

CARING. PEOPLE. QUALITY. INTEGRITY.

McLeod Health - McLeod Regional Medical Center is Among Top 5% of Hospitals in Nation for Clinical Outcomes

McLeod Receives Healthgrades Distinguished Hospital Award for Clinical Excellence™

McLeod Health - McLeod Regional Medical Center has received the Healthgrades 2017 Distinguished Hospital Award for Clinical Excellence™. The distinction recognizes McLeod Regional Medical Center as one of the **Top 5% of more than 4,500 hospitals nationwide** for its clinical performance as measured by Healthgrades, the leading online resource for comprehensive information about physicians and hospitals.

The 258 recipients of the Distinguished Hospital Award for Clinical Excellence™ stand out among the rest for overall clinical excellence across the broad spectrum of care. During the 2017 study period (2013 – 2015), these hospitals showed superior performance in clinical outcomes for patients in the Medicare population across at least 21 of 32 of the most common inpatient conditions and procedures – as measured by objective clinical outcomes performance data (risk-adjusted mortality and in-hospital complications).

“Consumers are doing their research when it comes to selecting the hospital where they receive their care, and high marks in quality are a valuable differentiator that can set organizations apart,” said Brad Bowman, M.D., Chief Medical Officer, Healthgrades. “We commend hospitals that have achieved Healthgrades 2017 Distinguished Hospital Award for Clinical Excellence for demonstrating an unwavering commitment to high quality care for their patients.”

“Today’s consumers want quality healthcare that is convenient and cost-effective. They know they have a choice in who provides



Pictured from left to right: Tony Derrick, Chief Nursing Officer; Susan Pickle, Associate Vice President of Quality & Safety; Katherine Mongoven with Healthgrades; and Dr. Dale Lusk, Chief Medical Officer and Vice President for Medical Services, McLeod Regional Medical Center.

their medical care and which hospital they use. Therefore, they turn to resources like Healthgrades to review hospital and doctor ratings which help them make informed decisions,” said Marie Saleeby, Administrator of McLeod Regional Medical Center.

“I am extremely proud of the medical staff and the medical center for this accomplishment,” said Dale Lusk, M.D., Chief Medical Officer and Vice President of Medical Services. “This recognition

is evidence of the endless work that takes place every day to create a culture of quality and safety for our patients.”

“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.”

McLeod physicians, staff and teams received 24 other top honors in 2016 from Healthgrades for Cardiac Care, Coronary Intervention, Vascular Surgery, General Surgery, Treatment of Heart Attack and Heart Failure, Coronary Interventional Procedures, Repair of Abdominal Aorta, Carotid Surgery, Treatment of Stroke, Total Knee Replacement, Esophageal/Stomach Surgeries, Treatment of Bowel Obstruction, Treatment of Respiratory Failure, and Treatment of Chronic Obstructive Pulmonary Disease.



NAVIGATE
BEYOND
BOUNDARIES.

McLeodHealth.org

Excellence Re-imagined.

McLeod Health continues to live out our mission of excellence with the launch of our new website. The completely re-imagined look comes alive with captivating video, patient stories and immersive graphics. Whether browsing on your laptop, phone or tablet, it delivers an exceptional user-experience that engages you at each level.

- Expanded search function
- Enhanced “find a doctor” functionality
- Simplified navigation
- Inclusion of new medical library
- Responsive mobile design
- Engaging images

CHECK OUT OUR NEW WEBSITE

McLeod Health

McLeod Health Launches Telehealth Program

On February 1, McLeod Health launched its Telehealth program. With McLeod Telehealth, you can visit a doctor online at any time, from anywhere – on your laptop, phone or tablet. No appointment is necessary and visits are private and secure. Board certified physicians can quickly diagnose minor or common illnesses or recurring conditions such as bronchitis, cough/cold, sore throats, ear infections, urinary tract infections, viral infections, pink eye, allergies, rashes and the flu. Each visit is \$49.

You can also use your WageWorks healthcare flex spending account to cover the cost. Sign up for free by downloading the McLeod Telehealth app in the App Store or Google Play or visit www.mcleodtelehealth.org.

During February and March, employees can use coupon code Tele2017 to save \$10 on a McLeod Telehealth e-visit. Take advantage of this special offer of \$39 for you or a family member by March 31.

Special Employee Offer. \$39 Per E-Visit For First Two Months.

McLeod Telehealth

**Save Time.
See a Doctor Online.**

Quality Care. Anytime. Anywhere. Just \$49 per E-Visit.

