grateful to the generous McLeod Foundation donors who have made this dream a reality.

"My life has been turned upside down, but it's almost confirmation that I'm in the right place doing what I'm supposed to be doing," says Tommy. "God has blessed me with a voice and musical ability, and I am determined to share them with the world until I can no longer do it."

Instead of succumbing to a concerning diagnosis, Tommy became even more determined to continue his music ministry, which began in 2002. Tommy's mobility was severely affected for the first four to six months following his cancer diagnosis in 2012, but he used music as his exercise since singing and playing the trumpet require a lot of energy.

"I discovered years ago that when a person ministers through music while enduring hardships, people are inspired," explains Tommy. "I want to take every

opportunity to be that inspiration to the people around me."

Tommy shares this message wherever he goes, including the doctor's office. After learning about Tommy's music ministry recently, Dr. Bajaj suggested

*"Through my journey with cancer,  
I have seen firsthand the marvelous work  
of the McLeod Cancer program."*

– TOMMY GRAHAM

Tommy play at the upcoming Cancer Benefit, *An Evening of Hope*.

So, on September 26, 2013, Tommy indeed served as an inspiration to this community as he delivered a vocal and trumpet performance during the 14th Annual Cancer Benefit, held at the Florence Little Theatre.

Tommy feels good knowing that all proceeds of the benefit support the very cancer program that has impacted his care

"I want to live my life helping others," says Tommy. "And I believe I have a long life ahead."



Tommy Graham performs during an Evening of Hope, the 14th Annual McLeod Cancer Benefit, at the Florence Little Theatre in September of 2013.



# INSTITUTIONAL REVIEW BOARD (IRB)

## ACCESS TO NATIONAL AND LOCAL RESEARCH

Providing access to national and local clinical trials at McLeod allows patients to stay in their community and participate in research.

To safeguard the rights and welfare of patients who participate in research studies at McLeod Health, the Institutional Review Board is responsible for protecting patients from physical, emotional and economic harm. In addition, the IRB goes to great lengths to ensure the privacy and confidentiality of each patient is protected through consent and authorization. Any healthcare organization that participates in research trials must have an IRB to review and monitor the trials.

Over the years, the McLeod Health IRB has approved numerous types of clinical research, primarily in Cancer and Cardiac disease. This research has ranged from pharmaceuticals and devices to registries, databases, etc. Research has proven to be instrumental in not only providing an additional opportunity for a patient to be offered another avenue of care with a new treatment, but also in improving the performance and the long term safety and effectiveness of the research and devices.

Oncology is one of the largest areas of research at McLeod. Areas of cancer clinical research currently available at McLeod include: Brain Cancer, Breast Cancer, Head &

Neck Cancer, Leukemia, Pancreatic Cancer, Prostate Cancer, Sarcoma, Small or Non-Small Cell Lung Cancer and Smoking Cessation.

This research is part of our certification as a Comprehensive Community Hospital Cancer Program by the Commission on Cancer of the America College of Surgeons. Participating in research also significantly differentiates the quality of our program from other cancer centers in our region.

Cardiology Services also has several studies currently open involving data registries, use of cardiac leads, pacemakers, and defibrillators or Cardiac Resynchronization Therapy (CRT) systems.

### CLINICAL TRIALS

These are the types of studies McLeod participates in:

- Cardiology**
  - Cardiac Resynchronization Therapy (CRT)
  - Lead Devices
- Endoscopy**
  - Diverticular Bleeding
- Family Medicine**
  - Resident Research
  - Smoking Cessation
  - Treatment Resistant Hypertension
- Infectious Disease**
- Neonates/NICU**
  - Retinopathy Of Prematurity (ROP)
- Oncology**
  - Brain
  - Breast
  - Prostate
  - Lung
  - Renal
  - Smoking Cessation
- Orthopedics**
- Pediatric Endocrinology**
  - Type I Diabetes
  - Growth Hormones
- Pharmacy**
  - Residents Research
- Pulmonary (HUD)**
- Vascular Surgery**
  - LifeStent® Vascular Stent



Members of the McLeod IRB team include (left to right) Front row: Martha Adams, RN and IRB Chairman Walter E. Connor, MD; Back row: Sreenivas Rao, MD and Natalie S. Bee.

# Working as a Team

Communication between a patient's physicians provides each caregiver with information about the patient's medical history, prescriptions, treatments, and tests performed. A vital role in the care of oncology patients also involves the Radiologist. This physician is often the first to detect a patient's diagnosis of cancer through diagnostic imaging studies.

When a patient is diagnosed with cancer, collaboration occurs between the radiologist, primary care physician, surgeon, pathologist, oncologist, and radiation oncologist. Working together this team of physicians strives to provide the best care for each patient.

"Communication is very important between radiologists and other physicians," explains Dr. Alan Sechtin, a Radiologist with McLeod Radiological Associates. "The whole system would collapse without this team in place. As radiologists, we work closely with our referring physicians. If we see a significant abnormality in a patient's imaging study we immediately contact the ordering physician to discuss the results. In addition, several times a year, our imaging tests detect areas of concern that could change the management of the disease, the treatment process or the surgery plan," Dr. Sechtin said.

*"Communication is very important between radiologists and other physicians. The whole system would collapse without this team in place."*

"The role of the radiologist is to offer the most accurate and expedient diagnosis. In the case of patients with cancer or who may potentially have cancer, the radiology team often fast tracks these cases because we understand the concern and anxiety the patient is experiencing."

An example of how radiologists are helping patients and referring physicians in the detection of breast cancer is evident in a diagnostic form now used. The form covers everything from a diagnostic mammogram to an ultrasound and biopsy so the patient does not have to return additional times after a screening mammogram. This process also helps reduce anxiety in patients. In addition, if a radiologist detects a problem during a patient's appointment, they have the capability of performing a

minimally invasive biopsy in Breast Imaging to confirm a diagnosis. The weekly McLeod Cancer Conference is another way this team of physicians works together, explained Dr. Sechtin. During each conference, the cases of newly diagnosed cancer patients are presented to this group of physicians who together recommend the best treatment plan for each cancer patient. These recommendations are then provided to the patient's physician to support his plans for treatment.

"One of our goals in radiology is to communicate with everyone involved in the patient's care. The sum of this collaborative approach creates a better result for our patients," added Dr. Sechtin.



Members of the McLeod Cancer Conference team include: (left to right) Dr. Alan Sechtin, Radiology; Dr. Joseph M. Pearson, Surgery; Dr. Sharon S. Mitchell, Pathology; Dr. Rajesh Bajaj, Oncology/Hematology; Dr. Michael D. Pavy, Oncology/Hematology; Dr. T. Rhett Spencer, Jr., Radiation Oncology.



# A Dedication to RESEARCH



McLeod Oncologist Dr. Michael Pavy is pictured here with members of the Inpatient Oncology team, from left to right, Aquila Brown, RN; Aubrey Purvis, RN; and Jamie Craig, PharmD.

Discovering new ways to treat and prevent cancer is a goal of medical research. At McLeod, our cancer research efforts were developed more than 30 years ago with the arrival of Oncologist **Dr. Michael Pavy**.

Drawn to treatment that involved research and drug-related therapy, Dr. Pavy chose oncology as his medical specialty. Having a passion for research, he started the cancer research program at McLeod in the early 1980s by partnering with Piedmont Oncology Group at Wake Forest University's Bowman-Gray School of Medicine in Winston-Salem, North Carolina.

In 1987, the Southeast Cancer Control Consortium (SCCC) was established with McLeod as one of the 11 charter members. SCCC is comprised of a group of community hospitals in North Carolina, South Carolina, Georgia, Virginia and Tennessee, who offer research protocols to their patients under this National Cancer Institute Sponsored Community Clinical Oncology Program.

For 20 years, Dr. Pavy served as the Principal Investigator for the Research Trials at McLeod. During this time, McLeod created a cancer research nurse position, and participated in many national clinical trials – the Breast Cancer Prevention Trial, the Prostate Cancer Prevention Trial, and STAR: the Study of Tamoxifen and Raloxifen, the second breast cancer control trial, are just a few of these studies.

Oncologist **Dr. Rajesh Bajaj** became the Principal Investigator at McLeod for Clinical Trials in 2001. Under his leadership, McLeod has continued to offer cancer patients across the region access to research through collaborations with the Medical University of South

Carolina's Hollings Cancer Center Clinical Trials Network and the Cancer Trials Support Unit. In addition, McLeod participated in the second cancer control trial for prostate cancer, SELECT: the Selenium and Vitamin E Cancer Prevention Trial, and two McLeod Cancer Research Nurses obtained certification as Certified Clinical Research Professionals.

Today, the McLeod Cancer Research Department continues to offer national state-of-the-art cancer research trials for the prevention and treatment of cancer to eligible patients in the northeastern region of South Carolina. Currently, the research department has more than 100 patients involved in cancer studies and approximately 20 to 25 protocols open that patients can participate in.

**Areas of cancer clinical research available at McLeod include:**

- Brain Cancer
- Breast Cancer
- Head and Neck Cancer
- Leukemia
- Multiple Myeloma
- Pancreatic Cancer
- Prostate Cancer
- Sarcoma
- Small or Non-Small Cell Lung Cancer

On the importance of cancer research, Dr. Pavy said, "We have made big strides in cancer. In the last five years alone, a large group of drugs and research have made a huge difference allowing patients to live longer and thanks to the development of medications, like Zofran, experience less side effects from treatment."

Dr. Pavy explained that cancer research is moving toward tumor DNA analysis which will allow researchers to learn how the tumor affects the body's tissue and how they can urge the body to reject the tumor.

"The future of cancer diagnosis and treatment will be hundred times more innovative as we continue to conduct research," he added.



Each of the physicians of McLeod Oncology and Hematology Associates participate in the cancer research conducted at McLeod. From left to right, Dr. Rajesh Bajaj, Dr. Rommel Lu, Dr. Jamie Smith, Dr. Sreenivas Rao, and Dr. Michael Pavy.



The McLeod STAR Program has enabled Cancer Survivor Ginger Joye to return to her career. She is pictured here styling Elleveen Poston's hair.



