

McLeod

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magazine



CARING HANDS AND HEARTS

Views



As a growing organization, McLeod Health remains committed to patient needs and voices. Physicians, staff and volunteers work tirelessly every day to contribute positively to a patient's successful treatment and recovery, but with more than just technology or intellect. Our teams care for others as a calling, through their hearts and hands.

We consider it a true privilege to serve the thousands of families each year who entrust us with their health and well-being, from the midlands to the coast. And, at McLeod Health, throughout each of our seven hospitals, we strive continuously to improve everything that relates to the care of patients. Clinical, service and operational improvements drive our processes and we design our work and efforts in quality around principles that create excellent patient experiences -- standards at each of our facilities or programs that enhance care, streamline services and make advancements in timeliness of service, efficiency and extraordinary outcomes.

We are honored by the recognition of those achievements in our services and medical excellence, distinctions acknowledged by Healthgrades, Leap Frog and other third party healthcare rating professionals who validate the work of our teams, based on the analysis of data, superior outcomes and performance. These awards are evidence of the dedication and hard work by our staff, in creating a culture of quality and safety. Most of all, we are humbled by the affirmation of our patients, whose appreciation, testimonials and victories reinforce our mission. We invite you to share in their personal medical journeys reflected in the pages ahead of this issue of *McLeod Magazine*.

We pledge to pursue the best care for the benefit of our patients. As always, we thank you for making McLeod your choice for medical excellence.

Robert L. Colones

Rob Colones,
President, McLeod Health



On the Cover:

Dot Johnson, a McLeod Patient Representative and Nurse, and Linda Russell are featured on the cover of this issue of *McLeod Magazine* in the garden of the McLeod Center for Intensive Care. Two extraordinary women, Dot and Linda are cancer survivors who encourage others facing difficulties. Their hands and hearts offer caring to others.

Dot has been caring for patients at McLeod for more than 40 years. Today, she visits with patients and their families as a patient representative ensuring that their needs are being met. Linda serves as a volunteer and board member with the McLeod Foundation supporting programs that benefit patients with cancer such as the HOPE (Helping Oncology Patients Everyday) Fund.



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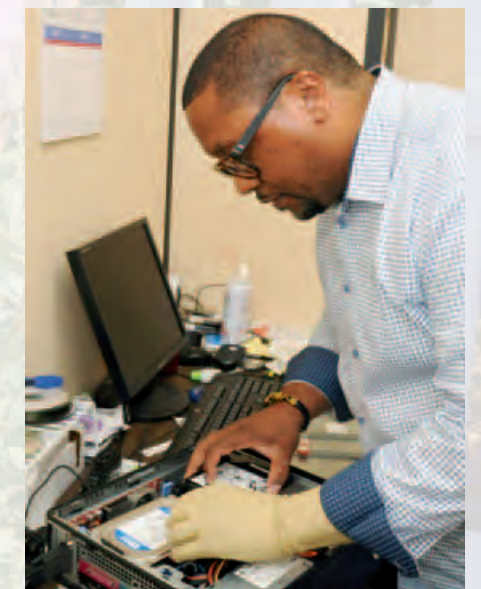
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The Inspiration for McLeod Health



As we observe McLeod Health's 110 year anniversary, we reflect on the tragic event that inspired Dr. F. H. McLeod's vision for the Florence Infirmary -- the hospital that would eventually grow into the regional health care system known as McLeod Health.

The Legacy Begins

It was not yet spring, but the brisk winds were signaling a change of season from the bitter cold. The young mother welcomed the hint of warmer months to come and opened the window of the second story apartment in the downtown hotel. The breezes still were chilly but it seemed to cleanse the air and atmosphere within the rooms, Mrs. Barringer thought. Her small son Rufus, a fair, curly-haired, bright-eyed little boy of three, echoed her delight in the fresh air with chattering and enthusiasm. His voice seemed to compete with the sounds of business and bustling that could be heard all the way up from the street.

Then, what was never supposed to

happen, possibly every mother's nightmare, became a reality for this young woman. In a matter of seconds, Mrs. Barringer watched as her toddler ran to the open window to sneak a peak at the activity below. But before she could react, she watched as her child lost his balance and fell from the window to the pavement more than twenty feet below.

Recognizing the seriousness of the accident, someone who had witnessed his fall from below quickly sought emergency care for Rufus, whose whimpering was becoming lower and lower and whose skull was badly crushed by the blow of hitting the street. But where would the child be taken for care and whom should be called to help?

There was no 911 or emergency line to access. In fact, there were many folks without phone service in the community or even motor vehicles available for transporting the injured.

Rufus Barringer's accident occurred in downtown Florence on March 8, 1899, more than a 117 years ago. Central Hotel, located on Evans Street at the turn of the century, stood only yards away from the current facility of McLeod Regional Medical Center.

According to a historical sketch about McLeod, "The History of the Development of a Medical Center" by Dr. Larry E. Nelson, related newspaper articles about the tragic incident on microfilm and family recollections,

Rufus Barringer was the beloved son of J.L. and M.L. Barringer of Florence, born on December 1, 1895.

Immediately after his plunge to the street, a passerby picked up the boy and carried him to "Palace Drug Store, owned by Dr. Furman P. Covington and Dr. Frank Hilton McLeod, Physicians and Surgeons," proclaimed the signage.

"Dr. Lawrence Y. King, a well-known physician in the city, happened to be in the store at the time and quickly attended to the boy. Seriously hurt, the lad cried a little, but soon lapsed into unconsciousness. Among the other physicians hurriedly summoned was Dr. F. H. McLeod. Since he was fond of children, the situation must have been troubling to him," according to Dr. Nelson's text.

Perhaps he knew Rufus because the stricken boy's father had a place of business in the same building as Dr. McLeod's medical office, at 209 Evans Street, located on the same end and side of the block that the historic Old Florence Post Office stands on today.

Feverishly, Dr. McLeod and his colleagues "devoted their energies to saving the little life." However, examination revealed Rufus had a severely fractured skull and the prognosis was poor. His short life ended three days after the incident on March 11.



The untimely loss of young Rufus Barringer, forever tied one of Florence's early families, the Barringers, to McLeod Health.

Frank "Buzz" M. Rogers, IV, a descendent of Rufus Barringer, learned more about his connection to McLeod after a chance conversation with Francis Ervin, great grandson of Dr. F. H. McLeod. Buzz had been raised hearing about the family tragedy and the loss of his grandmother's youngest brother, Rufus. Francis shared with Buzz how this sad event had inspired his great grandfather in his life's work and the establishment of the medical center.

"The tragedy of Rufus Barringer affords a rare glimpse into the early practice of Dr. Frank Hilton McLeod, who became the foremost physician of the Pee Dee region of South Carolina. As a young man, he obtained a medical education at schools in Georgia and Tennessee. He tried two different locations before establishing his medical practice in Florence in 1891. He became active in matters of professional medicine and he acquired an enviable reputation for his surgical skills. Founding the Florence Infirmary in 1906 and conducting its affairs were Dr. McLeod's most important contributions. In the early years of the hospital's development, he determined to make it an institution serving the medical needs of the Florence community and its environs, but also the eastern section of South Carolina. Through medical talent,

entrepreneurial skill and hard work, his dream was a functioning reality by 1917," stated Dr. Nelson's account.

It was the tragic fall in 1899 of a three-year-old boy from a second story apartment that inspired Dr. F. H. McLeod's vision of a hospital for Florence and the region. The founders of McLeod understood the need to provide access to treatment and advanced care and specialized surgeries. They set the precedent for superlative hospital practices and expertise. Today, McLeod Health carries on that tradition with highly experienced professionals, the widest spectrum of health services available in the region, extraordinary outcomes and patient testimonials, cost efficient-care, expansion and growth to meet the needs of patients from the midlands to the coast.

110 Years of Medical Excellence

November 17, 2016

To celebrate McLeod Health's 110 year anniversary, a dedication ceremony will be held to unveil a historical marker at the site of the original McLeod Infirmary on November 17, 2016. This will be the first historical marker located in downtown Florence. A reception and exhibit of McLeod Health history at the Florence County Museum will follow. Additionally, the evening will conclude with a performance of a commissioned choral symphony by local artist Dr. Brandon Goff at the Performing Arts Center.

110 YEARS
*Celebrating our past
and caring for your future*

McLeod Health

Leaders in Healthcare Excellence

McLeod physicians, staff and teams have received 24 top honors for 2016 from Healthgrades®, the top online resource for helping consumers make informed decisions about their health care. Healthgrades evaluated nearly 4,500 hospitals nationwide for 33 of the most common inpatient procedures and conditions to determine these honors. The distinctions, driven by the analysis of data, are based on quality outcomes and superior performance.



McLeod General Surgeon Dr. Keith Player performs surgery at McLeod Regional Medical Center

As medical needs continue to grow, the hospitals within the McLeod Health system remain committed to providing the best care available to each patient. With 24 top honors, McLeod Health continues to be recognized as the region's leader in healthcare excellence.

"This recognition is evidence of the dedication and hard work performed daily by our physicians and staff in creating a culture of safety and quality," said Rob Colones, President of McLeod Health. "We are honored that our efforts have resulted in McLeod receiving these distinctions, but more importantly, we want to continue to pursue excellence in quality care for the benefit of our patients."



McLeod Cardiologist Dr. Dennis Lang and McLeod Vascular Surgeon Dr. Chris Cunningham talk with a patient about his care.

"McLeod has been honored nationally for its quality programs by a number of healthcare organizations," explained Donna Isgett, Senior Vice President of Quality and Safety. "We compare ourselves to the nation's best in receiving measurable results and continuously strive to improve everything that relates to the care of the patient."

Marie Saleeby, Administrator of McLeod Regional Medical Center, stated, "Our physicians, clinical staff, and leadership team are encouraged by this national level recognition. Our priority has been to improve patient outcomes and experiences, and we will continue to bring the highest quality possible to our region."



McLeod Orthopedic Surgeon Dr. Pat Denton discusses a patient's care with Trena Addison, RN.



TOP HEART & VASCULAR HONORS

- One of America's 100 Best Hospitals for Cardiac Care™ – 2016
- One of America's 100 Best Hospitals Coronary Intervention™ – 2016
- One of America's 50 Best Hospitals for Vascular Surgery™ (2015 – 2016)
- Recipient of the Cardiac Care Excellence Award™ – 2016
- Recipient of the Coronary Intervention Excellence Award™ – 2016
- Recipient of the Vascular Surgery Excellence Award™ (2010 – 2016)
- Named Among the Top 5% in the Nation for Cardiology Services – 2016
- Named Among the Top 5% in the Nation for Coronary Interventional Procedures – 2016
- Named Among the Top 5% in the Nation for Vascular Surgery (2013 – 2016)
- Named among the top 10% in the Nation for Overall Cardiac Services – 2016
- ★★★★★ Recipient for Coronary Interventional Procedures – 2016
- ★★★★★ Recipient for Treatment of Heart Attack (2014 – 2016)
- ★★★★★ Recipient for Treatment of Heart Failure (2014 – 2016)
- ★★★★★ Recipient for Treatment of Stroke (2013 – 2016)
- ★★★★★ Recipient for Repair of Abdominal Aorta – 2016
- ★★★★★ Recipient for Carotid Surgery (2011 – 2016)

TOP SURGERY HONORS

- One of America's 100 Best Hospitals for General Surgery (2014 – 2016)
- Recipient of the General Surgery Excellence Award (2013 – 2016)
- Named Among the Top 5% in the Nation for General Surgery (2014 – 2016)
- ★★★★★ Recipient for Esophageal/Stomach Surgeries (2014 – 2016)
- ★★★★★ Recipient for Treatment of Bowel Obstruction (2014 – 2016)

TOP ORTHOPEDIC HONOR

- ★★★★★ Recipient for Total Knee Replacement – 2016

TOP CRITICAL CARE HONOR

- ★★★★★ Recipient for Treatment of Respiratory Failure – 2016

TOP PULMONARY HONOR

- ★★★★★ Recipient for Treatment of Chronic Obstructive Pulmonary Disease (2009 – 2016)

*Distinctions listed represent McLeod Regional Medical Center

Back to the Top of His Game

by Tammy White

The average person is often unable to tell when their heart goes into atrial fibrillation. In Mike Cullipher's case, he said he always knew when those 15 to 30 second rapid heart beating episodes occurred. The Mullins resident began seeing McLeod Interventional Cardiologist **Dr. Anil Om** for the treatment of atrial fibrillation in 2001.