With McLeod Telehealth you can now visit a doctor online at anytime, from anywhere – on your laptop, phone, or tablet. No appointment is necessary. Visits are private and secure.

Get quickly diagnosed by a board-certified physician for minor or common illnesses or recurring conditions:

- | | | |
|------------------|----------------------------|-------------|
| ■ Bronchitis | ■ Urinary Tract Infections | ■ Rashes |
| ■ Cough/Cold | ■ Viral Infections | ■ Flu |
| ■ Sore Throats | ■ Pinkeye | ■ Much more |
| ■ Ear Infections | ■ Allergies | |

McLeod Telehealth is a service provided by McLeod Health, the choice for medical excellence in your region.

SIGN UP FOR FREE!

Just download the McLeod Telehealth app or visit McLeodTelehealth.org



McLeodTelehealth.org

Words of Advice from McLeod Health Heart Disease Survivors

Heart disease is the leading cause of death for both men and women in the United States. The good news is that it can often be prevented when healthy choices are made and health conditions are managed.

In recognition of February as heart awareness month, here are six heart disease survivor stories from McLeod Health employees. Take heart of the advice they offer for leading a heart healthy life.

McLeod Cheraw

Two weeks before his 60th birthday, **Dr. David Bersinger** with McLeod OB/GYN Cheraw woke before his alarm sounded feeling anxious. He assumed it was because he had very little sleep the previous three days and passed it off as exhaustion. Unable to go back to sleep, he went into the office early.



Dr. David Bersinger

Dr. Bersinger wanted to determine if his symptom was sleep-related so he had an EKG performed at his office. From the EKG, he noted a heart rate in the 160s with atrial fibrillation. He was surprised by the results and went to McLeod Health Cheraw for evaluation.

"I am not sure if I was in denial; however, the only symptom I noted was the feeling of anxiety," said Dr. Bersinger. "My heartbeat had been racing, and I suppose this represented poorly controlled atrial fibrillation. Since that episode, I have not had any symptoms."

Atrial fibrillation, a rapid beating of the upper chambers of the heart, is associated with excess caffeine, tobacco use, stress and alcohol. "Previously, I consumed a lot of caffeine but I have since discontinued drinking caffeinated beverages," said Dr. Bersinger. "I have never been a smoker so this was not a problem nor do I drink alcohol. My cardiac risk factor was excess stress. I have tried yoga for relaxation and it did seem to help, but I find aerobic exercise just as calming."

Dr. Bersinger is currently on medication to prevent his heart from going into atrial fibrillation. He also takes blood thinners, eats a reduced sodium diet and exercises for at least 40 minutes a day.

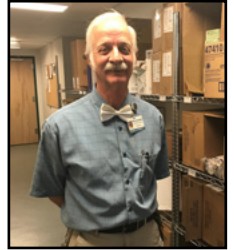
Dr. Bersinger's advice is what he considers common sense suggestions: eliminate caffeinated beverages, lose weight and maintain an ideal body mass index, do not drink alcohol or smoke, exercise daily, and consider some type of meditation to control excess stress. His most important piece of advice is to listen to your body. If something does not feel right, it probably isn't, and that is when you need to see your primary care physician.

"I am currently involved in McLeod Cardiac Rehabilitation in Cheraw to help avoid a reoccurrence of atrial fibrillation," said Dr. Bersinger. "Sonny Usher, Director of Cardiac Rehab, has been very helpful, and I have only the highest regard for him and his team."

"As a healthcare professional, I would always prefer to give care, rather than to be on the receiving end of the spectrum. However, I felt very comfortable in the capable hands of the professionals at McLeod," added Dr. Bersinger.

McLeod Health Clarendon

Ronald Pomeroy with Procurement Services suffered a heart attack on October 26, 2016. Ronald, 61, had blockages in three of the arteries supplying blood to the heart. Interventional Cardiologist Dr. Brian Wall at McLeod Regional Medical Center cleared the blockages and, in doing so, gave Ronald a new lease on life.



Ronald Pomeroy

Two weeks after his procedure, Ronald was enrolled in the cardiac rehabilitation program at McLeod Health Clarendon. Ronald is currently halfway through his cardiac rehabilitation requirements.

Cardiac rehabilitation is a medically supervised program that helps individuals recover from a heart attack, heart-related surgery or a diagnosis of heart disease. The goal is to help patients recover, improve their physical and mental functioning and reduce the risk of another cardiac event.

Ronald says that heart disease is prevalent in his family but thought, "he had a few more years." When the chest pain started, he sought medical attention at the McLeod Health Clarendon Emergency Department. After an evaluation by Dr. John Maskell, he was transferred to McLeod Regional Medical Center.