# STRENGTHENING *Quality of Life*

The lifesaving benefits of cancer treatments – such as chemotherapy, radiation therapy, and surgery, save the lives of thousands of patients each year. While these efforts serve to eliminate the disease, they often cause fatigue, difficulty with memory, muscle pain, weakness, and other issues that may affect a cancer survivor's quality of life. It has been shown that rehabilitation before or during cancer treatment can reduce these effects, enhance the patient's recovery and help individuals return to the activities they enjoy.

At McLeod, the goal is to bridge the gap between the need for cancer rehabilitation services, and the availability of programs designed to meet the unique needs of cancer survivors. McLeod launched the nationally recognized STAR Program® (Survivorship Training and Rehabilitation) in January of 2013.

The STAR Program is a cancer survivorship certification that focuses on improving the lives of survivors who suffer from the side effects caused by treatments. The McLeod STAR Team received special training to help cancer survivors function at the highest level possible.

One patient who has benefited from the STAR Program is Ginger Joye of Lake City, South Carolina. Following her diagnosis with breast cancer, Ginger learned about the STAR Program from Maureen Byrd, the McLeod Breast Health Nurse Navigator.

A hair stylist for 22 years, Ginger was concerned with how surgery would affect her career. "I had a mastectomy on my right side and I'm right handed," explained Ginger. The STAR certified therapists at McLeod Outpatient Rehabilitation helped Ginger improve the range of motion in her right arm and taught her exercises to help control swelling.

Ginger is now an advocate of the STAR Program encouraging other cancer survivors to take advantage of the program. "I highly recommend the STAR program. It helped me return to work faster and loosened up the tightness under my arm. I also looked forward to each session because of the relaxing benefits I received."

McLeod Outpatient Rehabilitation also offers a Prehab component to the STAR Program. Prehab is designed to help newly diagnosed cancer patients get stronger and feel as well as possible before starting treatment. The program also includes specific strategies to help reduce stress and

improve their strength in order to prepare them for any upcoming treatments such as surgery, chemotherapy and radiation therapy.

McLeod Regional Medical Center, the only hospital in eastern South Carolina to offer this program, earned the STAR Program® Certification from Oncology Rehab Partners, experts in the field of survivorship care. The STAR Program Certification training for McLeod Regional Medical Center staff was made possible through a grant provided by the McLeod Health Foundation.

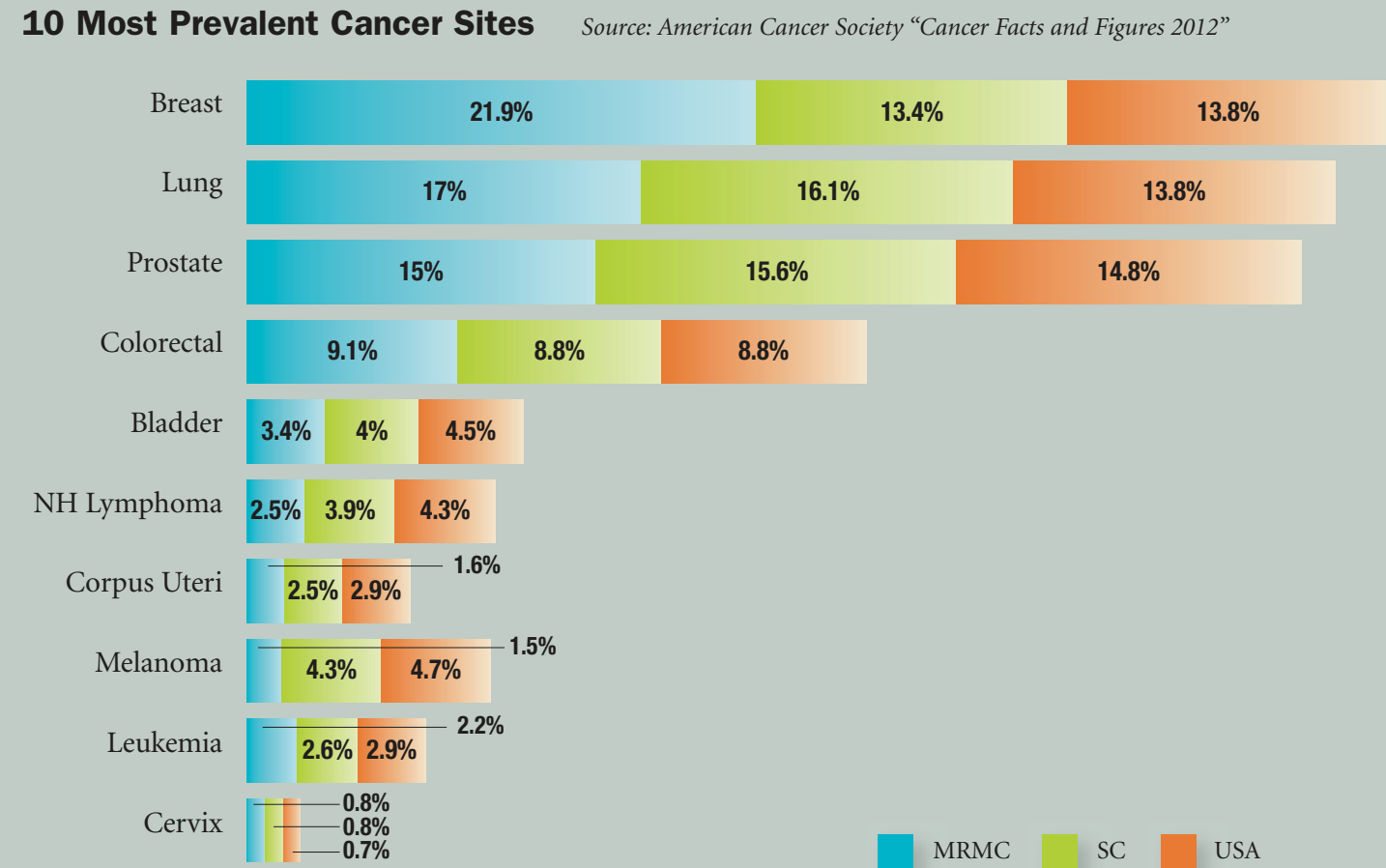
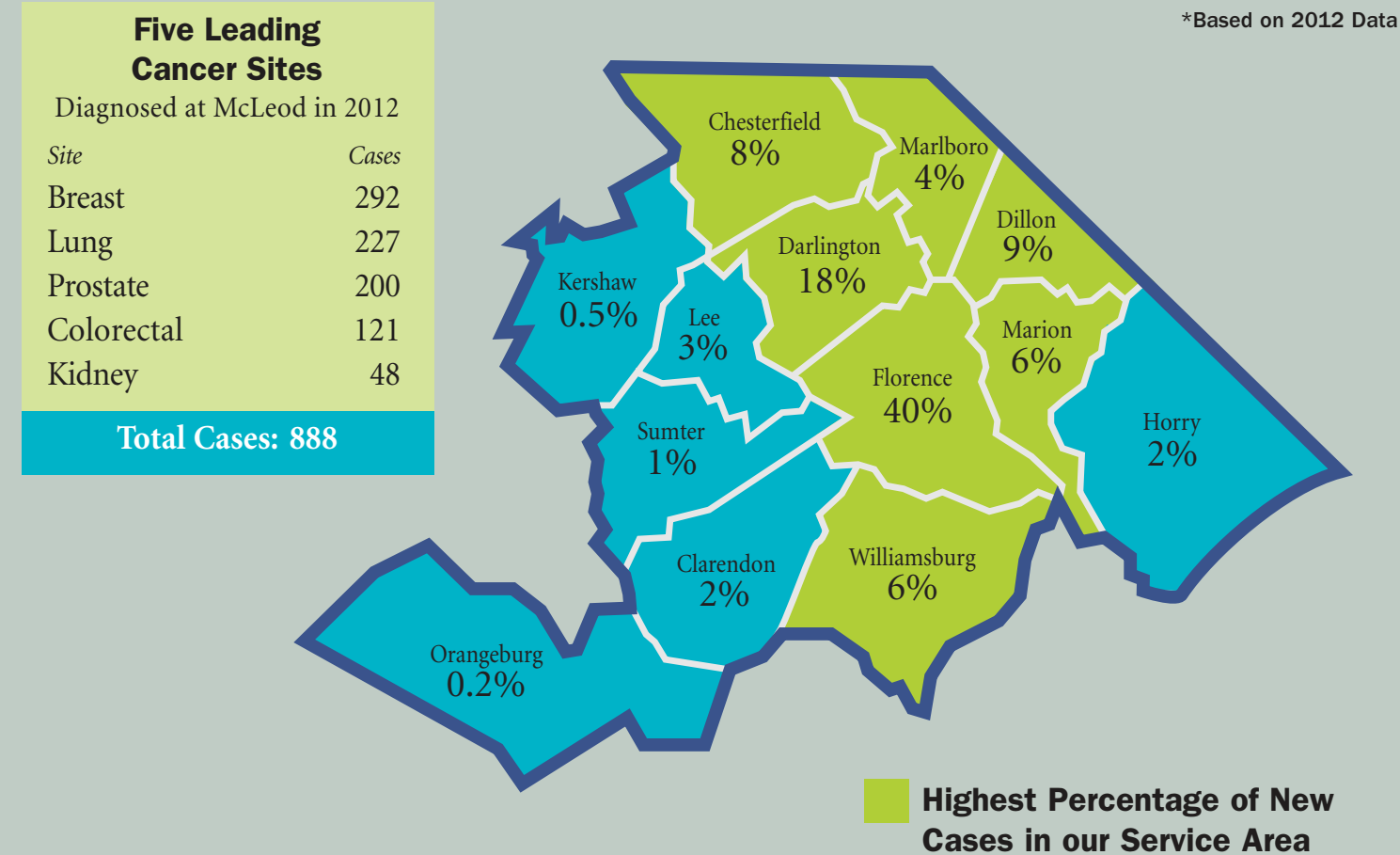
For more information about the McLeod STAR Program, please call Ashley Atkinson, McLeod Senior Occupational Therapist and STAR Program Coordinator, at (843) 777-4697.

