

WellnessViews

A Health Publication from King's Daughters Medical Center



KDMC's New CEO Looks Forward

pg. 16



New Device Removes Common
Skin Cancers Painlessly **pg. 12**

New Medical Office Building
Will Provide One-Stop Convenience **pg. 20**

KDMC.org



Overall Star Rating and Patient Survey Rating from Medicare.gov



QUALITY HEALTHCARE

Brighter Days Are Here

At KDMC our mission is to *always provide quality health and wellness in a Christian environment*. And our vision is that King's Daughters Medical Center will fulfill its mission by always being recognized as a provider of quality health and wellness by accrediting organizations, our peers and our community. A community like ours deserves quality healthcare, and we are here to deliver just that. **KDMC, caring for our community like no one else can.**



KING'S DAUGHTERS
MEDICAL CENTER

Message from the CEO

I am excited to introduce KDMC's new CEO, Scott Christensen. Scott comes to us from Delta Health System in Greenville MS, where he led them to grow from one hospital serving Greenville to four hospitals serving the Delta. He started with KDMC August 1, 2022. You can read more about Scott and his family in this edition of *WellnessViews*.

You will also find interesting stories about our services, physicians and staff who are dedicated and passionate about being the resource for all your healthcare needs.

CMS recently announced KDMC has **Overall 4 stars in Quality** and **4 stars in Patient Experience!** These star ratings along with our **Leapfrog Safety Grade of A**, our **DNV Healthcare Accreditation** and our **ISO 9001 certification** are more evidence of our commitment to you that we will meet our mission of *ALWAYS Providing Quality Health and Wellness in a Christian Environment*.

KDMC has once again been selected by *Modern Healthcare* as one of the **Best Places to Work in Healthcare!** This is our ninth time in the last 11 years and is a very special achievement. Our KDMC family exemplifies passion, purpose, fortitude, and a desire to make a difference in our patients' lives.

This will be my last issue of *WellnessViews* as CEO of KDMC. I will be retiring on September 30. It has been a privilege and honor to lead KDMC and serve you since 2007.

Thanks for choosing King's Daughters Medical Center!



Alvin Hoover, FACHE, CEO
King's Daughters Medical Center



FIND US ON



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KNOW
YOUR HEART

Heart Healthy Program

You may have a serious cardiovascular risk and not even know it. That's why we designed our Healthy Heart Program. Efficient, patient-friendly tests look for heart and other issues. You get all your results before you leave, plus a diet and lifestyle consultation. The cost? Just \$100 and an hour of your time. What's peace of mind worth to you?

KDMC, caring for our community like no one else can.



KING'S DAUGHTERS
MEDICAL CENTER

Chief of Staff

A Message from Mitch Holland, MD KDMC Chief of Staff

As the old proverb goes, "All good things must come to an end." Our KDMC family will say an enormous Thank You to Alvin Hoover and his family for their leadership over the past 15 years. But, as we close that chapter with Alvin, we are excited about the next chapter of our journey as our newly appointed CEO, Scott Christensen takes the helm at KDMC. He and his family are featured in this edition of *WellnessViews* and I hope that you are as excited as we are for him to lead our hospital and healthcare community in caring for you and your family.

We have always taken the stance that taking care of our patients is top priority at KDMC. In this edition of *WellnessViews*, you will find patient testimonials of how we have helped patients return to a more productive and satisfying life. From general surgery needs to sub-specialties like urology, pain management, orthopaedics to corrective cataract surgery, you can count on KDMC to provide excellent care for you, our community.

The addition of a Medical Office Building on Highway 51 in the coming months will create more excitement and a more efficient way to care for our patients. This facility will house our Medical and Specialty Clinics, and Wound Care with lab and imaging services on-site. In addition, there will be space for expansion of services that will be filled quickly, with the announcement of those coming later.



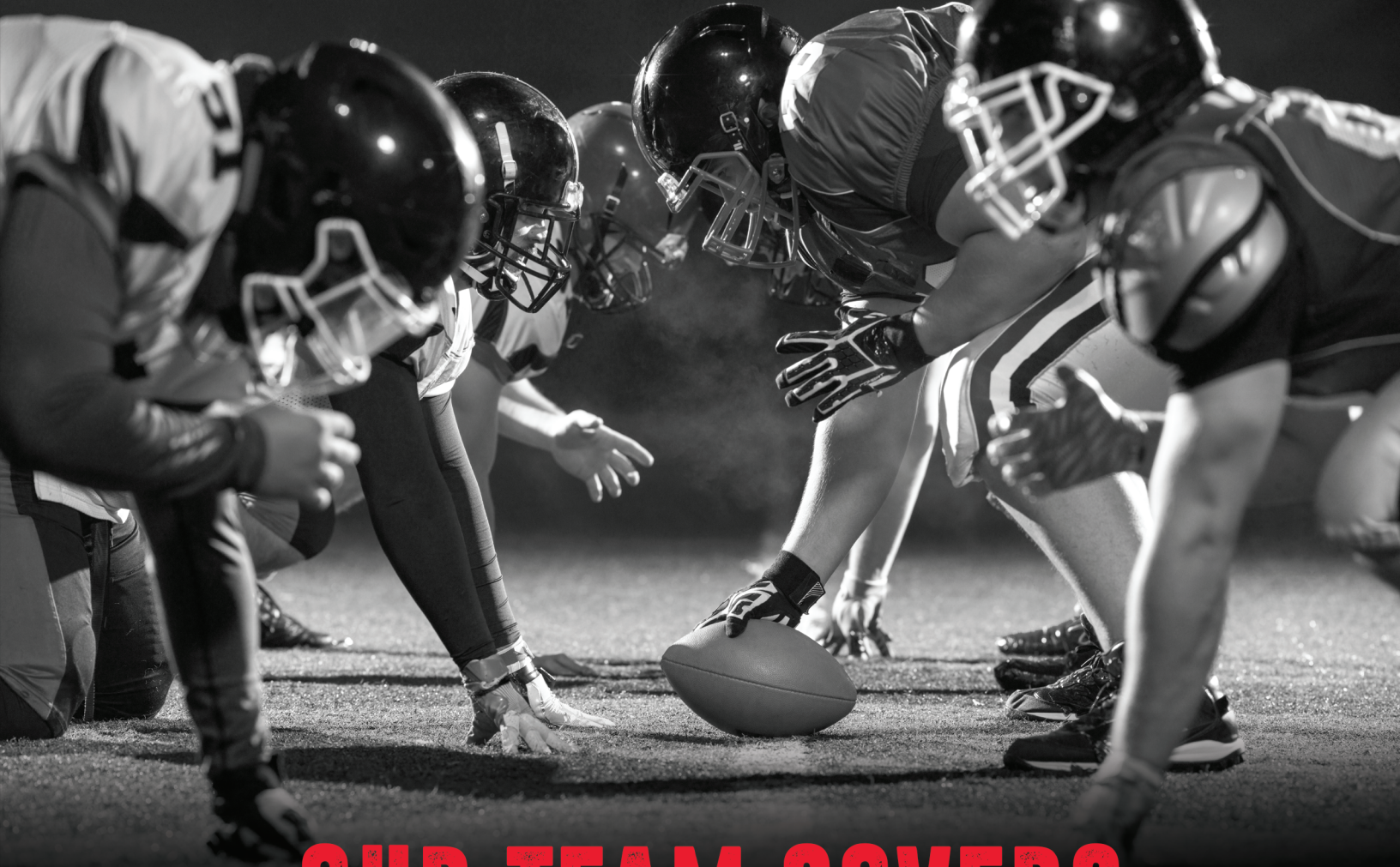
Our KDMC Foundation is the philanthropic arm of the hospital. Their assistance in purchasing needed equipment and helping to create new service lines to serve our community is invaluable. The foundation played a very significant role with our employees and hospital over the past couple of years as we have navigated through the pandemic. There is information on page 28 of this edition on how you can give to help support your hospital. No gift is too small.

