

McLeod

Volume 34, Issue 4, 2019

magazine

OUR MISSION:
YOUR STORY

Harry Moran
Hartsville, South Carolina

Views



Rob Colones

At McLeod Health, we value faithfulness and commitment that reflect a servant's heart. We celebrate steadfastness to our mission of service. We challenge each other daily -- sometimes moment by moment -- to embrace wisdom, strength and dedication in caring for others when they are most vulnerable and in need of comfort and treatment.

We are committed to the values of Caring, The Person, Quality and Integrity, striving to improve the health of people who live in the 18 counties we serve and beyond. Our McLeod team of nurses, doctors, medical personnel, support services and volunteers are faithful to this work, diligent to seek new processes that lift the standards of medical care higher, both in touch and technology.

Our patients and their families are constant reminders that the vocation of medicine isn't about business; it's about relationships and being faithful to our community. We consider it a privilege to be considered as a partner in your health and appreciate your choice to entrust us with your health needs.

We have excellence in our name, a standard by which we measure each outcome. The following pages pay tribute to the courage demonstrated by both caregivers and patients, extraordinary results and authentic relationships.

Thank you for making McLeod Health a part of Your Story.

Robert L. Colones

Rob Colones
President, McLeod Health



ON THE COVER:

Cancer survivor Harry Moran, a retired Sonoco executive and resident of Hartsville says he has 17 reasons for living -- the blessing of 17 grandchildren -- that were made possible by the care he received from McLeod Oncologist Dr. Michael Pavy during the last two decades. The inspiring story of Harry's cancer journey is featured on page 10.



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THE *Miracle of* Life Restored



Matthew Johnson is pictured beside his new car at his family's firework store in Hamer, South Carolina.

by Erin Brown

The busiest day of the year arrived for the Johnson Family of Dillon, South Carolina. This was one Fourth of July they would never forget.

Sherry and Matt Johnson, along with their seven children, were preparing for a long and busy Fourth this past Summer at their family-owned firework store located in Hamer, five miles outside of Dillon.

Their 19-year-old son Matthew worked from sun up to sun down with his family on that Thursday before

heading to Sumter to pick up his girlfriend, Hannah. Twenty miles into the trip, during a rain storm, Matthew's car hydroplaned on Interstate 95, between Dillon and Florence, and went off the road crashing into a guardrail.

"God's hands were on Matthew the entire time," said Sherry, recalling the extensive damage to Matthew's car which

landed upside down with parts of the guardrail embedded in it.

Florence County EMS transported the young man to McLeod Regional Medical Center. Upon Matthew's arrival, **Dr. Johnson Walker**, a McLeod Trauma Surgeon, assessed his injuries and determined immediate surgery would be needed.

"At any point during Matthew's treatment and recovery at McLeod, the outcome could have been different. However, because of the quality care he received, it was an answer to our prayers. A miracle."

– Sherry Johnson

"Matthew suffered a large incision into the right side of his body where the guardrail punctured his lungs, causing lacerations to his spleen and liver," explained Dr. Walker.

Due to the immense trauma Matthew's body experienced during the car accident, he was placed in a medically-induced coma for 17 days in the Trauma Surgical Intensive Care Unit. Matthew underwent three surgeries during his 33-day hospitalization at McLeod.

"During his first surgery, we repaired his liver, spleen, collapsed lung and damage to his rib cage," said Dr. Walker. "The second surgery involved reconstructing his rib cage, and during the third surgery we drained an abscess located on Matthew's liver."

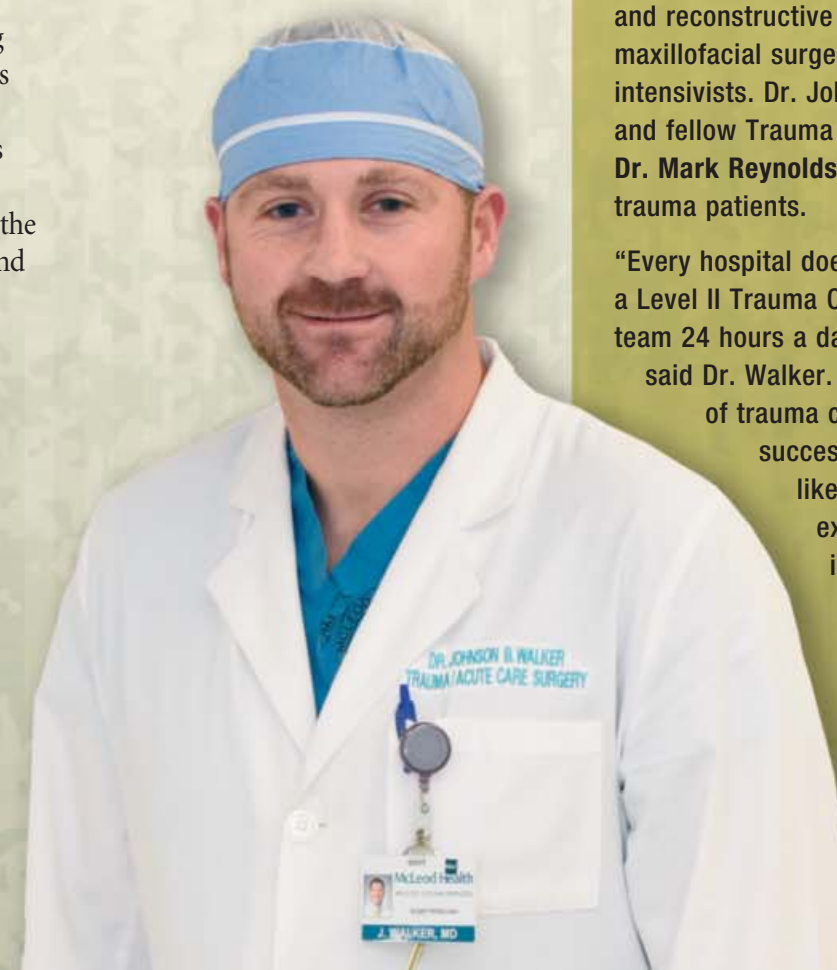
"The team caring for Matthew was exceptional, from Dr. Walker and McLeod Intensivist **Dr. Elina Levin** to the nurses who tended to his every need and comforted us all during this difficult time," said Sherry.

Matthew was discharged from McLeod Regional Medical Center on August 6, 2019. His medical care continued with a home health nurse and physical therapy provided by McLeod Home Health.

"At any point during Matthew's treatment and recovery at McLeod, the outcome could have been different. However, because of the quality care he received, it was an answer to our prayers. A miracle," said Sherry.

"Words cannot express how thankful I am to Dr. Walker. He is a great doctor and a great man," added Matthew.

Facing a future with promise and health, Matthew plans to attend Francis Marion University in January. He is engaged to be married to Hannah in the Spring of 2020, and he is grateful for a life restored.



McLeod Trauma Surgeon **Dr. Johnson Walker** cares for patients transported to the McLeod Level II Trauma Center with life-threatening injuries.

This image below shows Matthew's car embedded with the guardrail after his car accident on Interstate 95.



Access to Superior Trauma Care

Matthew's complete recovery from the accident could have been dramatically different if he had not received the high level of trauma care available at McLeod Regional Medical Center.

As a Level II Trauma Center, the McLeod Regional Medical Center medical team offers and initiates critical care to all injured patients in the region transported to McLeod.

The McLeod Trauma Team includes neurologists, general surgeons, orthopedic surgeons, obstetrics and gynecology, thoracic surgeons, plastic and reconstructive surgeons, oral and maxillofacial surgeons, and pediatric intensivists. Dr. Johnson Walker and fellow Trauma Surgeon **Dr. Mark Reynolds** care for surgical trauma patients.

"Every hospital does not offer access to a Level II Trauma Center and trauma team 24 hours a day, 7 days a week,"

said Dr. Walker. "Our quality level of trauma care allows us to successfully treat patients like Matthew who suffer extremely critical injuries that are a matter of life and death."

MAKING *Memories* IN THE SAND

by Jennifer Beverly

Grandchildren are one of life's greatest gifts. Spending precious moments with them often brings joy to a grandparent. Sylvia Hughes of Tabor City, North Carolina knows this all too well. When severe hip pain hindered her from enjoying activities with her granddaughters, she knew it was time to seek help.

Sylvia suffered from hip pain for several years. She tried to overcome the discomfort with over-the-counter medications and rest. Like most grandmothers, Sylvia loved to spend time with her granddaughters -- walking on the beach, attending ball games and going shopping.

"It became difficult for me to even rest at night," said Sylvia. "I could not climb stairs or get in and out of a vehicle.

I had always been an active person, but my hip pain was starting to control my life."

Sylvia had previously seen an orthopedic physician in Wilmington, North Carolina, but she wanted to find a specialist closer to home. After talking with friends and family, Sylvia scheduled an appointment with **Dr. Eric Heimberger** of McLeod Orthopaedics Seacoast.

"I have many friends who are patients of Dr. Heimberger, and they all experienced excellent surgical outcomes," said Sylvia. "Dr. Heimberger's reputation precedes him."

During her appointment, Dr. Heimberger conducted a comprehensive evaluation and ordered X-rays of Sylvia's left hip. The results indicated osteoarthritis in the hip joint. The cartilage between the ball-shaped end of the thigh bone and hip socket had worn away. The ball and socket grinding against each other resulted in Sylvia's extreme pain. Dr. Heimberger recommended a hip replacement procedure to Sylvia.