## THE BENEFITS OF ONCOLOGY REHABILITATION:

- Decrease in Pain
- Reduction in Fatigue
- Increase in Energy and Endurance
- Improvements in Balance and Walking
- Improvements in Swallowing, Eating and Speech Problems
- Increased Strength
- Management of Swelling Caused by Lymphedema
- Improvements with Memory and Concentration
- Improved Mood and Quality of Life







# AT THE CENTER OF SURVIVAL

A beacon of hope and healing, the McLeod Center for Cancer Treatment and Research offers natural light, a cascading water wall, garden views, and relaxing furnishings to inspire, soothe and comfort patients and family members.

Patients can also easily manage their physician appointments and infusion or radiation treatments all in one location. In addition, they can participate in cancer research, meet with a nurse navigator or oncology social worker, and have a prescription filled without ever leaving the cancer center.

Services and staff available in the Center for Cancer Treatment and Research include:

**Infusion Services** is the intravenous delivery of fluids or medicines into the bloodstream over a period of hours, such as chemotherapy for the treatment for cancer.

**Radiation Oncology** is the delivery of radiation treatment to destroy cancer cells and shrink tumors while minimizing harm to the surrounding healthy tissue.

**Stereotactic Radiosurgery (SRS)** is a radiation therapy procedure that uses special equipment to position the patient and precisely deliver a large radiation dose to a tumor in the brain or body over a shorter amount of time and with fewer treatments.

**Cancer Research** - McLeod offers patients access to national state-of-the-art cancer research trials for the prevention and treatment of cancer. Currently, the McLeod Research Department has more than 100 patients involved in cancer studies and approximately 20 to 25 protocols open that patients can participate in. Areas of cancer clinical research available at McLeod include: Brain Cancer, Breast

Cancer, Head and Neck Cancer, Leukemia, Multiple Myeloma, Pancreatic Cancer, Prostate Cancer, Sarcoma, Small or Non-Small Cell Lung Cancer as well as several prevention trials.

**Cancer Clinic** - The clinic provides cancer care services, including chemotherapy and radiation therapy on an outpatient basis to patients who have no insurance coverage. In order to receive care in the McLeod Cancer Clinic, a physician must refer the patient and there must be a biopsy proven diagnosis of cancer. Patients also must meet certain income criteria.

**Nurse Navigators** - Nurse navigators guide patients from their initial diagnosis of cancer through appointments and follow-ups for surgery and treatment. Navigators are available to the patient to make sure all of their questions are answered and to assist them in locating resources within the McLeod system and community.

**Oncology Social Worker** - This certified oncology social worker provides a range of support services to cancer patients and their families including counseling, connecting patients to support groups and programs, making appropriate referrals to community resources, and providing information/assistance with transportation and financial concerns including Disability and Medicaid.

**Oncology Pharmacists** - Two oncology specialized pharmacists assist physicians at McLeod in the care of patients with cancer. These pharmacists received additional training in oncology and available chemotherapeutic agents used for the treatment of cancer. The Oncology Pharmacists work alongside physicians and nurses to recommend, implement and monitor treatment plans for patients with cancer in addition to

managing supportive care issues such as nausea, vomiting and pain.

**Cancer Conference** - Each week, the cases of cancer patients are presented to the McLeod Cancer Conference team. This group of cancer specialists recommend the best treatment plan for each cancer patient. Physicians from oncology, pathology, radiation oncology, radiology, and surgery, discuss the cases presented. The team's recommendations are then provided to the patient's physician to support his plans for treatment.

**Cancer Registry** - The registry compiles information on cancer patients diagnosed and treated at McLeod, including the type, stage, and treatment of cancer as well as information on the patient's age and location. Information from the McLeod Cancer Registry is submitted to state and national cancer databases. The McLeod Registry dates back to the early 1950s and includes nearly 19,000 patients.

## Coming Soon!

Please join us for a Community Open House of the new McLeod Center for Cancer Treatment and Research to be announced in January, 2014. Tours of the new facility will be available as well as opportunities to meet the McLeod Oncology Team, attend physician presentations and participate in interactive sessions on the cancer programs and services offered by McLeod.



# A Personal Touch

## WITH OUTSTANDING CARE

by Kristie S. Gibbs

It is not easy to slow Hattie Atkinson down. Most of her day is spent in her beauty salon washing, cutting, coloring, and styling hair. A hairstylist from Hartsville, Hattie is on her feet eight to twelve hours nearly every day. When she isn't styling hair, she is walking or bicycling for exercise. Living an energetic, busy, and active lifestyle are important elements in Hattie's life.

Hattie Atkinson is grateful to Dr. Barry Clark for allowing her to return to work free from pain.

For more than a year, Hattie continued to do the things she enjoyed despite the severe pain and swelling that was intensifying in her left knee.

"I very seldom sit down when I am working," said Hattie. "When my knee was hurting my customers often said, 'don't you want to sit down, even for just a few minutes?'"

"But, I was determined to keep moving and not allow the pain to interfere with my work. I even continued to walk everyday regardless of the pain and swelling in my knee."

However, the pain became so incredibly severe that it started to affect Hattie's everyday activities. She even began walking with a limp. That is when Hattie and her husband, Donald decided it was time to seek medical advice.

It was determined that Hattie was suffering the effects of Osteoarthritis, a condition in which the cartilage that cushions the bones of the knee wears away resulting in the bones rubbing against each other causing pain and swelling.

Hattie tried non-surgical treatment options to control the pain. "Nothing we tried worked," said Hattie. "I knew knee replacement surgery was the only way I could get my life back."

Hattie's customers were aware of her knee pain and began recommending to her that she speak with **Dr. Barry Clark** of Pee Dee Orthopaedic Associates. "They told me about their personal experiences with Dr. Clark and McLeod Regional Medical Center. "Everything I heard was positive and encouraging.

I've always said, if you want to know something, all you have to do is go to the beauty shop. You will learn the ins and outs of everything.

I decided to follow through with their recommendations.

"The moment I met Dr. Clark I knew we were

going to hit it off," Hattie continued. "He was so personal and down to earth. Donald and I both felt we were in the right hands. During that first appointment I was in tears because of the pain. All I wanted was relief. In a very comforting way, Dr. Clark told me he would help me. And, he did."

"Osteoarthritis is the most common reason for knee replacement surgery," explains Dr. Clark. "Hattie had been suffering with extreme pain and swelling due to bone grating on bone as a result of osteoarthritis. She was an ideal candidate for a knee replacement.

"During knee replacement surgery, I remove the diseased, injured bone and tissue and replace it with a prosthesis that is made to mimic the knee joint. The joint is then functional and moves smoothly, without pain," explained Dr. Clark.

Prior to surgery, Hattie and Donald attended the McLeod Total Joint Replacement Class. The class is designed to educate patients and their "coach" on preparing for surgery, what to expect the day of surgery, and the recovery process. Patients are encouraged to identify a family member or friend who can be their "coach" – someone who will be with them to provide support throughout the surgery and recovery processes.

"Each class is taught by an orthopedic registered nurse, physical therapist and occupational therapist," said Melissa Cooper, RN, Director of the McLeod Orthopedic Nursing Unit. "The more the patient knows about the surgery, the less anxious they will be. Patients are also instructed on the importance of rehabilitation and ways they can prepare their home before surgery to make it safe when they return."

Hattie underwent total knee replacement surgery in May of 2013. "I was impressed with the McLeod Orthopedic Nursing Unit," said Donald. "The nurses, therapists, technicians, and housekeepers. They are all first class.

We were extremely happy with the care we received from Dr. Clark and all of the hospital staff that were affiliated with Hattie's care."

Hattie returned home two days after the surgery. Seven days after surgery, she was walking one mile a day, and within two weeks, she was back to work.

"My mind was set, I was going to do well with the surgery and recover quickly," smiled Hattie. "A Physical Therapist with McLeod Home Health came to our home to continue therapy because I knew I could not come home and just sit in a chair. I would only get out of the therapy what I put into it.

"My customers were right about Dr. Clark and McLeod," continued Hattie. "They said he was an excellent surgeon and McLeod was where I should go."

"I am glad we chose McLeod and proud of how my wife was cared for," said Donald. "Dr. Clark and the McLeod staff really cared about what they were doing. It was a first class experience."

### When to consider knee replacement surgery:

- Severe knee pain or stiffness that limits everyday activities including walking, climbing stairs, and getting in and out of chairs
- Moderate or severe pain while resting, either day or night
- Chronic knee inflammation and swelling that does not improve with rest or medication
- Deformity of the knee

Following knee replacement surgery, most people will resume and enjoy a more active lifestyle within 12 weeks after surgery.



# A JOURNEY to Recovery

by Emily E. Bracey

After months of hard work and dedication, Richard Schafer can now do something incredible. Unable to turn his head for months, it was a movement that most people take for granted in their day to day lives. Alleviating this restriction was at the top of Richard's list of goals when he began Physical Therapy at McLeod Dillon this past spring.

Richard Schafer volleys a ball against a wall for therapy exercise as Jodie Webb observes his movement.

A native of Lumberton, North Carolina, Richard has lived in Dillon his entire life. After graduating in 1974 from the University of South Carolina with a degree in Business, Richard returned to Dillon to begin work with the family business, the Schafer Company. Today, he serves as the Chairman and CEO of the company, which also owns South of the Border, a well known tourist attraction on Interstate 95.

About two years ago, Richard began to notice something was not quite right. On occasion, he would have trouble walking and suffered from frequent falls. After seeking medical care for his symptoms, he was diagnosed with Spinal Stenosis.

"Spinal Stenosis is the constricting or narrowing of the spinal column," explains Philip Verjans, Director of Rehabilitation Services at McLeod Dillon. "This can cause pressure on the spinal cord. Stenosis can also occur at the openings where the spinal nerves (nerve roots) leave the spinal column. As a result of the pressure on the spinal column or its nerve roots, a person can experience numbness, weakness, pain and in worst case scenarios, paralysis."

