

Spring/Summer 2022

WellnessViews

A Health Publication from King's Daughters Medical Center



Therapy Center Keeps Adding Innovative New Services

pg. 16



It's Time to Wake Up About
Sleep Disorders *pg. 6*

What Is Quick, Easy, Inexpensive and Relieves
Worries? A Heart Healthy Screening *pg. 14*

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Message from the CEO



We've had a couple of challenging years through the COVID pandemic, but some things remained normal. For one, KDMC continues to deliver babies, and at a record pace! In this edition of *WellnessViews* we highlight women's services at KDMC with a story on our record month of deliveries and another on our new 3D mammography and stereotactic unit.

We're proud to have a Leapfrog patient safety score of A, and to consistently maintain our ISO 9001 certification for Quality.

I appreciate the Brookhaven-Lincoln County Chamber of Commerce recognizing KDMC's efforts to take care of our community during the COVID pandemic. Our staff is dedicated to being your healthcare resource for all of your healthcare needs. If you haven't been vaccinated for COVID-19, please give it some more thought. Talk it over with your physician or other healthcare provider, and consider taking the best precaution to prevent the spread of the disease.

It's our privilege to serve you, and thanks for choosing KDMC!

ALWAYS providing quality health and wellness in a Christian environment.

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



Check out our new look!
www.KDMC.org



Contents

1 Message from the CEO

4 Chief of Staff

6-8 It's Time to Wake Up
About Sleep Disorders

10-12 Longtime Labor-Delivery
Manager Credits 'Awesome'
Staff for Record Births Month

14-15 What Is Quick, Easy,
Inexpensive and Relieves
Worries? A Heart
Healthy Screening

16-18 Therapy Center Keeps Adding
Innovative New Services

20-21 'A' – KDMC's National
Hospital Safety Rating

22-23 KDMC Will Come to
Workplaces to Give
Employees a Boost

24-26 New 3D Mammography
Machine Will Reveal
Hard-to-Find Breast Tumors

28-29 Big Donations Make a Big
Difference for KDMC

30-31 Healthy Lifestyle

32 Coming Up



A photograph of a smiling couple embracing outdoors. The man is on the right, wearing a blue sweater, and the woman is on the left, with curly hair. They are both smiling warmly. The background is a soft-focus outdoor setting with greenery.

KNOW YOUR HEART

Healthy Heart 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 we are now two years into this pandemic one thing has stood strong – our commitment to this community to always provide quality health and wellness in a Christian environment. With what appears to be a significant downswing in COVID cases over the past few months, KDMC is focused more than ever on caring for our community.

In this spring/summer edition of *WellnessViews* you will see there are truly brighter days ahead. There is news such as: In August 2021, during the COVID-19 pandemic, our LDRP Unit facilitated 82 births, a KDMC monthly record. We were recognized for outstanding patient safety and received a grade of A from the Leapfrog organization. And let's not forget the state-of-the-art upgrades coming soon for mammograms.

Our therapy department continues to grow under the leadership of Tim Slay, KDMC Director of Therapy Services, with new service lines like pelvic floor therapy and McKenzie Method back treatment. Both of these services fill a need in our community.



Our business community has benefited greatly from our Workforce Wellness program with on-site vaccines and boosters.

Our community's health is top of mind – all that we do is patient-driven because you deserve quality healthcare. There is no one else that is caring for their community like KDMC.

A handwritten signature in black ink, appearing to read "Mitch Holland". The signature is fluid and cursive, written on a light-colored background.