The future of your hospital and medical community is very bright and we as a medical staff and KDMC family are excited about the new journey and vision.

A handwritten signature in black ink, appearing to read "Mitch Holland", written in a cursive style.

Mitch Holland, MD
Chief of Staff





OUR TEAM COVERS YOUR TEAM

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RETURN-TO-SPORT AND SPORT-SPECIFIC TRAINING



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ORTHOPAEDIC AND SPINE CLINIC

601.823.5275



KING'S DAUGHTERS
THERAPY CENTER

601.823.5255



SURGERY RELIEVES

Debilitating Hip, Neck Pain



Sidney Rollins

When conservative treatments fail to relieve debilitating hip or spine pain, surgery can be the answer. The difference can profoundly improve even simple things we usually take for granted. "I'm able to walk," said Sidney Rollins. "I couldn't hardly walk before."

Rollins, a heavy equipment operator and truck driver from Liberty, Mississippi, suffered increasingly excruciating arthritis-related hip pain for a decade. Finally, a referral to orthopaedic surgeon Mark T. Barron, MD, at King's Daughters Medical Center changed his life.

Dr. Barron did a total replacement of both hips – the left in December 2021 and the right in April 2022. The arthritis pain vanished immediately in both cases, Rollins said. Return to full function required several weeks of healing and physical therapy.

Back to Fishing

Three months after the second surgery, he had gotten back to fishing, one of his favorite pastimes, and looked forward to hunting when the season comes around.

"I'm just getting to where I can get around and do some things and not be scared that I'm going to hurt it," Rollins said. "It's getting better and better every day."

When Rollins first came to KDMC, Dr. Barron said, "He had fairly severe disease on both his right and left hip that was really bothering him. We started there with our discussion of where he would want to go in his treatment. We went through his history and what he'd had done before and elected to proceed with a hip replacement."

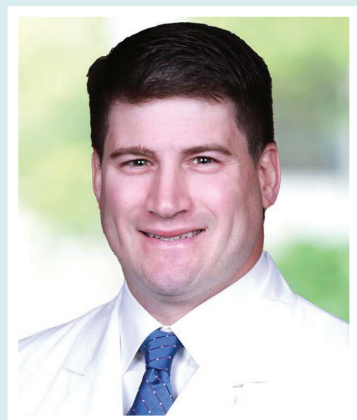
'Mighty Fine Job'

Rollins said anyone experiencing severe hip pain should follow his example: "I would advise them to go on and see Dr. Barron. He was straight up and honest with me, and he did a mighty fine job."

“ I would advise them to go on and see Dr. Barron. He was straight up and honest with me, and he did a mighty fine job. ”

— Sidney Rollins

When Myrtis May came to see Dr. Barron, she had already experienced neck fusion surgery some 20 years ago, plus lower back surgery a couple of years ago. Her new problem was a pain in the neck, literally – accompanied by numbness and tingling in her fingers.



Mark T. Barron, MD
Orthopaedics/Spine

May, from Bogue Chitto, Mississippi, worked as a teacher for Head Start and then at the Delphi Packard Electric Systems (now Aptiv) plant in Brookhaven. She retired in 2008.

Other Therapies First

"We took her through a course of treatment beginning with some

medications and different therapies," Dr. Barron said.

The pain persisted. An MRI revealed two bulging discs in her neck, above the earlier fused disc. "We discussed options going forward," Dr. Barron said, "and she elected to proceed with the surgery."

It worked. "I used to walk with a cane," May said. "I walk fine now."



Myrtis May

Building Up Strength

It took a few months after the surgery to build up her strength, gradually increasing her physical activity around the house. "I do a little bit here and a little bit there," she said.

"Typically, it's about a three-month recovery period," Dr. Barron said. "Not that you can't do your everyday activities, but just take it easy, no heavy lifting, no real strenuous activity. Just let your body heal for about three months."

He was happy to see May's progress. "She seems to have bounced back into the normal routine of life," he said, "enjoying the things she likes to do and enjoying her family."

Learn More

For information about hip replacement or spine care, call

📞 601.823.5275

or visit

➡ [KDMC.org /Orthopaedics](https://www.kdmc.org/Orthopaedics)

CATARACT SURGERY CAN BRIGHTEN YOUR WORLD



Donald Walley

If you live long enough, you'll get cataracts. In other words, the lenses in your eyes will become cloudy. You probably won't even notice the world gradually looking dimmer and dimmer – until blurred vision, difficulty seeing at night or problems with glare mean that it's time to call Worth Simmons, MD, an Ophthalmologist at King's Daughters Medical Center.

Dr. Simmons can surgically remove cataracts, almost magically restoring clear vision. "I couldn't believe the colors, how bright and refined they all looked," said Donald Walley, who had cataract surgery by Dr. Simmons in June 2022.

"It was amazing."

Artificial Lens

Surgery normally replaces the clouded natural lens with a clear artificial lens. When other eye problems don't permit using an artificial lens, eyeglasses or contact lenses can substitute. Even with an artificial lens, patients won't be able to discard their glasses or contact lenses, although their prescription will probably change.

“They see vivid colors again, and the clarity improves. It makes a big difference to a lot of people.”

—Worth Simmons, MD

"Cataracts happen so slowly, over years, that a lot of times patients don't realize what's being taken away from them until they get the cataract surgery," said Dr. Simmons. "And then it's like" – he snapped his fingers – "a light switch. They see vivid colors again, and the clarity improves. It makes a big difference to a lot of people."



Worth Simmons, MD
Ophthalmology

Patients don't need a referral from a primary care physician. If they notice blurriness, glare sensitivity or other cataract symptoms, they can simply call Dr. Simmons' office.

Night Vision Problems

Walley, who turns 75 years old in October, had problems driving at night, especially when facing bright headlights from oncoming cars. Overall, he'd noticed that the world seemed dingier, "like an old newspaper that's beginning to turn yellow."