Ronald describes the care he received at cardiac rehab as excellent. "They know your limits and know how to push and encourage you." While he describes the months leading up to his heart attack as bad, he now feels better than he has in years. Cardiac rehab has given him the support and encouragement he needed to recover. It has also allowed him to interact with others who have been through similar experiences.

Ronald's advice to others is to pay attention to what your body is saying. "Don't ignore the signs," he added. "Go to your doctor and get it checked out."

Continued on page 5

Words of Advice from McLeod Health Heart Disease Survivors (continued)

McLeod Darlington

Registered Nurse **Lisa Thomas** was diagnosed with hypertension or high blood pressure 27 years ago. Her physician first tried managing her condition with dietary changes but that did not help so she was put on blood pressure medication.



Lisa Thomas

Lisa knows the importance of well-maintained blood pressure due to her family history of heart disease. High blood pressure is a risk factor for heart disease. Her father had congestive heart failure (CHF) that developed after two heart attacks. Her mother has severe hypertension and as a result of her high blood pressure had to undergo aortic valve replacement.

At age 50, Lisa's primary care physician, Dr. Parker Lilly with McLeod Family Medicine Darlington, works closely with her to make sure her blood pressure stays under control.

Lisa advises others if you do not have a primary care physician you need one. "Work with your doctor to keep your risk factors for heart disease under control," said Lisa. "Follow your physician's orders, maintain a heart healthy diet, and exercise. As a nurse, I am constantly moving but I also walk around the parking lot at the hospital when I can.

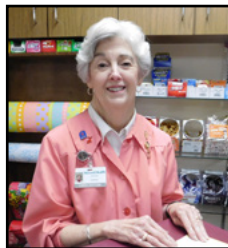
"And take your medications as prescribed," added Lisa.

Lisa is a Patient Care Supervisor at McLeod Darlington and has been with McLeod for four years.

McLeod Health Dillon

Linda Dutton has been a volunteer with the McLeod Dillon Auxiliary for eight years since her retirement as a librarian.

Because of her high cholesterol and family history, Linda has a routine physical and EKG every year. In 2013, her EKG results led her doctor to order a nuclear stress test and then an Echocardiogram.



Linda Dutton

Linda's physician called her later that day with the unexpected results. She needed an immediate heart catheterization. The procedure indicated multiple blockages. Several days later, Linda was scheduled for triple bypass surgery.

This all came as a shock to Linda, since she had no symptoms. She was walking four miles every day for years, and seemed to be in excellent health.

Today, she urges everyone to be proactive with their health: have annual physicals and undergo the recommended tests. By being proactive with her own health, Linda's physicians were able to remedy her situation before it was too late.

McLeod Loris Seacoast

On June 5, 2016, Environmental Services Director **Chuck Griffith** began to feel a tightness in his chest, leading to a severe pain. He took some ibuprofen and rested, in hopes this would relieve the pressure and pain. Later that evening, he went to work trying to tie up some loose ends before a deadline.

When he left, he contacted his son and told him about the pain he had been experiencing that day. Chuck was advised to turn around and head back to McLeod Seacoast to get checked by the Emergency Department staff.



Chuck Griffith (center)

While at McLeod Seacoast an EKG was performed, and a heart catheterization was determined as the next course of action.

McLeod HeartReach was contacted and transported Chuck to McLeod Regional Medical Center. There, a heart catheterization was performed which indicated Chuck would need to undergo a triple bypass because he had blockages up to 90 percent in his arteries. Dr. Cary Huber with McLeod Cardiothoracic Surgical Associates performed the procedure. He advised Chuck to follow up with Dr. Amit Pande, a Cardiologist with McLeod Cardiology Associates, in Little River.

Throughout the process, Chuck found ways to lead a healthier lifestyle. While attending Cardiac Rehab at McLeod Seacoast, the nursing team encouraged Chuck, inspiring him to continue, while making rehab entertaining. "Dr. Pande, my Cardiologist, and Paula Cox, Lisa Carter and Shannon Smith with the cardiac rehabilitation team at McLeod Seacoast, helped me understand that I was going to be okay.

"My life has changed. I feel I have been given a new opportunity to lead a healthy lifestyle. I'm learning to decompress in the evenings by staying active," added Chuck.

Chuck has been employed with McLeod Seacoast since April 2015.