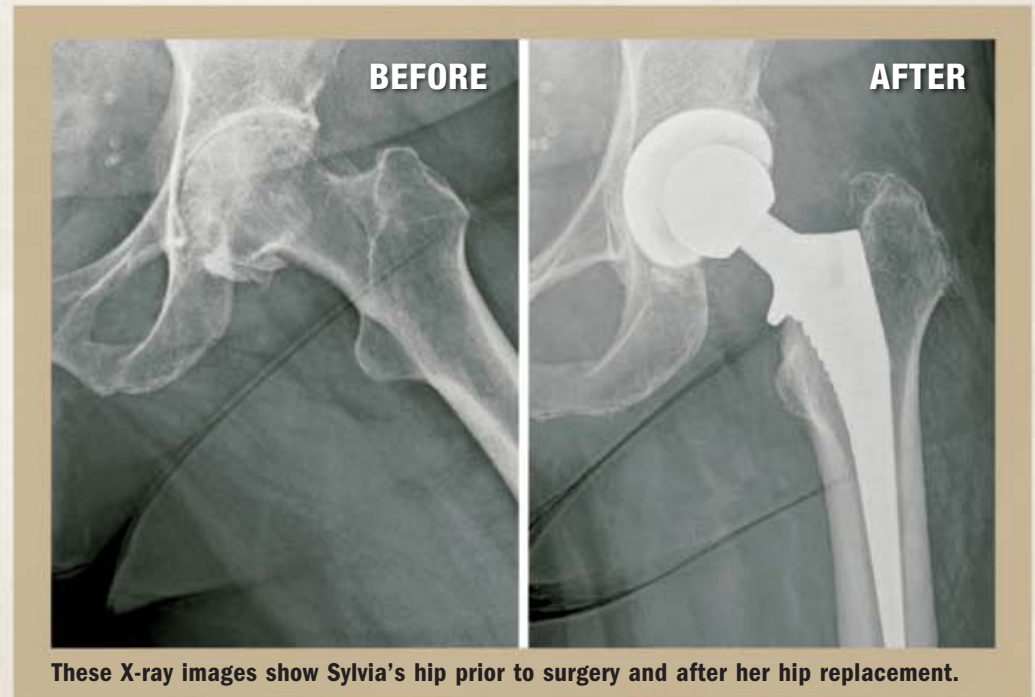
"I asked Dr. Heimberger many questions about the surgery," said Sylvia. "He exuded confidence in his answers during our conversation. I knew having the hip replacement would alleviate my pain, so I told him to sign me up."

Two weeks before surgery, Sylvia attended the McLeod Total Joint Replacement Program in preparation for her upcoming procedure. This one-day class offers a complete guide from surgery to recovery for total joint replacement patients. Patients also have the opportunity to get their labs drawn and complete the pre-admission testing process for their scheduled surgery.

"The McLeod Total Joint Replacement Program prepared me for the procedure from start to finish," said Sylvia. "I knew exactly what to expect and felt assured in my decision to have the hip replacement."

"I have many friends who are patients of Dr. Heimberger, and they all experienced excellent surgical outcomes. Dr. Heimberger's reputation precedes him."

– Sylvia Hughes



These X-ray images show Sylvia's hip prior to surgery and after her hip replacement.

On June 17, 2019, Sylvia underwent a posterior hip replacement at McLeod Health Seacoast. During the procedure, Dr. Heimberger made an incision in the back of the hip to move the muscles connected to the top of the thighbone to expose the hip joint.

"Using the posterior approach, I'm able to detach the muscles and tendons to gain access to the hip joint," said Dr. Heimberger. "I then remove the ball portion of the joint and attach an artificial joint to the thighbone. After the removal of any damaged cartilage, I connect the replacement socket to the hip bone and insert the new ball of the thighbone into the socket."

A few hours after surgery, the McLeod Health Seacoast Rehabilitation team had Sylvia up walking and using her new hip. The next day,

Sylvia was discharged from the hospital and began physical therapy to help stretch and strengthen the muscles surrounding the hip joint.

"Laura, my physical therapy assistant, knew exactly what I needed during every visit," said Sylvia. "We practiced stair climbing, bending and walking. She also massaged my muscles if I experienced pain or trouble moving."

After six weeks of rehabilitation, Sylvia felt better than she had in years. Now pain free, her ability to move effortlessly has been restored.

"I spent the rest of the summer at the beach with my granddaughters. Walking in the sand or climbing stairs no longer hurt," said Sylvia. "I can't thank Dr. Heimberger and the McLeod Health Seacoast team enough for the outstanding care I received."

Sylvia Hughes no longer suffers excruciating hip pain, allowing her to enjoy walking on the beach with her granddaughters: Maggie Williamson, Mazie Hughes and Mary Gregg Williamson.

TAVR – A Team Effort

by Tammy White

Low energy. Check. Feeling very tired or sleepy all the time. Check. Getting short of breath just walking to the mailbox. Check.

This is what life is like for anyone suffering from valve disease. Fortunately, these patients now have access to a minimally invasive procedure offered at McLeod Regional Medical Center that restores their quality of life.

Since 2017, the McLeod Valve Team has replaced diseased heart valves using the transcatheter aortic valve replacement (TAVR) procedure for more than 130 patients.

These team members include: Cardiothoracic Surgeon **Dr. Cary Huber**; Interventional Cardiologist **Dr. Fred Krainin**; Anesthesiologists **Dr. Daniel Fox** and **Dr. Robert Savage** and Valve Clinic Coordinator,

McLeod Cardiothoracic Surgeon **Dr. Robert Messier**, at left, and McLeod Interventional Cardiologist **Dr. Brian Blaker**, at right, perform transcatheter aortic valve replacement (TAVR) procedures in the Hybrid-OR at McLeod Regional Medical Center. Dr. Messier and Dr. Blaker recently joined the McLeod Valve Clinic Team.

Nurse Practitioner **Ryan Hill**. Rounding out the team are new members Interventional Cardiologist **Dr. Brian Blaker**, Cardiothoracic Surgeon **Dr. Robert Messier** and Anesthesiologist **Dr. Robert R. Casella**.

Patients often learn about TAVR after complaining of profound fatigue during a visit to their primary care physician. “This type of fatigue accompanies shortness of breath, particularly when exerting themselves,” said Dr. Blaker. “The fatigue and shortness of breath makes everyday tasks difficult to manage. Other symptoms patients might experience include chest pain, fainting, or an overall feeling of weakness.”

Patients with these typical valve disease symptoms are often referred to the McLeod Valve Clinic where a team of specialists meet with the patient and family to discuss the clinic process. Hill then helps arrange the patient’s required testing which includes a cardiac catheterization, lung screening, CT scan, carotid ultrasound and lab work.

Once results are available, the Valve Clinic Team reviews the findings to determine the best treatment plan for the patient.

One aspect of the program the team must determine involves who meets the guidelines for the TAVR procedure. “When we first began the program, only patients considered high-risk for surgery received a TAVR valve,” said Dr. Krainin. “However, the U.S. Food and Drug Administration changed the requirements so low-risk patients can also be considered as candidates. Low-risk heart valve disease patients who do not need any additional heart surgery are now evaluated for the TAVR procedure.”

TAVR is performed similar to a heart catheterization. During the minimally invasive procedure, the physician inserts a catheter, a long flexible thin tube, with the artificial valve through a small incision in an artery in the leg.

Members of the McLeod Valve Clinic Team (first row) Dr. Fred Krainin; Ryan Hill, NP; (second row) Dr. Robert Messier; Dr. Cary Huber; Dr. Brian Blaker and Dr. Robert Savage review test results for a TAVR candidate.

The physician then guides the catheter to the heart using X-ray imaging. Once precisely positioned across the diseased valve, the new valve is released and starts functioning immediately. The old valve provides the foundation to hold the new valve in place.

The majority of TAVR procedures are performed through an artery in the groin; however, physicians can also access the site through the carotid artery in the neck. This alternate access site ensures the eligibility of even more patients, especially those with peripheral arterial disease, which involves blockages in the arteries of the lower limbs.

McLeod Vascular Surgeons, who specialize in operating on the veins and arteries in the body, assist the Valve Team with access of the carotid artery. These Vascular Surgeons, **Dr. Carmen Piccolo**, **Dr. Eva Rzucidlo**, **Dr. William Jackson**, and **Dr. Gabor Winkler** participate in the TAVR procedure whenever called upon.

“Until now, valves were replaced with open heart surgery which has been available since the 1960’s,” said Dr. Robert Messier. “This invasive procedure requires opening the chest and placing the patient on the heart-lung machine to repair or replace the valve. With the introduction of the minimally invasive TAVR procedure, patients spend fewer days in the hospital and return to their normal activities much quicker.”

“TAVR procedures emphasize a team effort,” said Dr. Krainin. “We could not do this without the physicians and staff working together for the benefit of the patient. As a group, we identify the patient, then plan and perform the TAVR procedure. All of our members bring to the team their experience and expertise for the optimal care of the patient.”

17 REASONS WHY

Cancer survivor Harry Moran says he has 17 reasons for living -- the blessing of 17 grandchildren -- that were made possible by the care he received from McLeod Oncologist **Dr. Michael Pavy** during the last two decades.

Harry has faced the cancer journey twice. His first experience with cancer began with a diagnosis of colon cancer in 1997. He underwent surgery to remove the cancer and began treatment recommended by Dr. Pavy.

"It turned out great because I'm still here," said Harry. "I suffered the second stage of cancer 21 years later. Both of my lungs were full of cancer.

"In fact, the doctor said 'I would suggest you start thinking about getting your affairs in order.' I met with Dr. Pavy within two days and he recommended a course of immunotherapy that included the drug Keytruda."

Harry explained that he noticed immediate improvement after the second treatment in 2018. He continues to undergo treatment every three weeks at the McLeod Center for Cancer Treatment and Research.

"The treatment is wonderful. Dr. Pavy even calls me the poster boy for Keytruda. It's been a long time since I've been called the poster boy for anything," Harry said.

When it comes to cancer care, Harry believes everybody should sit for a time in the waiting room at the McLeod Cancer Center. "All of the people coming in there from young to old and all different economic groups are treated equally. You can see the dedication of each McLeod Cancer Center staff member as they work to ensure every patient receives the help they need during treatment."

After receiving a letter from Dr. Pavy about the HOPE (Helping Oncology Patients Everyday) Fund, Harry realized how donations to the fund made a difference for all of the patients he would see during his treatments. "My wife and I made a donation and the next day we received another letter from Dr. Pavy explaining how that money was used for a patient who needed assistance with obtaining medicine. I now know that the HOPE Fund is a vehicle for life."

After beginning his Keytruda treatments for lung cancer, Harry showed Dr. Pavy a picture of what had happened during the 21 years between his first and second diagnosis. "I wanted him to particularly know the life he had given me as part of his treatment.

Part of that life besides the wonderful time with my wife of 63 years was 17 grandchildren. I never would have known them if it had not been for his care and treatment of my cancer."

Harry added that his 17 reasons why (his grandchildren) are the result of the treatment and recovery he received at McLeod. "With cancer you have to recognize there are good and bad parts of it. This journey causes you to start thinking about every day as a day of life -- a new day."