The minimally invasive surgery itself takes just 15 minutes. "The technology's come a long way, and we have top-of-the-line equipment at KDMC," Dr. Simmons said.

Walley said that from the time he arrived for the check-in process, "within two hours I was done and ready to get up and go home."

After the surgery, patients cover their operative eye with a clear protective shield at bedtime for a week. Dr. Simmons asks them not to pick up anything heavier than 10 or 15 pounds during that period. Patients also use eyedrops for a few weeks to prevent infection.

One Eye at a Time

Even when both eyes have cataracts, Dr. Simmons typically does surgery on one eye first, then waits a few weeks to make sure the patient recovers well before doing surgery on the second eye.

"Usually about three or four weeks after the surgery, I examine them for a glasses prescription and then write the new prescription at that point," he said.

After seeing the bright results of surgery on his right eye, Walley is eager to return for Dr. Simmons to uncloud his left eye. "The difference it makes is amazing."

Cataract Risk Factors

- Increasing age
- Diabetes
- Excessive exposure to sunlight
- Smoking
- Obesity
- High blood pressure
- Previous eye injury, inflammation or surgery
- Prolonged use of corticosteroid medications
- Excessive alcohol use

Symptoms

- Clouded, blurred or dim vision
- Increasing difficulty with night vision
- Sensitivity to light and glare
- Need for brighter light for reading and other activities
- Seeing halos around lights
- Frequent changes in corrective lens prescription
- Fading or yellowing of colors
- Double vision in one eye

Learn More

To ask about cataract symptoms or make an appointment with Worth Simmons, MD, call

☎ **601.823.3098**

For more information about eye care, visit

➡ [KDMC.org/Eye-Care](https://www.kdmc.org/eye-care)



MANAGING PAIN LETS YOU **GET YOUR LIFE BACK**

When pain becomes unavoidable, King's Daughters Medical Center can help make it manageable. "Most of the time with chronic pain, you're not going to get rid of it completely," said Anesthesiologist Justin Estess, MD. "The goal is to control things so that people can have a better quality of life."

Dr. Estess and Robin Nations, MD, practice at Brookhaven Anesthesia and Pain Management. They and six certified registered nurse anesthetists also oversee anesthesia for surgery and other procedures at KDMC.

"Any procedure that requires either conscious sedation or general anesthesia. Dr. Nations and I are involved for oversight and patient safety," Dr. Estess said. "We make sure the patient is prepared to go to surgery, is safe during the procedure and has the care they need after the procedure."

Lots of Back Pain

"Back pain is the number one cause of doctor's visits in the nation," said Dr. Nations. "We see it in all ages. I've had patients as young as 13 with back pain issues."

Pain in the back or elsewhere can result from arthritis, cancer, surgery, injuries and many other causes. "Treatment is generally a combination of medication, injections and physical therapy," said Dr. Nations.

"The vast majority of the time, we're able to at least reduce pain by some degree so that patients can continue to function and to do the things that they enjoy in life," Dr. Estess explained.

Pianist and Singer

That's been the case with Jacklyn Bankston, who has been Dr. Estess' patient for several years because of back-related pain. She's a professional pianist and singer who lives an active life. She has had back surgery and three neck surgeries.



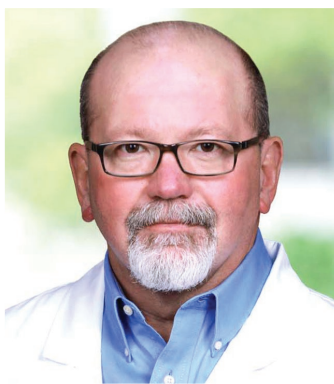
Jacklyn Bankston

"I may still have pain," said Bankston, who lives in Summit, Mississippi, "but they have given me an opportunity and tools to manage my pain. I go out and garden. I go out and go on trips."

She can't tolerate most pain pills, so she manages everyday pain with a spinal cord stimulator that Dr. Estess implanted about four years ago at the base of her spine. It trickles electricity directly to the spinal cord, curtailing the sensation of pain.



Justin Estess, MD
Anesthesiology and Pain Management



Robin Nations, MD
Anesthesiology and Pain Management

Medication Monitoring

The pain clinic prescribes pain medications very carefully. The doctors consult the Mississippi Prescription Monitoring Program, which tracks controlled-substance prescriptions statewide.

"That's just one of the tools we use to safely provide medications and make sure that they're not being misused or abused or out on the streets," Dr. Estess said. "The goal of the interventional procedures, like injections, is to limit the amount of pain medications to the degree that we can."

Bankston visits KDMC every two months for checkups and treatment of occasional flare-ups. Dr. Estess recently treated

muscle spasms that originated in her neck, by administering a steroid injection into muscle trigger points.

Injections, Ablations

"I've had LESIs (lumbar epidural steroid injections)," Bankston said. "I've had facet joint injections. I've had nerve burns – the radiofrequency ablations."

The doctors prefer to see patients after referrals from primary care or other physicians. "It's going to save some steps," Dr. Nations said. "We're going to have more information up front from the referring physician to know best how to start a treatment plan."

Bankston said the caregivers at the pain clinic have taught her how to minimize her pain – take regular breaks during physical activity rather than power through till the end, for example.

College World Series

Sometimes, she said, she'll push the envelope. In June, she spent hours sitting in a car, driving to and from Omaha, Nebraska, to watch the Ole Miss Rebels baseball team win its first-ever College World Series title.

"There are things I choose to do even if I know it's going to really, really hurt because I know that I will get over it, and if I can't get over it, Dr. Estess will fix me," Bankston said.

"You have to decide what's worth it. I decided to live. That's the important part. Live. Do. Go. Be. And Dr. Estess made that possible."

Learn More

For information about pain management, call

 **601.823.8000**

or visit

 **KDMC.org/Pain**

NEW DEVICE REMOVES COMMON SKIN CANCERS PAINLESSLY

New technology helps skin cancer patients who can't have – or just don't want – conventional surgery. "We have another tool in the toolbox," said Ryan Case, MD, of Brookhaven ENT, Allergy and Facial Surgery.