Atrial fibrillation, also called AF or A-Fib, is one of the most common irregular heart rhythms. An abnormality of the electrical system of the heart, A-Fib is a rapid beating of the upper chambers of the heart, which prevents the heart from pumping blood adequately to the lower chambers.

People who suffer from atrial fibrillation may experience heart palpitations, irregular heartbeat, shortness of breath, dizziness, faintness, and mild to severe chest pains.

"Many patients also experience feelings of weakness or fatigue, caused by the heart's diminished pumping ability," explained **Dr. Rajesh Malik**, a McLeod Electrophysiologist.

Over the next fifteen years, Mike's condition was managed through

medication and eventually an ablation, a procedure to correct heart rhythm problems. Performed in the same manner as a heart catheterization, an ablation delivers heat, cold or radio energy through the groin to destroy the tissue that triggers the abnormal rhythms.

The ablation worked for a short time but ultimately Mike's atrial fibrillation returned. In 2015, he was referred by Dr. Om to Dr. Malik.

"Dr. Malik informed me that at this point in my life my heart was in persistent A-Fib -- meaning all the time," said Mike. "It was like my heart was running a marathon."

A healthy heart beats between 60 and 90 times per minute. In A-Fib the upper chambers of the heart can fibrillate up to 500 times a minute.

Because the heart is beating so fast and irregularly, the heart's pumping action does not work properly.

Mike Cullipher is glad to be back to the top of his game after undergoing the MAZE procedure to cure his atrial fibrillation. He is pictured with his grandchildren: Lauren Hasbrouck, 13; Mason Hasbrouck, 16; Carson Hulon, 6; and Jack Hulon, 12.

When the pumping does not function correctly, the blood will not completely empty from the chambers making the blood more likely to pool and to clot. If a clot pumps out of the heart, it can travel to the brain, resulting in a stroke.

"People who have atrial fibrillation are five times more likely to have a stroke than people who do not have this condition," said Dr. Malik.

"When my wife Sharon and I met with Dr. Malik, he shared with us that there have been very few patients in his medical career whose irregular heart rhythms he could not correct," said Mike "I was one of those patients. He was determined to get my heart back in normal rhythm. His resolve gave me confidence that he was going to be dedicated in helping me achieve it."

Dr. Malik believed Mike's best chance of recovery was the MAZE procedure.

The MAZE procedure is a surgical intervention for heart patients whose atrial fibrillation cannot be controlled by medications or for those who are undergoing open-heart surgery for other reasons. MAZE cures A-Fib by interrupting the electrical patterns that are responsible for the irregular heartbeat.

With the MAZE procedure, a McLeod Cardiothoracic Surgeon uses a radiofrequency probe to burn lesion areas in the heart tissue without damaging the heart. These lesions, placed in strategic areas of the upper chambers of the heart, generate scar tissue that redirect the electrical pattern so the heart can pump in a normal way.

In December 2015, McLeod Cardiothoracic Surgeon **Dr. S. Cary Huber** performed the MAZE procedure on Mike. Because his case was so complex, Dr. Malik assisted Dr. Huber in the operating room.

"With cases like Mike's, after I have completed the MAZE ablation, Dr. Malik will perform inter-operative electrical mapping. During this procedure,



Mike Cullipher is grateful for the team efforts of Dr. Rajesh Malik, Dr. S. Cary Huber and Dr. Anil Om for their diligence in eliminating his atrial fibrillation and providing him with more experiences of a lifetime.

Dr. Malik inserts a specially designed catheter into the heart to test the electrical activity where the irregular arrhythmia was occurring to ensure that the ablation was successful," explained Dr. Huber.

"Dr. Huber told me I could expect my heart to continue to have A-Fib episodes after the surgery while it was recovering," said Mike. "One week after returning home I felt the moment my heart went back into a normal rhythm, and it has never gone back out since then."

"I am amazed at how much this surgery has changed my quality of life. The atrial fibrillation kept me from enjoying my favorite past times like hunting and fishing. My wife and I are also big supporters of our four grandchildren at all of their sporting games. Unfortunately, I had to miss most of their games because my health would not allow it," said Mike.

Mike is also a member of the 2nd Chance Ministries gospel quartet. Prior to the MAZE procedure, he did not have the breath to sing and had to stop performing. Today, Mike is happy to report that he is back on the road again with the group.

"I am very thankful to Dr. Om, Dr. Malik and Dr. Huber for being those

instruments in God's hands that not only changed my life but saved it," said Mike. "Throughout the many office visits and bedside care in the hospital, I found a sincere compassion from them that I will never forget."

"They had a strong determination to 'help me get better' even in light of a case that was as difficult as mine. And, they ALWAYS had words of encouragement. I am forever grateful to each one of them. I love them for caring about me. I cannot say enough about the great team at McLeod," added Mike.

For patients like Mike, the McLeod Heart and Vascular Institute provides the most comprehensive and sophisticated heart care for patients from the midlands to the coast. Dedicated to extraordinary cardiovascular care, McLeod is one of the top hospitals in the nation for cardiac and vascular care, according to the most recent hospital ratings by Healthgrades, the leading online resource for comprehensive information about physicians and hospitals. These top honors include the 2016 Cardiac Care Excellence Award, 2016 Coronary Intervention Excellence Award and Top 5% in the Nation for Cardiology Services.

NEW

FINDING A PATH

After his health deteriorated, Paul Winter was unable to enjoy his favorite sport of racing. Thanks to Dr. David Bjerken, his health has improved tremendously and he has returned to riding his motorcycles.



by Jennifer Hulon

A fast car and motorcycle enthusiast, Paul Winter loves life. For years, he's had the opportunity to teach others the skills of racing. These days, he especially enjoys the great outdoors, including big game fishing.

A diagnosis of polycystic kidney disease ultimately affected Paul's joy of racing. This condition occurs when clusters of noncancerous cysts develop within the kidneys. Diagnosed in 2000, Paul's kidneys slowly deteriorated over the next ten years resulting in his need for dialysis. Patients require dialysis when the kidneys cannot filter blood, remove waste, toxins and excess fluid.

Dialysis is a process using a hemodialyzer (artificial kidney) that mimics the function of a normal kidney. An Arterial Venous Fistula, a surgical joining of an artery and vein allowing blood flow from the artery to the vein, was placed in Paul's arm to provide safe access for dialysis to be administered. Having dialysis three times a week, Paul needed sufficient arterial access to accommodate the dialysis' large gauge needles.

A fistula offers the least amount of infection risk and lasts longer than other dialysis-related procedures.

Eventually, Paul developed aortic stenosis, a narrowing of the large blood vessel branching off of the heart. He was informed that the high blood flow in his dialysis fistula contributed to this heart condition.

At the end of 2015, Paul underwent heart surgery during which his dialysis access fistula was ligated, or closed off. A venous catheter was placed in his shoulder to provide access for his dialysis treatments. Long-term use of a venous catheter can lead to infection, and the simple inconvenience and lack of comfort was challenging for Paul.

"The past-times I enjoyed were realistically no longer things I could do. My health had deteriorated drastically in such a short period of time," said Paul.

During a dialysis session in early 2016, Paul's nephrologist in Supply, North Carolina, Dr. Sivanthan Balachandran, discussed an option with Paul of having the catheter removed.

Dr. Balachandran recommended that Paul see **Dr. David Bjerken** with McLeod Vascular Associates in Little River, South Carolina. Dr. Bjerken specializes in dialysis access creation and revision. Paul was interested in learning more about Dr. Bjerken and what he could offer.

"My research indicated that Dr. Bjerken was highly respected and qualified for my case, so I made an appointment with him," said Paul.

"When Paul came to see me he was in a wheelchair and had a venous catheter in place for his dialysis treatments," said Dr. Bjerken. "In my career, Paul's condition was one of the more challenging cases I have treated. There were some lingering effects from his pre-existing fistula. I knew I could find a way to repair his vein, but it would be difficult. I had to be creative in surgically repairing the compromised areas.

"It involved a very complex reconstruction to allow immediate use of the fistula as well as removal of the catheter and relief from its associated dangers."

"Dr. Bjerken is an artist," said Paul. "I came to him hoping he would be able to offer me a solution for the vein in my right arm. This procedure was tricky, and I knew it was going to take a doctor with the appropriate training to repair the fistula and create a new pathway for my dialysis access. To locate a doctor that specializes in dialysis reconstruction is incredible, especially so close to my home."

"I was pleased with the quick result of this procedure," said Dr. Bjerken. "The severity of Paul's condition from his first appointment to where he is now, reflects the positive effects of this reconstruction."

"The efficiency of McLeod Seacoast also made my experience seamless," added Paul. "The wonderful, well organized staff was comforting. This area is very fortunate to have this level of expertise available to them."

"Thanks to Dr. Bjerken I can now enjoy the things that I once found fulfilling that eluded me for a period of time. I would recommend McLeod Seacoast and Dr. Bjerken to anyone."



McLeod Vascular Surgeon Dr. David Bjerken performs a procedure at McLeod Seacoast.

McLeod Air Reach is an air ambulance service that provides rapid access to cardiac care for all of the hospitals of McLeod Health when time is of the essence.



by Tammy White

YOUR TEAM for Heart and Vascular Care

Are you familiar with the common signs of a heart attack? These symptoms range from an uncomfortable pressure, squeezing, fullness or pain in the center of your chest to pain or discomfort in one or both arms, the back, neck, or jaw. A person may also experience shortness of breath with or without chest discomfort, a cold sweat, nausea or lightheadedness.

Anyone who experiences one of these signs should not wait more than five minutes before calling 911 for help. The goal is to get to a hospital right away, preferably one equipped for cardiac care, such as one of the six hospitals within McLeod Health.

When a heart attack strikes, it is critical that blood flow be restored to the heart in a timely manner. Cardiac care can begin as soon as Emergency Medical Services (EMS) arrives on the scene.

The first line of defense in protecting the heart often begins in the Emergency Department. Patients who arrive with chest pain, or symptoms that could be characteristic of a heart attack, are rapidly

evaluated by the qualified medical professionals of McLeod Health. This evaluation is designed to quickly recognize those suffering a heart attack and provide optimal care when seconds count.

It also takes a dedicated team to treat patients this quickly -- from local Emergency Medical Services staff to the Emergency Departments and Catheterization Laboratories at McLeod Regional Medical Center and McLeod Loris to the physicians of the McLeod Heart and Vascular Institute. All of these groups help elevate heart attack care by working together as a team to reduce time to treatment for heart attack patients.

For patients recovering from a heart-related illness, McLeod Health offers six Cardiac Rehabilitation programs to help patients experience a full recovery through extensive education and a monitored exercise program. These programs are available at McLeod Regional Medical Center at the McLeod Health & Fitness Center, McLeod Health Cheraw, McLeod Health Clarendon, McLeod Dillon, McLeod Loris and McLeod Seacoast.

Patients who have a family history of heart and vascular disease or one of its risk factors: diabetes, smoking, high cholesterol or high blood pressure, should also work with a cardiologist to

modify these risk factors through weight loss, smoking cessation, medication and/or exercise.