In early 2013, Richard underwent surgery for Spinal Stenosis. After his surgery and rehabilitation as an inpatient, Richard had regained mobility in his legs, but he still had little strength and stamina. His shoulders were also numb and the range of motion in his neck was severely limited.

In need of additional rehabilitation to make a full recovery, Richard chose to continue his physical therapy at McLeod Dillon, which was closer to his home. During his three-months of outpatient physical therapy, Richard began each session determined to meet the goals he desperately wanted to reach.

"The McLeod Dillon Physical Therapy Team conducted an evaluation of my symptoms and put together a program to address all of my issues

from the range of motion problems to strength and stamina conditions," said Richard.

By the end of July, Richard completed his physical therapy. He had reached all his goals and was back to his normal, daily activities. He can now walk, drive and turn his head from side to side with ease – a movement that he had not been able to do for a very long time.

"The physical therapy staff at McLeod Dillon did an excellent job assisting me with all my needs," said Richard. He explained that the therapy was challenging, but it kept him motivated to reach his goals. "Another added plus to the therapy was that I lost 55 pounds."

During Richard's treatment sessions with the McLeod Dillon Physical Therapy Team, he worked with several well trained staff members including Physical Therapists Verjans and Teresa English; Physical Therapist Assistants Jodie Webb and Kelly Hardwick; and Aide Merv Dove.

McLeod Dillon Rehabilitation offers three different types of services, Physical Therapy, Occupational Therapy and Speech Language Pathology. For patients, it is an advantage to have these services provided in one location in Dillon, eliminating the need to travel a distance away to receive treatment. The facility is also equipped with some of the best physical therapy equipment available. Highly trained staff members work hard to get the patient back to where they were prior to the onset of their condition through goal oriented sessions.

"I am confident with the team we have in place that the patients in Dillon and the surrounding areas are receiving the best possible rehabilitation services available," added Philip.

"I can not say enough about the staff in the McLeod Dillon Rehabilitation Department and how they contributed to my recovery," Richard said. "I would absolutely recommend them to anyone in need of physical therapy."



Richard Schafer with the McLeod Dillon Physical Therapy Team. Pictured left to right: Teresa English PT; Richard Schafer; Phillip Verjans, MPT; Jodie Webb, PTA; Kelly Hardwick, PTA; Merv Dove, Therapy Aide; Crystal Jett, SLP; and Dana Locklear. Not pictured is Shirley Mace, SLP.





The McLeod Seacoast Endoscopy Suite provides patients comfort and convenience in this all-inclusive area.

# INSIDE THE ENDOSCOPY SUITE

by Jenna Falls Cox

Patients may feel some anxiety when a physician recommends an endoscopy procedure. Fortunately, McLeod Loris Seacoast is able to give patients peace of mind by offering state-of-the-art technology, coupled with a team of physicians, nurses, and technicians who are trained specifically to perform these minimally invasive procedures on an outpatient basis.



The nurse's station allows the team to have a clear view of the patient rooms.



This patient recovery room is one of seven rooms in the suite, offering patients privacy and comfort after the procedure.

McLeod Loris Seacoast performs thousands of endoscopic procedures each year, averaging 110 cases a month at each hospital. Recently, McLeod Loris Seacoast purchased new equipment in efforts to continuously offer patients the utmost in quality and care.

"The new state-of-the-art endoscopy equipment enhances our services at McLeod Loris Seacoast," said Irene Putnam, Associate Vice President of Perioperative Services. "This innovative technology is another way we deliver exceptional care to our patients."

Endoscopy is a medical procedure that uses an instrument called an endoscope. The endoscope is put into the interior of the body to look inside, and is sometimes used for certain kinds of surgery. Endoscopes have a tiny camera attached to a long, thin, tube.

"Our new endoscopes are high definition resolution, which means physicians get an increase in sharpness and visibility when making a diagnosis," said Putnam.

There are several different types of endoscopy procedures. McLeod Loris Seacoast performs the following endoscopy procedures:

- **Colonoscopy** - Viewing by scope of large intestine
- **Bronchoscopy** - Viewing by scope of lungs
- **EGD's** - Viewing by scope of Esophagus, Stomach, Duodenum

McLeod Loris Seacoast has seven physicians on the medical staff who have received extensive training on this equipment. **Dr. Kenneth Mincey**, a surgeon with McLeod Loris Seacoast Surgery, is one of these physicians who is pleased to have this new equipment for his patients.

"These new scopes have many advantages for the physician and the patient. The maneuverability and control the physician has with these flexible scopes, coupled with the clarity

of the imaging, allows for a more accurate diagnosis and patient comfort.

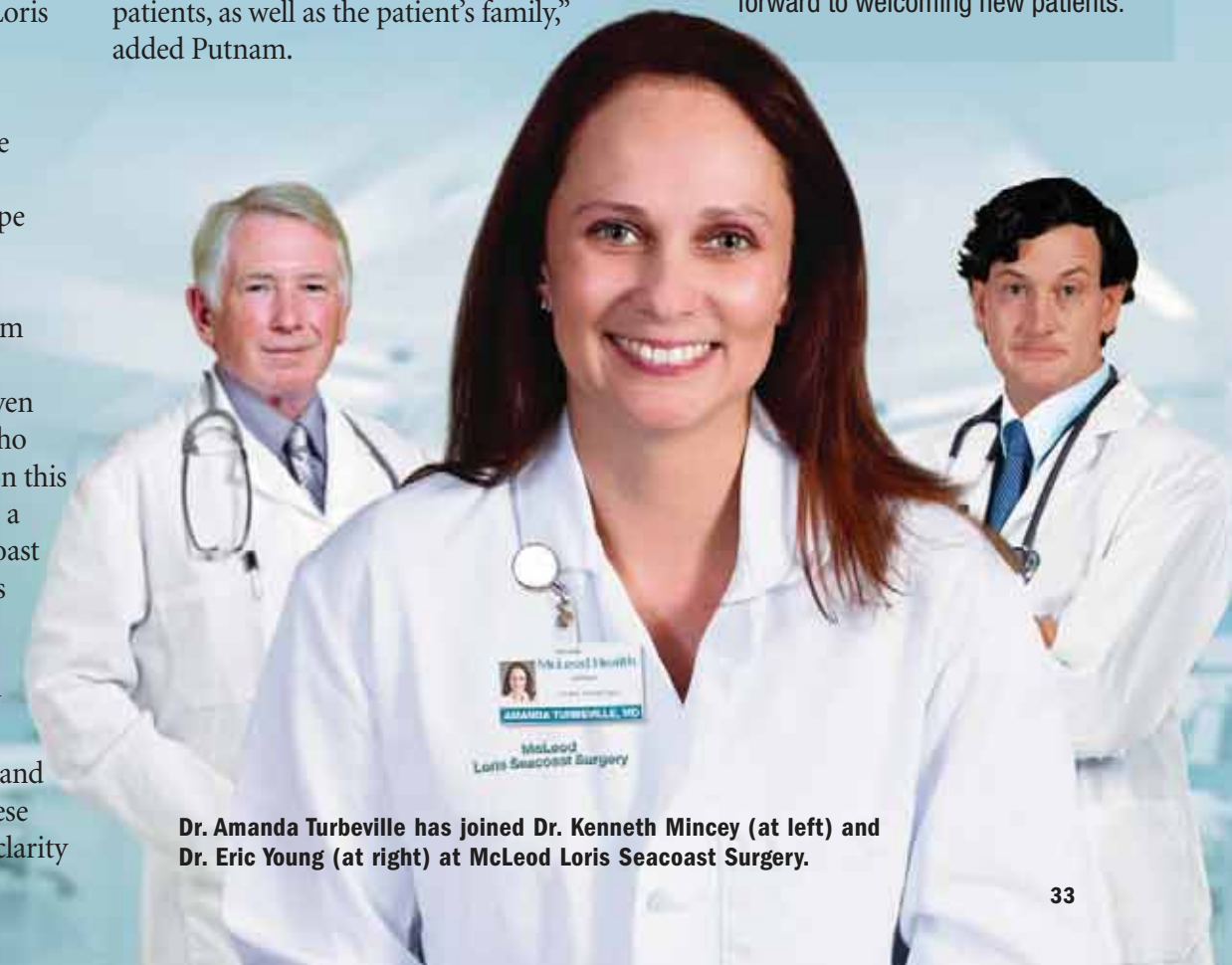
"Communication with the patient is as important as the procedures we perform. As a result, we have developed many close relationships with our patients and their families," said Dr. Mincey.

In 2011, McLeod Seacoast opened a new endoscopy suite with the patients' comfort and convenience in mind. The suite offers ease of access for patients from the registration area to the procedure and discharge, everything is performed in one inclusive suite. The spacious, state-of-the-art room for procedures and the seven recovery rooms are outfitted with the latest endoscopes and monitoring equipment for maximum visualization, accuracy, quality, and safety.

"I consider healthcare a calling. At McLeod Loris Seacoast, we are fortunate to have assembled an exceptional team of healthcare providers who truly share the commitment to administer the highest level of care and compassion to the patients, as well as the patient's family," added Putnam.

## McLeod Loris Seacoast Surgery

McLeod Physician Associates and McLeod Loris Seacoast is pleased to announce that **Dr. Amanda Turbeville** has joined **Dr. Kenneth Mincey** and **Dr. Eric Young** at McLeod Loris Seacoast Surgery in Loris and Little River. As a team, these board-certified surgeons represent more than 30 years of local patient care and offer high quality general surgery with a personal touch. McLeod Loris Seacoast Surgery offers general surgery care, including diagnosis and treatment of abdominal and intestinal issues in the esophagus, stomach, small bowel, colon, liver, pancreas, gallbladder and bile ducts. In addition to treating patients for diseases of the thyroid, skin, breast, soft tissue and hernias, they also specialize in minimally invasive procedures, endoscopy, and wound care. This surgical team looks forward to welcoming new patients.



Dr. Amanda Turbeville has joined Dr. Kenneth Mincey (at left) and Dr. Eric Young (at right) at McLeod Loris Seacoast Surgery.



# SAVING TIME, SAVING LIVES

by Jessica Wall

For more than five years, the McLeod Mobile Mammography Unit has been fulfilling its commitment of saving time and saving lives, making a difference in the early detection of breast cancer.