Ryan Case, MD
Ear, Nose & Throat

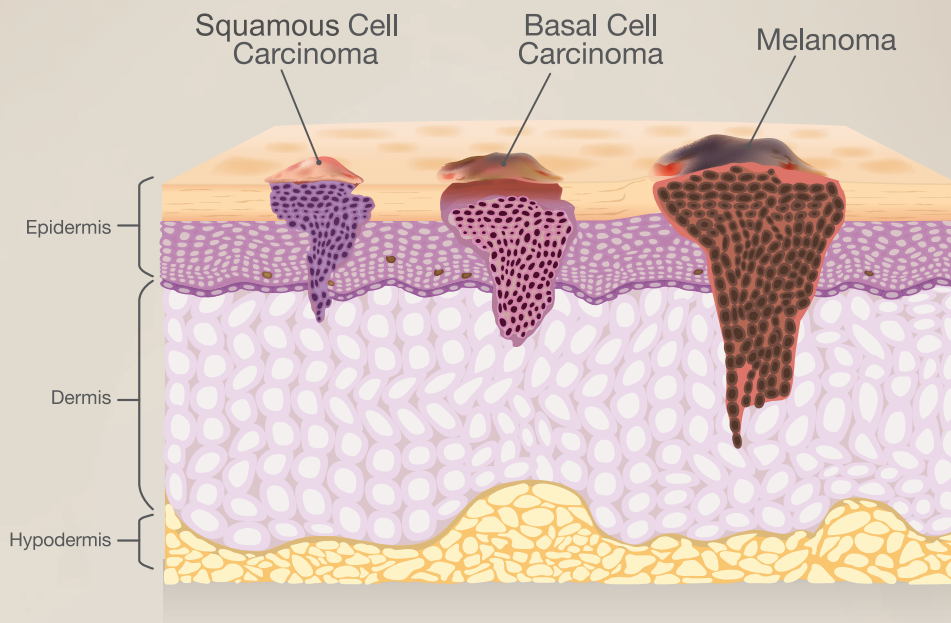


Image-guided superficial radiotherapy uses low doses of radiation to remove basal cell and squamous cell carcinomas, the most common types of skin cancer. Patients get three to five treatments a week for several weeks. Each treatment lasts just 15 minutes.

Unlike conventional surgery, it involves no cutting, bleeding, pain, scarring or reconstructive surgery. Medicare and most other insurers cover it.

Patient Interest

"We've had a good bit of interest in it already," said Dr. Case. Patients using blood thinners or suffering from diabetes, poor blood circulation, chronic edema (swelling) or some other conditions aren't good candidates for conventional surgery.

Neither are older patients, or those with cancers in such places as the ear, nostril or eyelid, where surgery can cause noticeable disfigurement.

Other Services Offered

Brookhaven ENT, Allergy and Facial Surgery helps both children and adults with a broad spectrum of other issues. In the ENT (ear, nose and throat) category, "We treat a lot of sinus and allergy problems. Children often come to the clinic with chronic infections of the ear, sinus or tonsils, which sometimes require surgery." Dr. Case said.

Audiologist Lesleye Smith tests hearing, and provides and fits hearing aids. The clinic also treats tinnitus (ringing in the ears).

dermatologic skin conditions."

The clinic offers laser treatments for skin resurfacing, removal of body hair or tattoos, acne treatment and other skin treatments. Aestheticians provide facials and other skin care as well.

No Referral Needed

If you have an itch or a spot that looks suspicious, call the clinic, Edwards said. No referral is necessary.

"Come in, get a screening, and let's see," she said. "Something you're worried about, I might not be, and vice versa. And, don't forget about your back and scalp. These are areas you can't examine easily yourself."



Lesleye Smith, CCC-A
Audiology



Brooke Edwards, CFNP, DCNP
Dermatology Certified Nurse Practitioner
Nonsurgical Facial Rejuvenation

Brooke Edwards, CFNP, DCNP, is one of the few dermatology certified nurse practitioners in Mississippi. "I see a number of skin disorders," she said, "including skin rashes, skin cancers, lesions, benign skin growths, skin tags, warts, acne – just a number of

 **Learn More**

For information about
Brookhaven ENT, Allergy and
Facial Surgery, call

 **601.835.0077**

or visit

 **BrookhavenENT.com**



Brookhaven MedSpa Provides Medical Skin Services in Spa-Like Setting

Brookhaven MedSpa offers nonsurgical, noninvasive aesthetic medical services in a relaxing, spa-like environment. It's next door to Brookhaven ENT, Allergy and Facial Surgery in historic downtown Brookhaven. Ryan Case, MD, oversees both offices.

Brooke Edwards, CFNP, DCNP, a dermatology certified nurse practitioner, handles wrinkle removal using botulinum toxin injections (Botox or Dysport) or fillers such as Juvéderm. Other types of treatments can also improve the skin's appearance.

Two licensed aestheticians, Lindsey Foster and Alex Rae Jordan, provide a variety of spa services. The staff also includes an aesthetic nurse, Brooke Ballard, RN, BSN. For removal of stubborn abdominal fat that persists despite dieting and exercise, MedSpa offers a touchless treatment called EON. A laser heats the fat without damaging the skin. Over the next few weeks, the body naturally removes dead fat cells.

Most patients come to the spa with skin concerns, Edwards said. "I can do a skin consultation for cosmetic



concerns," she said, "and talk about a good skincare line for somebody and what products would benefit them."

MedSpa carries two medical-grade lines of skincare products, ZO Skin Health and EltaMD. Both include several sunscreens. "The sun is out year-round," Edwards said. "People sometimes feel that if it's not summer they don't have to wear their sunscreen, but they really do."

That's not the only skin hazard during cooler months. Heated air can dry your skin. "And people forget to moisturize," Edwards said. "Don't use a lot of hot water. That's going to dry out your skin more."

"Then after you shower or bathe, put on a good moisturizer. That'll help repair that skin barrier. Because dry skin leads to itchy skin."

 **Learn More**

For information about Brookhaven MedSpa, call

 **601.748.4658**

or visit

 **BrookhavenENT.com**



LITTLE PATIENTS BIG CARE

BRIGHTER DAYS ARE HERE

We really have two patients at KDMC Pediatric and Adolescent Clinic: your child and you, the parent. Our pediatricians and pediatric nurse practitioners understand your concerns. We communicate, so you and your family get the reassurance you need. After all, it's our community too. **KDMC, caring for our community like no one else can.**

Call today for your appointment: 601.823.5204



KING'S DAUGHTERS
PEDIATRIC AND
ADOLESCENT CLINIC



Mr. and Mrs. Scott Christensen
and their three children, Martin,
Makenna (center) and Marianna

KDMC'S NEW CEO *LOOKS FORWARD*

There's a new face around the halls of KDMC. Scott Christensen, FACHE, took over as CEO of Kings Daughters Medical Center on August 1. And he has big plans for the future of the organization.

Christensen, originally from a small town in northwestern Illinois, is no stranger to health care in Mississippi. He joins KDMC after eight years leading Delta Regional Medical Center in Greenville – which became Delta Health System under his leadership – and he recently began a two-year term as Chairman of the Mississippi Hospital Association.

“The struggles of health care across the country are well known, but here in Mississippi we face some unique challenges,” says Christensen.

Dedication and Purpose

On coming to Brookhaven, Christensen says there were two main things that stood out to him: the pride he saw in the hospital employees and how obvious it was that the community stood behind its hospital.

“You can’t deny the amazing attitude of the staff at KDMC – it’s clear they approach their work with a real sense of purpose. And when I started talking to people in the community, it was remarkable how much love and support they showed for KDMC. I’ve never experienced this level of dedication and positivity.”

“I’ve never experienced this level of dedication and positivity.”