“It is the goal of the McLeod Heart and Vascular Institute to make sure patients have access to the cardiac care they need,” said **Dr. Alan Blaker**, Executive Medical Director of the McLeod Heart and Vascular Institute.

“To ensure this goal, we have partnered with other physician practices to provide treatment to patients. In addition to our office locations in Florence, Loris, Little River and Sumter, McLeod Cardiology Associates provides cardiac care at the office of McLeod Family Medicine Cheraw.

“Also, our Electrophysiologist **Dr. Rajesh Malik** offers a monthly clinic for electrophysiology patients at our McLeod Seacoast office in Little River, and Electrophysiologist **Dr. Prabal Guha** provides this same service in our Sumter office. At this time, we are evaluating how we can support the cardiac needs

of the patients in Clarendon County,” added Dr. Blaker.

For a heart diagnosis that requires surgical intervention, McLeod has four Cardiothoracic Surgeons on staff with McLeod Cardiothoracic Surgical Associates: **Dr. Michael Carmichael**, **Dr. S. Cary Huber**, **Dr. Samantha Kwon** and **Dr. Scot Schultz**.

A Cardiothoracic Surgeon performs any surgical procedure involving the heart, lungs and major blood vessels. These procedures include coronary artery bypass grafting surgery to correct blockages in the coronary arteries, heart valve surgery including repair and replacement as well as lung cancer surgery.

Patients who have been diagnosed with heart disease may also have vascular issues.

The treatment of vascular disease encompasses a spectrum of therapies. This level of care includes modifying risk factors, usually through diet and exercise; medication; minimally invasive

procedures such as balloon angioplasty, and/or stents; as well as more invasive procedures such as a bypass operation.

McLeod Vascular Associates has five vascular surgeons on staff that care for patients with offices in Florence and Little River. The surgeons of McLeod Vascular Associates includes: **Dr. Christopher Cunningham**, **Dr. David Bjerken**, **Dr. Carmen Piccolo**, **Dr. Eva Rzuicldlo**, and **Dr. Gabor Winkler**. For patients in need of vascular care in Chesterfield and Marlboro Counties, weekly clinics are also held at McLeod Family Medicine Cheraw.

“The McLeod Heart and Vascular Institute strives to provide excellent care by bringing quality heart and vascular services closer to home for our patients,” said Dr. Blaker. “We are an integral part of the McLeod Health mission to serve patients from the midlands to the coast. Our goal is to ensure an excellent patient experience at all of our McLeod facilities in the region so a patient does not have to travel far for expert cardiac care.”

McLeod Cardiologist Dr. Gavin Leask performs a heart catheterization at McLeod Loris.



Joe Luckey participates in cardiac rehabilitation at McLeod Dillon.



A New Era in Orthopedics and Spine Care at McLeod

by Julia W. Derrick

Dedicated to serving the orthopedic needs of patients from the midlands to the coast, McLeod Health recently announced the addition of Pee Dee Orthopaedic Associates and Pee Dee Spine Center to the McLeod Physician Associates network. This partnership enhances the already extensive range of services offered at McLeod Health and supports its commitment to providing the most advanced treatments and techniques.

Today, people younger than 65 years of age comprise the fastest-growing age group choosing Total Knee Replacement, according to the Agency for Healthcare Research and Quality's 2014 study. The results of this study indicate a departure from orthopedic care trends in the past, which typically reserved joint replacement

surgeries for individuals older than 65. Interest in orthopedic surgery among the younger population has increased as technology advances and outcomes improve, resulting in a greater need for orthopedic and spine specialists.

Pee Dee Orthopaedic Associates and Pee Dee Spine Center, a division of Pee

Dee Orthopaedic Associates, established their history of orthopedic care in 1969, bringing a much needed specialty to the Florence region. The practice, which began with three orthopedic physicians, has continued to grow over the years, adding new physicians and services as the demand for orthopedic care increased.

"As a member of the Total Joint Steering Committee and Medical Director of McLeod Sports Medicine, I have seen firsthand the strides made in orthopedic care at McLeod Health over the last several years. During this collaboration, we worked as a team to improve patient outcomes and the patient experience," said **Dr. Patrick Denton**, who began caring for patients at Pee Dee Orthopaedic Associates in 2001. "Joining McLeod Health enables us to further enhance orthopedic and spine care for patients across the region."

Pee Dee Orthopaedic Associates' Orthopedic Surgeons **Dr. Barry Clark**, **Dr. Patrick Denton**, **Dr. Robert Elvington, Jr.**, **Dr. Jason O'Dell**, and **Dr. Nigel Watt** are joining McLeod Orthopaedics' Florence physicians **Dr. Rodney Alan**, **Dr. Albert Gilpin**, **Dr. Christopher Litts**, **Dr. Thomas Mezzanotte**, **Dr. Kyle Watford**, and **Dr. David Woodbury** in caring for patients.

The spine surgeons of Pee Dee Spine Center, **Dr. Rakesh Chokshi** and **Dr. W.S. (Bill) Edwards, Jr.** have also

realigned their practice as a McLeod Physician Associates office.

"Because our quality work is evidence-based and physician-led, joining McLeod Health allows us to use our clinical expertise and ensure McLeod remains a leader in spine care," said Dr. Edwards, who has been a member of this practice since 1998. "We look forward to participating in ongoing quality enhancement projects aimed at improving patient care."

A strong system of highly trained and skilled experts, McLeod Orthopedic and Spine Specialists meet the individualized needs of a rapidly-growing orthopedic population. The advanced surgical and non-surgical orthopedic services include

joint reconstruction, sports medicine, orthopedic surgery, pediatric orthopedics, foot and ankle surgery, hand and upper extremity surgery, trauma and spine surgery.

"Pee Dee Orthopaedic Associates and Pee Dee Spine Center have been an asset to our community for many years," said Will McLeod, McLeod Vice President of Patient Services. "Partnering with these physician leaders enables McLeod to continue meeting and exceeding national standards in quality patient care."

In addition to the two orthopedic offices in Florence, McLeod Orthopedic surgeons care for patients at McLeod Seacoast, McLeod Dillon, McLeod Health Cheraw and McLeod Health Clarendon.

"Partnering with these physician leaders enables McLeod to continue meeting and exceeding national standards in quality patient care."

– Will McLeod
McLeod Vice President of
Patient Services

The physicians of Pee Dee Orthopaedic Associates and Pee Dee Spine Center include from left to right: Dr. Jason O'Dell; Dr. Barry Clark; Dr. Robert Elvington, Jr.; Dr. Patrick Denton; Dr. Nigel Watt; Dr. W.S. "Bill" Edwards, Jr.; and Dr. Rakesh Chokshi.



A VALUABLE LESSON and an Enhanced Recovery

by Kristie Salvato Gibbs

The value of good health cannot be overlooked, nor can the significance of receiving regular health screenings. These tests aid in the early identification of critical illness and disease, allowing for timely treatment and preventative procedures to occur. Doctors stress the importance of health screenings, but often people fail to adhere to this advice.

Jackie Geiger of McBee, South Carolina, knew the importance of health screenings, but like many people, postponed having a colonoscopy. He delayed the test for 15 years, undergoing his first colonoscopy at the age of 65.

The results were startling to Jackie. The colonoscopy detected multiple polyps that were fast growing and indicated a high probability of turning into cancer.

Surgery to remove the colon was advised by **Dr. Keith Player** of Pee Dee Surgical Group.

"I was skeptical about having surgery," said Jackie. "Until I talked to Dr. Player.

He was upfront and straight forward with me about why the surgery was necessary and why it was essential that the colon be removed."

"The colonoscopy indicated more than 100 polyps in Jackie's colon," said Dr. Player. "He did not exhibit symptoms such as abdominal pain or bleeding that often accompanies colon polyps or cancer. However, we discovered he has a version of familial adenomatous polyposis (FAP). FAP is a genetic syndrome that causes many polyps to form in the colon and significantly raises the risk of developing cancer.



Jackie Geiger checks in with Megan McCall, RN; Dr. Keith Player; and Crystal Britt, Medical Assistant, during a recent visit to Pee Dee Surgical Group. Jackie is thankful for Dr. Player and his staff and the exceptional care they provided.



Dr. Keith Player performs laparoscopic colon surgery with assistance from his nurse Megan McCall.

"Most colon cancers originate as a polyp. The ideal goal is to remove the polyps before they develop into cancer. Through a colonoscopy screening, we are able to detect polyps early and possibly prevent the development of colon cancer," explained Dr. Player.

To reduce the risk of Jackie developing colon cancer, it was necessary for Dr. Player to remove 80 to 90 percent of his colon.

Colon surgery can be performed laparoscopically which results in less pain and a faster recovery for the patient. Today, laparoscopic colon surgery can be partnered with new pre-surgical and post-surgical processes.

"We have implemented new processes for patients undergoing colon surgery called Enhanced Recovery After Surgery (ERAS)," explained Dr. Player. "ERAS has evolved as a new development in bowel surgery over the last three to four years. It is an evidence-based, best practice method of treatment to help patients

recover from colon surgery. It begins with pre-operation instructions on nutrition and establishing expectations with the patient so they are prepared to get out of bed and begin moving quickly after surgery. We encourage them to not sit around, to get up and move, and to eat."

The ERAS process is a team approach with support of medical specialists from various disciplines such as surgery, anesthesiology, pain management, nursing, nutrition, physical therapy and respiratory therapy.

"We all work together to improve the recovery process by focusing on helping the patient get out of bed faster, eat and drink soon after surgery, and manage their pain level," continued Dr. Player. "The goal is to help return the body's organs to their normal functions as soon as possible following surgery."

The multi-disciplinary approach of ERAS improves the outcome of colon surgery, reduces the chance of

complications, and allows patients to recover and return home faster. The previous process for managing small and large bowel surgery consisted of a large surgical incision, a tube in the patient's nose and one in the stomach, and a hospital stay of seven to ten days.

"Research shows that patients who are treated with the ERAS approach recover faster and have fewer complications than those treated with the traditional approach," added Dr. Player. "The ERAS process is best for patients who are candidates for laparoscopic surgery and elective colon surgery for benign or cancerous reasons."

Jackie was a candidate for ERAS. He underwent surgery and was up and walking that same afternoon. Dr. Player was also able to reconnect the bowels so Jackie did not require the use of a colostomy bag.

"Everything healed well, and I felt good so Dr. Player said I could go home after

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Dr. Mike Rose, Vice President of Surgical Services, and General Surgeon Dr. Keith Player lead members of the team from Nursing, Rehabilitation, Surgical Services, and Clinical Effectiveness, in the Enhanced Recovery After Surgery processes for colon surgery patients.

only two days in the hospital,” said Jackie.

“The most important members of the team with the ERAS approach are the patient and their family members,” said Dr. Player. “They must be compliant with the instructions from their health care providers and follow the daily goals. Their cooperation helps them recover faster and better. Jackie’s exceptional recovery can be attributed to his efforts to support his own recovery, the laparoscopic surgery, and the ERAS process,” said Dr. Player.

Jackie was back to normal standard activities within a week and returned to full activity four to six weeks after surgery. It was determined that the polyps in Jackie’s colon were non-cancerous. Today, he continues to have routine colonoscopies to ensure no other polyps develop.

Jackie grinned as he added, “I have always thought the world of McLeod,

and I would not go anywhere else for my medical care. Now, I also think the world of Dr. Player and his staff. They are outstanding and continue to take

excellent care of me. I look at life differently these days and no longer wait to have a test done. I take each day as it comes, one at a time.”