As Harry continues to receive immunotherapy treatment at McLeod, he likes to share with others how Dr. Pavy and the McLeod Cancer Center have allowed him to enjoy many years of joyful celebrations.



Harry Moran shared this image of his grandchildren with Dr. Michael Pavy to show the blessings he received during the 21 years between his first and second cancer diagnosis.

AN EVENING OF HOPE AND INSPIRATION

20th Annual McLeod Evening of Hope Benefits the HOPE Fund

McLeod Health celebrated cancer survivors and its oncology staff during the *McLeod Evening of Hope* to benefit the McLeod Center for Cancer Treatment and Research. The McLeod Health Foundation's 20th Annual Cancer Benefit, presented by Wells Fargo, Harbor Freight Tools Foundation, Dargan Construction and Zander Insurance, raised a record breaking \$133,000 for the HOPE (Helping Oncology Patients Everyday) Fund.

Proceeds from the evening are designated to the HOPE Fund to benefit oncology patient support services and provide oncology staff with improved access for immediate assistance needs for their patients. Programs supported through

this fund also provide transportation and medication for patients with few resources as well as educational manuals and supplies.

The evening, held on September 26, 2019, highlighted Portraits of Hope representing survivorship and courage. These testimonials were shared in video and through audio and pictures. The Portraits of Hope survivor stories included Duane Adams, Jerald Altman, Grace DuBose, Fred Graham, **Dr. Bill Hazelwood**, Roddy Huntley, Kimberly Hyman, Danny King, Harry Moran, Burnadene Kelley-Newman, Zenobia Perkins, Lisa Sims, Don Simmons, Tommy Stokes and Melissa Tyner.

The 2019 event also featured talented performers and regional artists paying tribute to loved ones impacted by cancer. Performers for the evening included Professional Dancers Rhodes and Elise Elliott; Vocalists Kerri Grimsley Roberts and Jeremy Reasoner; a vocal and dance performance by Cancer Survivor Burnadene Kelley-Newman with her daughters Alexis Kelley McDonald, Rebecca Kelley Holbrooks, and Georgie Kelley accompanied by the KFA Fierce Company; Vocalists Garrett Graham and Michael Lindley; and the Florence Little Theatre Cast of "Mamma Mia" featuring Tippi Harwell, Kevin Miller and Rebecca Thompson.

PORTRAITS OF HOPE:

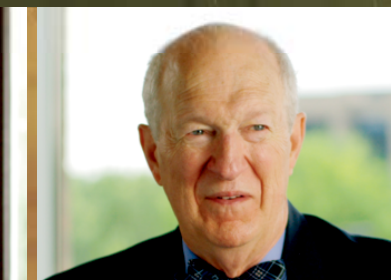
The community is encouraged to listen to these individuals share their personal experiences about compassionate and exceptional cancer care at McLeod.



Duane Adams



Grace DuBose



Dr. Bill Hazelwood



Roddy Huntley



Kimberly Hyman



Harry Moran



Burnadene Kelley-Newman



Zenobia Perkins



Lisa Sims



Danny King, Don Simmons, Melissa Tyner, Fred Graham, Tommy Stokes, Jerald Altman

To watch these inspirational testimonials, visit www.McLeodHope.org.

McLeod Exceeds Quality Standard for Breast Cancer Diagnosis

Incidence

- Approximately one in eight U.S. women (about 12%) will develop invasive breast cancer over the course of her lifetime.
- In 2019, an estimated 332,000 new cases of breast cancer are expected to be diagnosed in women in the U.S.

Breast Cancer Risk Assessment and Survivability

- As of January 2019, there are more than 3.1 million women with a history of breast cancer in the U.S. This includes women currently being treated and women who have finished treatment. While breast cancer continues to be one of the most diagnosed cancers among women in the U.S., earlier detection and improved treatment options have increased survivability of this disease.
- A woman’s risk of breast cancer nearly doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. Less than 15 percent of women who develop breast cancer have a family member diagnosed with it.
- About five to ten percent of breast cancers can be linked to gene mutations inherited from one’s mother or father. Mutations in the *BRCA1* and *BRCA2* genes are the most common. On average, women with a *BRCA1* mutation have up to a 72 percent lifetime risk of developing breast cancer.

- For women with a *BRCA2* mutation, the risk is 69 percent. Breast cancer that is positive for the *BRCA1* or *BRCA2* mutations tends to develop more often in younger women. An increased ovarian cancer risk is also associated with these genetic mutations. In men, *BRCA2* mutations are associated with a lifetime breast cancer risk of about 6.8 percent; *BRCA1* mutations are a less frequent cause of breast cancer in men.
- Approximately 85 percent of breast cancers occur in women who have no family history of breast cancer. These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.
- The most significant risk factors for breast cancer are gender (being a woman) and age (growing older).

McLeod Regional Medical Center

At McLeod Regional Medical Center, 422 patients received a new diagnosis and/or treatment for breast cancer in 2018. This treatment includes many different treatment modalities such as surgical intervention, radiation therapy and systemic therapy. At McLeod, diagnosis and treatment plans are developed using evidence-based guidelines. These guidelines are scientifically tested and proven to ensure the best outcomes for patients.

One such evidence-based guideline published by the National Comprehensive Cancer Network is that “Image or Palpation-guided needle biopsy to the primary site is performed to establish diagnosis of breast cancer.” The American College of Surgeon’s Commission on Cancer has set an acceptable measure for this guideline of 80 percent. For the most recent complete year of data collection, calendar year 2016, results from the National Cancer Data Base quality reporting tool indicate the performance rate for McLeod Regional Medical Center is **99.6 percent**.

Conclusion

Patients with breast cancer can rest assured that at McLeod Regional Medical Center, they will receive treatment that is of the highest quality, consistent with nationally recognized, evidence-based standards of care.

References

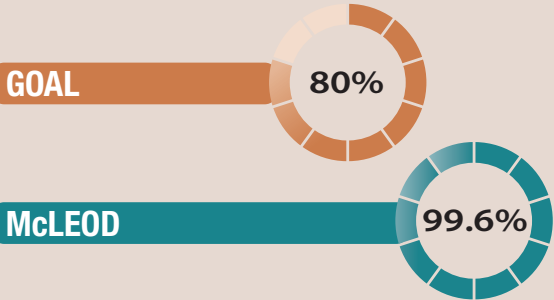
http://www.breastcancer.org/symptoms/understand_bc/statistics
Last modified on February 13, 2019

<https://m.facs.org>
(American College of Surgeons Commission on Cancer)

<https://www.nccn.org>

Evidence-Based Guideline

Image or Palpation-guided needle biopsy to the primary site is performed to establish diagnosis of breast cancer.



Five Leading Cancer Sites

Diagnosed at McLeod in 2018

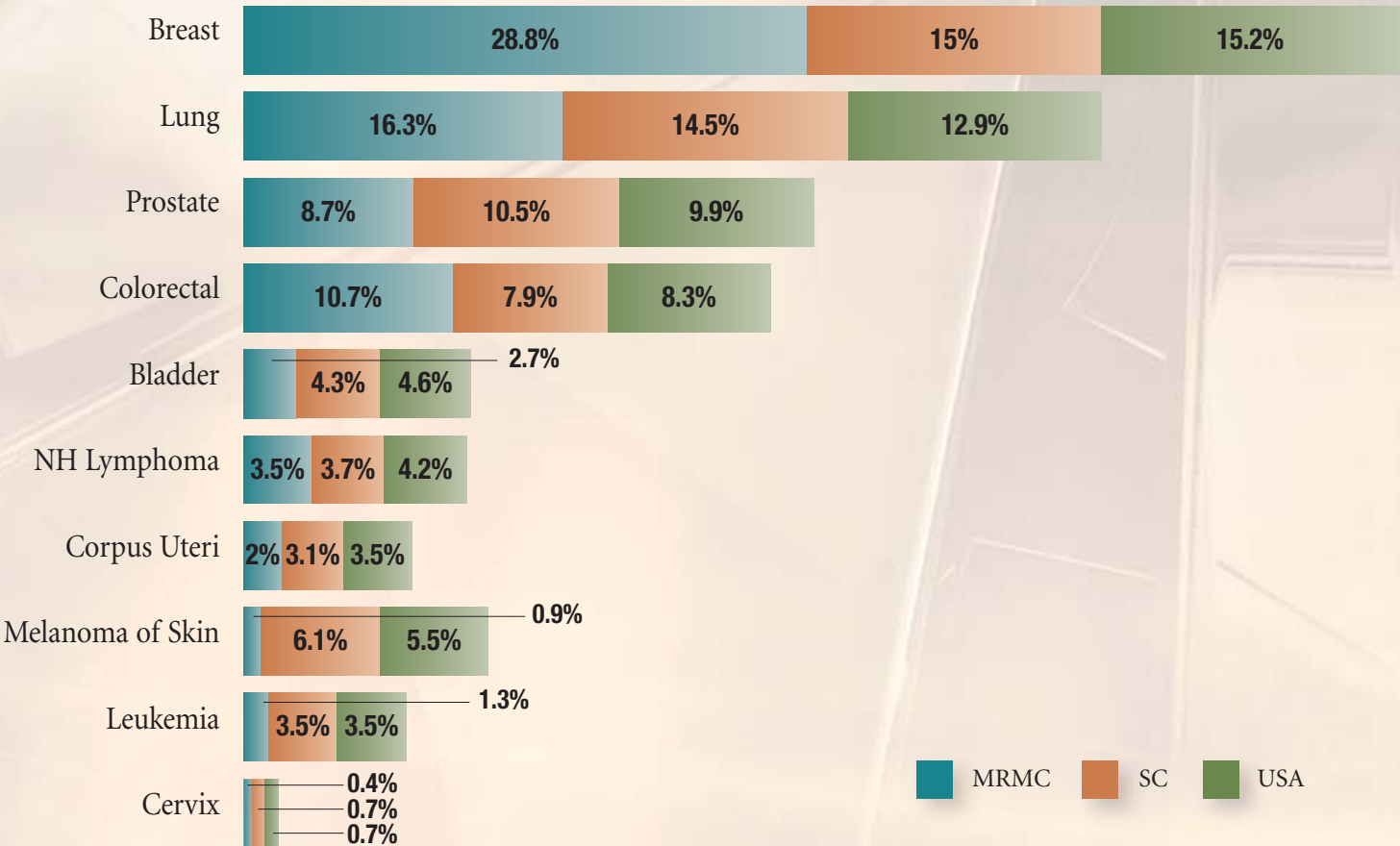
Site	Cases
Breast	422
Lung	239
Colorectal	157
Prostate	128
Urinary System	77

Total Cases: 1,023 (70%)



10 Most Prevalent Cancer Sites

Source: American Cancer Society “Cancer Facts and Figures 2018”



A TOP-NOTCH DELIVERY

by Jennifer Beverly



Eddie Parisi and his family moved to Horry County to open and run Topgolf. Gaby and Eddie are pictured with their sons, Evan and Edward.