Mitch Holland, MD
Chief of Staff





LITTLE PATIENTS BIG CARE

BRIGHTER DAYS ARE HERE

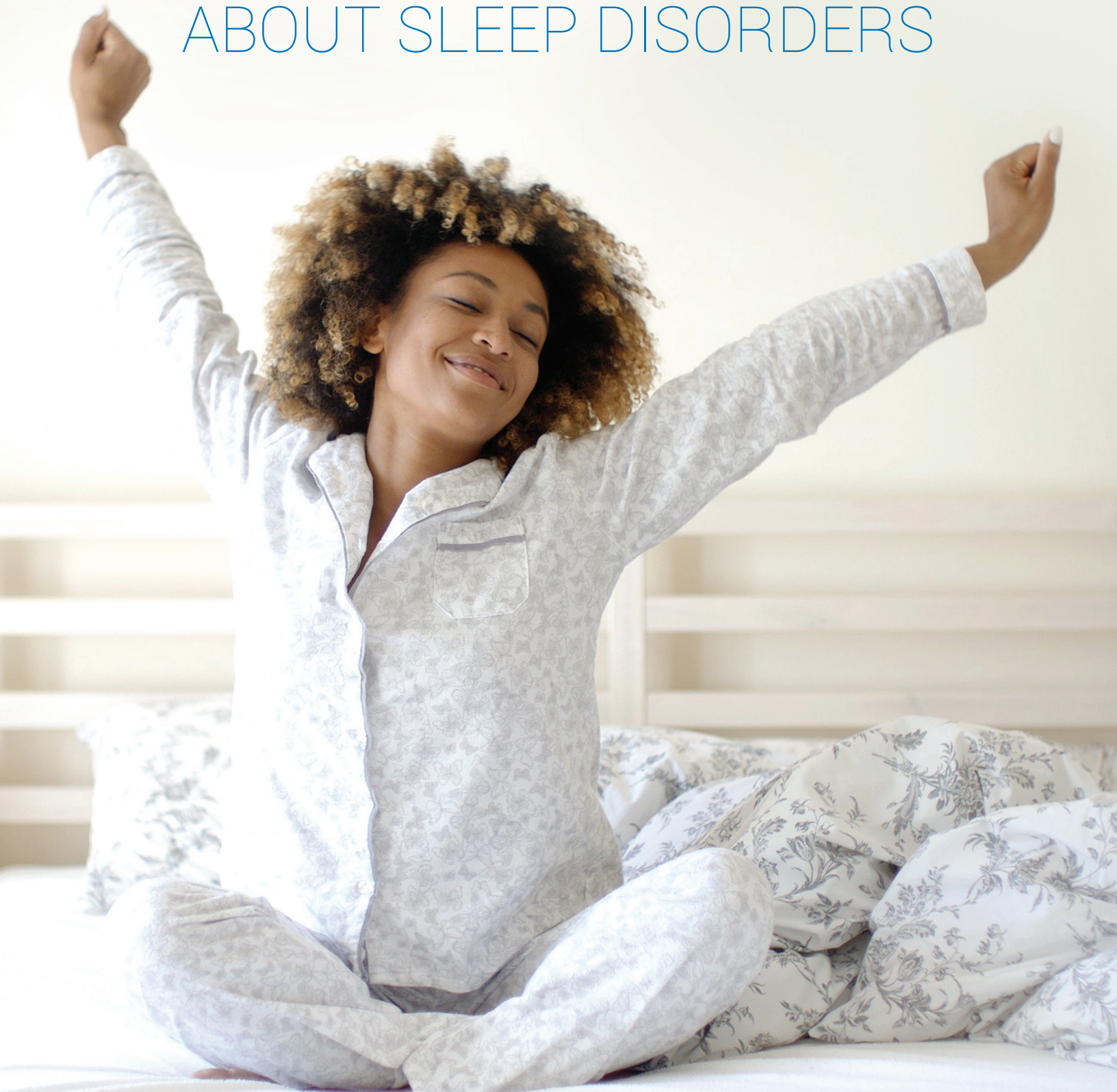
We really have two patients at KDMC Pediatric and Adolescent Clinic: your child and you, the parent. Our pediatricians and pediatric nurse practitioners understand your concerns. We communicate, so you and your family get the reassurance you need. After all, it's our community too. **KDMC, caring for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

Call today for your appointment: 601.823.5204



KING'S DAUGHTERS
PEDIATRIC AND
ADOLESCENT CLINIC

IT'S TIME TO
WAKE UP
ABOUT SLEEP DISORDERS



Luis Ybarra knew he should visit the KDMC Sleep Center. “My wife had been telling me for a while that she wanted me to go get checked, mainly due to my snoring,” he said. But it didn’t seem to be a priority at the time.