– Scott Christensen, FACHE, CEO

Christensen brings with him his wife Melia and three young children – Marianna, age 8, Martin, age 5, and Makenna, age 4. He says the community was at least as big a factor in accepting the position as the opportunity he sees for the hospital. “It’s a great place for my kids to grow up in,” he says.

Melia adds, “We are just blown away by the people here. Coming to Brookhaven has felt like a warm embrace. It feels like coming home.”

When he’s not at work Christensen can usually be found on the golf course, although he admits that isn’t as often as he’d like. “I’m a little bit of a workaholic,” he says. “I probably work too much. But this work and making a difference is fun. I enjoy it.”

The Role of the Hospital in the Community

Christensen says he was attracted to a career in healthcare specifically for the integral role hospitals play in communities. In a lot of towns, he says, the hospital is one of the largest employers.

“I’ve had experiences with family members who have been in the healthcare system as patients... When it’s that important, you have to get it right.”

– Scott Christensen, FACHE, CEO

Like most people, Christensen recognizes the importance of a hospital for the care it provides to the people in the community. But he also sees the hospital as a major source of jobs and as an economic engine.

Christensen was born and raised in a small Illinois town on the Mississippi River, where he says he was taught the values of family, education and hard work alongside the importance of community leadership and adherence to the quality of his own moral character. “I am thankful that coming to Brookhaven will give my kids a chance at the same kind of wholesome upbringing, strongly rooted in faith, values and integrity.”

When asked why he didn’t pursue a medical education, he laughs. “I suppose I’m attracted to the business side of things as well as helping people.”

“I’ve had experiences with family members who have been in the health care system as patients, and it always struck me that if you’ve got your mother, father, child, loved one there – the hospital has to be excellent in that moment. When it’s that important, you have to get it right. That kind of opportunity to help people at some of the most vulnerable times in their life, coupled with the challenge of making all the parts work together as a business – I guess that’s what did it for me.”

And now, this path has brought him to KDMC.

Leadership and the KDMC Mission

Christensen succeeds Alvin Hoover, who is retiring after serving as CEO of KDMC for over 15 years. When asked about his successor, Hoover says, “Scott is the perfect fit for what this organization needs going into the future. I have very high expectations for what he will accomplish here, and I have no doubt he will surpass even the highest of these.”



When asked about Hoover, Christensen says, "I give Alvin all of the credit for what he has been able to do here. KDMC's reputation across the state and the region is impressive."

During Hoover's tenure, KDMC consistently ranked high on a variety of metrics, including patient experience, star ratings and employee engagement. The hospital has been recognized by Leapfrog for Hospital Safety 'A' Grade and has made *Modern Healthcare* magazine's list of Best Places to Work in Healthcare 9 of the last 11 years.

“For the CEO to be successful, it's not about me. I'm going to be successful when the whole team gets involved...”

— Scott Christensen, FACHE, CEO

Christensen also gives credit to the strength of the mission at KDMC's core: *Always providing quality health and wellness in a Christian environment*. As he describes it, his role as CEO is to keep all the team members aligned with the mission, give everyone the tools and resources they need to do their job well, and then, he says, "I'm going to get out of the way."

He adds, "For the CEO to be successful, it's not about me. I'm going to be successful when the whole team gets involved and does amazing things together."

Plans for the Future

When asked about his plans for the future of KDMC, Christensen smiled and said, "Where should I begin? There's so much we can do here."

He cites the opportunity to expand the hospital's existing services, add new services, recruit new physicians, even open new clinics and hospitals in the region. "The possibilities are endless. For someone like me who likes a challenge and likes to build, it's really the ideal position to be in."

Despite his obvious enthusiasm when talking about the future of KDMC, Christensen stays grounded. He acknowledges the importance of what he calls the fundamentals.

“We're there at the beginning of life, we're there at the end of life, and we're there at some of the most vulnerable points in between. If we don't get it right for our patients, nothing else matters.”

— Scott Christensen, FACHE, CEO

"Like I said before, we have to be excellent in the moment. We're there at the beginning of life, we're there at the end of life, and we're there at some of the most vulnerable points in between. If we don't get it right for our patients, nothing else matters."

From the KDMC Board

“We are excited to find a CEO of Scott's caliber. His vision and enthusiasm are contagious, and our Board believes he will be a great leader for KDMC.”

— Martha Wilbert, Board Chair

“It seemed impossible to find a replacement for Alvin. He's done such a wonderful job the past 15 years. There were many qualified candidates that applied. There was only one that stood out – Scott Christensen. We truly believe we have hit the jackpot with Scott. We have all the confidence he will take our hospital to new heights. Exciting times are ahead.”

— Bill Sones, MD, Board Trustee

New Medical Office Building Will Provide One-Stop **CONVENIENCE**





King's Daughters Medical Center plans to build a new medical office building that will improve access to healthcare for our community. The building will be located just south of the hospital, on Highway 51. It will consolidate KDMC's primary care providers as well as some other practices, and will provide space for an upcoming new line of service.

The three-story building will also house diagnostic laboratory and imaging facilities. So, if a patient needs lab tests, X-rays or other scans, those procedures can be done quickly and conveniently in the same location. If the patient needs to go to the hospital for additional services, those are just steps away.

"Bottom line, it's more convenient for our patients," said Tom Hood, KDMC's Chief Operating Officer.

Primary Care

Coming together in the new building will be the providers of primary care and neurology services from the KDMC Medical Clinic and KDMC Specialty Clinic, which currently stand next to each other on Brookway Boulevard, several blocks southwest of the hospital. The KDMC Wound Care Center, currently in front of the hospital will relocate to this new building as well.

A walk-in urgent care clinic will treat accidents or illnesses that need immediate attention but not the lifesaving assistance of the hospital emergency room. In the near future there will be new services that will benefit the community. KDMC has recruited a dermatology resident that will be joining our staff.

Goes Back to Our Mission

Altogether, the building will provide 36,000 square feet of space, including room for future needs. "We're recruiting physicians, and at our current capacity we're out of space," Hood said. "So, the need for the building exists partly because we are growing our medical staff."

"It goes back to our mission of "Always providing quality health and wellness in a Christian environment." This is going to be a state-of-the-art facility."

The building will stand along Highway 51 on land that KDMC owns between the hospital and Highway 550. It is part of a master plan for growth and development that the medical center created in 2011.

"I'm excited that we have the opportunity to grow," Hood said. "We've got room for several more buildings on the land adjacent to where this new medical office building is going to go." The master plan calls for a surgery center, for example, and the possibility of adding to the hospital building itself.

'Planning With A Vision'

"Having that vision of the master plan has allowed us to start planning this project now," Hood said. "It's all about timing, and we're preparing for the future."

The medical office building will benefit KDMC, our patients and community. Pulling together registration and administrative staff, lab staff, and imaging equipment from several different clinics will make operations more efficient.

"To be able to do something for this community and improve the health status of our community – that's what we're here for," Hood said.