Continued on page 6

Words of Advice from McLeod Health Heart Disease Survivors (continued)

McLeod Regional Medical Center

McLeod Network Analyst **Shawn Morris** noticed symptoms of tiredness and shortness of breath while walking to his car after work in the heat of July. Shawn attributed his symptoms to the extreme temperatures of the summer. He would get in his car, turn up the air conditioning and wait a few minutes until he felt better.



Shawn Morris

One August morning, he woke with excruciating pain in his chest, shortness of breath and sweating. "I knew from completing the McLeod Chest Pain CBT that these were classic symptoms of a heart attack," said Shawn.

In the McLeod Regional Medical Center Emergency Department, Shawn was immediately taken back for testing. Later, he received confirmation from McLeod Cardiologist Dr. Thomas Stoughton that he had experienced a heart attack.

A heart catheterization revealed a 95 percent blockage in one of his heart arteries. The blockage was repaired with two stents.

After a short recovery period, Shawn began Cardiac Rehabilitation at the McLeod Health & Fitness Center. There he learned ways to lead a heart healthy life including the importance of exercise and good nutrition.

Shawn's poor eating habits and high cholesterol contributed to his heart attack. "I thought I was healthy and decided on my own that I didn't need the cholesterol medication my physician had prescribed," said Shawn. "At the time I didn't realize what a mistake that was and how important it is to keep your cholesterol levels under control.

"My advice to all McLeod Health employees is to see your physician regularly, and if you have high cholesterol, work with your doctor to keep it under control. Watch your eating habits, especially limiting fried foods. If you have a family history of heart disease make sure to share that with your physician. Don't take for granted that if you feel well, all is good. Partner with your physician to ensure you are leading a heart healthy life."

Shawn has been an employee with McLeod for 11 years.

Signs of a Heart Attack

For both men and women, the most common signs of a heart attack are:

- Pain or discomfort in the center of the chest
- Pain or discomfort in the arms, back, neck, jaw or stomach
- Shortness of breath
- Nausea
- Feeling faint
- Breaking out in a cold sweat

If you think you are having a heart attack, call 911. Never attempt to drive yourself to the Emergency Department. Emergency Medical Services staff are trained to begin heart attack treatment right away while enroute to the hospital.

McLeod Hybrid Operating Room: New Home to Many Heart and Vascular Operations



Click on the image above to view McLeod Vascular Surgeon Dr. Christopher Cunningham's video on the many benefits of the McLeod Hybrid Operating Room. For optimal viewing, please open the video in Google Chrome or Mozilla Firefox.

McLeod Health Offers Radiology Services at Each of Its Hospitals

Radiology Services Near You.

McLeod Regional Medical Center – Florence

- X-Ray
- Ultrasound
- CT Scan
- PET/CT Scanner
- MRI
- Mammography
- Breast MRI
- Stereotactic Non-Surgical Biopsy
- Nuclear Medicine
- Bone Density Scans
- Sleep Lab
- Neurodiagnostics
- Interventional Radiology

McLeod Health Cheraw

- X-Ray
- Ultrasound
- CT Scan
- MRI
- Mammography
- Nuclear Medicine
- Sleep Lab
- Neurodiagnostics

McLeod Health Clarendon

- X-Ray
- Ultrasound
- CT Scan
- MRI
- Mammography
- Stereotactic Non-Surgical Biopsy
- Nuclear Medicine
- Bone Density Scans
- Sleep Lab
- Neurodiagnostics

McLeod Darlington

- X-Ray
- Ultrasound
- CT Scan
- Mammography
- Bone Density Scans

McLeod Dillon

- X-Ray
- Ultrasound
- CT Scan
- MRI
- Mammography
- Nuclear Medicine
- Sleep Lab

McLeod Loris

- X-Ray
- Ultrasound
- CT Scan
- MRI
- Mammography
- Stereotactic Non-Surgical Biopsy
- Nuclear Medicine
- Sleep Lab
- Interventional Radiology

McLeod Seacoast

- X-Ray
- Ultrasound
- CT Scan
- MRI
- Mammography
- Nuclear Medicine

McLeod Health

Call (843) 777-2095 For All Locations (Except Clarendon) | Call (803) 435-3121 For Clarendon

McLeod remains committed to providing physicians and medical staff with convenient access to patient services. As part of that commitment, we offer comprehensive Radiology Services at each of our hospitals designed to best meet the needs of you and your patients. To schedule a procedure, please call (843) 777-2095 for all locations except McLeod Health Clarendon. Please call (803) 435-3121 to schedule a procedure at McLeod Health Clarendon.

McLeod Choice Pharmacy Offers Special Pricing on PPI Medications

McLeod Choice Pharmacy will offer special pricing for two proton pump inhibitor (PPI) – acid reflux controlling – medications.