Access to excellent healthcare at McLeod Health confirmed Eddie and Gaby Parisi's decision to move to Little River, South Carolina.

Eddie's career as Operations Manager of Topgolf brought him to Horry County to open and run the new, premier entertainment destination in Myrtle Beach. The couple explored many housing options before settling into their new Little River home.

"We researched the coastal area and chose Little River for safety, convenience and healthcare," said Eddie. "The drive to Myrtle Beach is approximately 20 minutes

and with Gaby being pregnant at the time, we felt good knowing that McLeod offered great doctors nearby."

Gaby soon became an established patient with **Dr. Chris McCauley** of McLeod OB/GYN Seacoast. The practice has office locations in Little River, Loris and Carolina Forest, so Gaby had a choice of where she wanted to see the doctor.

As Gaby neared the end of her

pregnancy, Dr. McCauley explained that his patients deliver at McLeod Health Loris. He suggested that Gaby and Eddie take a tour of the hospital in preparation for their new arrival.

"A few days later, Eddie and I decided to visit McLeod Health Loris Women's Services. As we walked through the doors to find the elevators, a nice man recognized that we were lost.

"As it turned out, he was the hospital's Administrator, Scott Montgomery. He personally took us up to the Labor and Delivery floor and showed us around," recalled Gaby.

At 37 weeks gestation, Gaby saw Dr. McCauley for a scheduled check-up. After measuring her progression, Dr. McCauley informed Gaby that her cervix had dilated 2.5 centimeters. Gaby left the appointment to rest and take a nap.

Around 3:00 p.m., Gaby awoke suddenly from her nap with sharp belly pains. She began tracking her contractions and immediately became concerned. Cautiously, Gaby called Dr. McCauley's office to let him know of her condition.

"I did not want to drive to Loris unless I was in labor," said Gaby. "So, I called Dr. McCauley and he told me to drink some fluids and continue to monitor the length of time between my contractions."

As the day went on, Gaby's pain became increasingly worse.

"This time I called Eddie and told him we needed to head to the hospital," stated Gaby. "I knew the baby would be arriving soon!"

At 5:00 p.m., Eddie jumped into his truck and headed straight to the house to pick up his wife. As Gaby climbed into the vehicle, she realized the baby's car seat had not been installed.

"At this point, the situation had become a comedy routine," recalled Eddie. "I ran inside, grabbed the car seat and installed it, all while Gaby screamed at me to hurry up."

Eddie quickly drove to McLeod Health Loris and pulled up to the Emergency Department. He rushed Gaby inside,

and the nurse took her up to Labor and Delivery for an assessment.

Gaby was now dilated seven centimeters. The Labor and Delivery staff began preparing Gaby for delivery, but unfortunately she was unable to receive an epidural because of how quickly the baby was coming.

"The thought of delivering my baby without any pain management assistance terrified me," said Gaby.

The nurses and staff tried to keep Gaby calm, but with English as her second language, she did not understand some of the medical terminology. Fortunately, attending physician **Dr. Joycelyn Schindler** of McLeod OB/GYN Seacoast spoke Spanish and coached Gaby through her delivery.

"Gaby immediately relaxed once I came into the room," said Dr. Schindler. "Since I'm bilingual, I offered reassurance and kept her focused on the baby."

On April 4, 2019, at 7:51 p.m., Evan Paul Parisi made his entrance into the world. He weighed six pounds, eight ounces and measured 19 inches long.

Gaby remained in the hospital overnight as an extra precaution and went home the next day.

"Overjoyed with our new arrival, Eddie and I cannot thank Dr. Schindler and the nursing staff enough for the encouragement they provided during the delivery of our healthy baby boy," said Gaby. "Everyone at the hospital went above and beyond during our stay. I'm so happy we chose to have our baby at McLeod Health Loris."

The Parisi Family received top-notch medical care at McLeod Health Loris Women's Services during the birth of their son, Evan. Gaby and Evan are pictured with McLeod Nurse Practitioner Christen Ferguson, at left, and McLeod Obstetrician Dr. Joycelyn Schindler, at right.



Renovations & Transformation

McLeod Health Loris Women's Services began major renovations in February 2019. The first step of the transformation combined 12 existing postpartum rooms to create six larger rooms. These spacious patient rooms include walk-in, full-size showers for easy movement, comfortable sleeper sofas for family members and sinks designed specifically for newborns.

"The refreshed and restyled postpartum rooms provide everything necessary to give the new mother an enjoyable stay after her baby's birth," said Nancy Barnes, Chief Nursing Officer of McLeod Health Loris.

Along with new postpartum rooms, McLeod Health Loris has updated its four birthing suites. Modern amenities including new beds, lighting and flooring, give expectant mothers a more enjoyable birthing experience.

Other features of the renovations include fresh paint in the hallways, new signage, and photography to enhance the aesthetic appeal.

"This investment reflects the McLeod commitment to providing excellence in care and a comfortable environment," added Barnes.

EMERGENCY CARDIAC CARE *with Extraordinary Outcomes*



Chuck Hinds experienced excellent care from the McLeod Health Clarendon Emergency Department Team. Their quick action resulted in no damage to Chuck's heart muscle.

by Carrie Anna Strange

Chuck Hinds, a 54-year-old Army veteran, knew his family history of heart disease could affect him one day. Watching his father undergo a quadruple bypass at the early age of 55, Chuck had adopted a healthier lifestyle over the years to prevent heart disease. However, when he woke early one Saturday morning with tightness across his chest, a cardiac issue was not his first thought despite his family history of heart disease.

Chuck proceeded to walk around the house and make coffee thinking the tightness would subside. He then decided to go outside and sit by the pool. At that point, Chuck started experiencing a sudden onset of chest pain, profuse sweating and nausea.

He knew that he needed to seek medical attention, so he went inside the house and woke his wife Pam, who is a nurse. She immediately realized that he may be having a heart attack.

The couple quickly made their way to the McLeod Health Clarendon Emergency Department. Upon arrival, the Emergency Department staff rushed Chuck into an exam room suspecting a cardiac issue. The medical team evaluated his symptoms, took a medical history, performed an EKG and ordered lab work. The test results indicated that Chuck had indeed experienced a heart attack. He needed emergent cardiac intervention.

The Emergency Department staff immediately called for McLeod Air Reach, an aerial medical helicopter, to transport Chuck to McLeod Regional Medical Center in Florence. However, due to sudden inclement weather, the team was unable to transport Chuck. Staff members then contacted McLeod Health Clarendon EMS to transport Chuck by ambulance to Florence for an emergency heart catheterization.

Within 90 minutes of Chuck arriving at the McLeod Health Clarendon Emergency Department, he was in the Cardiac Catheterization Lab at McLeod Regional Medical Center under the care of McLeod Interventional Cardiologist **Dr. Anil Om**.

"It was amazing to watch the catheterization on the monitor while Dr. Om explained every step of the procedure," said Chuck.

The heart catheterization revealed a complete blockage of Chuck's right coronary artery. Dr. Om placed a stent in the artery, fully restoring blood flow to Chuck's heart.

"Immediately, my heart seemed to light up like a Christmas tree on the monitor. I could see blood flowing through the artery where it had not been flowing before," said Chuck.

After the procedure, Chuck spent the next two days in the hospital surrounded by staff that he describes as "fantastic." "From the doctors and nurses to radiology staff, I could not have asked for a better care team," recalled Chuck.



McLeod Interventional Cardiologist Dr. Anil Om performed Chuck's heart catheterization at McLeod Regional Medical Center.

During his follow-up appointment, Dr. Om referred Chuck to the Cardiac Rehabilitation program at McLeod Health Clarendon. After a short recovery period at home, Chuck completed 36 sessions of cardiac rehabilitation and is now an active member of the fitness center.

"Participation in the program helped me get back into the habit of exercising regularly and eating healthy," said Chuck.

"McLeod Health Clarendon Emergency Department staff will forever have a special place in my heart," Chuck added. "Their quick action, compassionate care and skill made the difference in my outcome. Dr. Om also shared with me that I have no damage to the heart muscle because the flow of blood to my heart was quickly restored."

Today, Chuck is back at work and following a heart healthy diet. He now understands how important it is to seek help at the first sign of chest discomfort. Chuck also urges others to know their family history of heart disease and learn ways to decrease their risk of a heart attack.

Signs of a HEART ATTACK

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

- 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.

In the Nick of TIME



McLeod Cardiothoracic Surgeon
Dr. Cary Huber performs open-heart
surgery at McLeod Regional
Medical Center.

by Jennifer Hulon

A pack a day smoker for many years, Harley Babb knew in the back of his mind that a combination of family history and smoking put him at risk for heart disease. When he suddenly experienced the signs of a heart attack while at work Harley knew he needed immediate medical care.

Based on Harley's symptoms of shortness of breath and chest pain, Harley's physician ordered a chest CT scan. A CT scan combines data from several X-rays to produce a detailed image of structures inside the body. Harley's CT scan clearly identified evidence of coronary artery disease. The coronary arteries supply the heart muscle with blood and oxygen.

Harley's physician referred him to Dr. Gavin Leask, a Cardiologist with McLeod Cardiology Associates, for further evaluation.

"Harley explained that he had been noticing worsening shortness of breath doing his normal activities over several months to a year as well as an episode of a burning chest discomfort," said Dr. Leask.

Concerned by Harley's symptoms, Dr. Leask scheduled him for a heart catheterization at McLeod Health Seacoast. The catheterization identified multiple blockages in Harley's heart which required bypass surgery immediately.

"Harley's case reinforces the need for patients to seek medical attention quickly for any symptoms of chest discomfort or shortness of breath which might represent a significant cardiac issue," explained Dr. Leask.

After he performed the heart catheterization, Dr. Leask contacted Dr. Cary Huber, a Cardiothoracic Surgeon with McLeod Cardiothoracic Surgical Associates to discuss Harley's blockages. Arrangements were then made to transport Harley by ambulance to McLeod Regional Medical Center.