OB-GYN PRACTICE TREATS

*Almost Anything,
with a Little Robotic Help*

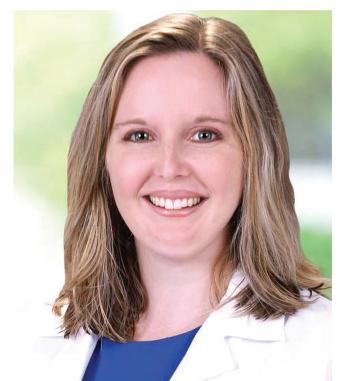


Robots haven't exactly joined the medical staff at King's Daughters Medical Center or at Brookhaven OB-GYN Associates, but one has become a valuable assistant as the practice's five physicians provide healthcare for women in the Brookhaven community and beyond.

Humans still do the actual surgery, but the evolution of robotic assistance in recent years has significantly increased precision. For patients, that means better outcomes with less pain and shorter recovery times.



Leigh Cher Gray, MD
Obstetrics & Gynecology



Carolita Heritage, MD
Obstetrics & Gynecology

Most hysterectomies, a common procedure is now performed as a robotic-assisted laparoscopic surgery. Laparoscopic procedures are performed through thin tubes inserted into the body, so only small incisions need to be made in the skin.

Minimally Invasive

"It's been really great for our patients because it's minimally invasive," said Carolita Heritage, MD. "It allows us to do more complex hysterectomies without having to do a large incision on their abdomen. The recovery time is a lot better for patients. Most of the time, they can go home the same day."

Leigh Cher Gray, MD, said robotic assistance also allows laparoscopic surgery to be done on more difficult patients. Now patients require very little pain medication because of smaller incisions and less manipulation of muscles.

Drs. Heritage and Gray are two of the clinic's five physicians, all affiliated with King's Daughters Medical Center. The others are Richard Rushing, MD, and Kim Sessums, MD - all four of these physicians practice obstetrics and gynecology except for Steve Mills, MD who practices gynecology only.

A Generalist Practice

"We have a broad-spectrum, generalist OB-GYN practice," said Dr. Gray.

The clinic offers a tremendously wide range of women's healthcare services:

- Wellness Exams
- Treatment of bladder problems
- Pelvic pain and other pelvic issues
- Mammograms, both screening and diagnostic
- Treatment of uterine fibroid tumors
- Screening for and treatment of diabetes
- Hypertension
- Depression
- Anxiety and other conditions
- Menopausal and postmenopausal treatments
- Pap smears and follow-up treatments
- Management of ovarian cysts and polycystic ovary syndrome
- Diagnosis and treatment of endometriosis
- Management of menstrual issues
- Birth control services and a variety of surgeries.

For pregnant women, ultrasound imaging, prenatal care and counseling, childbirth care, and postpartum care. As well as, fertility management and testing.

Teen Years to Menopause

"Anywhere from the early teen years until after menopause, we take care of

any female concerns that come up," said Dr. Heritage.

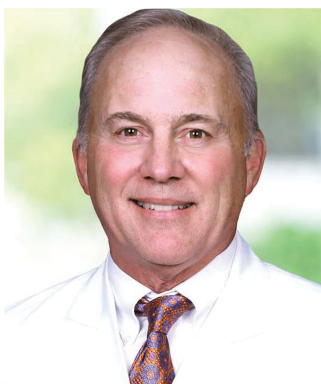
Dr. Gray said, "I tell my patients who ask about their daughters that I think everyone should start coming in between the ages of 18 and 20 no matter the situation."

Should girls really begin regular obstetrician-gynecologist visits in their early teens? Yes, said Drs. Heritage and Gray – if their circumstances call for it. "We typically will see patients who are 13 or 14 and above if they are having problems with their period or pelvic pain," said Dr. Gray. Females of any age who are sexually active should get regular checkups, the doctors said.

Specialist Referrals

Most often, Brookhaven OB-GYN Associates can provide follow-up care so patients don't have to keep traveling long distances to the specialists. For certain conditions, the doctors will refer patients to specialists at KDMC or, if necessary, in Jackson or wherever the appropriate physician is located.

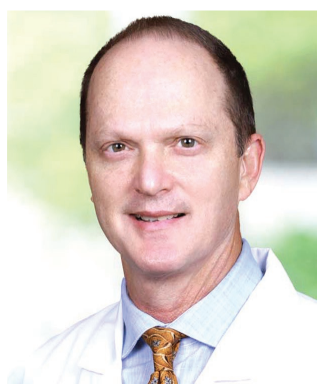
"We have relationships with almost every specialty we refer to," said Dr. Heritage. "It's rare that we would refer to a specialist at least one of us doesn't know personally. It's better for our patients when we can refer them to physicians we know."



Steve Mills, MD
Gynecology



Richard Rushing, MD
Obstetrics & Gynecology



Kim Sessums, MD
Obstetrics & Gynecology

Learn More

To learn more about Brookhaven OB-GYN Associates, call

☎ 601.833.8157

or visit

➡ KDMC.org/WomensHealth



SCHEDULE YOUR MAMMOGRAM

EARLY DETECTION SAVES LIVES

You have a long list of responsibilities. But you're important too. Consider this: Breast cancer is the second leading cause of cancer death in American women. It's also one of the most treatable cancers when caught early. Annual mammograms are the only screening method proven to reduce cancer deaths. Carve out a little time for you. Schedule your mammogram today at 601.833.6011. **KDMC, caring for our community like no one else can.**



BPH RELIEF IN SIGHT

BPH (Benign Prostatic Hyperplasia) is a condition in which the prostate enlarges as men get older. BPH affects over 40 million men ages 45 and up.

Common symptoms of BPH include:

- Frequent need to urinate both day and night.
- Weak or slow urinary stream.
- A sense that you cannot empty your bladder.
- Difficulty or delay in starting urination.
- Urgent feeling of needing to urinate.
- A urinary stream that starts and stops.

If you are experiencing any of these symptoms you may be a candidate for an minimally invasive procedure called UROLIFT.

Call today for your appointment: 601.833.5713

Brookhaven Urology, P.A.



KING'S DAUGHTERS
MEDICAL CENTER



GENERAL SURGERY

Covers a Wide Range of Procedures

Brookhaven, MS and King's Daughters Medical Center has two general surgeons that are board certified. Dr. Charles Asa Reynolds practices at Brookhaven Surgery Clinic and Dr. Michael Stewart practices at Southern Surgical Services. Both surgeons have a passion for caring for their community.

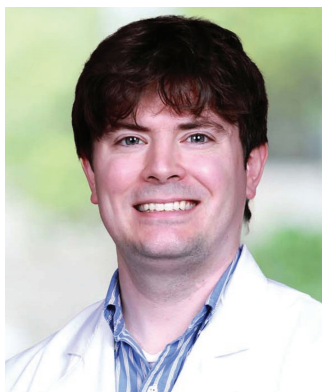


KDMC supports their surgeons with not only state-of-the-art equipment like the da Vinci robot but also with the very best nursing and support staff in the region.