Then he needed to have surgery on his ankle. For post-surgical patients, snoring may indicate breathing problems that can become serious, even fatal, as the patient comes out of anesthesia. Suddenly, his priorities changed.

“So I made an appointment with the KDMC Sleep Center, got checked out and was diagnosed with a moderate case of obstructive sleep apnea,” Ybarra said. When his throat muscles naturally relaxed as he slept, they blocked his airway.” Ellanie Bessonette-Nations, NP, at the Sleep Center explained, “The airway doesn’t remain perfectly open with obstructive-type sleep apnea; the collapse of tissues caused Mr. Ybarra’s snoring and choking sounds. The end result was the interference with his breathing and subsequently with sleep quality.”

Repeated Awakening

Awakening throughout the night interfered with sleep itself. His brain, alarmed when oxygen levels in his blood decreased, would awaken him repeatedly so he could gulp for air, again and again, all night long.

Ybarra now uses a continuous positive airway pressure (CPAP) machine when he sleeps. It sends pressurized air into his

nose and mouth to keep the airway open. “It made a dramatic difference within the first two nights,” he said.

Do you snore often? Do you feel tired even after eight hours in bed? Do you have any of the other symptoms or characteristics listed on the next page? If so, then you should call the KDMC Sleep Center for an evaluation.

No Referral Needed

You need no referral; just ask for an appointment. Insurance usually covers an evaluation. You can do the evaluation in your sleep, literally – in most cases at home, and in just one night.

Ybarra said Bessonette-Nations had him fill out a short questionnaire and immediately checked his answers. “After reviewing his complaints and collecting subjective data I felt that he was very appropriate for a Home Sleep Test (HST),” Bessonette-Nations said. “This test is very easy to use and works well in many instances. In Mr. Ybarra’s case, the HST allowed him to remain at home with his family and collect the data we needed to make the correct diagnosis and initiate the appropriate treatment.”

“In Mr. Ybarra’s case, the Home Sleep Test allowed him to remain at home with his family and collect the data we needed to make the correct diagnosis and initiate the appropriate treatment.”

— Ellanie Bessonette-Nations, NP

The sleep center tallied the data and sent a report to a sleep specialist. Within a few days, the diagnosis came back. Ybarra needed a CPAP machine.

88 Different Sleep Disorders

A home study works well for diagnosing or ruling out obstructive sleep apnea, said Geoff Eade, RPSGT, CCSH, a registered sleep technologist at the sleep center. However, “Obstructive sleep apnea is just one of 88 sleep disorders,” he said.

Patients whose symptoms point to a condition other than sleep apnea can receive their evaluation at the sleep center, with its state-of-the-art monitoring equipment.



Ellanie Bessonette-Nations
Nurse Practitioner



L-R: Ellie Brooke, Luis, Spencer, Finley Ybarra



Eade said it's a myth that only overweight people have sleep apnea. "It comes from the way God made your throat," he said.

“Obstructive sleep apnea is just one of 88 sleep disorders”
 — Geoff Eade, RPSGT, CCSH
 Sleep Center Program Clinical Coordinator



Geoff Eade, RPSGT, CCSH
 Sleep Center Program Clinical Coordinator

Broad Effects

Eade wants to spread the word about how lack of sleep can affect a person's health. It can be linked to high blood pressure and diminished mental capacity and motor skills, among many other conditions. He wants patients to reach out to their healthcare providers for a sleep evaluation. He remarks that, "Medications to help you sleep or stay awake may not solve the underlying issues for sleep disorders," he said.

Ybarra certainly appreciates the value of a sleep evaluation. He and his wife now both enjoy restful, snore-free nights. Not surprisingly, he recommended that "anybody who's having symptoms that might be related to sleep should make an appointment at the KDMC Sleep Center."