With a physician prescription, you can now receive Pantoprazole 40 mg (generic Protonix) or Omeprazole 40 mg (generic Prilosec) for \$12 (30 tablets) or \$20 (90 tablets).

Most classes of acid controlling drugs (brand and generic) are now available over-the-counter. As a result, they are no longer covered under the McLeod Health Medical Plans. However, McLeod Choice Pharmacy is able to use our special pricing to offer the above medications to you at affordable rates.

All McLeod employees are eligible for this special pricing as well as your dependents if they are enrolled in one of the Medical Plans for McLeod Health.

Please contact the McLeod Choice Pharmacy should you have any questions or need help converting your prescription. To take advantage of this special pricing, call (843) 777-2166 (McLeod Regional Medical Center) or (843) 716-7178 (Loris Seacoast).

Physicians Honored with Pillars of Professionalism



***The recipients of the 2016 Pillars of Professionalism are (from left to right):
Dr. Daniel Fox, Dr. Vinod Jona, Dr. Douglas MacPherson, Dr. John Sonfield and Dr. Alan Blaker.***

Five McLeod physicians were recently honored with the Pillars of Professionalism Awards during a ceremony at the McLeod Medical Plaza. This is the third annual awards event to recognize those physicians who reflect the highest values in professional excellence.

The honorees included Dr. John W. Sonfield, Dr. Douglas A. MacPherson, Dr. Daniel J. Fox, Dr. Vinod Jona and Dr. Alan Blaker.

The intent of the Pillars of Professionalism is to symbolize the ideas that can effect change in the level of physician service excellence in healthcare. The capstone of this structure is Value. Supporting that capstone are five columns of excellence – Educator, Enthusiastic, Ethical, Efficient and Efficacious. These pillars rest on the solid foundation of Emotional Intelligence.

Dr. Sonfield received the first honor of the evening, the Educator - Mentor Award. This pillar reflects a teacher whose goal is helping others succeed. Dr. Keith Player presented this award to Dr. Sonfield, his colleague with Pee Dee Surgical Group.

The Enthusiastic - Joy of Medicine Award was presented to Dr. MacPherson by Dr. Ben King. This honor is presented

to a leader who infects others with excitement and energy about providing healthcare.

Dr. Fox was recognized with the Ethical - Do the Right Thing Award by Dr. Michael Carmichael. The Ethical Pillar represents a trusted and respected steward who balances the needs of the patient with resources to treat their illness.

The Efficient - Value in Medicine Award was given to Dr. Jona who displays the attributes of being an agile decision maker who can create simplicity out of complexity. McLeod Oncologist Dr. Rajesh Bajaj presented this distinction.

Dr. Blaker received the Efficacious - Outstanding Outcomes Award from Dr. Fred Krainin. This pillar reflects a knowledgeable and skilled surveyor of risk management and advocate of coordinated care.

Rob Colones, President of McLeod Health, opened the program with an invocation. He was followed by Dr. C. Dale Lusk, Chief Medical Officer and Vice President for Medical Services, and Dr. Walter E. Connor, Chief of Staff for McLeod Regional Medical Center, who offered remarks during the ceremony.

McLEOD NEPHROLOGY ASSOCIATES

Top Kidney Specialists Provide Extraordinary Nephrology Care.



Dr. Holly Smith

Dr. Adnan Alsaka

Dr. Nada Abou Hassan

Dr. Subash Regmi

There is a need in our community for specialists to care for patients with kidney disease and high blood pressure. McLeod Nephrology Associates has four convenient locations to serve those who need us the most. Our board-certified nephrology specialists, Dr. Holly Smith, Dr. Adnan Alsaka, Dr. Nada Abou Hassan and Dr. Subash Regmi are dedicated and highly-skilled physicians committed to providing excellent care for every patient.

COMMONLY TREATED CONDITIONS

- Chronic Kidney Disease (CKD)
- Dialysis
- Kidney Stones
- Hypertension
- Transplants
- Electrolyte Imbalances

McLeod Nephrology Associates is welcoming new patients by referral.
Or call **843-777-7290** for self-referral.

McLEOD NEPHROLOGY ASSOCIATES

DARLINGTON

McLeod Health Darlington
701 Cashua Ferry Road

DILLON

Dillon Professional Building
705 N. 8th Ave., Suite 2C

FLORENCE

McLeod Medical Park West
101 S. Ravenel St., Suite 120

MANNING

McLeod Health Clarendon
409 South Mill Street

McLeod Health

McLeodHealth.org

McLeod Nurse-Family Partnership Receives National Coverage



The McLeod Nurse-Family Partnership Team

McLeod Nurse-Family Partnership (NFP) was recently featured on the cover of Michigan's Detroit Free Press newspaper as part of a series on women's and children's issues, specifically recognizing national programs that help decrease child abuse and neglect.