"Harley's symptoms of chest pain with activity and decreasing exercise ability are fairly common with coronary artery disease. Based on the results of his heart catheterization, Dr. Leask and I both felt his blockages were best treated with surgery," said Dr. Huber.

Upon being admitted to McLeod Regional Medical Center, Harley grew anxious thinking about the procedure. Around that time, a nurse came in to check on him. Noticing how concerned he appeared she asked if she could pray with him. While doing so another nurse came in and joined them. Harley said their words of comfort helped decrease his anxiety immediately.

Harley Babb credits his survival from an impending heart attack to Dr. Gavin Leask and the medical teams at McLeod Health Seacoast and McLeod Regional Medical Center.

"Harley's case reinforces the need for patients to seek medical attention quickly for any symptoms of chest discomfort or shortness of breath which might represent a significant cardiac issue."

– Dr. Gavin Leask

During surgery, Dr. Huber bypassed three blockages in Harley's heart. This procedure involves taking a blood vessel from the leg, arm and/or chest and sewing it onto the heart artery beyond the blockage. This allows the blood to flow around the blockage.

The morning after his surgery, Dr. Huber wanted Harley to get out of bed and walk around the Heart and Vascular Intensive Care Unit one time. Harley felt well enough to walk around three times.

After Harley's discharge from McLeod Regional Medical Center, he followed up with Dr. Leask.

An EKG (a method to record electrical heart activity) was performed on

Harley, and he received a heart monitor to wear for two weeks, which reported positive feedback.

"My husband is here now because of McLeod Health," said Harley's wife, Jodee.

Harley's recovery has gone very well. One month after surgery, he returned to doing everyday things such as cutting the grass.

"I have been in other hospitals and they cannot hold a candle to McLeod Health," said Harley. "At McLeod Health, I did not feel like I was in a hospital -- they were like a family to me."



Enhanced Access TO HEALTH INFORMATION

by Kelly Hughes

More than 80 percent of Americans own a smartphone, according to the Pew Research Center. With this small device, consumers can order their groceries online, deposit a check into their bank account, visit with a grandchild via a video phone call, and even access their health information.

McLeod Health established its first patient information portals in 2015. Since that time, the organization has been committed to embracing the fast moving changes and evolution of medical information systems.

In the Spring of 2019, McLeod Health began phasing in a new Electronic Medical Record (EMR) system called Cerner Millennium. An EMR system is simply a digital version of the medical record.

This new electronic system gives hospital physicians and clinical teams improved access to patients' medical information between each of the McLeod Health campuses. It also brings new technology that puts a patient's medical records in the palm of their hands.

"As the driver of their health care, patients should have access to the same information as the other members of the team," said Matt Reich, Chief Information Officer.

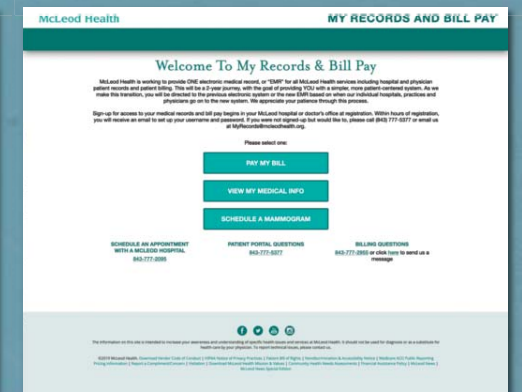
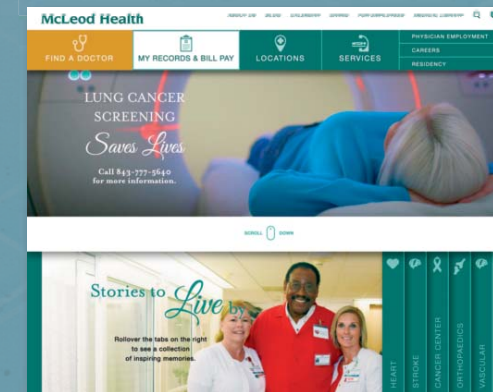
"McLeod Health is excited to provide free online tools and services that enable you to instantly and safely manage your personal health information."

Through *MyMcLeod Records*, patients can print their discharge summary from a recent hospitalization or see test results after their physician has reviewed them. Individuals can even pay their medical bills for McLeod Health online and save a stamp.

Where do I find the Patient Portal?

Patients can access the Patient Portal from the McLeod Health website -- McLeodHealth.org. On the home page, click "My Records & Bill Pay" on the top header. This brings you to the main My Records and Bill Pay page. To navigate to the Patient Portal, click "View My Medical Info."

The My Records and Bill Pay page can also be accessed directly by visiting MyMcLeodRecords.org.



Why must I answer questions about my visit before I log in?

Currently, there is more than one portal storing patient information. Most information can be accessed via two main portals for patients -- one for McLeod hospital medical records and another for McLeod physician office medical records. Answering a few quick questions on the MyMcLeodRecords.org homepage will steer patients to the correct portal.¹

McLeod Health continues to make even more enhancements to its patient portals to better serve the patient population. The organization is working to provide ONE electronic medical record, or EMR, for all McLeod Health services including hospital and physician patient records and patient billing. This journey of improvement will be ongoing, with the goal of

providing patients with a simpler, more patient-centered system. As McLeod makes this transition, patients will be directed to either the previous electronic system or the new EMR based on when individual hospitals, practices and physicians go on the new system.

How do I sign up for the Patient Portal?

Patients can sign up to receive their medical records in their McLeod hospital or doctor's office at registration. Within hours of

registration, patients will receive an email to set up their username and password. If an individual is already a McLeod Health patient,

but are not signed up for the portal(s) they can call 843-777-5377 or email MyRecords@mcleodhealth.org to gain access.

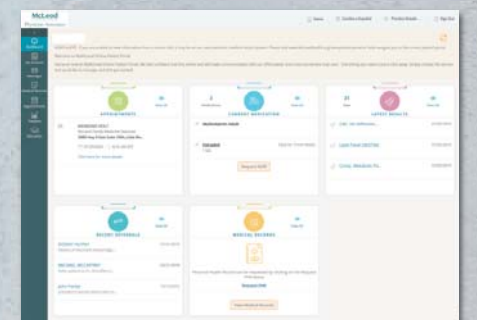
What can I access through the Patient Portal?

Once patients navigate to the hospital portal (HealtheLife), they can review test results and discharge documents from any McLeod Health hospital visit.

Patients who navigate to the physician portal (eClinicalWorks) can communicate with their doctor's office, request prescription refills, review test results and more.

Once logged in, patients can:

- Manage appointments
- Message their medical team
- View lab results
- View clinic notes
- Request prescription refills
- Download their medical record



What about a mobile application?

Both portals have mobile apps available for download on the Apple Store or Google Play.

For the MyMcLeod Hospital Portal, download HealtheLife by Cerner.

For the MyMcLeod Physician Portal, download Healow by eClinicalWorks.



What if I can't find what I need?

If you have technical difficulties logging into the system, please call the Help Desk at 843-777-5377 or email MyRecords@mcleodhealth.org.

For records prior to 2014, patients will need to visit the hospital or doctor's office and request those records in person.

The patient portal should not be used in case

of emergencies. For emergent needs, individuals should call 911 or seek medical care immediately. Do not wait for a returned communication from the patient portal.

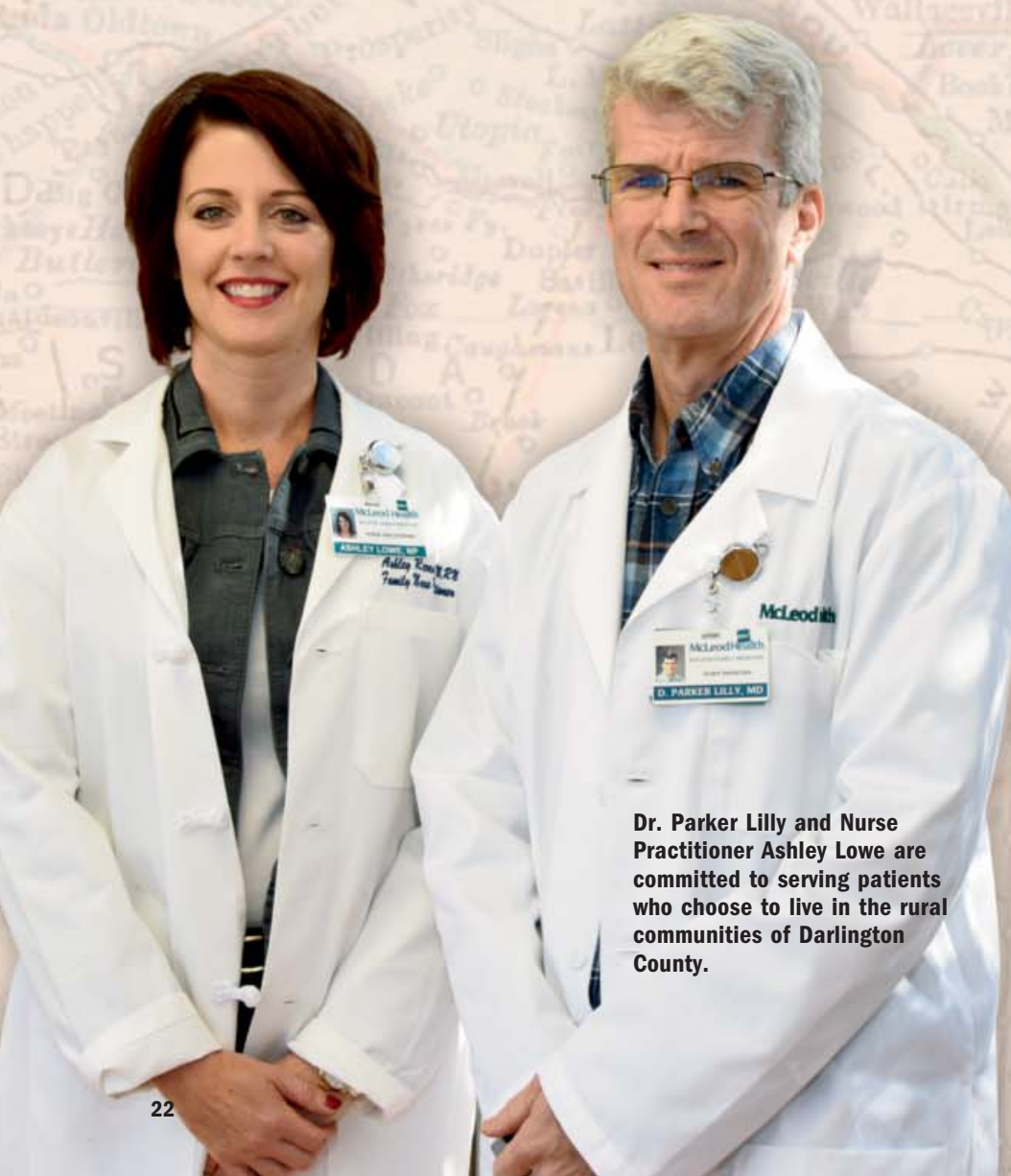
¹ While most McLeod Physician Practices are on the Physician Portal, a select few are piloting the Cerner Hospital Portal. Answering the questions correctly on MyMcLeodRecords.org will ensure you log on to the correct portal.