Sleep Apnea Risks

Those who have or are likely to develop sleep apnea often show the following characteristics:

- Loud snoring
- Excess weight
- High blood pressure
- Physical abnormality in the nose, throat or other parts of the upper airway

Symptoms that may indicate a sleep disorder include the following:

- Daytime sleepiness
- Irritability
- Difficulty focusing
- High blood pressure
- Obesity
- Loud snoring
- Morning headaches
- Memory loss

Learn More

To learn more about the KDMC Sleep Center, call

☎ **601.835.9270**

or visit

➡ [KDMC.org/SleepCenter](https://www.kdmcsleepcenter.org)



GET THE SLEEP YOU NEED

IMPROVING HEALTH BY IMPROVING SLEEP

Lack of sleep affects everything in your life. A KDMC Sleep Center evaluation can provide the first step in treating sleep apnea, snoring, narcolepsy and other potentially harmful conditions. If you're 12 or older and have sleep problems, call the Sleep Center for an appointment. We can help you get your energy back.

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



KING'S DAUGHTERS
SLEEP CENTER

LONGTIME LABOR-DELIVERY MANAGER
CREDITS 'AWESOME' STAFF FOR

RECORD BIRTHS MONTH



Angie Williamson, RN-BC, BSN

Angie Williamson, RN-BC, BSN, proudly considers the Labor, Delivery, Recovery and Postpartum (LDRP) Department to be the best place to work at King's Daughters Medical Center – and the best place in Mississippi to have a baby. She thinks those two things are connected.

Williamson has spent the past 34 years at KDMC helping to bring babies into the world. For most of that time, she has been LDRP/Nursery Nurse Manager. In August 2021, during the COVID-19 pandemic, her department facilitated 82 births, a KDMC monthly record. Expectant mothers arrive from all over southwest Mississippi.

She credits her loyal, caring, “awesome” staff. “The nurses bond with the mothers and the wonderful physicians at Brookhaven OBGYN,” Williamson said. “I think that’s a big reason why we have so many babies born here.” When a patient is about to give birth, nurses often stay past the end of their shift just to be part of the joyful occasion.

Baby-Friendly

Mothers reside in one spacious, soothingly decorated suite during the birthing process from labor through postpartum time. That arrangement fits snugly with KDMC’s status as a designated Baby-Friendly hospital. The Baby-Friendly program encourages mothers to hold their newborns skin-to-skin on their chests immediately after delivery and encourages breastfeeding.

All the LDRP nurses are certified in neonatal resuscitation and advanced cardiac life support. They all circulate to cover tasks throughout the LDRP floor and are trained as first assistants for the surgeons during Cesarean sections in the LDRP operating room.

Statewide Partnership

KDMC is part of the Mississippi Perinatal Quality Collaborative, a statewide partnership that promotes quality and best practices in caring for mothers and infants. Williamson herself is always looking for ways to improve care too. She keeps abreast of all the latest innovations and collaborates with obstetric colleagues around the country.

The LDRP department stays current with technology as well. Williamson said she recently purchased three new





Why Deliver in a Baby-Friendly Designated Facility?

Hospitals with the Baby-Friendly designation have been verified by a third party (Baby-Friendly USA) that holds them accountable to the highest standards for mother/baby care practices related to infant feeding. These facilities are prepared to help you and your new baby get off to the best start. Staff are trained regarding the care of breastfeeding mothers and babies. Babies stay close to their mothers right after birth so that they can breastfeed as soon as they are ready. Policies allow healthy babies and their mothers to stay together day and night (rooming in) so they have the best chance to get to know each other.

Benefits of breastfeeding baby:

- Provides everything needed for normal growth and lifelong disease protection
- Decreases risk of ear infections, allergies, asthma, vomiting, diarrhea, diabetes, eczema, childhood cancers, sudden infant death syndrome and childhood obesity
- Is associated with higher intelligence scores

Circle of Moms Baby Café

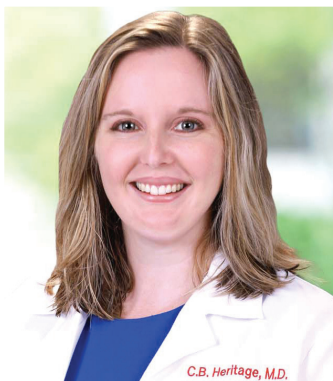
Call Lou Ann Wall, RN, IBCLC, for more information: 601.754.5165

“The nurses bond with the mothers. I think that’s a big reason why we have so many babies born here.”