Betty Collins, right, is pictured with McLeod Family Medicine Timmonsville Nurse Practitioner Allison Slice. Betty recently received a screening mammogram on the McLeod Mobile Mammography Unit which resulted in a Stage I Breast Cancer diagnosis.

In a process that takes approximately fifteen minutes, a woman can undergo a lifesaving screening mammogram at a variety of convenient locations. The Mobile Mammography Unit equipment is also identical to the three digital units located in the McLeod Breast Imaging Center.

One location regularly visited by the unit is McLeod Family Medicine Timmonsville.

"We love hosting the unit at our office," says Allison Slice, Nurse Practitioner. "Many of our patients have limited transportation, so the unit has been a great asset to our community."

## Meet Betty Collins

Betty Collins, a 70-year-old resident of Timmonsville, has visited the McLeod Mobile Mammography Unit twice. Her family medicine physician, **Dr. Focell Jackson-Dozier** with McLeod Family Medicine Timmonsville, encouraged her to take advantage of the service when the unit visited the medical practice two years ago.

"I have enjoyed visiting the unit at my doctor's office," says Betty. "I don't have to travel far, and the process takes only a few minutes."

Betty had her first mammogram on the unit in 2011 and received a good report.

Two years later, on June 4, 2013, Betty visited the unit for a second mammogram. As with her first visit, Betty assumed she would receive

another good report. However, the exam indicated a lump in her right breast.

"I was really disappointed because I expected good news," explains Betty. "However, I knew that God was with me, and everything would be okay."

Betty followed up with McLeod Breast Imaging Services for a diagnostic mammogram, where McLeod Radiologist **Dr. Noel Phipps** recommended a biopsy.

The results of the biopsy indicated Stage I Invasive Ductal Carcinoma, which is one of the most common types of breast cancer.

Betty met with **Dr. Sreenivas Rao** of McLeod Oncology and Hematology Associates and **Dr. John Sonfield** of Pee Dee Surgical Group to learn about her treatment options. Betty was faced with the decision of having the lump or her breast removed.

To prevent a recurrence of cancer, Betty opted to have a mastectomy of her right breast.

"I became cancer free on July 24, 2013, and I am doing great," says Betty. "My cancer diagnosis was hard to accept at first, but I am so grateful it was found at an early, treatable stage."

Betty continues to have a mammogram on her left breast every six months, and she looks forward to using the services of the McLeod Mobile Mammography Unit in the future.

"I cannot express how thankful I am for this service," says Betty. "It saved my life."

## What You Need to Know

The American Cancer Society reports that breast cancer deaths could be lowered if women ages 40 and older had an annual mammogram, an annual breast exam by a physician, and practiced monthly breast self-exams.

A mammogram is invaluable because it can identify breast abnormalities before they can be felt. In addition, it has been shown that early detection increases survival and treatment options. When cancers are detected early, survival rates are better than 95%.

## About the Unit

Purchased by the McLeod Health Foundation through funds donated by generous supporters, the McLeod Mobile Mammography Unit has completed more than five hundred site visits to local industries and physician offices, and has screened more than 10,000 women. As a result, more than 40 cases of cancer have been detected in eleven counties. This translates to possibly 40 saved lives.

For additional information about the McLeod Mobile Mammography Unit, please visit [www.McLeodRadiology.org](http://www.McLeodRadiology.org) or call (843) 777-5657.

Women may schedule a mammogram on the mobile unit by calling McLeod Reservations and Scheduling at (843) 777-2095. To schedule the unit to come to your business, please call (843) 777-5657.

## Celebrating more than 10,000 patient screenings

On October 1, Tricia Quarles became the 10,000th patient to be screened on the McLeod Mobile Mammography Unit during a site visit to McLeod Family Medicine Timmonsville. Tricia works at ACS Technologies who recently partnered with McLeod Occupational Health to establish an on-site health clinic. As a result, the unit will now make visits to this business.





Tracie Foster, Manager of the McLeod Resource Center, coordinates the Maternity Concierge Service. She is passionate about pampering new mothers throughout their journey into parenthood.

# Let us pamper you & your baby.

by Jessica Wall

Becoming a new mother, for the first or fourth time, is exciting and heartwarming. In an effort to help families, the McLeod Resource Center is now offering a one-of-a-kind service to ensure that this occasion is everything expectant parents hope it to be.

The Maternity Concierge Service offered by the McLeod Resource Center is the first and only one of its kind in the area. It is designed to pamper and assist mothers before, during and after pregnancy through wonderful, unique services.

“When mothers give birth at McLeod Health, they are making a decision to be treated with the special care they and their baby deserve,” says Tracie Foster, McLeod Resource Center Manager. An asset to Foster’s position is her nursing background in Women’s Services. Having worked in Labor and Delivery and being a mom herself, Foster understands the needs of moms during pregnancy.

Foster earned her Bachelor of Science in Nursing degree from the Mary Black School of Nursing at the University of South Carolina Upstate in 2007. She previously worked with McLeod Women’s Services as a nurse extern, serving under the supervision of a Registered Nurse in several areas, including Labor and Delivery,

Antepartum, Triage, Non-Stress Testing (NST), and Pre-Admit Testing (PAT). Additionally, Foster has been a Certified Child Passenger Safety Technician and Safe Sitters Instructor with McLeod Safe Kids Pee Dee/Coastal since 2010.

In her role, Foster meets with expectant parents to learn what services they are interested in and then works closely with them to make the journey into parenthood both memorable and seamless.

“With this service, new parents leave the details to me – making reservations, delivering cakes, or ensuring their home is baby proof,” says Foster. “As a result, they can simply relax and enjoy their pregnancy.”

The Maternity Concierge Service consists of the following components:

## Maternity Education Classes.

McLeod offers a broad spectrum of maternity education classes for first time mothers as well as refresher classes for current parents.

**Lactation Support Services.** The only hospital in the area to offer lactation support services, McLeod understands that education and guidance are important for successful breastfeeding. New mothers can learn from McLeod Lactation Consultants while in the hospital, and once at home, mothers can make an appointment to visit the McLeod Resource Center for additional lactation support, free of charge, until the baby is six-weeks-old.

**Choosing a Pediatrician and Child Care.** Foster discusses with new parents guidelines for choosing a pediatrician, when the process should begin, when to set up an interview and what questions to ask.



Expectant parents interested in the Maternity Concierge Service receive a special packet during their consultation with Tracie Foster that outlines every component of the service.





Housing a baby boutique, baby care supplies, childbirth and parenting literature and more, the McLeod Resource Center is a one-stop resource for mothers and their babies.

She also helps new parents choose the right child care service by following the South Carolina Department of Social Services guidelines. Important information includes when the process should begin, types of child care centers available, when to set up an interview, what questions to ask, what accreditations are needed and what to look for when visiting.

**In-Home Safety Evaluation.** Foster works with the McLeod Safe Kids Pee Dee/Coastal Injury Prevention Specialist to inspect the new parents' home and provide up-to-date safety information. Parents receive information on safety recalls, education on creating a safe sleeping environment for the baby, and an evaluation of the proper number of smoke detectors and carbon monoxide detectors.

**Special Services from Local Vendors.** From family and baby photographers, cleaning services, gender reveal cakes and cupcakes, luncheons, and private restaurant rooms, the Maternity Concierge Service can make before and after delivery a special time to celebrate and remember.

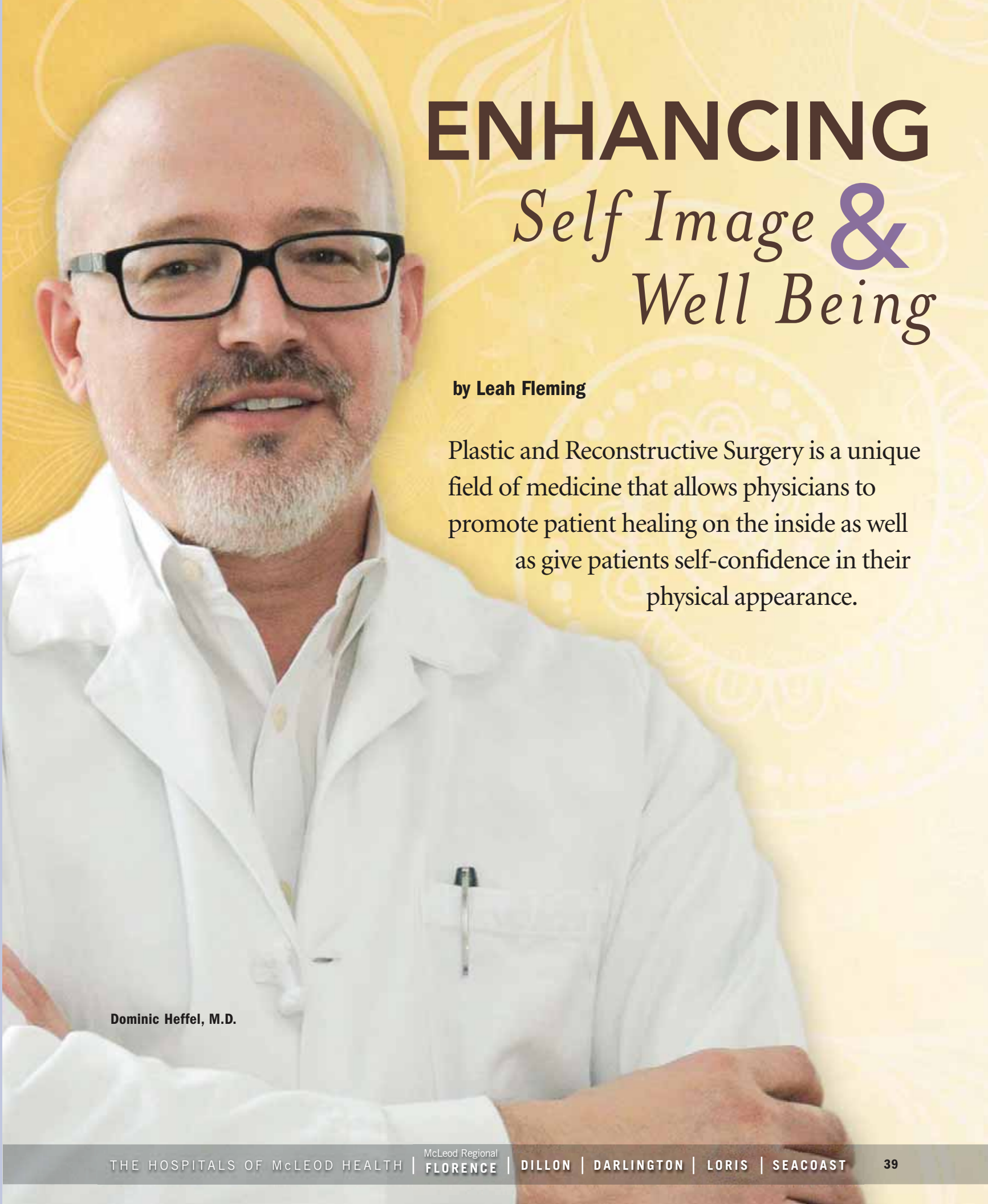
Vendors include Willow Woods Photography by Allison Triplett, Bethany Robinson Photography, Collin M. Smith Portrait Photography, Sweet - A Cupcake Company, Let Them Eat Cake, Top Hat Special Teas, Red Bone Alley, R&R Home Cleaning Service, and Domestic Divas.