COMMITTED TO CARE EVERYWHERE

THE IMPORTANCE OF RURAL HEALTH CLINICS TO THE REGION

by Shaw Thompson

In South Carolina, 27 percent of the population lives in rural, non-urbanized areas. For many of these residents, access to schools, employment, even grocery stores, means traveling miles from their home, often with limited resources to transportation. Access to healthcare is no exception as more and more rural hospitals reduce services or are forced to close their doors completely.



Dr. Parker Lilly and Nurse Practitioner Ashley Lowe are committed to serving patients who choose to live in the rural communities of Darlington County.

To ensure care for those living in these areas of northeastern South Carolina, healthcare organizations like McLeod Health have established federally certified Rural Health Clinics (RHC) as options for primary health care.

Rural health clinics comprise an integral part of the nation’s healthcare delivery system. There are more than 4,400 federally certified rural health clinics providing primary care services to approximately eight million people in 45 states, according to the National Association of Rural Health Clinics.

McLeod Physician Associates, the physician practice network of McLeod Health, currently operates nine rural health clinics in the communities it serves. For a complete listing, see the sidebar on page 23.

The Rural Health Clinics program was created in 1977 to specifically address these needs. Rural health clinics receive enhanced Medicare and Medicaid reimbursements which allow clinicians to live and practice in these areas of the country.



Darlington resident Irene Woods entrusts her care and her family to Ashley Lowe and McLeod Family Medicine Darlington.

McLeod Family Medicine Darlington is nestled in one of the most rural areas of South Carolina. Bounded by Chesterfield and Marlboro counties to the north, Lee County to the south, Kershaw County to the west, and Dillon County to the north, all of these areas share shortages of access to primary care, higher rates of poverty, and greater prevalence of chronic health concerns. (Source: ruralhealthinfo.org)

These shared characteristics are why the presence of a rural health clinic remains critical to this region of the state.

Established in 1998, McLeod Family Medicine Darlington serves this region with physicians **Dr. Parker Lilly, Dr. Daniel Owens, Dr. Jeffery Scharstein, Dr. Vinay Jagadeesha,** and Family Nurse Practitioner Ashley Lowe. Dr. Lilly joined McLeod Family Medicine Darlington in 2002, immediately following the completion of his Family Medicine Residency training at McLeod Regional Medical Center.

“During my residency training, I had the opportunity to train in Darlington under Dr. Tommy Wilson,” said Dr. Lilly. “I was able to observe firsthand how a physician presence was important -- really essential -- to this community. I always planned on practicing and serving patients in a rural setting, so Darlington seemed like a good, natural fit.”

Nearly 20 years later, that choice continues to benefit both Dr. Lilly and the residents of this community.

“Our patients come from not only Darlington, but the surrounding counties,” said Dr. Lilly. “When you live in an area with limited or no local options for a doctor, you have to make a decision about where to drive for your care. Here we can help them with their ongoing care, but we can also be the front door to the other resources of McLeod Health by referring them to specialists and surgeons. They trust us to help them get the care they need, as close to home as possible.”

All rural health clinics must utilize the

skills of a Physician Assistant or Nurse Practitioner and focus on primary care. Nurse Practitioner Ashley Lowe has served patients at McLeod Family Medicine Darlington since 2008.

“Serving in the rural community as a Nurse Practitioner often means providing care to more than one generation of a family,” said Lowe. “We provide care for patients from the very young to the very old, and often become attached to our patients. It is rewarding to see patients making progress toward health goals for themselves, as well as for their family. That is why I choose to be a part of this practice.”

Darlington native Irene Woods has health concerns that require ongoing medical care. She needs the help and supervision of a primary care provider to keep her diabetes controlled and her arthritis pain eased. For more than 15 years, that help has come from McLeod Family Medicine Darlington.

“I honestly don’t know what I would do without Ms. Ashley,” said Irene. “I tell everyone I know that if you are sick and need help, she and the folks at McLeod Family Medicine Darlington will take good care of you.”

“We are a crucial part of their access to care. If we are not here, our patients would either go to an emergency room, or even worse, go without care at all,” echoed Lowe. “Being here where they live, when they need us -- we make a difference.”

Covering the Region with Rural Health

McLeod Health currently has the following practices serving as Rural Health Clinics in the counties below. Future certifications will include practices in Marlboro and Chesterfield Counties.

- | | |
|---|--|
| CLARENDON:
Eagerton Family Practice
McLeod Primary Care Clarendon
McLeod Women’s Care Clarendon | FLORENCE:
McLeod Family Practice Timmonsville
McLeod Family Medicine Johnsonville |
| DARLINGTON:
McLeod Family Medicine Darlington | MARION:
McLeod Family Medicine Marion County |
| DILLON:
McLeod Pediatrics Dillon | WILLIAMSBURG:
McLeod Family Medicine Kingstree |

Lending a Helping Hand



The McLeod Health Dillon Auxiliary began a project in 2017 to provide teddy bears to children who have been hospitalized. Auxilian Ann Chisolm surprises patient Zyler Boatwright with a teddy bear and receives a smile and hug in return.

by Jaime Hayes

Each year, volunteers provide thousands of hours of service throughout the McLeod Health system. In line with the McLeod Core Values -- Caring, The Person, Quality and Integrity, these volunteers are committed to sharing a generosity of spirit and offering courtesy and respect to all.

The McLeod Health Dillon Auxiliary's service to the hospital and the Dillon community dates back to 1965. The Auxiliary began with 37 members back when the hospital was still Saint Eugene. Today the group has become an invaluable part of McLeod Health Dillon.

As their first project 54 years ago, the Auxiliary manned a hospitality cart twice a week, offering refreshments to patients and their visitors. At this time, the volunteers had to load a cart and take the elevator to the third floor, which housed the patients.

Long-time Auxilian Linda Sawyer remembers the first fundraisers the group held. "They were called Attic Sales," she said. "We would hold them wherever we could find donated space around town. We would sell clothes, books and other household items we owned that were not being used.

"In December 1972, we began the cable TV rental program in the hospital," recalls Sawyer. "Each hospital room was equipped with a television. We would go by each room every day and collect money from the patients who wanted to watch cable television. At first, the cost was 50 cents per day, later going up to \$1.50 per day."

At this time, the new Saint Eugene Community Hospital was serving patients, and the Auxiliary met to set new goals to work toward. An annual requirement of 30 hours of service per year was put into place for the volunteers.

In 1978, the Auxiliary established a scholarship to enable deserving Dillon County students to further their education in a health-related field. Today, through a growing number of fundraising activities, the Auxiliary now awards four annual scholarships to area students.

In addition to operating the Pink Dogwood Gift Shop located inside McLeod Health Dillon, the Auxiliary donates service hours in Cardiac Rehabilitation, hosts six fundraisers per year, and assists with blood drives held in the hospital. Their dedication to the hospital has also funded special projects, such as the construction of a new Emergency Department and state-of-the-art equipment like 3D Mammography.

In 2009, the McLeod Health Dillon Auxiliary partnered with the Dillon County Library on a project called "Grow With Books." The program provides a children's book, library card and other materials to each baby born at McLeod Health Dillon in an effort to stimulate reading at an early age. Ten years later, "Grow with Books" is still an active program.

"Our goal is to impress upon parents that you can share reading with your baby right away," said Jan Austin, Project Chairman.



The Pink Dogwood Gift Shop is operated by the McLeod Health Dillon Auxiliary. Located inside of the hospital, the gift shop serves employees and visitors daily. Kim Frye and Ann Chisolm are two of the volunteers who give of their time by working in the gift shop.

"A love of books is one of the greatest gifts you can give to a child.

"Reading to babies and young children also helps them to develop an early interest in learning to read," added Austin. "It is rewarding to see the mother's face light up when we deliver the packet."

The McLeod Health Dillon Auxiliary is also very active in regional and state activities.

McLeod Health Dillon Auxilian Betty Stout currently serves as President for the South Carolina Association of Hospital Auxiliaries (SCAHA).

"My involvement with the McLeod Dillon Auxiliary and SCAHA

is very meaningful to me," Stout said. "I enjoy volunteering and working with the members both at our hospital in Dillon and at the state level."

Judy Powell is the current President of the McLeod Health Dillon Auxiliary. "I joined the Auxiliary because I want to make a difference," Powell said. "From the youngest patient to the oldest, it gives me great satisfaction to help them."

The Auxiliary volunteers more than 5,000 hours at McLeod Health Dillon, offering many opportunities to make a difference.

If you are interested in becoming a McLeod Volunteer at the McLeod Health Hospital near you, please visit www.mcleodvolunteers.org.

The McLeod Health Dillon Auxiliary's service to the hospital and the Dillon community dates back to 1965. The Auxiliary began with 37 members back when the hospital was still Saint Eugene. Today the group has become an invaluable part of McLeod Health Dillon.

THE COMPLETE PACKAGE

OFFERING SPECIALIZED PRIMARY CARE IN CHERAW

by Arielle Williams

One of the most crucial screenings used today for the detection of colon cancer in men and women involves a colonoscopy. This exam allows a physician to closely look at the inside of the entire colon using a thin, flexible, hollow, lighted tube with a tiny video camera attached.

Colorectal cancer, the third leading cause of *preventable* death in the United States, almost always develops from precancerous polyps (or abnormal growths) in the colon or rectum.