— Angie Williamson, RN-BC, BSN

In an effort to reduce the number of Cesarean sections, the department now has a colorful assortment of peanut balls. These are large, peanut-shaped balls that women can use during labor to help position their bodies to promote vaginal delivery. “We are proud to say KDMC’s Cesarean rates are well below the national average,” Williamson said.

infant stabilettes – state-of-the-art devices which aid with the resuscitation/stabilization of newborns when necessary. New labor beds offer more flexibility during the labor and delivery process, and new bassinets are more versatile and easier to use.



Carolita Heritage, MD
Obstetrics and Gynecology

Fresh Ideas

She said the newest member of the KDMC Obstetrics and Gynecology team, Carolita Heritage, MD, has introduced many fresh ideas, such as the use of Cytotec, a medication that induces labor, as well as the Kiwi vacuum-assisted delivery system, which helps physicians safely deliver babies vaginally and thereby reduces Cesarean births. “It’s nice to have some young blood in with all us oldies,” Williamson joked.

Turning serious, she reflected, “I’ve spent my life here, I’m proud of what we have accomplished. This is my legacy.”

Learn More

To schedule a Mommy University tour or to get more information, call

 **601.835.9174**



DELIVERING
JOY

NOT JUST BABY-FRIENDLY, FAMILY-FRIENDLY

Luxurious suites create a soothing environment for every phase of birth, from labor and delivery through recovery and postpartum. KDMC's LDRP suites were Mississippi's first. They're still state-of-the-art – and designated Baby-Friendly. Our experienced staff will surround you with support, encouragement and love.

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



*WHAT IS QUICK, EASY, INEXPENSIVE
AND RELIEVES WORRIES?*

A HEART HEALTHY SCREENING

What is peace of mind worth to you? Or an early warning so you can head off a possibly serious, maybe even fatal health problem? Andy Lott spent \$100 and an hour of his time for a Heart Healthy Screening at King's Daughters Medical Center. He considers it a great bargain and "a wonderful thing."





Andy Lott

He's got plenty of company. "Everyone that comes in is very surprised at the ease and the convenience, and at getting the results that same day," said Catherine Bonds, RN, who administers the screening.

Here's How It Works

You're a good candidate for screening if you're in midlife or have high blood pressure, high cholesterol or a family history of heart or cardiovascular problems. You're not eligible if you've had a heart attack, stroke or stent procedure within the past five years, or if you're under a cardiologist's care.

No Referral Needed

If you qualify, call 601.835.9133 for an appointment. If you're not sure, call anyway. The staff will let you know. No referral is necessary.

You come to KDMC at the appointed time and pay \$100. (This is a cash pay screening – insurance is not billed.)



Catherine Bonds, RN

Bonds does a thorough evaluation. Among other things, she checks your heart via an electrocardiogram (EKG), checks your cholesterol and blood glucose levels, screens for peripheral arterial disease and peripheral vascular disease, and assesses you for signs of a stroke or obstructive sleep apnea.

Except for a needle stick to draw a bit of blood, it's noninvasive and painless.

Immediate Results

Immediately afterward, Bonds sits down with you to explain the results and answer questions. If the screening turns up anything that merits further investigation, Bonds can schedule an appointment with Jackson Heart Clinic at KDMC (which is right across the street) or another appropriate KDMC clinic.

"A lot of people come in because they haven't really had the opportunity to monitor their health or go to the doctor as much as they want to," Bonds said. "They've moved past the young and invincible stage of life. They've seen people not far from their own age show up in obituaries. They've noticed patterns of health problems that seem to run in their family."

"They're starting to realize that for their own health, they need to pay attention," she said.

Why Worry?

Lott, who lives in Smithdale, was 46. A lot of people he knew were beginning to have heart problems. "I didn't want to be worried about if I'm going to have a heart attack or not," he said. So he called KDMC for a screening.

He said Bonds was "very quick and efficient" while still keeping the session relaxed and conversational. "She was fantastic," he said. "One of the nicest people you'll ever deal with." In the end, she had good news: no red flags, nothing to worry about. "Best part of the whole thing," he said with a laugh.



What Are the Risk Factors for Heart Disease?