Colon Cancer

Colon cancer is the third most common cancer in men, after prostate and lung cancer and second most common in women, after breast cancer. This form of cancer has consistently been the fourth highest incidence of cancer diagnosed at McLeod with more than 130 new cases each year.

Colon cancer is considered a silent disease because often there are no symptoms.

The symptoms that people may experience include:

- Change in bowel habits
- Abdominal pain
- Blood in the stool
- Weight loss

To prevent colon cancer, individuals should have a colonoscopy on a regular basis. It is one of the few diagnostic procedures known to save lives. On average, individuals should start being screened at age 50. People who are at high risk, because of family history or because they have other health conditions that predispose them to develop colon cancer, should be screened at an earlier age.

A GRATEFUL HEART

by Arielle Williams

On May 10, 2016, Teresa Ward traveled to her job at First Bank in Cheraw, South Carolina, where she has been a customer service representative for 15 years. The work day progressed like any other day, with one difference -- Teresa began to notice that she was having shortness of breath and a general lack of energy.

When she arrived home from work, Teresa lay down on the couch to rest. “My son, Brian, was home by that time. He immediately sensed something was wrong with me, and that I was not myself,” said Teresa. “He kept insisting that I go to the hospital. I had suffered a heart attack in 2013, and he feared that I was experiencing the very same warning signs.”

A nursing student at Northeastern Technical College, Brian continued to push Teresa to go to the hospital throughout the evening. She refused, believing she would begin to feel better. A few hours later when Brian heard Teresa panting for air and struggling to breathe,

he made the decision to quickly transport her to the Emergency Department (ED) at McLeod Health Cheraw.

On the way, Brian called the Emergency Department and communicated Teresa’s condition, medical history, current medications and how far away they were from the hospital. Upon arrival at McLeod Health Cheraw, the ED team was ready and waiting to begin treatment.

Teresa was unresponsive and barely breathing when she arrived at the hospital. She had a faint pulse and within seconds was in respiratory and cardiac arrest. The ED team of Dr. Foy Connell, Mike Hutson, RN;

Teresa Ward is pictured with her son, Brian, and granddaughters, Mariah and Brianna, at McLeod Health Cheraw.



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Tonya Blackwell, RN; and Respiratory Therapist Sherman Manning, performed CPR and intubated Teresa so a ventilator could be placed to assist with her breathing. Minutes later, Teresa entered into pulseless Ventricular Tachycardia. The team had to shock her heart twice with a defibrillator to restore the heart's rhythm. Once stabilized, Teresa was transported to the Intensive Care Unit for monitoring.

"Immediately, prayer requests poured in from churches all over Chesterfield and Marlboro counties through social media, my church family and friends," recalls Teresa. "The news of my condition went to all the right people at exactly the right time."

The next day, Teresa was transferred to McLeod Regional Medical Center in Florence, South Carolina, for a heart catheterization procedure. After she arrived, physicians began to wean her from the sedation and ventilator. She slowly became conscious of her surroundings and began to breathe on her own.

"We are truly blessed as a community to have the excellence of McLeod Health right here in our own neighborhood."

– Teresa Ward

McLeod Interventional Cardiologist **Dr. Brian Wall** performed Teresa's heart catheterization. During the procedure, Dr. Wall placed a stent in the left anterior descending artery of Teresa's heart to open the blocked area.

On May 14, **Dr. Rajesh Malik**, a McLeod Electrophysiologist, delivered the news to the family that the heart attack had severely damaged Teresa's heart muscle. Her ejection fraction, the measurement of how well the heart pumps with each beat, was only 20 to 25 percent, where an average ejection fraction is 55 to 60 percent.

Dr. Malik explained to Teresa that she would need to wear a LifeVest, which is a defibrillator worn by patients at risk for sudden cardiac arrest. The LifeVest provides protection by continuously monitoring the patient's heart and, if a life-threatening heart rhythm is detected, the device delivers a treatment shock to restore normal heart rhythm.

It also allows the patient's physician time to assess their long-term arrhythmic risk and determine if an implantable defibrillator is needed.

"I was completely devastated by the news, but my faith remained strong. I know that God has miracles for every one of us, if only we believe and receive them," said Teresa. "Faith as big as a mustard seed is all that is required for a miracle, and I had just the right amount of faith."

That evening, Teresa and her family and friends prayed for her healing. By the time she fell asleep that night, she was at peace, comforted by her faith and ready to face the outcomes ahead.

The next morning, Teresa had a second echocardiogram performed in preparation for the LifeVest. During the test, Teresa noticed that the technician appeared surprised by what she was seeing. When Teresa asked what caused her concern, the technician said that something looked very different from the last one she performed, and that Dr. Malik would need to speak with her about it.

Teresa recalls that when Dr. Malik walked in her room he had a huge smile on his face. "He told me, 'Somebody has been praying in here and God has heard their prayers. This is amazing news. The echocardiogram indicates that your ejection fraction improved significantly. We have never seen such an improvement so quickly at this hospital; this is truly a miracle.'" This outcome meant Teresa would no longer be required to wear the LifeVest once she was discharged from the hospital.

On June 7, Teresa had a follow-up appointment with her primary care physician, **Dr. Alex Newsom** at Cheraw Family Medicine. After a thorough examination, Dr. Newsom gave her a good report and emphasized the

importance of properly taking her medication. He also prescribed cardiac rehabilitation for monitored exercise to strengthen her heart, and reminded her to seek immediate medical care if she experienced any warning signs of a heart attack.

Teresa has been maintaining her good health and following her doctor's orders. She



Completely recovered from her heart attack, Teresa is happy to be back working with John Long, President of First Bank of Cheraw.

exercises three times a week at McLeod Cardiac Rehabilitation and in early August, she was able to return to work at the bank.

Impressed with all of the medical staff at McLeod Health Cheraw, Teresa said, "Their compassion and attentiveness to my needs have comforted me every time I have been in the hospital."

Dr. Gabe Simpson, an Emergency Medicine physician, Medical Director of the McLeod Cheraw Emergency Department and Chief of Staff for McLeod Health Cheraw said, "Quite simply, God is the only one who can give healing and we have asked Him to make us healers and to make this Emergency Department and this hospital a place of healing. I watch Him heal in this ED every day. Teresa is further proof of this and we thank God for saving her life and for letting us be a part of her healing."

Dr. Simpson explained that the Cheraw Emergency Department has upgraded to the latest GE cardiac monitoring, "enabling us to provide better care for critically ill patients. We also have plans in place to expand

our ED, building a larger state-of-the-art facility to better serve our patients in times of crisis.

"I am grateful for the dedication of our ED physicians, nurses and staff to our patients. I know how hard they work and witness firsthand their willingness to learn even more to become providers of excellent emergency care. When the people of Chesterfield and Marlboro Counties, like Teresa, need emergency care our goal is to provide the best care possible," added Dr. Simpson.

"We are truly blessed as a community to have the excellence of McLeod Health right here in our own neighborhood," said Teresa.

Today, she encourages people to know their family history, listen to their doctor and take their prescribed medication consistently.

"Heart attacks do not discriminate," said Teresa. "I am fortunate that I survived my heart attack. I feel better today than I have in a long time thanks to the excellent medical care I received and my participation in cardiac rehabilitation."

Teresa and her son, Brian, returned to the Emergency Department at McLeod Health Cheraw to thank the physicians and staff for saving her life in May of this year. One of the nurses who cared for Teresa is Mike Hutson, pictured at left.



In Excellent Hands

Dr. Christopher Litts performs hand surgery at McLeod Regional Medical Center.

by Julia W. Derrick

Will Williams always enjoyed running and racing with his sons. But on May 4, 2016, the father of three lost his balance and landed on his left pinky finger. Hearing a loud cracking noise, Will knew he had broken his finger.

A trip to an urgent care facility confirmed a fracture in Will's finger. He was advised to make an appointment with **Dr. Christopher Litts**, a board certified and fellowship-trained Hand Surgeon with McLeod Orthopaedics. Dr. Litts treats all disorders of the hand, wrist and elbow such as carpal tunnel, trigger finger, hand arthritis, ganglions or cysts, tendonitis, fractures, sprains and lacerations.

An Information Technologist for Florence County in the Clerk of Court office, Will uses his hands to perform various computer tasks.

"I depend heavily on the use of my hands and wanted the best treatment available," said Will. "I found this level of expertise in the compassionate and quality care of Dr. Litts and McLeod Health."

Fractures of the metacarpal bone that lead to the little finger account for about one-third of all hand fractures in adults,



Will Williams, an Information Technologist for the Florence County Clerk of Court Office, is pictured at work in the Florence City-County Complex.

according to the American Academy of Orthopaedic Surgeons (AAOS). Without treatment, a broken finger may remain painful and stiff, limiting mobility and function.

Dr. Litts determined that Will needed surgery and scheduled him for a procedure called CRPP (Closed Reduction Percutaneous Pinning) on May 9, 2016. During the surgery, Dr. Litts placed two pins in Will's finger to straighten the bone.

A week following surgery, Will returned to work on light duty. He wore a cast on his hand until the bone healed, at which point Dr. Litts removed the pins. Pleased with Will's progress, Dr. Litts referred him to the Occupational Therapy Hand Center at McLeod Outpatient Rehabilitation and Sports Medicine.

"Successful rehabilitation of many hand disorders relies on both the expertise of the hand surgeon and the hand therapist," said Dr. Litts.

Guided by the Occupational Therapists at McLeod, Will learned how to perform therapeutic exercises to regain motion, strength, and ability in his hand.

Will has enjoyed his hand therapy experience and is nearing the end of his treatment. "The therapists are extremely helpful and encouraging. It really makes a difference when everyone involved in your treatment cares about you and your progress," said Will.

"Thanks to Dr. Litts and my therapists, I can now perform all of my job duties. I was truly placed in excellent hands with the team at McLeod," added Will.

McLeod Occupational Therapy Hand Center

The McLeod Occupational Therapy Hand Center, located in the McLeod Outpatient Rehabilitation and Sports Medicine building, is a full service orthopedic rehabilitation clinic. Disorders and injuries of the hand and upper extremities require a team of specialty trained Occupational Therapists. Through the use of instruments and assessments, these specialized therapists determine the needs of the patient and create an individualized treatment program with the ultimate goal of regaining skills that are important for daily function.

Some conditions treated include:

- Carpal Tunnel
- Arthritic Conditions
- Complex Regional Pain Syndrome
- Hand or Upper Extremity Pain/Weakness
- Hand or Upper Extremity Injuries/Wounds
- Rotator Cuff Injuries/Repairs
- Wrist, Finger, Arm, Shoulder Fractures
- Sprains/Strains
- Repetitive Use Injuries

"I depend heavily on the use of my hands and wanted the best treatment available. I found this level of expertise in the compassionate and quality care of Dr. Litts and McLeod Health."

- Will Williams

Enjoying Life Again

by Jennifer Beverly

Throughout his life, David “Shawn” Graham, always noticed that his left hip would “pop” or “snap” during routine activities such as walking, running, biking or even getting up from a chair. When he reached his late 40’s, the pain became so unbearable, that Shawn decided it was time to seek help.

The Graham family is thankful that Shawn’s daily aches and pain in his left hip are in the past.



“It got to the point where I was unable to do the activities that I loved like fishing, riding four-wheelers, boating or hiking,” said Shawn. “I could not bend down to pick anything up or get onto the floor to play with my children and grandson.”

When it came time to choose a physician for his hip pain, Shawn immediately sought the counsel of McLeod Orthopaedics Seacoast. The physicians with McLeod Orthopaedics Seacoast offer an extensive range of orthopedic care, including general orthopedics, joint reconstruction, sports medicine, and hand and upper extremity surgery.

Shawn was familiar with the team at McLeod Orthopaedics Seacoast because Orthopedic Surgeon **Dr. David Lukowski** had performed carpal tunnel surgery on his right hand in 2015.