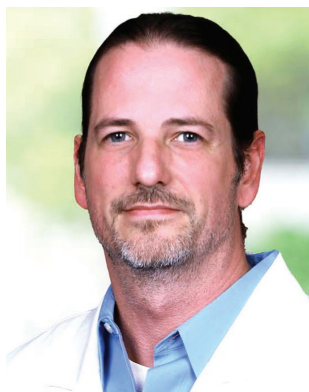
The backbone of the surgical suite consists of a wide range of operations provided by general surgery. From lumps and bumps on the skin to hernias, gallbladders, appendicitis, wound care to more serious issues concerning colon and small bowel resections secondary to diverticulitis, bowel perforations and cancer – Dr. Reynolds and Dr. Stewart are prepared to help.

Dr. Reynolds performs thyroid and parathyroid resections for thyroid cancer and primary hyperparathyroidism as well as biopsies and surgical treatment for breast cancer. Dr. Stewart performs a variety of procedures and surgeries along with working with the Vein Center at KDMC where he performs vein ablations for varicose veins. “We receive referrals from multiple primary care providers for leg pain, swelling, cramps, restless legs and leg issues in general”, said Dr. Stewart.

Both surgeons perform endoscopy, both



Charles Asa Reynolds, MD
General Surgery



Michael Stewart, MD
General Surgery

EGD’s and colonoscopies. This includes both screening as well as those for patients having abdominal pain, bleeding, change in bowel habits, iron deficiency anemia or unexplained weight loss. In addition, they place peritoneal dialysis catheters for end stage renal disease.

Wound Care

“We deal with a lot of wound care, especially of feet and nonhealing ulcers that the wound care center will send over for debridement,” said Dr. Reynolds. (Debridement is removal of damaged tissue.)

The physicians do small procedures at their clinics. “Mainly skin lesions and other minor excisions that can be performed under local anesthetic,” said Dr. Stewart. More complex procedures take place in the operating rooms at KDMC.

Follow-Up Care

Drs. Reynolds and Stewart both offer follow-up care in Brookhaven for all procedures, regardless of where they take place. Both surgeons said they thoroughly discuss options with the patient and come to a mutual decision. “The patient has veto power, and I have veto power,” Dr. Reynolds said. “I’m not going to do any surgery that I don’t think is right for the patient. And I’m going to try to educate the patient so that they can make the best decision possible.”

Leg Pain? Call The Vein Center

An ultrasound screening determines whether vein problems, such as varicose veins, are the culprit. If so, then patients usually try compression stockings for several weeks.

If pain or other issues persist, then the answer may be a surgical procedure called endovenous thermal ablation, said Michael Stewart, MD, of The Vein Center at KDMC. “It closes off the veins that aren’t working the way they’re supposed to and are causing the symptoms.”



Learn More

To make an appointment at Brookhaven Surgery Clinic, PA, call

☎ **601.835.1182**

To make an appointment at Southern Surgical Services, call

☎ **601.833.4111**

To make an appointment at The Vein Center at KDMC, call

☎ **601.823.5342**

Support Healthcare in **YOUR COMMUNITY**

Over the past 6 years, the KDMC Foundation has given close to **\$1 million back to King's Daughters Medical Center**. This is money that directly affects the level of services we are able to offer at KDMC.

When you need healthcare, you want it to be:

- Readily available
- Easily accessible
- World class

When you give to the KDMC Foundation, you help make all of these things more possible.

There has never been a better time for you to get involved. Your gifts to the KDMC Foundation are used for one singular purpose, to make King's Daughters Medical Center a better place for you!

How can you give? It's so simple.

1. You can send a donation to us at:
KDMC Foundation
P.O. Box 3285
Brookhaven, MS 39603
2. You can go online at **KDMC.org/Give** and make a one-time or recurring credit card gift.
3. You can give a gift in memoriam or earmarked for a purpose you believe in the most.

Not sure how you want to help? Call Jeff Richardson at **601.835.7900**.

We have many ways for you to be a part of something important. There is no better time than now to support healthcare in YOUR community.

Thank you for considering KDMC!



Jeff Richardson
KDMC Foundation Director



A Message from Jeff Richardson,
KDMC Foundation Director



KDMC
FOUNDATION
Supporting OUR hospital

Thank you Alvin Hoover for 15 Years!



It's been an honor for our board to work with Alvin at KDMC. He has worked tirelessly to exemplify our mission of " *always providing quality health and wellness in a Christian environment*" He has been a blessing to KDMC and the Brookhaven community in his service. Our KDMC board congratulates Alvin on his well deserved retirement and are so grateful for his many years of loyalty and dedication.

– Martha Wilbert , Board Chair

In September of 2020, Alvin recommended to the KDMC Board that the word ALWAYS should precede our Mission Statement which is more than just a statement. Our mission statement is the very heartbeat of KDMC: So, the adopted mission statement was placed in effect in fall 2020 - *ALWAYS providing quality health and wellness in a Christian environment*. Just as ALWAYS defines our Medical Center with Alvin Hoover at the helm, it also defines Alvin. He has ALWAYS been a man that is God-fearing, kind, thoughtful, loving, generous, knowledgeable, compassionate, diligent...and the list goes on. Thanks Alvin!! It has been my pleasure and blessing to serve God and KDMC with you for 15 years. Most of all thanks for being my friend. – Sherra Smith, Board Trustee

It is hard to image a better CEO than Alvin Hoover over the past 15 years. This hospital and community owe him a debt of gratitude. Thank you Alvin, Nancy and family for your dedication and service to our community. – Bill Sones, Board Trustee



Easy Stuffed Pasta Shells

**King's Daughters Medical Center Dietary Manager
Natalie Ybarra shares healthy tips and recipes.**

Spinach, a mixture of low-fat cheeses, and herbs combine for a delicious filling in these stuffed shells.

Ingredients

- 1 package frozen chopped spinach, thawed (10 ounces)
- 12 ounces cottage cheese, low-fat
- 1 1/2 cups mozzarella, part skim shredded (save 1/2 cup for topping)
- 1 1/2 teaspoons dried oregano
- 1/4 teaspoon black pepper
- 1 jar light tomato basil pasta sauce, low-sodium (26 ounces)
- 1 cup water
- 6 ounces pasta shells, uncooked (large)

Directions

1. Wash hands.
2. Preheat oven to 375°. Lightly coat a 13x9x2-inch baking dish with cooking spray. Set aside.

3. Drain spinach by placing in a sieve or colander over the sink, or in a bowl and pressing with a spoon to remove as much liquid as possible, or squeeze out liquid with clean hands. Place spinach in medium bowl.
4. Add the cottage cheese, 1 cup of the mozzarella cheese, oregano, and pepper to the spinach. Stir to mix thoroughly.
5. Pour half of the spaghetti sauce into prepared baking dish. Add water and stir into the mix.
6. Spoon about 3 tablespoons cheese mixture into each uncooked pasta shell and arrange in a single layer over top.
7. Sprinkle with remaining 1/2 cup mozzarella cheese evenly over sauce.
8. Cover tightly with foil. Bake for 1 hour or until shells are tender. Let stand 10 minutes before serving.