The story, titled "South Carolina finds innovative way to help first-time moms," highlights the work of McLeod Nurse-Family Partnership to help break the cycle of poverty and teen pregnancy while improving the health outcomes for mothers and children in our region. Reporters from the Detroit Free Press visited Florence to learn firsthand about the McLeod NFP program model, which included accompanying two NFP nurses on home visits to observe the relationship between nurse and client.

In addition, the story was picked up by more than 20 newspapers throughout the United States – including Washington, California, Pennsylvania, Florida, Illinois, Mississippi, Idaho, Kansas, Georgia, North Carolina, and South Carolina – as well as the South Carolina Campaign to Prevent Teen Pregnancy Newsletter.

Click [here](#) to read the full story.

McLeod Dillon Purchases New Life Saving Equipment



Lucas 2 Chest Compression System

McLeod Dillon recently purchased an electrically-powered life-saving medical device that offers high quality, automated chest compressions on patients in cardiac arrest.

The device, called the Lucas 2 Chest Compression System, is the first system of its kind to be used in Dillon County.

"The Lucas 2 is an exceptional piece of equipment," said Frank Munn, Director of Critical Care Services at McLeod Dillon. "It is specifically designed to deliver high quality chest compressions during CPR. This will give our patients needing resuscitation an even greater chance of survival over manual compressions alone."

The Lucas 2 provides an extra set of hands to caregivers, allowing them to carry out other critical tasks more timely and efficiently during a life-saving situation. It was developed for use by first responders, transport teams and hospital Emergency Departments.

The purchase of the Lucas 2 was made possible by a grant received from the McLeod Foundation. Munn added, "The generosity of the McLeod Foundation shows a great commitment to our community by giving us the absolute best in life-saving equipment."

McLeod Cheraw Surgeon Appears on WCRE



Dr. Henry Jordan, a McLeod Health Cheraw Surgeon, recently appeared on the WCRE Morning Show in Cheraw.

Dr. Jordan spoke with DJ's George Adams and Jay Lewis about the range of services offered to patients in Cheraw and Bennettsville, including abdominal/intestinal issues, thyroid, hernias, cancers, gallbladder, etc. The main focus was promoting surgical excellence that is close to home with McLeod Surgery Cheraw-Bennettsville.

McLeod Safe Kids Safety Tip



Carbon monoxide (CO) is a gas that you cannot see, taste or smell. In 2009, poison control centers reported more than 3,551 cases of carbon monoxide exposure in children 19 and under. To help prevent this risk, make sure your home has a carbon monoxide alarm. As with smoke alarms, install a carbon monoxide alarm on every level of your home, especially near sleeping areas, and keep them at least 15 feet away from fuel-burning appliances. For more safety tips, visit www.McLeodSafeKids.org or call (843) 777-5021.



McLeod Welcomes New Physicians



Please click on the image above to learn more about Dr. Kevin Dineen and other new physicians at McLeod.

For optimal viewing, please open the Flickr album in Google Chrome or Mozilla Firefox.

Retirees

Natalie Bee

Institutional Review Board Department
27 Years



Melissa McFadden
Service Excellence
22 Years

On December 30, 2016, **Melissa McFadden** retired after serving McLeod Health for 22 years. Melissa began her tenure at McLeod on September 26, 1994, where she served as the MICU & Hemodialysis Secretary and eventually 6 East, Day Hospital and 7 West Observation. She then moved to the new Day Hospital in 2000 (inclusive of PAT, Pain Management, Endoscopy, & IV Therapy). All of these departments merged with OR, Recovery, Surgery 2, and Trauma to become Surgical Services. Melissa started processing payroll in 2013 for Surgical Services, but was so highly spoken of by her peers she was offered the Service Excellence Project Manager position in April 2016.

Important Dates

Radiothon

2017 McLeod Children's Hospital Radiothon
February 9 – 10, 6:00 a.m. to 6:00 p.m.
McLeod Children's Hospital
Call (843) 777-2694 for more information.

Blood Drives

McLeod Cheraw
February 9, 11:00 a.m. to 5:00 p.m.
Bloodmobile
Call (843) 390-8327 to schedule your donation.

McLeod Dillon
February 16, 1:00 p.m. to 6:00 p.m.
McLeod Dillon Auxiliary Room
Call (843) 487-1250 to schedule your donation.