“Dr. Lukowski specializes in hand and upper extremity surgery,” said Shawn. “Since the carpal tunnel surgery, I have not experienced any numbness in my hand or fingers.”

Because Shawn’s pain was related to his hip joint, this time he received care from Orthopedic Physician **Dr. Peter Lukowski**. Dr. Lukowski performed x-rays and determined that Shawn’s hip was too damaged for pain injections. Because of the severity, Dr. Lukowski referred Shawn to Orthopedic Surgeon **Dr. Eric Heimberger**, a specialist in hip and joint replacement.

Dr. Heimberger examined Shawn and determined that he was in need of a left total hip arthroplasty or replacement.

“Shawn’s left hip was so deteriorated that he was at least four years overdue for this procedure,” said Dr. Heimberger. “As we age, our joints and the connective tissue degenerate over time, causing inflammation and pain, which sometimes will lead to surgery.”

Shawn was immediately open to the idea of undergoing surgery desiring to heal his hip pain and restore his quality of life.

“Dr. Heimberger is well-known in the region for his expertise in joint



Dr. Eric Heimberger with McLeod Orthopaedics Seacoast examines Shawn Graham during a post-operative visit.

replacements,” said Shawn. “He assured me that having the left total hip replacement was the best option for my condition and that I would be better than ever after the surgery.”

Before his operation, Shawn attended the McLeod Seacoast Total Joint Replacement Program. This one-day class, specifically designed for total joint replacement surgery patients, educates the patient and caregiver on what to expect during surgery and recovery.

“Attending the Total Joint Replacement Program prepared me for my brief hospital stay,” said Shawn. “I knew what to anticipate before the procedure and the expectations of my recovery.”

During surgery, Dr. Heimberger removed the damaged cartilage and bone of Shawn’s hip joint and replaced it with an artificial joint. He also removed a bone spur and two cysts that were adding to Shawn’s discomfort.

A few hours after the surgery, Shawn was up and walking with a McLeod Seacoast Physical Therapist.

“I had my surgery on Wednesday, and I attended church on Sunday,” said Shawn. “I continued physical therapy for

three weeks at the Center for Health & Fitness in Loris and returned to work a week earlier than expected.”

During his recovery period, Shawn planted a garden, hiked the mountains in North Carolina and spent quality time with his family.

“It feels great to be enjoying my life again,” said Shawn. “I no longer struggle to move or ache from hip pain. Undergoing the total hip replacement was the best decision for me and my family.”

In addition to his two experiences with McLeod Orthopaedics Seacoast, Shawn also received treatment for atrial fibrillation, an irregular heart rhythm, six years ago from McLeod Electrophysiologist **Dr. Rajesh Malik** with McLeod Cardiology Associates. He said he has not suffered any heart-related problems since the procedure.

“I feel like a walking poster child for McLeod Health,” added Shawn. “I have been treated by a number of McLeod Health physicians and all of my surgical procedures have been a success. I cannot thank the McLeod Health physicians and staff enough for their wonderful care.”

An Unexpected Blessing

by Jaime Vance Hayes



A surprise pregnancy led Marie Wolfe to McLeod OB/ GYN Dillon, where she found comfort in the compassionate care she received. She is pictured with her two-year-old daughter, Annabelle, at Dillon Christian Preschool and Childcare where Marie serves as the Director.

The day after Christmas in 2013 Marie Wolfe was not feeling like herself. As far-fetched as it seemed to her, Marie purchased a home pregnancy test to satisfy her curiosity. The 43-year-old mother of two children, 14-year-old Jackson and 11-year-old Ruthie, was in shock as she held the positive test in her trembling hands.

"Being pregnant seemed so unbelievable to me, especially since I had undergone fertility treatments with both of my other children," she said.

Marie called her friend, Andi Atkins, a nurse practitioner with McLeod OB/GYN Dillon to relay the news. "I immediately burst into tears when she answered," said Marie. "I was scared and nervous because of my age. Fortunately, Andi put my mind at ease and scheduled an appointment for me to come in the following Monday."

This appointment was Marie's first visit to McLeod OB/GYN Dillon. "I have friends who had positive experiences at McLeod OB/GYN Dillon and highly recommended the doctors

there," she said. "I really felt like I was in good hands as soon as I entered the offices."

Throughout her pregnancy, Marie saw the four different providers within the practice. "It really did not matter which doctor I saw -- they all were great," said Marie.

Several months into her pregnancy, Marie noticed a spot on her foot had started to change. She sought care from Katie Freel Smith, a physician assistant with Dillon Family Medicine.

"She immediately biopsied the spot, and when the results came back I learned it was melanoma, a type of skin cancer," recalls Marie. The medical team explained to her that the hormones present due to her pregnancy caused the melanoma to grow rapidly. Surgery was required to remove the cancer, and Marie could not put weight on the affected foot during months six through eight of her pregnancy.

"It was a rough couple of months, but I lived through it with prayer and patience," said Marie.

On August 6, 2014, Marie and her husband, Christian, welcomed their third child, Annabelle Rose Wolfe, to the family. **Dr. Marla Hardenbergh** delivered baby Annabelle at McLeod Dillon.

"Dr. Hardenbergh was great. Her compassionate bedside manner and confidence made us feel so at ease," said Marie.

She added that her stay in the hospital was excellent. "All of the nurses were fantastic. They made an extra effort to make sure we were comfortable, offered assistance and always responded quickly when needed. It was also special to share our birth experience with nursing staff that we have known for years, like Tracey Campbell."

The night before Marie was planning to take little Annabelle home, she developed a horrible headache. "After having an epidural or spinal injection, a patient has a small chance of developing a 'post-dural puncture' headache," explained Dr. Hardenbergh.

Marie remained in the hospital for an additional day for monitoring. As with most post-dural puncture headaches, Marie's pain subsided when she laid flat. For ten days after leaving the hospital, Marie was on bed rest to alleviate the pain.

"I was fortunate to have round the clock help from family and friends to help care for Annabelle," she said.

Marie and her family also grew closer to Dr. Hardenbergh during her follow-up appointments. "We developed a friendship with her during this journey, and we are grateful to have found such a highly skilled physician right here in Dillon," said Marie. "We had a memorable experience at McLeod Dillon and McLeod OB/GYN Dillon. The staff is very caring and took excellent care of Annabelle and me."

Marie also relied on her strong Christian faith during her pregnancy -- from the shock of pregnancy at an advanced age to the discovery of the melanoma.

"This is a perfect example of how God has a plan for each of us. Annabelle has brought so much joy to our family, and we know He had a hand in this," added Marie.

The physicians of McLeod OB/GYN Dillon offer healthcare for women at every stage of their lives. Dr. Rebecca Craig, Dr. Marla Hardenbergh, Dr. Melissa Brooks and Nurse Practitioner Andrea Atkins provide a wide range of medical services including general OB/GYN care, labor and delivery, specialty care in urinary gynecology, pelvic health including incontinence and pelvic organ prolapse, menopause treatment and infertility.

McLeod Dillon also offers an array of services, including general and orthopedic surgery, pediatric and women's services, emergency services, intensive care, rehabilitative services and cardiac rehabilitation.

The McLeod OB/ GYN Dillon team includes from left to right: Dr. Melissa Brooks, Dr. Rebecca Craig, Nurse Practitioner Andrea Atkins and Dr. Marla Hardenbergh.



Living Life to the Fullest

by Jenna Falls Cox

Deborah Mackey moved from a small town in Dutchess County, New York, to Little River, South Carolina, 14 years ago with her husband, Gene. A retired school bus driver, mother and grandmother, Deborah enjoys all that South Carolina has to offer. She and Gene love to take trips and experience the freedom that retirement life brings. Living life to the fullest, Deborah never thought that her happy, go free way of life would come to a halt.

"I had never really been sick," said Deborah. "But, one day I knew something was not right because I was having some rectal bleeding. When the bleeding continued and grew worse, I went to see Dr. Trevor Poole with Southern Surgical Group."

Dr. Poole recommended that Deborah undergo a colonoscopy to detect the

source of the bleeding.

"We are big believers in colonoscopies," said Deborah. "We had several friends who did not take preventative measures to prevent cancer, and they did not survive. My father also died of cancer at the age of 36 when I was 14 years old."

Following the procedure, Dr. Poole contacted Deborah with the results of the colonoscopy. "I was hanging Halloween

decorations through the house when Dr. Poole called. He told me that I had colon cancer, and I needed to come to the office so we could discuss a surgery plan. He added, "This cannot wait."

"I remember thinking there must be a mistake. The news did not sink in at that moment. In a state of shock, I removed all the decorations because I was no longer in a cheerful mood. I went to bed that night and it finally dawned on me that Dr. Poole was talking about me. Me! Not the man next door, but me," recalls Deborah.

On October 12, 2015, Deborah arrived at McLeod Seacoast for surgery. The operation lasted longer than anticipated.

"During surgery, Dr. Poole found that it was a more complex situation," said Gene. "He determined that Deborah had ovarian cancer that had spread to the uterus and the colon."

Dr. Poole immediately called in Dr. Joycelyn Schindler of McLeod OB/GYN Seacoast to assist with the surgery and perform a hysterectomy on Deborah.

"When I came out of surgery I learned the cancer had spread," said Deborah. "I was relieved that the hysterectomy was able to be done at the same time. However, my worry was not over yet. I had to wait for the results from the lymph node biopsy. Thankfully, Dr. Poole came in the next morning and told me that I was going to be okay. He always promised me that he would not let anything happen to me, and he kept his promise."

After the surgery, Deborah stayed in the hospital for five days. "My recovery process was much easier than expected, and the nursing staff at McLeod Seacoast was excellent. My experience was the 'Rolls Royce' of care."

The day Deborah left the hospital is one she will never forget. "It was an autumn day, and when I came out of the double doors of McLeod Seacoast I was in awe. The sun was glistening through the trees, and it made them sparkle so beautifully. I got out of the car in my driveway and just stood there taking in all the beauty around me. I said to myself, 'Look, you still have everything.'"

Following her recovery from surgery, Deborah had to undergo six months of chemotherapy. It did not take long for her



Deborah and Gene Mackey enjoy spending time with their four-legged child, Isabella.

to become very close with the Infusion Services staff at McLeod Seacoast.

"My nurses, Dana and Tonya, took such great care of me during my treatments," said Deborah. "Every time my treatment was over, they gave me a big hug and told me they loved me. I cannot describe to you how uplifting my chemotherapy experience was. I actually liked to go in for treatments."

Infusion Services at McLeod Seacoast began in May of 2015 with space for four patients to receive chemotherapy. During the past year, the need for infusion care has grown rapidly and this Fall the department is expanding to accommodate 11 patients at one time. The new wing in the Same Day Services suite has been designed to meet the needs of the growing

community McLeod Seacoast serves and offers convenient access to infusion care.

"Our patients are like family to us," said Dana Tyree, an Infusion Services nurse. "We get to know them on a personal level because we care for them over a long period of time. We share in their victories and become their support system in times of need."

"Those nurses are a part of my family now," said Deborah. "They made me strong. I visit with them when I come to the hospital even though I have completed my treatments."

With treatment behind her, Deborah says she is growing stronger each day. She enjoys going to the recreation center, walking and taking day trips with Gene discovering all the charming small towns and area festivals along the coast. She also has more time now to spend with her children, Melissa, Nicole and William and her grandchildren, Gianna and Nicolette.

"Now that everything is over, I think about how it all happened. I see the faces of the people who cared for me, and I know I will never forget them. I am forever grateful to Dr. Poole and his staff and everyone at McLeod Seacoast. There is a lot of love in that hospital," added Deborah.