Content source: myplate.gov

8 Servings



16 g

Protein
per serving



250

Calories
per serving



3 g

Sat. Fat
per serving



Learn More

To learn more about the health and wellness services offered at KDMC, visit the following:

Weight-Loss Class

➤ KDMC.org/WeightLoss

Fitness Center

➤ KDMC.org/FitnessCenter

Performance Center

➤ KDMC.org/PSP



Are You Getting Enough Sleep?

Getting enough sleep is important for people of all ages to stay in good health. Learn how you can improve your sleep.

People often cut back on their sleep for work, for family demands, or even to watch a good show on television. But if not getting enough sleep is a regular part of your routine, you may be at an increased risk for obesity, Type 2 diabetes, high blood pressure, heart disease and stroke, poor mental health, and even early death.

Even one night of short sleep can affect you the next day. Not only are you more likely to feel sleepy, you're more likely to be in a bad mood, be less productive at work and be involved in a motor vehicle crash.

Habits to Improve Your Sleep

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Make sure your bedroom is quiet, dark, relaxing and at a comfortable temperature.
- Remove electronic devices such as TVs, computers and phones from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Don't use tobacco.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

What About Sleep Quality?

Getting enough sleep is important, but good sleep quality is also essential. Signs of poor sleep quality include feeling

sleepy or tired even after getting enough sleep, repeatedly waking up during the night, and having symptoms of a sleep disorder (such as snoring or gasping for air). Better sleep habits may improve the quality of your sleep. If you have symptoms of a sleep disorder, such as snoring or being very sleepy during the day after a full night's sleep, make sure to tell your doctor.

Content source: National Center for Chronic Disease Prevention and Health Promotion

 **Learn More**

To learn more about the
KDMC Sleep Center, call

 **601.835.9270**

or visit

 **[KDMC.org/SleepCenter](https://www.kdmc.org/SleepCenter)**

COMING UP

Diabetes Education Classes

When: Tuesdays, call for class availability
Venue: King's Daughters Medical Center, Education Annex
Address: 427 Highway 51 North Brookhaven, MS 39601
To register: Call 601.835.9118



Education Classes Available

King's Daughters Medical Center healthcare professionals will come to your community group, workplace, civic organization or school to present a variety of wellness topics. For groups with six to 10 participants, they also will be glad to visit your business, church or organization for CPR classes and American Heart Association CPR and first-aid classes.

Events that are available per request with a minimum attendance needed:

- CPR Class
- First Aid
- AARP Safe Driver Class
- Health Fairs
- Flu Shots

To register: Call Tyson Kirkland, LPN
601.835.9406

KDMC Weight Loss Support Group

Promotes successful, affordable weight management approach

When: Tuesdays, call for class availability
Venue: King's Daughters Medical Center, Education Annex
Address: 427 Highway 51 North Brookhaven, MS 39601
To register: Call Emily Nations, RN, 601.835.9118



Mommy University

Mommy University is designed to help guide moms-to-be and their partners through the birthing process step by step with a one-on-one education class and tour of the labor and delivery unit.

When: At your convenience
Venue: King's Daughters Medical Center, Labor and Delivery Unit
Address: 427 Highway 51 North Brookhaven, MS 39601
To register: Call 601.835.9174 and tell a labor and delivery nurse you are scheduling your Mommy University appointment.



Breastfeeding Support Group

Join other breastfeeding or pumping mothers and share breastfeeding experiences of how to get started or how to maintain breastfeeding. Classes to resume in the fall of 2022.

When: First and third Tuesday every month, 11:30 a.m. and 1 p.m.
Venue: King's Daughters Medical Center, Education Annex
Address: 427 Highway 51 North Brookhaven, MS 39601
To register: Call 601.835.9167
Second and fourth Tuesday group meets at Lincoln County Library.

Smoking Cessation Classes

American Cancer Society Freshstart Smoking Cessation Classes start every four weeks. This is an educational support group with class attendance.

When: First Tuesday of every month, 5 p.m.
Venue: King's Daughters Medical Center, Community Services Building
Address: 418 Highway 51 North Brookhaven, MS 39601
To register: Call 601.835.9406



KING'S DAUGHTERS MEDICAL CENTER

DISCRIMINATION IS AGAINST THE LAW

King's Daughters Medical Center and KDMC Physician Clinics, LLC complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. King's Daughters Medical Center and Physician Clinics, LLC does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

King's Daughters Medical Center and KDMC Physician Clinics, LLC provides free aids and services to people with disabilities to communicate effectively with us and access our services, such as:

- Written and spoken information in other formats (large print, audio, accessible electronic formats, interpreters, etc.)
- Handicap parking, curb cuts and ramps, elevators, etc.

King's Daughters Medical Center and KDMC Physician Clinics, LLC provides free language services to people whose primary language is not English, such as information written in other languages.

- Name: Clyde Sbravati
- Mailing Address: 427 Highway 51 North Brookhaven, MS 39601
- Telephone number: 601-833-6011
- Fax: 601-835-9119
- Email: csbravati@kdmc.org

If you believe that King's Daughters Medical Center or KDMC Physician Clinics, LLC has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with King's Daughters Medical Center's Compliance Officer. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, King's Daughters Medical Center's Compliance Officer is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-523-1786.	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-523-1786.	CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-523-1786.	注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-523-1786。
ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-523-1786.	ملحوظة: إذا كنت تتحدث اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-523-1786.	ध्यान दें यदि आप बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-800-523-1786 पर कॉल करें।	ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-523-1786.
ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-523-1786.	주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-523-1786 번으로 전화해 주십시오.	સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-800-523-1786.	注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-800-523-1786まで、お電話にてご連絡ください。
PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-523-1786.	ANOMPA PA PISAH: [Chahta] makilla ish anompoli hokma, kvna hosh Nahollo Anompa ya pipilla hosh chi tosholahinla. Atoko, hattak yvmmu im anompoli chi bvnnakmvt, holhtina pa payah: 1-800-523-1786.	ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-800-523-1786.	ਧਿਆਨ ਦਫਿ: ਜੇ ਤੁਸੀ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵੱਚਿ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 1-800-523-1786 'ਤੇ ਕਾਲ ਕਰੋ।

10/12/2020



LIFELONG CARE

BRIGHTER DAYS ARE HERE

Your family's healthcare is important to you - and that's important to us. Providing high-quality care and partnering with you in managing your health is what we do. We are here to provide the care you've always counted on. **KDMC, caring for our community like no one else can.**

Call today for your appointment: 601.823.5000



KING'S DAUGHTERS
SPECIALTY CLINIC