The McLeod Resource Center is a comfortable and convenient place for new and expectant parents and families with young children to find everything to help during pregnancy and the first months with a new baby. From a baby boutique offering breastfeeding and other baby care supplies, to free magazines and literature on childbirth and parenting, the McLeod Resource Center is a one-stop resource for mothers and their babies.

Located in the beautiful grey Victorian house, known as the Levy House, the McLeod Resource Center is behind the McLeod Pavilion and McLeod Medical Park East. It is open Monday through Friday 9:00 a.m. until 5:00 p.m. Please call the McLeod Resource Center for more details at 843-777-2890 or visit [www.McLeodResourceCenter.org](http://www.McLeodResourceCenter.org).

“When mothers give birth at McLeod Health, they are making a decision to be treated with the special care they and their baby deserve.”

– Tracie Foster,  
McLeod Resource Center Manager



# ENHANCING

## *Self Image & Well Being*

by Leah Fleming

Plastic and Reconstructive Surgery is a unique field of medicine that allows physicians to promote patient healing on the inside as well as give patients self-confidence in their physical appearance.

Dominic Heffel, M.D.



Everyday patients' lives are dramatically improved by the surgical talents of **Dr. Gerald Conner** and **Dr. Dominic Heffel** of McLeod Plastic and Reconstructive Surgery.

These specially trained and experienced physicians offer state-of-the-art procedures to benefit patients.

"Plastic and Reconstructive Surgeons undergo extensive training," explained Dr. Heffel. "Both Dr. Conner and I have completed a full General Surgery residency where we served as Chief Residents. We then completed a two year Plastic and Reconstructive Surgery residency, where we trained to be 'cosmetic' or 'aesthetic surgeons.'"

Dr. Heffel also completed an additional year as a Microsurgery Fellow. This type of surgery involves the transfer of muscle in the body to another part of the body. It is also performed under a microscope with sutures the size of a hair or smaller. Nationally, the group of physicians trained in this specialty is small. Dr. Heffel brings this form of modern technology to patients close to home.

#### **Breast Reconstruction Following Mastectomy**

Dr. Heffel says that Microsurgery can be especially beneficial for women with breast cancer who wish to have breast reconstruction following a mastectomy.

"When a complete mastectomy is recommended by the surgeon, it can be an emotionally devastating occurrence for the woman," he said. "All women should be made aware of the possibility

of reconstruction and the multiple options that are available today that can improve quality of life following mastectomy."

During the last twenty years, significant advancements have been made in breast reconstruction. As a result, McLeod Plastic and Reconstructive Surgery has several methods available to reconstruct the breast, including:

- **Autologous Fat Injections**, which uses the patient's own fat to add volume to the chest. This technique is typically used around breast implants to improve contour.
- **Implant Based Reconstruction** that utilizes tissue expanders and

eventually implants to reconstruct the breast.

- **Pedicled Flap Reconstruction**, or the use of nearby tissue from the back or the abdomen to reconstruct the breast. (No Microsurgery is involved.)
- **Free Flap Reconstruction**, using tissue and muscle from elsewhere in the body to reattach to the chest wall using Microsurgery.
- **Perforator Free Flap Reconstruction**, which Dr. Heffel calls the "gold-standard" in breast reconstruction. This technique involves Microsurgery, but no muscle is sacrificed.

#### **Perforator Free Flap Reconstruction**

A "perforator flap" consists of skin, fat, and blood vessels. There is no muscle incorporated within the flap. The perforator flap is used to reconstruct the breast, which also consists of skin, fat, and breast tissue. Therefore, the Plastic and Reconstructive Surgeon is using similar material for the reconstruction.

Usually, the perforator flap comes from the abdomen as many women who have given birth may have some extra abdominal tissue that can be utilized for breast reconstruction. The buttock can also be used in some women.

Once the flap is obtained, it is transferred and the artery and vein in the flap are reconnected in the chest. The surgery is performed using Microsurgical techniques, under a microscope using extremely tiny sutures. The area where the flap was harvested is closed. If the flap was taken from the abdomen, it can be compared to a tummy-tuck procedure, ideally with the scar in the panty line. The end goal is the construction of a breast that looks and feels natural.

The advantages of the perforator flap are numerous. First, the flap comes from the patient's own body, not a foreign implant, reducing the chance for implant-related complications.

Second, no muscle or very little muscle is sacrificed in the procedure. For example, the primary muscle of the abdomen, the rectus abdominus (or "sit-up muscle") remains in place.

The flap also brings healthy extra skin to the chest for the breast reconstruction. Many patients diagnosed with breast cancer receive chemotherapy and then radiation therapy. Radiation can cause the skin of the chest to become firm and thin (fibrotic). This radiated skin feels hard and does not move very well. The new skin brought to the chest behaves more like breast tissue, and is soft and pliable. The reconstructed breast feels very similar to a normal breast.

"Those contemplating reconstruction may not be a candidate for every procedure," said Dr. Heffel. "A trained and experienced surgeon will be able to guide you in your choice. Perforator flap reconstruction or free flap reconstruction involves technically complex dissections and Microsurgery, which requires specialized training."

Dr. Conner and Dr. Heffel are currently welcoming new patients. For more information, please contact McLeod Plastic and Reconstructive Surgery at (843) 777-7255. McLeod Plastic and Reconstructive Surgery is located in the McLeod Medical Plaza at 800 East Cheves Street, Suite 280, in Florence, on the McLeod Regional Medical Center campus.

*"All women should be made aware of the possibility of reconstruction and the multiple options that are available today that can improve quality of life following mastectomy."*

**- Dominic Heffel, M.D.**

## **ENHANCING NATURAL BEAUTY**

***McLeod Plastic and Reconstructive Surgery offers the following procedures:***

- Botox®
- Fillers – Juvederm®, Sculptra®, Restalyne®
- Chemical Peels for Skin Rejuvenation
- Autologous Fat Augmentation for Facial Rejuvenation
- Liposuction
- Breast Augmentations
- Abdominoplasty
- Mommy Makeovers
- Eyelid Lifts
- Face Lifts
- Neck Lifts
- Buttock Augmentation
- Reconstructive Surgery
  - Microsurgical Breast Reconstruction
  - Implant-Based Breast Reconstruction
  - Autologous Breast Reconstruction
  - Maxillofacial Reconstruction
  - Abdominal Wall Reconstruction
- Chronic Wound Closure



# McLeod News

## MCLEOD HOME HEALTH NAMED ONE OF THE TOP 100 HOME HEALTH AGENCIES IN THE COUNTRY

McLeod Home Health has been named one of the Top 100 Home Health agencies in the country. The only performance recognition of its kind in the home health industry, the 2013 Top 100 HomeCare Elite™ acknowledgement places **McLeod Home Health in the top one percent of home health agencies in the United States.** In addition, McLeod Home Health is the only agency in South Carolina included in the Top 100 ranking.

HomeCare Elite is a compilation of the top-performing home health agencies by OCS HomeCare and DecisionHealth. Winners are ranked by an analysis of performance measures in quality outcomes, best practice (process measure) implementation, patient experience (Home Health CAHPS), quality improvement and consistency, and financial performance. Out of 9,969 home health agencies considered,

only 2,496 are elite.

Sandra Stephenson, Administrator of McLeod Home Health, credits her seasoned staff's compassion and commitment to excellence for making this achievement possible. "We strive daily to improve our patient's lives so they can recover and remain at home after an illness.

"We also greatly appreciate our physicians and hospitals, who entrust us with their patient's care," said Stephenson.

McLeod Home Health provides comprehensive home health services in Florence, Darlington, Dillon, Marion and Lee counties. The professionally trained staff works with the patient, physician and family to develop individualized home health care plans for patients of all ages. The home health staff includes registered nurses, physical, occupational and speech therapists, home health aides and case

managers. McLeod Home Health serves patients 24-hours a day, seven days a week.

"The 2013 HomeCare Elite winners demonstrate a commitment to providing patient-centered care and serving as leaders in the home health community. Their success is a tribute that managing healthcare data and utilizing it for improvement initiatives lead to high quality care, and we recognize them for their outstanding achievements," said Mary Oakes, Senior Vice President of National Research. "We congratulate McLeod Home Health on being one of the top 100 home care agencies in the country."



## 14TH ANNUAL AN EVENING OF HOPE MCLEOD CANCER BENEFIT

Pianist **Dr. Phillip Powell** performs at *An Evening of Hope*, the 14th Annual McLeod Cancer Benefit. Generous contributions from a caring community helped create an evening of inspiration and hope. Due to the kind generosity of hundreds of supporters, *An Evening of Hope* raised more than \$73,000 to benefit the new McLeod Center for Cancer Treatment and Research.