"Every time my treatment was over, they gave me a big hug and told me they loved me. I cannot describe to you how uplifting my chemotherapy experience was. I actually liked to go in for treatments."

- Deborah Mackey



Deborah Mackey visits with Nurses Dana Tyree and Tonya Housand who cared for her during her cancer treatments at McLeod Seacoast.

Blessed through Giving

by Jessica Wall

McLeod Neonatologist Dr. Tommy Cox holds Bryana Hipkins during her recent visit to the McLeod NICU. Born nearly four months premature, Bryana thrives today because of the expertise and care of Dr. Cox and the entire McLeod NICU team.



The journey to parenthood stirs a myriad of emotions -- joy, anticipation, wonder, and excitement. However, one Myrtle Beach couple, Bryan Hipkins and Jessica Usher, learned firsthand how quickly happiness can give way to fear and worry.

On December 2, 2015, at approximately 25 weeks into her pregnancy, Jessica arrived at a local hospital after her water broke. The examination indicated that Jessica suffered from Preterm Premature Rupture of Membranes (PPROM), or a rupture of fetal membranes prior to 37 weeks.

Because PPROM can lead to serious complications for both the mother and baby, including an increased risk of intrauterine infection and preterm delivery, Jessica's physician ordered her transfer to McLeod Regional Medical Center.

McLeod Regional Medical Center offers specialized women's and newborn care, including the Level III Neonatal Intensive Care Unit (NICU), the only NICU in this region.

PPROM occurs in three to 19 percent of pregnancies and accounts for nearly 30 percent of preterm deliveries, according to Dr. John Chapman of McLeod OB/GYN Associates. Risk factors of the condition include: history of preterm births, amniotic fluid infection, multiple fetuses and prior history of PPROM.

On December 7, at 26 weeks and four days, Jessica underwent a C-section, performed by Dr. Chapman, and gave birth to Bryana Renee, who weighed just two pounds and seven ounces.

McLeod Neonatologist Dr. Tommy Cox, along with several members of the NICU team, accompanied the labor and delivery team to prepare for Bryana's immediate transition to the unit after birth.

Bryana required a ventilator for breathing support and then quickly

progressed to needing oxygen only through nasal prongs.

"Seeing our daughter lying in an incubator brought us to tears," recalled Bryan. "My 11-month tour in Afghanistan as a member of the Army did not even compare to our NICU journey."

Shortly after Bryana's birth, Bryan and Jessica held her for the first time.

"Bryan and I felt overwhelmed, and a bit nervous, holding this tiny baby in our arms," said Jessica. "We will treasure that moment forever."

They also experienced Kangaroo Care, or skin-to-skin contact, with their daughter. Kangaroo Care involves the nurses putting Bryana directly on her mother's and father's chests.

Kangaroo Care not only promotes bonding between the parents and their baby, but also regulates the baby's body temperature and encourages a smoother transition to breastfeeding.

On December 21, at two weeks old, Bryana received her first echocardiogram. The exam revealed Patent Ductus Arteriosus (PDA), a congenital heart defect common in premature infants where the blood vessel connecting the heart's two major arteries does not close after birth, allowing blood to flow into the lungs. This adds stress to the heart and if left untreated, can lead to congestive heart failure.

Dr. Cox consulted with McLeod Pediatric Cardiologist Dr. Charles Trant, and the two physicians initiated multiple trials of medication to close the PDA, but Bryana continued to struggle. Consequently, she underwent a PDA ligation, a surgical procedure which



Myrtle Beach residents Bryan Hipkins and Jessica Usher feel blessed to have the specialized women's and newborn care offered at McLeod Regional Medical Center so close to home.

involves closing the open PDA with stitches or clips, at a facility where these types of specialized surgeries are performed.

"Besides the PDA, Bryana fared well compared to most babies born at 26 weeks," explains Dr. Cox. "Fortunately, Bryana developed none of the other major complications associated with prematurity such as retinopathy of prematurity (visual disturbance), necrotizing enterocolitis (GI problems), or -- the most feared -- Intraventricular Hemorrhage (IVH), also known as a brain bleed.

"We avoided these complications, in part, due to the infection control initiative undertaken by McLeod approximately ten years ago," continues Dr. Cox. "Anyone who comes into contact with an infant in the NICU -- staff, parents, family -- must wash their hands for three minutes. Other measures include using sterile alcohol before touching an infant, cleaning the infant's space every day, and removing intravenous (IV) lines as quickly as possible to reduce the risk of a bloodstream infection.

(Continued on page 32)

“The combination of these efforts allows our infants a greater chance to thrive.”

On March 25, 2016, after 109 days in the hospital, Bryana went home.

“As first-time parents, we expected to take our baby home with us right after her birth,” said Bryan. “We did not expect her to remain in the hospital. However, the NICU staff treated us -- including Bryana -- as part of their family. We appreciate their care and support, and we feel incredibly blessed to have a happy, healthy daughter.”

Today, Bryana continues to thrive. Now attempting to sit up, she weighs 13 pounds and brings joy to everyone around her.

For 12 years, Jessica has raised funds for McLeod Children’s Hospital and Children’s Miracle Network Hospitals (CMNH) as an Associate at Walmart Supercenter in Surfside (Store #574). Only now does she fully realize the impact of these funds in providing compassionate care to children.

“In all the years of fundraising for McLeod Children’s Hospital and CMNH, I never understood how the money directly supported pediatric patients,” says Jessica. “However, after the birth of my daughter, I not only learned firsthand how our efforts impact the children treated at McLeod, but also gained a deeper appreciation for having a Children’s Hospital so close to home.”

About McLeod Children’s Hospital

McLeod Children’s Hospital, one of only four Children’s Hospitals in the state of South Carolina, provides the highest level of pediatric care and technology available from the midlands to the coast in the areas of critical care, cardiology, endocrinology, neurology, neurosurgery, general surgery, orthopedic surgery, and urology.

Each year, more than 53,000 children receive care from McLeod Children’s Hospital either as an inpatient, outpatient or rehabilitation patient. Nearly 100 beds at McLeod are dedicated to serving the needs of children, including those in the Children’s Hospital, Neonatal Intensive Care Unit (NICU), Pediatric Intensive Care Unit (PICU), and Day Hospital.



McLeod Children’s Hospital, Your Local Children’s Miracle Network Hospital

- Children’s Miracle Network Hospitals (CMNH) is a non-profit organization that raises funds for more than 170 children’s hospitals across the country, including McLeod.
- Donations to McLeod Children’s Hospital and CMNH create miracles by funding medical care, research and education that saves and improves lives of children living in northeastern South Carolina and southeastern North Carolina. In addition, 100% of the funds raised stay in the community to help children treated at McLeod Children’s Hospital.
- Children’s Miracle Network Hospitals and its corporate partners also share unique, powerful partnerships with McLeod. As a result, millions of children’s lives have been improved, and these sponsors have built strong reputations as committed, caring corporate citizens.
- Corporate partners in eight counties -- Darlington, Dillon, Florence, Horry, Marion, Marlboro, Robeson, and Scotland -- directly support McLeod Children’s Hospital through fundraising efforts.
- Walmart and Sam’s Club, the leading Children’s Miracle Network Hospitals (CMNH) National Sponsor for McLeod Children’s Hospital, has raised more than \$3 million since 1986. In 2015, these organizations contributed more than \$300,000 to McLeod Children’s Hospital. Nearly 30 local Walmart and Sam’s Club stores, comprising Sam’s Clubs, Walmart Supercenters, Walmart Neighborhood Markets, and Walmart XPS Stops, currently raise funds for McLeod Children’s Hospital.
- Walmart and Sam’s Club’s fundraising efforts include a six-week in-store campaign as well as turn-key events such as bake sales, car shows, cookouts, golf tournaments, and more.



Saved By A Screening

by Tracy H. Stanton

At 79-nine-years old, A.V. Thompson is a busy man. He tends to the cows on his farm in Cades, South Carolina, and manages the 70 properties he leases. In addition, he still “piddles” around the garage he built on the farm for his mechanic business. It appears nothing can slow him down -- not even a diagnosis of lung cancer.

(Continued on page 34)



A.V. Thompson is grateful to his physicians and the McLeod Lung Cancer Screening Program for saving his life. The red circle below indicates the early stage lung cancer detected by A.V.'s lung screening CT.

Calling himself a “Jack of all trades and a master of none,” A.V. worked in a number of fields while raising his family. “I started off working at Wellman Coleman Company in Lake City, then I went to a building supply business,” said A.V. “I was not happy in that work so I began doing mechanic work. After my dad had a heart attack, I went back and took over the family farm.”

While managing the farm, A.V. also spent time in the dairy business with his father-in-law. He continued to work as a mechanic, and went into the insurance business. Eventually, he settled down on his farm and built a garage for his mechanic business.

Today, he tends to his cows and sells the livestock. He also builds trailers and erects fences.

It was not unusual for a boy growing up in the south to begin smoking at a young age. A.V. started the habit at 12 years of age, during a time when generations of families smoked, explained Gayle, A.V.’s wife of 55 years.

“I never thought about cancer when I was smoking,” said A.V. “People would say ‘A.V. you better quit smoking’ but I wasn’t worried about dying from cancer. It never crossed my mind.”

However, in the fall of 2015, A.V. began noticing that he felt chronically tired. “I would give out faster and need to take a break.”

A.V. made an appointment to see his family physician of 30 years, **Dr. Albert Mims** in Lake City. “Dr. Mims always said I amazed him because I was in my 70’s and I would not quit smoking or slow down.”

Dr. Mims examined A.V. and they discussed his recent symptoms. “Dr. Mims then told me that he wanted to send me for a lung screening at McLeod.”

Established in 2014, the McLeod Lung Cancer Screening Program involves undergoing a low-dose CT

“I never thought about cancer when I was smoking. People would say ‘A.V. you better quit smoking’ but I wasn’t worried about dying from cancer. It never crossed my mind.”

– A.V. Thompson

scan. It is recommended for people between 55 and 80 years of age who have smoked one pack of cigarettes per day for 30 years or two packs per day for 15 years.

“I had been following the medical literature about screening with low-dose CT scans for people at higher risk of developing lung cancer,” said Dr. Mims. “When McLeod started their program, I began to review charts on eligible patients. A.V. was an ideal candidate for the screening.”

“When Dr. Mims received the results of the scans, there was a spot on my left lung. He said we would not know if it was cancer until they did a biopsy. He then sent me to see Dr. Jona.”

McLeod Pulmonologist **Dr. Vinod Jona** explained that A.V.’s CT scan showed a nodule of 11 millimeters in size. “Based on his history of smoking and the size and the shape of the pulmonary nodule, we knew it was very suspicious for cancer.

“Shared decision making is one of the nine essential components of lung cancer screening. After discussing all the risks and benefits, I referred A.V. to McLeod Cardiothoracic Surgeon **Dr. Carey Huber** for thoracic surgery evaluation and possible resection of the lung nodule.”

“Using video assisted thoracoscopy, we biopsied the nodule and confirmed that A.V. had lung cancer,” said Dr. Huber. “I performed a lobectomy and removed the upper half section of

his left lung. His lymph nodes were negative, and the pathology indicated the cancer was a stage one.

“Lung cancer is curable when it is detected early like in A.V.’s case. At stages three and four, the cure rates are dismal,” explained Dr. Huber. “The lung cancer screening program is by far the biggest advancement in lung cancer treatment in 20 years. We can now detect small, early stage, potentially curable lung tumors. I compare the use of low-dose CT scans for lung cancer to the strides we have seen in breast cancer detection with mammograms.”

Since A.V.’s cancer was caught early, he did not require chemotherapy or radiation treatment. “I came home and I have been doing alright. When they told me it was cancer, I said, ‘well it is what it is,’ and that is how I took it from there on out.”