McLeod Loris
February 16, 12:00 p.m. to 5:00 p.m.
McLeod Center for Health & Fitness
Call (843) 390-8327 to schedule your donation.

McLeod Regional Medical Center
February 28, 10:00 a.m. to 4:00 p.m.
McLeod Plaza and Pavilion Auditoriums
Call (843) 777-2095 to schedule your donation.



Safe Kids

Safe Sleep Education Class
McLeod Medical Plaza Classroom
February 9, 6:00 p.m.

Pre-registration is required, and space is limited.
To pre-register, call McLeod Reservations & Scheduling at
(843) 777-2005.

Kohl's Car Seat Safety Beach Seats
Myrtle Beach Kohl's Parking Lot,
Highway 544 and Bypass 17
February 14, 3:00 p.m. to 6:00 p.m.

For more information, call (843) 777-5021 for more
information. *Rain cancels the event.*

Free Car Seat Education Class
Florence County Library
February 16, 5:30 p.m.

Pre-registration is required, and space is limited.
To pre-register, call McLeod Safe Kids at (843) 777-5021.



Ostomy Support Group

McLeod Regional Medical Center
February 12, 3:00 p.m.
McLeod Pavilion Conference Center
For more information, call Sondra Moseley at (843) 777-5207.

Mended Hearts Support Group

McLeod Health Clarendon
Cypress Center
February 16, 5:00 p.m.
Please call (803) 435-5203 for more information.



Upcoming Mobile Mammography Visits

February	7	McLeod Family Medicine Timmonsville
	16	McLeod Family Medicine Johnsonville
	21	Pate Medical Associates, Bishopville
	22	Talbots of Florence

*To schedule an appointment, please call McLeod Reservations
and Scheduling at (843) 777-2095.*

Making Rounds

McLeod Regional Medical Center

Business Services

- Congratulations to **Jessica Howington** and her husband, Eric, on the birth of their son, Daniel Kaleb, on September 27, 2016.

Emergency Services

- Our condolences to **Hope Floyd** on the loss of her grandfather; to **Billy Collins** on the loss of his uncle; and to **Audrey Davis** on the loss of her uncle and aunt.
- Congratulations to **Hannah Douglas** and her husband on the birth of their son.

Children's Hospital

- Welcome to our newest staff members: **Josh Murphy, RN**; **Corrie Mims, RN**; and **Brook Lynch**.

Sports Medicine

- Congratulations to McLeod Sports Medicine Athletic Trainer **Mike Rice** on being selected by the United States Olympic Committee to travel to the Olympic Training Center in Colorado Springs, CO from May 28 to June 8. He will be providing medical coverage to our nation's most elite athletes during that time.

Rehab Services

- Congratulations to **Julie Whatley** and her husband on the birth of Anna Claire on October 10, 2016. Anna Claire weighed 6 pounds, 12 ounces.

Respiratory Therapy

- Congratulations to **Nicole Porter** on her marriage to Roderick Gregg.
- Congratulations to **Keri Caulder** and to **Autrella Garner** on the birth of their bundles of joy.
- Congratulations to **Carolyn Roscoe** on her retirement.

Darlington

Administration

- Congratulations to **Tim Smoak** on completing his BSN degree.

Loris

Patient Registration

- Our condolences to **Barbara Hardee** on the passing of her grandmother.
- Congratulation to **Sydney Harrelson** and **Timothy Locklear** (MST in ED) on their engagement.

Dillon

Administration

- Congratulations to **Dustin Britt**, Director of Nutrition Services, on achieving his Certified Dietary Manager (CDM) certification.
- Congratulations to **Cynthia Pernel**, Director of Cardiopulmonary Services, on the birth of her first grandchild.

Pharmacy

- Congratulations to **Tammy King** (Case Manager), **Elaine McElveen** (Director of Hospitalists), and **Gloria Hamilton** (Director of Business Services) on achieving their Certified Revenue Cycle Associate (CRCA) certifications.