To view pictures from the event, please visit [www.mcleodfoundation.org](http://www.mcleodfoundation.org), click on the Photos link, and the Evening of Hope album.



# McLeod News

## MCLEOD AND SHE MAGAZINE TO HOLD A HEALTHY, FIT, & FABULOUS EVENT

McLeod Health and *She Magazine* are bringing you the "Healthy, Fit, & Fabulous Event" featuring special guest speaker Candace Cameron Bure, an actress best known for her role on the

television series, "Full House." The event will be held on Saturday, January 18, 2014, at the SiMT building on the Florence-Darlington Technical College campus from 9:30 a.m. to 4:00 p.m.

During the event, McLeod Health physicians will speak on a variety of health topics concerning women, including:

- heart health
- nutrition and fitness
- gluten intolerance and inflammation
- women's pelvic health issues
- healthy lifestyles of children
- menopause
- health and wellness for young women
- cancer prevention and rehabilitation
- caring for your elderly parents
- coping with the demands of a woman living in the 21st century

Tickets may be purchased at the *She Magazine* office, the McLeod Health and Fitness Center, or online at [www.shemagazine.com](http://www.shemagazine.com).



Candace Cameron Bure

## MARK YOUR CALENDARS! MCLEOD PARTNERING WITH THE 2014 PALMETTO WOMEN'S SHOW

McLeod Health is partnering with the 2014 Palmetto Women's Show in March at the Florence Civic Center. This two-day event will include women's health information, fitness demonstrations, hands-on "Do-It-Yourself" sessions, wellness tips, celebrities, and shopping.

The event will take place on Saturday, March 14, 2014, from 11:00 a.m. to 9:00 p.m. and Sunday, March 15, 2014, from 10:00 a.m. to 6:00 p.m.

Special celebrity guests will include Frank Fontana, an Emmy-nominated

author and host of the television show, *Design on a Dime*. Fontana will be sharing his high-style, low-cost DIY decorating and project ideas. In addition, Eddie Ross, editor of *Better Homes & Gardens*, will teach design, food, decorating, and living plans throughout the weekend.

During the event, McLeod Health physicians and departments and other vendors will be on hand to teach women about self "empowerMENT." Participants will have the opportunity to attend physician talks, take advantage of health

screenings, learn how to save money at the grocery store, watch cooking demonstrations, receive tips and tricks for home repair projects, and of course do a little shopping between sessions.

Plan to attend the Palmetto Women's Show to enjoy health education and entertainment that matter to women. For more information, please contact (843) 679-9417, or visit [www.florenceciviccenter.com](http://www.florenceciviccenter.com).



# McLeod News

## McLEOD ANNOUNCES AVAILABILITY OF ONLINE BILL PAY



## You Asked ~ We Listened.

McLeod Health is pleased to announce the availability of its new Online Bill Pay service. This new service makes it easy and convenient for patients to pay their bill online.

Online bill payments can be accepted for McLeod Regional Medical Center, McLeod Darlington, McLeod Dillon, McLeod Loris Seacoast and Pee Dee Medical Collection Service. McLeod Health is unable to accept payments for physician bills or the McLeod Health and Fitness Center.

To access McLeod Online Bill Pay:

- Go to [www.mcleodhealth.org](http://www.mcleodhealth.org)
- Click on the Online Bill Pay button on the top right side of the home page beside Contact.
- Follow the instructions and complete the form with your account number, address, phone number, email address, payment method, amount you want to pay on the account, etc.

If you have any questions about the McLeod Online Bill Pay service, please call (843) 777-4429.

## MEDICAL UNITS RELOCATE ON THE McLEOD REGIONAL CAMPUS

As McLeod continues to serve the region as The Choice for Medical Excellence, preserving those high standards means continually expanding both services and facilities to meet the healthcare needs of its patients.

Serving as the region's tertiary care center (offering patients from outlying counties access to more in-depth, specialized care), McLeod Regional Medical Center often cares for patients with the most severe and life threatening illnesses and injuries. To meet the critical care and trauma needs of the communities it serves, McLeod recently opened the Center for Intensive Care.

Medical services provided in the Center for Intensive Care include:

- **Trauma Surgical Care Unit (TSCU)** for patients recovering from a serious accident or complicated surgery. This unit is located on the third floor.
- **Medical Intensive Care Unit (MICU)** and a medical step-down unit for patients who are suffering an acute illness, such as pneumonia, liver, kidney or lung diseases. MICU is located on the fifth floor.
- **Coronary Care Unit (CCU)**, a specially equipped unit to treat patients with serious heart conditions. This unit is located on the fourth floor.
- **Hemodialysis**, a treatment for people who have chronic kidney disease and acute renal failure. The Hemodialysis Unit is located on the second floor.

In addition to the opening of these units in the McLeod Center for Intensive Care, two other patient care units have relocated on the campus of McLeod Regional Medical Center. The Neurology Unit has moved from the third floor of the McLeod Tower to the eighth floor of the McLeod Pavilion. The Stroke Unit has also moved from the third floor of the McLeod Tower to the ninth floor of the McLeod Pavilion.

As these units move to the McLeod Pavilion, renovations are taking place in the McLeod Tower to create larger, more spacious patients rooms to accommodate patient care as well as family members and visitors.

# McLeod Welcomes These Physicians



### **Cecilia Aduako, M.D.** Board Certified in Internal Medicine

Dr. Aduako received her medical degree from the University of Ghana in Accra, Ghana. She completed an Internal Medicine residency at Huron Hospital/Cleveland Clinic Foundation in Cleveland, Ohio. She also completed an Infectious Disease fellowship at the Yale University School of Medicine in New Haven, Connecticut. Dr. Aduako cares for patients at McLeod Regional Medical Center in Florence, consulting on both Inpatient and Outpatient Infectious Disease Services.



### **Martine Bernard, M.D.** Neurology

Dr. Bernard received her medical degree from the University of South Florida College of Medicine in Tampa, Florida. She completed a Neurology residency at Penn State University College of Medicine, Milton S. Hershey Medical Center, in Hershey, Pennsylvania. She also completed a Neurophysiology fellowship at the Medical University of South Carolina in Charleston, South Carolina. Dr. Bernard cares for patients at McLeod Neurological Associates in Florence.



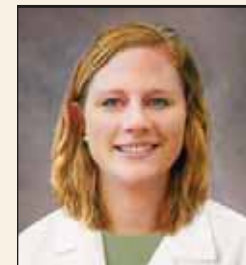
### **Doli Biondillo, M.D.** Board Certified in Pulmonary Medicine and Critical Care Medicine

Dr. Biondillo received her medical degree from Indiana University School of Medicine in Indianapolis, Indiana. She completed an Internal Medicine residency at Indiana University Medical Center in Indianapolis, Indiana, where she also completed a Pulmonary and Critical Care fellowship. Dr. Biondillo cares for patients at McLeod Pulmonary and Critical Care Seacoast in Loris.



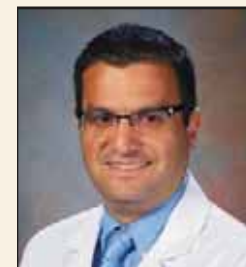
### **Michael Carmichael, M.D.** Board Certified in Surgery and Thoracic Surgery

Dr. Carmichael received his medical degree from the University of Texas Health Science Center at Houston in Houston, Texas, where he also completed a General Surgery residency. He completed a Thoracic and Cardiovascular Surgery residency at the Texas Heart Institute and M.D. Anderson Tumor Institute in Houston, Texas. Dr. Carmichael cares for patients at McLeod Cardiothoracic Surgical Associates in Florence.



### **Lindsay Coleman, M.D.** Board Certified in Anesthesiology

Dr. Coleman received her medical degree from the University of South Carolina School of Medicine in Columbia, South Carolina. She completed an Anesthesiology residency at the Medical College of Georgia/Georgia Health Sciences University in Augusta, Georgia. Dr. Coleman cares for patients at McLeod Loris and McLeod Seacoast.

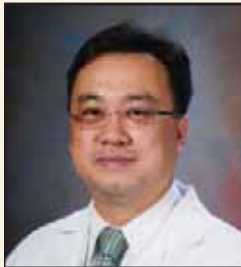


### **Marwan Elya, M.D.** Board Certified in Internal Medicine, Pulmonary Medicine, Critical Care Medicine and Sleep Medicine

Dr. Elya received his medical degree from Lebanese University in Lebanon. He completed an Internal Medicine residency at Staten Island University Hospital in Staten Island, New York. He also completed a Pulmonary and Critical Care fellowship at the University of Oklahoma Health Sciences Center in Oklahoma City, Oklahoma. Dr. Elya cares for patients at McLeod Pulmonary and Critical Care Associates in Florence.



# McLeod Welcomes These Physicians



**Nguyen Ha, M.D.** Ophthalmology

Dr. Ha received his medical degree from Vanderbilt University School of Medicine in Nashville, Tennessee. He completed an Ophthalmology residency at Wilmer Ophthalmological Institute, Johns Hopkins Hospital, in Baltimore, Maryland, where he also completed a Fellowship in Diseases of the Vitreous and Retina. Dr. Ha cares for patients at Stokes Regional Eye Center in Florence.



**Eric Heimberger, M.D.** Board Certified in Orthopedics

Dr. Heimberger received his medical degree from Georgetown University School of Medicine in Washington, D.C., where he also completed an Orthopedics residency. Dr. Heimberger cares for patients at McLeod Orthopaedics Seacoast in Little River.



**S. Cary Huber, M.D.** Board Certified in Surgery and Thoracic Surgery

Dr. Huber received his medical degree from Northeastern Ohio University College of Medicine in Rootstown, Ohio. He completed a General Surgery residency at Orlando Regional Medical Center in Orlando, Florida. He also completed a Cardiothoracic Surgery residency at the University of Kentucky in Lexington, Kentucky. Dr. Huber cares for patients at McLeod Cardiothoracic Surgical Associates in Florence.