Following the diagnosis, A.V. quit smoking and says he does not miss it. Besides a lingering cough that Dr. Jona told him may occur because of the scar tissue in his lungs, A.V. reports that he is doing well.

While he was in the hospital, A.V. also learned he was the first person diagnosed with lung cancer since the screening program began at McLeod.

“God bless the screening,” said A.V. “I’m happy Dr. Mims sent me for the screening. I believe that saved my life and I will forever be thankful to him, Dr. Jona and Dr. Huber.”

McLeod Cardiothoracic Surgeon Dr. Carey Huber performs a procedure to remove a lung cancer tumor at McLeod Regional Medical Center.



The McLeod Lung Cancer Screening Program

Ninety percent or more of all lung cancers are caused by cigarette smoking, according to the Centers for Disease Control and Prevention (CDC). “The risk of developing lung cancer for a current smoker with a history of smoking a pack a day for 40 years is about 20 times higher than that of the non-smoker. The best way to minimize the risk of developing lung cancer is to never start smoking,” said Dr. Jona.

The McLeod Lung Cancer Screening Program is based on the National Lung Cancer Screening Trial and a recommendation in 2013 by the United States Preventive Services Task Force who stated that adults meeting the following criteria should be screened for lung cancer:

- those between 55 to 80 years of age who have had a 30 or more pack-year history of cigarette smoking (30 pack-year is equivalent to one pack per day for 30 years or two packs per day for 15 years)
- currently exhibiting no symptoms of lung cancer
- currently smoking or have quit smoking within the last 15 years
- interested in being screened for lung cancer

The McLeod Lung Cancer Screening Program utilizes the McLeod Lung Cancer Nurse Navigator to contact those interested in the screening program to review their medical history and any symptoms they may be experiencing. Participants in the McLeod Lung Cancer Screening Program receive:

- a low-dose CT scan
- a professional reading and interpretation of findings by a McLeod Radiologist who will either recommend a one-year follow-up or further testing
- free smoking cessation counseling
- results sent to their primary care physician
- a letter informing them if their scan was normal or a follow-up call from the Lung Nurse Navigator
- referrals to a pulmonologist or cardiothoracic surgeon if anything of concern is detected on the scan

Screening of those at high-risk for lung cancer is covered by most private health insurance plans and Medicare. For those who are uninsured and/or unable to pay for a low-dose CT screening, the McLeod Foundation’s McLeod Men’s group funds Lung Cancer Screening Scholarships. For more information on the McLeod Lung Cancer Screening Program, contact McLeod Lung Cancer Nurse Navigator Beth Epps at (843) 777-5640.

McLeod Health Expands to Clarendon County

by Carrie Anna Strange

In a continuing effort to support high quality and accessible regional health services, McLeod Health assumed operations in July of the 81-bed Clarendon Health System, now operating as McLeod Health Clarendon. The medical center joins six other McLeod Health not-for-profit hospitals, serving a 15-county region with advanced heart, vascular, cancer, women’s and children’s services.

McLeod Health Clarendon, located in Manning, South Carolina, provides diagnostic imaging, emergency treatment, as well as inpatient and outpatient care.



Debbie Locklair, McLeod Health Vice President, is serving as administrator of McLeod Health Clarendon. “Clarendon very much fits with the mission of McLeod Health,” she said. “The hospital has always been here to serve the needs of the community and has a long history of caring for the patients in this area.” Locklair added that with the resources McLeod brings to Manning, the hospital can grow and serve a broader population.

“Most patients at the hospital come from within a 15-mile radius. We feel we can broaden that if we can provide consistent quality care and are very service oriented.” McLeod Health Clarendon has served the residents of Clarendon County for 65 years. In 2013, the hospital completed a 47,000 square foot expansion and renovation, encompassing new operating rooms, an emergency department, same-

day surgery center and larger patient rooms. Services available at McLeod Health Clarendon include: labor and delivery, infusion therapy, cardiac rehabilitation, outpatient rehabilitation, diagnostic imaging and home health. The hospital has nearly 30 physicians representing medical specialties ranging from family medicine, OB/GYN and orthopedics to plastic surgery and urology.

McLeod now operates the hospital, wellness center, eight medical practices and the Cypress Center meeting/banquet hall. McLeod also manages the hospital-owned and operated EMS service, which is under contract to Clarendon County. McLeod officials note a number of reasons this decision is good for the residents of Clarendon County. The transition to the McLeod Health medical system brings many resources to the hospital and community, including nationally-recognized clinical quality and patient safety programs, as well as cost-savings through consolidation of some administrative services and purchasing.

This expansion of care is not limited to services, technology and facilities. As part of the commitment to the region, McLeod Physician Associates has forged physician partnerships with 11 highly skilled and established physicians who have been serving the people of Clarendon County for many years. These physicians include **Dr. Robert Eagerton** who serves as Chief of Staff for McLeod Health Clarendon. “Like most rural areas, we were facing significant difficulties in continuing to provide health care for the people of Clarendon County. We found that in our discussions with representatives from

McLeod that we shared the same goals. I am optimistic that our affiliation with McLeod will allow us to not only continue health care services but improve them as well,” said Dr. Eagerton. Kim Johnson, a Clarendon native and McLeod Health Clarendon Advisory Board Member added, “McLeod has an outstanding reputation for its commitment to patients, quality of service and enhanced technology. We are very fortunate to be able to ensure continuity as it relates to healthcare to our community.”

Physician Partners in Excellent Care

McLeod Physician Associates is pleased to announce partnerships with leading physician practices in Clarendon County. These well known and respected physicians provide a range of services including primary care, pediatrics, obstetrics and gynecology, general surgery, cardiology, and orthopedics to the people of Manning and the surrounding areas. Each of these providers are accepting new patients and are willing and able to meet your healthcare needs. For more information or to schedule an appointment, please call the office numbers provided.

PRIMARY CARE:
Eagerton Family Practice
Robert S. Eagerton, MD
Cheryl Renee Ward, FNP
200 East Hospital Street
Manning, SC 29102
(803) 433-0439

McLeod Senior Health Clarendon
Madhavi Akkineni, MD
20 East Hospital Street, Suite 2
Manning, SC 29102
(803) 433-3052

McLeod Primary Care Clarendon
Clarence E. Coker, Jr., MD
Lisa E. Heichberger, MD
Susanne P. Johnson, FNP
22 Bozard Street
Manning, SC 29102
(803) 435-8828

PEDIATRICS:
McLeod Pediatrics Clarendon
Mildred F. Carson, MD
50 East Hospital Street, Suite 4B
Manning, SC 29102
(803) 433-8420

OBSTETRICS & GYNECOLOGY:
McLeod Women’s Care Clarendon
Pauline O’Driscoll-Anderson, MD
Julie A. Mullins, DO
Steven B. Tollison, MD
Thomas M. Chappell, CNM
Judy L. Fry, CNM
50 East Hospital Street, Suite 4A
Manning, SC 29102
(803) 433-0797

SPECIALISTS:
McLeod Orthopaedics Clarendon
Lawrence L. Conley, DO
50 East Hospital Street, Suite 6
Manning, SC 29102
(803) 433-3065

McLeod Orthopaedics Manning
David M. Woodbury, MD
Vicky Gutierrez, PA-C
15 Hospital Street
Manning, SC 29102
(803) 433-5633

McLeod Surgery Clarendon
Devonne D. Barrineau, MD
Amber M. Ballentine, FNP
20 East Hospital Street
Manning, SC 29102
(803) 435-2822

Customized PHARMACY CARE



Charlene Smith, Certified Pharmacy Technician, and Kim Joyner, PharmD, with the McLeod Choice Pharmacy are trained in Compounding Medication.

by Tammy White

Do you have difficulty swallowing a pill? Is it hard getting your family pet to take their medicine? Do you have certain ingredients such as dyes, preservatives, gluten or sugar that you need to avoid? If you answered yes to any of these questions you could benefit from the McLeod Choice Pharmacy's new non-sterile compounding service.

"Cancer patients often experience burns and sores inside of their mouth from chemotherapy treatment. This mouthwash creates a numbing effect to relieve this pain and discomfort."

– Charlene Smith

Certified Pharmacy Technician Charlene Smith compounds a pain gel for a McLeod Choice Pharmacy customer.



Compounding is a way of customizing medications for patients who need something that is not readily available. A pharmacist or technician trained in compounding medications, combines or processes the appropriate ingredients to create a pharmaceutical product to fit the unique needs of the patient.

The use of compounding is often necessary for children who can present challenges when it comes to taking medicine. To a young child, the taste of most medications is bitter. Many medicines needed by pediatric patients are not available in liquid form, which may present a problem for parents with children too young to swallow pills.

To make the taste more appealing for the child, McLeod Choice Pharmacy offers a long list of flavors. "We have many flavor options," said Charlene Smith, McLeod Pharmacy Technician. "Grape, bubblegum, cherry, and strawberry are some of our most popular." The Compounding Specialists can also change the form of medicine to liquid, lollipops, or gummy bears.

Compounding also helps patients in the McLeod Children's Hospital. For example, critically ill newborn infants being cared for in the McLeod Neonatal Intensive Care Unit need medicine compounded upon discharge to a very

small dose to accommodate their low birth weight.

The most frequently requested compounded item at the McLeod Choice Pharmacy is medicated mouthwash. "Cancer patients often experience burns and sores inside of their mouth from chemotherapy treatment," said Charlene. "This mouthwash creates a numbing effect to relieve this pain and discomfort."

"In addition to the mouthwash, we can offer lollipops with the same numbing medications for children who have had their tonsils removed," added Charlene.

Patients who are at risk for heart attack and stroke need to be cautious when taking some types of pain medications that may increase their risk. Additionally, patients taking a number of prescription pills may prefer to eliminate a pill, if they had another option available. For these individuals, topical pain creams can be compounded for them.

Other compounded creams available include breastfeeding cream -- safe for both the newborn and mom and a diaper cream that provides a protective and prescription barrier for a baby's bottom.

"The ingredients we use in our prescription strength diaper rash cream promotes healing for all ailments of diaper rash not available in one over-the-

counter product," said Kim Joyner, McLeod Choice Pharmacy Director.

Compounding is also an option for animals. Pet lovers understand how difficult it can be to treat animals with medications. For example, cat owners know a cat will not cooperate when expected to swallow a pill, and they are smart enough to eat right around one hidden in their food dish. Converting pills to liquid for a pet's prescription and then adding their favorite flavor, such as chicken or tuna, can make it more palatable to them.

"We have a company that conducts research for us to help formulate any special requests," said Kim. "This research ensures that everyone is getting the best product to fit their needs."

"In addition, patients who are currently using the services of a mail order compounding pharmacy can now get their compounded prescriptions filled locally here at McLeod," added Kim.

McLeod Choice Pharmacy requests 24 hours to fill any compounding prescription in case there is a special ingredient that needs to be ordered.

If you have questions on how the non-sterile compounding service at McLeod Choice Pharmacy can help resolve your medication challenges, please call (843) 777-2166.

McLeod News

LATEST TECHNOLOGY IN CANCER TREATMENT INSTALLED AT McLEOD



The McLeod Center for Cancer Treatment and Research has installed its second TrueBeam linear accelerator capable of performing an advanced form of radiation therapy to treat lung and liver cancer.

Advantages to patients include the ability to deliver a large radiation dose to a tumor in the body, reducing the amount of time during treatment and resulting in fewer treatments. The machine's accuracy also minimizes harm to healthy tissue and bones such as the spinal cord or lungs.

Advanced imaging features on the new accelerator include four dimensional CT scans and MRIs to verify the tumor's location during treatment. This linear accelerator also allows for the treatment to be delivered in a 360 degree arc around the patient. This drastically decreases the

treatment time, thereby increasing patient comfort, without compromising the quality of the treatment delivered.