Consistent screening for colon cancer increases the likelihood of finding and removing precancerous polyps before they develop into cancer.

Two local primary care physicians, **Dr. Garrett Barton** of McLeod Primary Care Cheraw and **Dr. Travis Novinger** of Palmetto Family Medicine, have partnered together to perform

colonoscopy procedures at McLeod Health Cheraw. Both physicians are passionate about improving patient access to preventative screenings. Their collaboration meets the needs of patients at the local hospital so patients can remain in Cheraw.

Dr. Garrett Barton and Dr. Travis Novinger are working together to improve population health by offering their patients life-saving colonoscopies at McLeod Health Cheraw for the detection of colorectal cancer.

Dr. Barton, who moved to Cheraw in the fall of 2018, considers Dr. Novinger a mentor. “His leadership has helped me strengthen my endoscopy skills to provide the highest level of care in our rural community.”

The unique role these primary care physicians play is an important one because they fill any gaps in care for the patients they serve. They act as an advocate for their patients whom they develop long-lasting relationships with while keeping their best interests in mind. Providing local access to quality health care saves patients time and resources, and they tend to feel more comfortable with their family doctor.

“Early detection is a critical component to a positive outcome,” said Dr. Novinger. “Though the average age to begin screening for colon cancer is 50, patients who have a family member with colon cancer should begin their screenings ten years before that family member was first diagnosed.”

Dr. Barton and Dr. Novinger are both graduates of the McLeod Family Medicine Residency Program, which is designed to train physicians in an effort to increase the availability of family medicine physicians for patients in the 18-county region McLeod Health serves.

Through the residency program, physicians receive real-life training on a much broader scale than ever before. They complete the program with the necessary skills to provide prenatal care for expectant mothers, to conduct women’s and men’s preventative health screenings, colonoscopies and the ability to care for pediatric and geriatric patients.

“The expansive curriculum offered by the residency program prepares primary care physicians to provide the highest quality of care in a rural healthcare setting,” said Dr. Barton. “Two of the most important aspects of healthcare patients expect today are convenience and access, and McLeod Health Cheraw continuously strives to meet both.”

McLeod Health recently received a grant for the establishment of the McLeod Family Medicine Rural Track Residency Program in Cheraw and Manning. It is expected that a large number of graduates from this program will remain in the region to practice in the underserved communities that desperately need improved access to primary care and specialty services.

In addition to providing a sustainable pipeline of primary care physicians to support access to care, residency programs connect rural communities to a larger network of academic medicine and resources to support advances in care delivery, when needed. This collaborative academic training program serves to encourage a culture of scholarship, research, and continuous quality improvement in rural community hospitals.

Both Dr. Barton and Dr. Novinger will be involved in expanding the rural track residency initiative in Cheraw.

“Every day, we strive to fulfill our organization’s mission of improving the health of the patients we serve,” said Dr. Barton. “We remain committed to providing specialized, quality care and making a significant impact on our community.”

“Two of the most important aspects of healthcare patients expect today are convenience and access, and McLeod Health Cheraw continuously strives to meet both.”

– Dr. Garrett Barton



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 one of the top five cancers diagnosed at McLeod 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 Rainbow after the Storm

by Jessica Wall



Derek and Jarrica Sports, along with their four children, Drake, Tallon, Avery, and Tavner, credit the superior care of the Women's and Children's teams at McLeod for their happy ending.

On September 14, 2018, Hurricane Florence made landfall on the coast of North Carolina, sweeping devastating amounts of rain and wind across both Carolinas. Cheraw residents Derek and Jarrica Sports never anticipated Jarrica, 25 weeks pregnant, going into labor with their triplets the same day.

A flood of unexpected twists and turns ensued.

Derek and Jarrica made their way to McLeod Regional Medical Center in Florence, where Jarrica had planned to deliver. She spent the next two weeks on the McLeod Pre-Term Labor floor under

the care of specialized physicians and nurses who continuously monitored the progression of her labor and worked to slow down the premature birth of the babies.

On September 26, at 27 weeks gestation, Jarrica awoke from a nap around 6:30 p.m. not feeling well.

She had a fever and then experienced an increased heart rate and trouble breathing.

These symptoms indicated chorioamnionitis, a serious pregnancy complication in which the membranes that surround the fetus and the amniotic fluid become infected.

"Because of the implications this condition can lead to for both the mother and her babies, the concern for the infection outweighed the benefit of continued pregnancy," said McLeod OB/GYN **Dr. Eric Coughlin**.

Jarrica needed to undergo a C-section, and soon.

With preparations underway in the operating room, Dr. Coughlin called in McLeod OB/GYN **Dr. Brad Campbell** to assist with the delivery. Members of the McLeod Neonatal Intensive Care Unit (NICU) team were also present to deliver immediate care to the premature babies.

"For Jarrica's delivery, we had four patients to care for," said Dr. Coughlin. "In situations such as these, we ensure a fully-staffed team of physicians, physician assistants, and nurses to care for each patient. In addition to Jarrica, each baby had an individual care team in the Operating Room to manage them upon delivery."

"We call the first hour of life 'The Golden Hour'. This is the most important hour of an infant's life and there are many different things that the NICU team has to do for the infant."

– **Dr. Doug Moeckel**

The main concern for the triplets was Respiratory Distress Syndrome, a common breathing disorder affecting premature infants. Other concerns included regulating their body temperature as well as blood sugar and hydration levels.

Around 9:30 p.m., Tallon arrived first, weighing only two pounds; Avery arrived second, weighing one pound, thirteen ounces; and Tavner arrived last, weighing two pounds, two ounces.

All three infants were intubated and given medication to keep their lungs open. Once moved to the NICU, the

infants were placed on ventilators.

"We call the first hour of life 'The Golden Hour,'" said **Dr. Doug Moeckel**, McLeod Neonatologist. "This is the most important hour of an infant's life and there are many different things that the NICU team has to do for the infant. It is complicated with only one infant born at 27 weeks. With three infants, it truly was a remarkable collaboration requiring the simultaneous care of many nurses, respiratory therapists, technicians, pharmacists, doctors and nurse practitioners."

(Continued on next page)

OB/GYN Dr. Eric Coughlin, center, along with Neonatologists Dr. Tommy Cox, left, and Dr. Doug Moeckel, right, worked together to coordinate care for Jarrica Sports and her triplets (from left to right): Tallon, Avery, and Tavner during their most critical moments.



Immediately after delivery, Jarrica was taken to her hospital room to receive oxygen and intravenous (IV) antibiotics for the infection. In the early morning hours of September 27, Jarrica and Derek visited the NICU to see their babies. The couple could not hold them because of their critical condition.

Jarrica's next mission focused on pumping breast milk as soon as possible.

A mother's milk, which provides the exact nutrition needed, plays a crucial role in the health of critically ill babies. In the McLeod NICU, every baby born weighing less than 1,500 grams (about three pounds) receives human milk.

Four days after giving birth, Jarrica was discharged from the hospital.

"As a mother, I cannot describe how much my heart hurt to leave my babies at the hospital, but I knew firsthand the exceptional care they were receiving," says Jarrica.

For the next couple of months, Jarrica and Derek traveled to Florence every day to see them.

Over the course of their hospitalization, the triplets faced many challenges.

Tallon fought infection, requiring antibiotic treatment and breathing

support, as well as reflux-related apnea and low heart rate spells.

Avery faced respiratory failure. She was treated with nitrous oxide therapy for several days. Both of her lungs collapsed, requiring chest tubes. She also developed a brain bleed, which resolved spontaneously, and underwent multiple blood transfusions.

Tavner's right lung collapsed, requiring a chest tube. He also developed a brain bleed with moderate swelling on the brain, but both of these conditions spontaneously resolved.

Ten days after giving birth, Jarrica held Tallon for the first time. Four days later, she held Avery, and three days later, Tavner.

On Thanksgiving Day, Jarrica held all three of her babies together for the first time.

The triplets continued to have ups and downs, but slowly improved enough to go home.

Avery spent a total of 72 days in the McLeod NICU; Tallon, 91 days; and Tavner, 109 days.

A few months after having the family reunited, Jarrica and Derek took Tavner and Tallon to the McLeod Health

Cheraw Emergency Department after they showed signs of a respiratory illness. The boys were transported by ambulance to the McLeod Pediatric Intensive Care Unit (PICU) in Florence.

Tallon stayed three days before going home; Tavner stayed two weeks. **Dr. Thomas Bannister**, a McLeod Pediatric Intensivist, noticed Tavner staring off into space and ordered some tests. The results confirmed his suspicion, and Tavner was diagnosed with neonatal epilepsy. He continues to undergo treatment for this condition.

"We cannot fully express our gratitude to our entire care team who treated us like gold and were always there for us," says Jarrica. "We feel so grateful to have this level of women's and children's care close to home."

Recently, Tallon, Avery and Tavner celebrated their first birthday. Adored by their older brother, Drake, the triplets grow into their personalities every day. Despite ongoing therapy and follow-up appointments with doctors, the Sports family relishes every moment they have together and look forward to what the future holds.

At last, a rainbow after the storm.

McLeod News

MCLEOD HEALTH JOINS UNITEDHEALTHCARE NETWORK

With the open enrollment period for Medicare underway as well as the annual enrollment period for many commercial health insurance plans having begun, McLeod Health is pleased to announce a new network relationship with UnitedHealthcare.

This new option for health care will give UnitedHealthcare plan participants enrolled in employer-sponsored, individual and Medicare Advantage plans access to all McLeod Health facilities and physicians, including the seven McLeod Health hospitals, on an in-network basis.

This network agreement, effective January 1, 2020, provides UnitedHealthcare plan participants enhanced access to top-quality care for preventive, elective and emergency procedures right in their community.

The McLeod Health network is comprised of more than 800 physicians

and seven hospitals with locations in Florence, Darlington, Dillon, Manning, Cheraw, Loris, and North Myrtle Beach. In addition, McLeod Health operates Urgent Care Centers in Florence and Darlington, along with nearly 85 medical practices throughout the organization's service area. McLeod has also expanded into the Carolina Forest area of Myrtle Beach for patients looking for primary and specialty care as well as outpatient and emergency services.

UnitedHealthcare serves nearly 500,000 South Carolina residents enrolled in Medicare, employer-sponsored and individual health plans with a network of nearly 80 hospitals and more than 18,000 physicians and other care providers statewide.

McLeod Health remains committed to improving access to care and keeping health care cost effective.