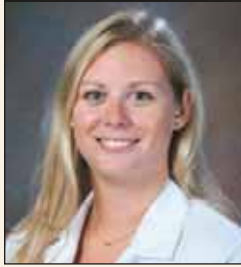
**Timothy Idighe, M.D.** Board Certified in Family Medicine

Dr. Idighe received his medical degree from University College Hospital Ibadan in Nigeria. He completed a Family Medicine residency at the University of Pittsburgh Medical Center Shadyside in Pittsburgh, Pennsylvania. Dr. Idighe cares for patients at McLeod Regional Medical Center in Florence as a Hospitalist, or Inpatient Physician.



**Kiasha James, M.D.** Family Medicine

Dr. James received her medical degree from the University of Kentucky College of Medicine in Lexington, Kentucky. She completed a Family Medicine residency at McLeod Regional Medical Center in Florence, South Carolina. Dr. James cares for patients at the McLeod Regional Medical Center Emergency Department in Florence.



**Katie Jennings, M.D.** Emergency Medicine

Dr. Jennings received her medical degree from the University of South Carolina in Columbia, South Carolina. She completed an Emergency Medicine residency at the Medical University of South Carolina in Charleston, South Carolina. Dr. Jennings cares for patients at the McLeod Regional Medical Center Emergency Department in Florence.

# McLeod Welcomes These Physicians



**David Johnson, M.D.** Board Certified in Internal Medicine

Dr. Johnson received his medical degree from Loma Linda University in Loma Linda, California. He completed an Internal Medicine residency at Walter Reed Army Medical Center in Washington, D.C. Dr. Johnson cares for patients at McLeod Internal Medicine Seacoast in Little River, South Carolina, and Sunset Beach Internal Medicine in Ocean Isle Beach, North Carolina.



**Eric Kerley, M.D., PhD** Board Certified in Internal Medicine and Pediatrics

Dr. Kerley received his medical degree from the James H. Quillen College of Medicine/ETSU in Johnson City, Tennessee. He completed an Internal Medicine and Pediatrics residency at Orlando Regional Medical Center/Arnold Palmer Hospital in Orlando, Florida. Dr. Kerley cares for patients at McLeod Regional Medical Center in Florence as a Hospitalist, or Inpatient Physician.



**Allan Macdonald, M.D.** Board Certified in Family Medicine

Dr. Macdonald received his medical degree from the University of Rochester School of Medicine and Dentistry in Rochester, New York. He completed a Family Medicine residency at the Highland Hospital Family Medicine Program in Rochester, New York. Dr. Macdonald cares for patients at the McLeod Family Medicine Center in Florence. In addition to caring for patients, Dr. Macdonald is a faculty member for the McLeod Family Medicine Residency Program, where he serves as the Director of Maternal-Fetal Medicine Education.



**Iacob Marcovici, M.D.** Board Certified in Obstetrics and Gynecology

Dr. Marcovici received his medical degree from the Hebrew University and Hadassah Medical School in Jerusalem, Israel. He completed an Obstetrics and Gynecology residency in Israel and at the University of Illinois at Chicago in Chicago, Illinois. Dr. Marcovici cares for patients at McLeod OB/GYN Dillon and Aesthetic Medical Center, also in Dillon.



**Clifford Medina, M.D.** Board Certified in Internal Medicine and Sleep Medicine

Dr. Medina received his medical degree at Harvard Medical School in Boston, Massachusetts. He completed an Internal Medicine residency at Brigham and Women's Hospital in Boston, Massachusetts. Dr. Medina cares for patients at McLeod Regional Medical Center in Florence as a Hospitalist, or Inpatient Physician.



**Alto Odin, D.O.** Board Certified in Internal Medicine

Dr. Odin received his medical degree from Nova Southeastern University in Fort Lauderdale, Florida. He completed an Internal Medicine residency at the Medical University of South Carolina in Charleston, South Carolina. Dr. Odin cares for patients at McLeod Dillon as a Hospitalist, or Inpatient Physician.



# McLeod Welcomes These Physicians



**Samuel Okoh, M.D.** Board Certified in Internal Medicine and Nephrology  
Dr. Okoh received his medical degree from the University of Ghana in Accra, Ghana. He completed an Internal Medicine residency at Fairview Hospital, Cleveland Clinic Health System, in Cleveland, Ohio. He also completed a Nephrology and Hypertension fellowship at Dartmouth Hitchcock Medical Center in Lebanon, New Hampshire. Dr. Okoh cares for patients at Pee Dee Nephrology in Florence.



**Douglas Moeckel, M.D.** Board Certified in Pediatrics  
Dr. Moeckel received his medical degree from Washington University School of Medicine in Saint Louis, Missouri. He completed a Pediatrics residency at Saint Louis Children’s Hospital in Saint Louis, Missouri, where he also completed a Neonatal-Perinatal Medicine fellowship. Dr. Moeckel cares for patients with Pediatrix Medical Group and in the McLeod Neonatal Intensive Care Unit at McLeod Regional Medical Center in Florence.



**Seth A.J. Rainwater, IV, Psy.D.** Psychology  
Dr. Rainwater received his Doctorate in Clinical Psychology from Regent University School of Psychology and Counseling in Virginia Beach, Virginia. Dr. Rainwater cares for patients at LifeCare Psychology Group in Florence.



**Michael Rissing, M.D.** Board Certified in Radiology  
Dr. Rissing received his medical degree from the University of South Carolina School of Medicine in Columbia, South Carolina. He completed a Diagnostic Radiology residency at the Medical University of South Carolina in Charleston, South Carolina, where he also completed a Body Imaging fellowship. Dr. Rissing cares for patients with Florence Radiological Associates.



**Gail Robinson, M.D.** Board Certified in Family Medicine  
Dr. Robinson received her medical degree from the American University of Antigua College of Medicine in St. Johns, Antigua. She completed a Family Medicine residency at McLeod Regional Medical Center in Florence, where she cares for patients as a Hospitalist, or Inpatient Physician.

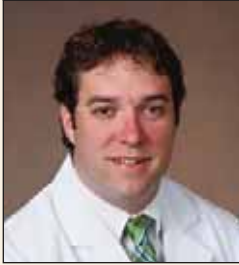


**Amanda Turbeville, M.D.** General Surgery  
Dr. Turbeville received her medical degree from the Medical University of South Carolina in Charleston, South Carolina. She completed a General Surgery residency at Ochsner Clinic Foundation in New Orleans, Louisiana. Dr. Turbeville cares for patients at McLeod Loris Seacoast Surgery in Loris and Little River.

# McLeod Welcomes These Physicians



**Gopalbhai Vaghela, M.D.** Board Certified in Internal Medicine  
Dr. Vaghela received his medical degree from Ross University School of Medicine in Dominica, West Indies. He completed an Internal Medicine residency at Flushing Hospital Medical Center/SUNY-Downstate Medical Center in Flushing, New York. Dr. Vaghela cares for patients at McLeod Regional Medical Center in Florence as a Hospitalist, or Inpatient Physician.



**J. Nicholas Wallace, M.D.** Board Certified in Internal Medicine  
Dr. Wallace received his medical degree from the University of South Carolina School of Medicine in Columbia, South Carolina. He completed an Internal Medicine residency at the Medical University of South Carolina in Charleston, South Carolina. Dr. Wallace cares for patients at McLeod Dillon as a Hospitalist, or Inpatient Physician.



**Joseph Wangeh, M.D.** Board Certified in Pediatrics  
Dr. Wangeh received his medical degree from the University of Ghana Medical School in Accra, Ghana. He completed a Pediatrics residency at Woodhull Hospital in Brooklyn, New York. Dr. Wangeh cares for patients at McLeod Pediatrics Dillon.



# McLeod Welcomes These Residents



**Ryan M. Connor, M.D.** Dr. Connor received his B.S. in Biology and his medical degree from the University of South Carolina in Columbia, South Carolina.



**Andre Dyer, M.D.** Dr. Dyer received his B.S. in Biology at Benedict College in Columbia, South Carolina, and his medical degree from the Medical University of South Carolina in Charleston, South Carolina.



**Jason Heilemann, M.D.** Dr. Heilemann received his B.S. in Biochemistry and Chemistry from the College of Charleston in Charleston, South Carolina, and his medical degree from the University of South Carolina in Columbia, South Carolina.



**Bryan Howington, M.D.** Dr. Howington received his B.S. in Biology from the University of North Carolina at Pembroke in Pembroke, North Carolina, and his medical degree from the Brody School of Medicine at East Carolina University in Greenville, North Carolina.



**Ashley Locklear-Batton, M.D.** Dr. Locklear-Batton received her B.S. in Biology and Chemistry from the University of North Carolina at Pembroke in Pembroke, North Carolina, and her medical degree from Edward Via Virginia College of Osteopathic Medicine in Blacksburg, Virginia.



**Leslie Pittman, M.D.** Dr. Pittman received her B.S. in Biology from Georgia College and State University in Milledgeville, Georgia, and her medical degree from Mercer University School of Medicine in Savannah, Georgia.



**Marcus Vaught, M.D.** Dr. Vaught received his B.S. in Interdisciplinary Studies/Baccalaureus Artium et Scientiae from the University of South Carolina in Columbia, South Carolina, where he also received his medical degree.



**Frankie White, M.D.** Dr. White received his B.S. in Chemistry from Georgia State University in Atlanta, Georgia, and his medical degree from Morehouse School of Medicine in Atlanta, Georgia.

750 Physicians  
5 Hospitals  
1 Common Goal:

## Your Well Being.

McLeod Health is your region’s largest healthcare team. We’ve been delivering the highest quality and most compassionate healthcare to the communities we serve for more than 100 years. Our exceptional healthcare network, supported by five full-service hospitals covering 15 counties in North and South Carolina are dedicated to serving all the healthcare needs of our patients and their families. From our highly skilled physicians, surgeons, and medical staff to our state-of-the-art facilities, equipment and technology, McLeod Health truly is the choice for medical excellence.

**McLeod Health**  
Your Region’s Largest Healthcare Team.

The Hospitals of McLeod Health

McLeod Regional  
FLORENCE | DILLON | DARLINGTON | LORIS | SEACOAST

[www.McLeodHealth.org](http://www.McLeodHealth.org)



# McLeod Health

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