"We can use this unit to treat primary and metastatic lung and liver cancer depending on the size of the tumor and its location. For example, we can treat a non-small cell lung cancer measuring five to seven centimeters," explained Radiation Oncologist **Dr. T. Rhett Spencer**.

Stereotactic body radiation therapy also provides a treatment option for patients with early stage lung cancer who may not be candidates for surgery because of other medical conditions such as heart disease.

Another benefit to the patient of using this system to treat lung and liver cancer is it requires fewer treatment sessions. This form of radiation therapy can be performed in a single treatment session or

as few as three to five as opposed to 25 to 30 treatments with conventional radiation.

In addition to the new linear accelerator, McLeod offers the only active linear accelerator (LINAC) based Stereotactic Radiosurgery (SRS) program from the midlands to the coast for the treatment of brain cancer. This non-invasive treatment approach utilizes a set of multiple beams that intersect at a single point on the tumor. The radiation beam hits the tumor with a very high dose of radiation, but gives the brain just a low dose of radiation that it can tolerate. Stereotactic radiosurgery is also used to treat nerve conditions such as trigeminal neuralgia and arterial venous malformations.

For more information, contact McLeod Radiation Oncology at (843) 777-2014.

McLeod News

McLEOD SPORTS MEDICINE HOSTS IN-SERVICE FOR CHERAW RESCUE



McLeod Sports Medicine hosted an in-service for Cheraw Rescue in August, led by McLeod Certified Athletic Trainer for Cheraw High School, Amanda Ozolins. The interactive hands-on training helped prepare EMS for the event of injuries that are specific to athletics. The training included how to remove athletic gear such as helmets in the case of an injury to the head or spine.

McLEOD HOSPICE EXPANDS TO HORRY COUNTY

McLeod Hospice announced the expansion of hospice care to patients and families living in Horry County in July.

The McLeod Hospice team in Horry County is led by Associate Medical Director **Dr. Jason Harrah**. Board certified in Hospice and Palliative Care, Dr. Harrah has more than ten years of experience caring for Hospice patients. The team also includes Renee Anderson-Williamson, the Patient Care Coordinator, who has 11 years of Hospice experience.

"Our mission is to provide services that not only relieve physical symptoms such as pain, but also the emotional and spiritual pain of the patient and their family that often accompanies a terminal illness," explains Dr. Harrah. "Our primary purpose is to help patients live with their illness while maintaining the highest quality of life for as long as possible. In addition, hospice care is provided in the home, enabling families to remain together in peace, comfort, and dignity."

Caring for patients in the region for more than 35 years, McLeod Hospice is dedicated to helping patients live the remainder of their lives as fully as possible. Additionally, the team's experience

includes guiding the patient's family through this time with their loved one by supporting them physically, emotionally and spiritually. As a not-for-profit Hospice, McLeod ensures that all patients receive Hospice care regardless of their ability to pay.

The goal of McLeod Hospice is to allow patients with terminal illnesses to spend their final months at home, in familiar surroundings, with their family and friends nearby. Understanding that this is not always possible, McLeod Hospice also cares for patients who are hospitalized or living in long-term care facilities. In addition, McLeod provides inpatient care for acutely ill patients at the McLeod Hospice House in Florence.

Hospice care may be appropriate for patients who have been diagnosed with a life-threatening illness and are

considered to be in the advancing stages of their condition. Some of these diseases include: heart disease, congestive heart failure, COPD, Alzheimer's disease, dementia, cancer and Parkinson's disease.

McLeod Hospice serves patients in Chesterfield, Clarendon, Darlington, Dillon, Florence, Horry, Lee, Marion, Marlboro, Sumter and Williamsburg counties.

The new office in Horry County is located at McLeod Seacoast, 4000 Highway 9 East in Little River, South Carolina. To contact McLeod Hospice, please call (843) 366-2028.

Dr. Jason Harrah, Associate Medical Director with McLeod Hospice, and Renee Anderson-Williamson, the Patient Care Coordinator, are now caring for patients in Horry County.



McLeod News

McLEOD HEALTH CLARENDON ANNOUNCES COMMUNITY ADVISORY BOARD

McLeod Health Clarendon recently announced the Officers and Members of the McLeod Health Clarendon Community Advisory Board.

The newly appointed members are Kim Johnson, Bank of Clarendon Marketing Assistant Officer; David Epperson, Clarendon County Administrator; George Summers, Retired Air Force; and **Dr. Catherine Rabon**, McLeod Health Clarendon Chief Medical Officer. Returning member **Dr. Stephen Corey** will serve as Chairman, and returning member **Dr. Marva Williams** will serve as Vice Chairman.

The 11-member committee also includes **Dr. Robert S. Eagerton**, McLeod Health Clarendon Medical Chief of Staff; Kim Jolly, McLeod Health Clarendon Chief Nursing Officer; Fulton Ervin, McLeod Health Chief Financial Officer; Ron Boring, McLeod Health Chief Operating Officer; and Debbie Locklair, McLeod Health Clarendon Administrator, who serve as ex-officio members.



The members of the McLeod Health Clarendon Advisory Board include from left to right: Kim Johnson, Kim Jolly, Debbie Locklair, Dr. Marva Williams and Dr. Catherine Rabon; second row: Fulton Ervin, Dr. Stephen Corey, George Summers, David Epperson and Ron Boring.

Forming a bridge between physicians, management and the community to the McLeod Health Board of Trustees, advisory board members review strategic issues and challenges facing the medical center, the health care industry and surrounding

communities. This advisory board includes community leaders from Clarendon, Sumter and Williamsburg counties who offer advice and recommendations to the McLeod Health Clarendon Administration.

McLEOD DILLON RENOVATES INTENSIVE CARE UNIT

McLeod Dillon recently completed renovations to its Intensive Care Unit (ICU).

“The biggest impact of the renovations will be to our patients and families as they gain a more welcoming space to rest and heal,” said Frank Munn, BSN, RN, Director of Critical Care Services at McLeod Dillon. “Nursing and medicine have a long history of being tied to fresh, clean spaces to promote healing and health, and that is what the patients and

families in Dillon are getting with the renovations.”

The six patient rooms, all overlooking a quiet courtyard, were updated with new flooring and wallcoverings.

In creating the new design, the focus on the renovation was on efficiency and flexibility -- providing for future changes based upon population and technology.

The renovations also provide the staff at McLeod Dillon with a more welcoming space to work in and deliver patient care.

A work station for nursing staff features new cabinetry and countertops. Updated flooring was installed throughout the entire unit, and a medication preparation room improves work flow in a location separate from nursing and provider space. A storage room also adds much needed room for medical supplies and equipment.

Additionally, an ICU waiting area has been designed for improved privacy and comfort for visiting family members.

Four Leading Myrtle Beach Cardiologists Join McLeod Cardiology Associates

McLeod Cardiology Associates, part of McLeod Heart & Vascular Institute, is pleased to announce that four highly-skilled and well-known Myrtle Beach cardiologists, **Dr. Vaishali M. Swami**, **Dr. Neil W. Trask, III**, **Dr. Anne H. Everman** and **Dr. William A. Jackson** have joined our team.

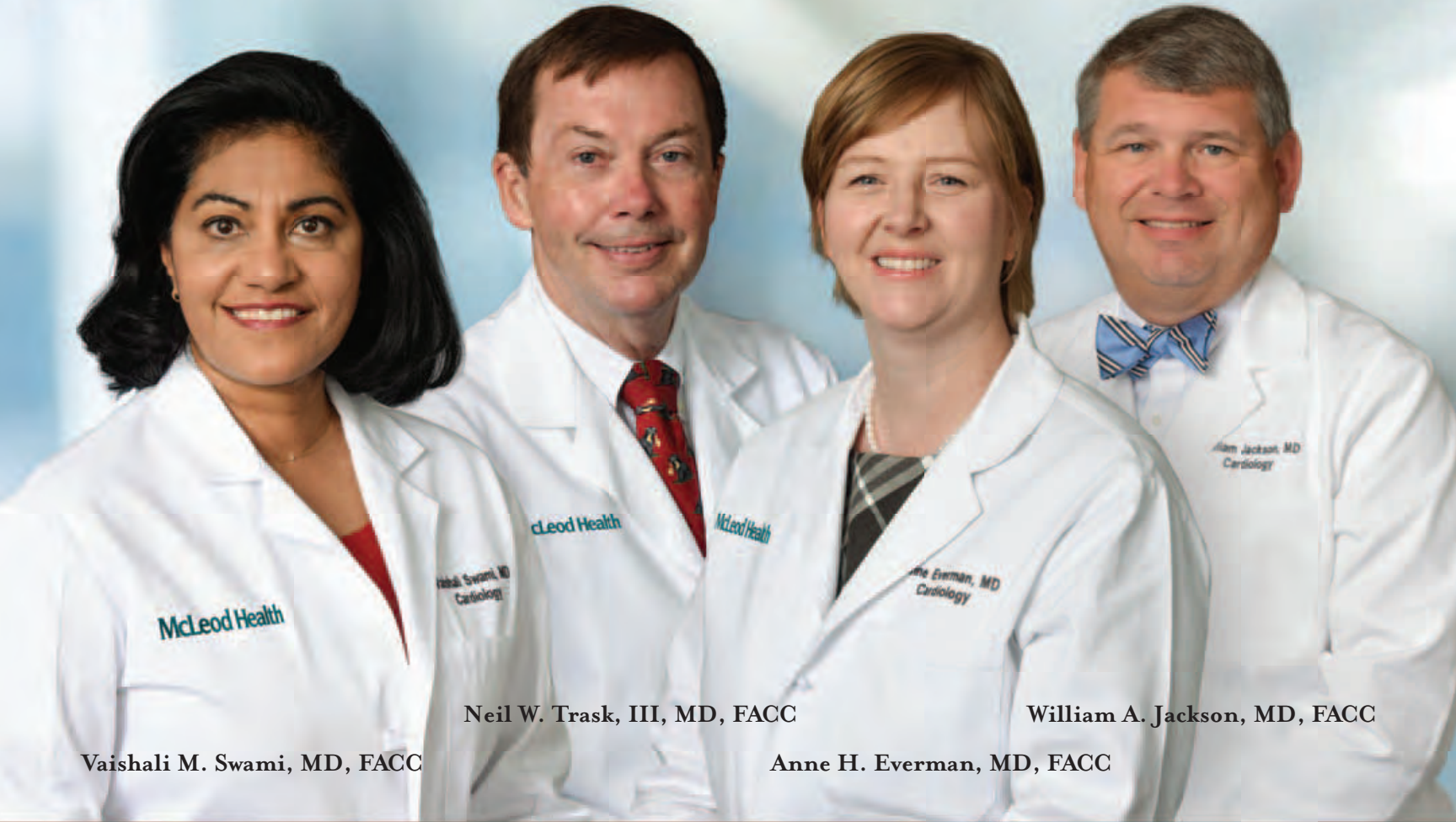
McLeod Cardiology Associates provides expertise in the diagnosis, treatment, and prevention of cardiac conditions using the latest techniques and technology.

Put your heart in the most capable and expert hands ... McLeod.

McLeod Cardiology Associates is accepting new patients.
Call (843) 839-1201. Physician and self-referrals are welcome.

Specializing in the treatment of:

- Congestive Heart Failure
- Coronary Artery Disease
- Arrhythmias, Device Management
- Atrial Fibrillation
- Women’s Cardiovascular Health
- Valvular Heart Disease
- Lipid Disease
- Hypertension



McLeod Cardiology Associates
945 82nd Parkway, Myrtle Beach, SC 29572
(843) 839-1201

McLeod
Heart & Vascular Institute
McLeodPhysicians.org

McLeod Health

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