McLeod Health Debuts Sonic Brand

McLeod Health is excited to debut the McLeod Health Sonic Logo, a distinct sound representing a quality brand you hear and recognize. In an ever-changing era of technology, this new dimension of branding enhances the organization's long-established reputation of quality, compassionate care.

The development of a sonic logo serves to give sound to the values and outcomes that set McLeod Health apart as a leader and transformer of healthcare today.

Every day, consumers interact with their favorite brands in many ways, and McLeod Health strives to remain innovative and connected to its patients and families in a primarily digital and mobile world. To do this, McLeod Health has established a sound that can now be associated with the healthcare you trust, one that exceeds national averages on quality in healthcare and patient satisfaction.

Individuals will hear this new sonic logo embedded in the organization's marketing promotions -- such as television commercials and medical minutes -- as well as throughout McLeod Health facilities.

MCLEOD FARMS CORN MAZE BENEFITS CHILDREN'S HOSPITAL



The annual themed corn maze at McLeod Farms, located in McBee, South Carolina donated 50 percent of all corn maze ticket sales in October to McLeod Children's Hospital. The total amount raised for the hospital was more than \$20,000.

The theme for this year's event was "AMAZERS" in honor of the medical professionals who care for pediatric patients at McLeod. The farm also featured a "McLeod Children's Hospital" corn maze, designed for preschool-aged children.

Treating nearly 56,000 children each year from the Midlands to the Coast, McLeod Children's Hospital provides the highest level of pediatric care and technology available in the region. Today, nearly 100 beds at McLeod Regional Medical Center 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.

Big brother Drake adores his three siblings. Though he saw them only one time during their hospitalization at the McLeod Neonatal Intensive Care Unit, Drake sent drawings that hung on each of their isolettes.

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MCLEOD HEALTH HONORS THREE OUTSTANDING LEADERS



McLeod Health honored (from left to right) Dr. William M. Hazelwood, Kaye Floyd-Parris and Dr. Michael D. Pavy with the commissioning of a portrait in their honor.

Celebrating years of dedication and service to others, McLeod Health held a portrait unveiling on October 29, 2019 to honor three outstanding individuals -- **Kaye Floyd-Parris, Dr. Michael D. Pavy and Dr. William M. Hazelwood.**

McLeod has a long-standing tradition of acknowledging the lifetime achievements of McLeod Physicians, Nursing Professionals and Organizational Leaders. One of the most significant opportunities for recognizing meritorious service and paying tribute to the fine character of these individuals is through the act of commissioning a portrait in their honor by the McLeod Health Board of Trustees. The artist's rendering of these individuals are placed on permanent display in areas representative of both the

location of their service as well as commemorating their expertise in the field.

Most recently, a portrait unveiling was held at McLeod with family members, colleagues and friends in attendance.

John R. Braddy, Chairman of the McLeod Health Board of Trustees, stated, "Dr. Pavy and Dr. Hazelwood set the bar for other physicians through their dedication, compassion and quality care of their patients. They have not just worked at McLeod for most of their careers, they have loved this hospital and their patients...and their patients have loved them in return. These two physicians have defined the high values of McLeod Health and been leaders in their fields. McLeod and this community are both better because they chose to spend their careers here.

"It has also been my honor and privilege to serve alongside Kaye Floyd-Parris on the Board of Trustees for more than 12 years. There is no one that I know of who has loved this institution and been a better advocate in the community for it more than Kaye. She served the board over the years with love, compassion, wisdom and enthusiasm. As the first female chair of the board, her leadership was infectious to those around her. She was an incredible role model for Charlie Bethea and me as to what servant leadership looks like. We will continue to be inspired by her love and dedication," added Braddy.

Charles J. Bethea, former Chairman of the McLeod Health Board of Trustees, recognized Floyd-Parris' service on the McLeod Health Board of Trustees for nearly three decades.

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In addition to her dedication to the board, Bethea detailed Floyd-Parris' extensive community involvement from welcoming newcomers to Florence in her role as a realtor to her support of the McLeod Foundation and projects that benefit cancer programs and services.

Shirley Meiere, a Trustee and Past Chair of the McLeod Health Foundation Board,

spoke on behalf of Dr. Hazelwood. She called his dedication and service to McLeod Regional Medical Center inspirational. She also related his unique way of comforting patients by singing hymns to them and how he personally relates to them as a lung cancer survivor.

Dr. Rajesh Bajaj, Co-Medical Director of the McLeod Center for Cancer Treatment

and Research, reflected on Dr. Pavy's career at McLeod as an oncologist and his role in the development of the McLeod Cancer Center. Dr. Bajaj shared many of Dr. Pavy's accomplishments in regard to the Cancer Center over the past 38 years and how he mentors his fellow physicians as well as continues to stay up-to-date on the latest advances in oncology.

MCLEOD HEALTH LAUNCHES SCHOOL-BASED TELEHEALTH PROGRAM



Beth Holzbach, the Lead Nurse for Florence 1 Schools, checks Zane Moseley's ears for infection during a School-Based Telehealth visit with Lisa Wallace, NP.

In August, McLeod Health announced a partnership with Florence 1 Schools and The King's Academy (TKA) to offer a School-Based Telehealth Program (SBTP) this school year.

SBTP offers a new option for non-emergency medical care at these schools through McLeod TeleHealth visits with Lisa Wallace, a McLeod Nurse Practitioner. McLeod has provided the schools with telehealth equipment including a computer, monitor, camera and other devices such as a remote stethoscope and otoscope.

Dr. Richard O'Malley, Superintendent of Florence 1 Schools, said that the district is proud to offer an innovative partnership like the School-Based Telehealth Program for its students. "The telehealth program provides a lot of benefits for our students and their parents. During a visit, they are able to remotely connect to quality healthcare with a local provider using state-of-the-art equipment so we are saving them a lot of precious time. Parents don't have to take off of work, students see a healthcare provider and they don't miss a lot of important classroom instruction. That is a win-win for us and them."

SBTP is being offered at four locations within Florence 1 Schools this school year -- North Vista Elementary School, Wallace Gregg Elementary School, Williams Middle School and South Florence High School.

"The School-Based Telehealth Program provides a great new opportunity to partner with our TKA families and keep our students healthy," said Cathy Parnell, the School Nurse for TKA. "It is exciting to be part of a program that utilizes current technology to provide early intervention for treatment of minor illnesses. This team approach gives students access to an entire team of skilled healthcare professionals all working towards a common goal of reducing school absences and returning them to optimal health as soon as possible."

Matt Reich, Senior Vice President and Chief Information Officer for McLeod Health, explained, "By partnering with Florence 1 Schools and TKA, we can leverage today's powerful technology to bring the care to the patient instead of the patient physically going to the care. This patient-centric approach not only provides a convenient way to receive care, but most importantly, it ensures that students are receiving the health care they need. With McLeod TeleHealth, students will stay healthier and maximize their time in the classroom."

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NEW EMERGENCY DEPARTMENT OPENS AT McLEOD HEALTH CAROLINA FOREST

McLeod Health opened its new Carolina Forest Emergency Department in October. The 13,000 square-foot facility offers streamlined services, including 15 spacious exam rooms and state-of-the-art trauma services. It is also the only Emergency Department in Carolina Forest.

The new Emergency Department features a trauma room, triage area and advanced diagnostic equipment including CT and lab services to expedite diagnoses. The open floor plan also creates a comfortable environment for patients and their families, and supports efficiency to aid in patient flow.

“McLeod Health is committed to excellence in medical care. We are privileged to continue serving patients and their families throughout Horry County, evident with our investment in the provision of Emergency Services to those residing in the Carolina Forest area,” said Rob Colones, CEO of McLeod Health.

The new waiting area is divided into two separate sections, offering a warm and intimate environment for visitors. There is also a private family consult room for providers to meet with family members. Adjacent parking for Emergency Department visitors and patients offers convenience and ease of entry.

“This new Emergency Department accommodates the healthcare demands of our growing area and will provide access to quality healthcare when emergency services are needed,” said Scott Montgomery, McLeod Health Loris Administrator.

“McLeod Health is dedicated to improving and expanding its services and medical treatment available to families and residents who entrust us with their care. The McLeod Health Carolina Forest Emergency Department is one more step in our promise to offer quality medical care to our community.”

Conveniently located in the heart of Myrtle Beach on 42-acres, the McLeod Health Carolina Forest Campus is home to a wide variety of physician practices and outpatient services. The master plan for this ambulatory care development includes a total of seven office buildings.

At the entrance of the campus is Building 1 which includes McLeod Family Medicine Carolina Forest and Atlantic Urology Clinics. Building 2 encompasses McLeod Cardiology Associates,



The McLeod Health Carolina Forest Emergency Department opened in October 2019.

McLeod Vascular Associates, McLeod Loris Seacoast Surgery, McLeod OB/GYN Seacoast and McLeod Neurology Carolina Forest. In addition, a new outpatient rehabilitation department provides physical, speech, pediatric and occupational therapy services.

As healthcare evolves, the focus remains on access to quality preventive care. McLeod Health is committed to providing convenient access to the services and treatment patients need close to home.

McLeod Health Carolina Forest Emergency Department is a department of the McLeod Loris Seacoast Hospital. McLeod offers two additional Emergency Departments in Horry County including: McLeod Health Loris located at 3655 Mitchell Street in Loris and McLeod Health Seacoast located at 4000 Hwy. 9 East in Little River.

The McLeod Health Carolina Forest Emergency Department team cut the ribbon celebrating the official opening of the new facility.



McLeod Health 2020 TOP HONORS



McLeod Health is excited to share our most recent achievements in the hospital ratings by Healthgrades®, the leading online resource for comprehensive information about physicians and hospitals. With Top Honors in major categories for 2019 and 2020, McLeod continues to be The Choice For Medical Excellence in our region.

Stroke Care Excellence Award™ (2017 – 2020)*

★★★★★ in Pacemaker Procedures
(2020)*

★★★★★ in Total Knee Replacement
(2016 – 2020)*

★★★★★ in Total Hip Replacement
(2020)*

Neurosciences Excellence Award™
(2017 – 2019)*

Outstanding Patient Experience Award™
(2017 – 2019)*

*Distinctions listed represent McLeod Regional Medical Center

FLORENCE | CHERAW | CLARENDON
DILLON | DARLINGTON | LORIS | SEACOAST

McLeod Health

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