Merit Award

MRMC



Bill Burbage
Security
January 2017



Nicole Casey
TSCU-SPCU
January 2017



Candy Davis
Information
Systems
January 2017

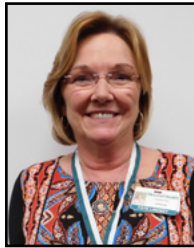


Precious Self
Rehab Services
January 2017

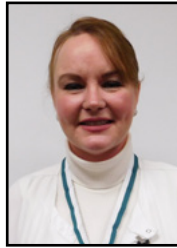
Dillon



Sherrell Bridges
McLeod
Orthopedics Dillon
January 2017



Faye Lindsey
Admissions
January 2017



Kim Perry
Case Management
January 2017

Loris Seacoast



Shelly Gardner (Seacoast Physical Therapy); **Barbara Scott** (Loris Laboratory); **Josh Smith** (Seacoast Procurement); **Pamela Black** (Seacoast Laboratory); **Chris Zurcher** (Loris Seacoast Security)

February Specials

McLeod Resource Center

February Special:
Enjoy 10% off
PersonalFit Connectors



McLeod Spa February Special

15 % of all services during the month of February. Specially-priced packages are also available.



Please call 777-3203 (Concourse) or 777-3200 (Health & Fitness Center) to schedule an appointment.

Visit: www.mcleodhealthfitness.org for a menu of services.

McLeod Health & Fitness Center



February Special

"All for One" Joining Fee.
During the month of February,
grab your friends, family, and coworkers and
split the \$25 joining fee.
(Based on a 24-month membership agreement.)

The McLeod Health & Fitness Center also
offers special rates to McLeod employees.

Call (843) 777-3000 to speak with a
membership representative or to schedule a tour.
For more information, please visit
www.McLeodHealthFitness.org.

For the Love of Chocolate

by Kitty Finklea, Lifestyle Coach, Registered Dietician and Personal Trainer

It's the month of love and according to a survey from the National Confectioners Association, 69 percent of Americans want chocolate on Valentine's Day.

Chocolate originates from the cacao bean – cacao refers to the plant or bean. Chocolate is anything made from the bean and cocoa refers to the powdered form of chocolate.

Cacao beans are full of flavonoids, a group of antioxidants giving it a pungent flavor. Flavonoids are linked with health benefits including decreased inflammation and insulin resistance, lower risk of heart disease and stroke, and better memory and brain function. Cacao has a high saturated fat content but it is stearic acid, which has a neutral effect on cholesterol levels. Chocolate may also help with weight control - if consumed in the correct form and portion. And as a mood enhancer, chocolate makes a sweet and romantic Valentine gift.

Generally, the more processed the chocolate, the less flavonoid and antioxidant properties with more sugar and fat calories. Milk chocolate and white chocolate are low in flavonoids whereas cocoa powder and dark chocolate with 45 to 90 percent cocoa are higher in flavonoids. Other foods high in flavonoids include berries, peppers, red wine, and black and green teas.

The bottom line for chocolate lovers – look for unsweetened cocoa powder or dark chocolate with 60 percent cocoa or more. Recommended serving size is one ounce several times a week. When you eat it, make sure it's after a meal, eat slowly and savor the flavor.

SC Real Foods located in the Pee Dee Christian Book and Supply in Florence sells organic cocoa powder made by Equal Exchange. They carry many non-processed and organic food products, so make sure to visit them at 120 Sebrell Street (off Irby Street) in Florence. Owner Valerie Criswell contributed the brownie recipe below.

Super Easy Chocolate Brownies

Baking from scratch may sound difficult, but many recipes are just as easy as grabbing a box mix. And no fake stuff here.

Ingredients

- ½ cup melted butter or coconut oil
- ¾ cup evaporated cane juice (or ¾ cup white sugar)
- 2 eggs
- 1 tsp vanilla extract
- 1/3 cup cocoa powder
- 1/3 cup fresh-ground soft white wheat flour (or ½ cup unbleached white flour)
- ¼ tsp salt
- ¼ tsp baking powder



Directions

Preheat oven to 350°. Thoroughly mix everything except flour together in a bowl. Add flour and fold together just until blended. Pour batter into a greased 8-inch square pan and bake for 25 minutes. Rest until set, cut into 16 squares and enjoy.

Hot Cocoa

This is a lower calorie treat that satisfies chocolate cravings. Sip slowly.

Ingredients

- 1 cup milk of choice (cow, almond, rice, coconut, etc)
- 1 TBS. unsweetened cocoa powder or raw cocoa
- 1 tsp (or to taste) honey, maple syrup or stevia equivalent

Taste variations:

- Couple drops mint or vanilla extract
- A pinch of cinnamon or warm the milk with cinnamon sticks
- A few mini marshmallows

Instructions

Pour milk into small saucepan over medium low heat. Whisk in cocoa and sweetener. Add variations as desired. Warm through and serve.

For more information on adopting healthier lifestyle changes, contact Kitty Finklea, lifestyle coach, registered dietitian and personal trainer at McLeod Health and Fitness Center, (843) 777-3000.