High blood pressure, high blood cholesterol and smoking are key risk factors for heart disease. About half of the people in the United States (47%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

About 659,000 people in the United States die from heart disease each year—that's one in every four deaths.

Learn more at cdc.gov/heartdisease.

Learn More

To schedule a Healthy Heart Program screening, call

 **601.835.9133**

THERAPY CENTER KEEPS ADDING INNOVATIVE NEW SERVICES

Have you ever heard of lymphedema management? How about McKenzie Method therapy? LSVT BIG or LSVT LOUD? Pelvic floor therapy? Dry needling? The King's Daughters Therapy Center knows all about them. If you have or develop a condition that those therapies can alleviate, you will be very grateful for that.



"Therapy's going through the same thing that physicians did in the '60s and '70s where everybody specializes in things," said Tim Slay, PT, KDMC Director of Therapy Services. The center has therapists certified in all of those techniques, and more.

Researchers are developing innovative new ways of helping patients with debilitating ailments. To learn each technique, therapists undergo extensive training and testing, leading to certification in that specialty. They also keep up with new developments through continuing education.

No More Long Drives

Slay came to KDMC 20 years ago. When he became therapy director six years ago, he wanted to broaden the center's offerings. "People were having to drive to Jackson or Baton Rouge for those specialty services," he said.

Fortunately for him (and the patients the center serves), KDMC has one of the largest physical, occupational and speech therapy and rehabilitation centers in Mississippi. The hospital has committed the resources needed to offer a broad range of therapies, with nine physical therapists, four physical therapy assistants, two occupational therapists, a full-time speech therapist and seven athletic trainers.

"We have a good staff that's been here for a long time," Slay said. "I've been a therapist for 20 years. We have several therapists that have even more experience than that. And we just don't have turnover here."



Tim Slay, PT, KDMC Director of Therapy Services

Recently Added

Here's a look at some of the services that the therapy center has added in recent years:

Lymphedema management:

"Lymphedema is just a debilitating problem," Slay said. It involves swelling caused by an accumulation of fluid that normally drains through the body's lymphatic system. It can result from cancer or radiation treatment for cancer and from several types of surgeries.

Megan Kellum, PT, CLT, received training and certification in lymphedema therapy. "She uses a specific treatment called manual lymphatic drainage," Slay said. "Compression wraps may also help," he said.

McKenzie therapy for musculoskeletal disorders, particularly of the spine:

Slay, Tim Cunningham, DPT, and Nicholas Johnson, DPT, all earned certification in the McKenzie Method. It took about two years and involved four courses, a board exam and a manual skills test. Slay said only about 25 therapists in Mississippi have the certification.

New Zealand physiotherapist Robin McKenzie originated the method in the 1950s. It's an exercise-based approach that can produce startlingly effective and quick relief of spine-related pain. "We can have a patient that has radicular pain all the way down to the foot," said Slay, referring to pain radiating from a pinched nerve in the spinal column. "After two visits, their pain is gone."

LSVT BIG and LSVT LOUD therapies for Parkinson's disease:

These therapies address, respectively, physical and speech issues. Ashley Choudoir, OTR/L, is certified for LSVT BIG. Speech Therapist Melissa White, SLP, is certified for LSVT LOUD. Both therapies involve going big: BIG uses very large steps and gestures to combat the shuffling gait and other restricted movements associated with Parkinson's and shouting to address the whispery voice.

"This kind of retrains their brain," Slay said. "It's really the first effective treatment that Parkinson's patients have had offered to them besides medication."



Pelvic floor therapy:

Carolita Heritage, MD, received training in pelvic floor problems during her obstetrics and gynecology residency. When she came to KDMC two years ago, she talked to Slay about pelvic floor physical therapy. About the same time, Margaret White, DPT, applied for a job. She happened to specialize in pelvic health. KDMC hired her and launched pelvic floor therapies.

"It's a program that is really great for incontinence, pelvic pain, bladder dysfunctions, constipation, those types of things," Slay said. "We've had a lot of success with it."

Dry needling:

This relatively new therapy is being increasingly used to treat muscle spasms and inflammation. It involves inserting tiny "dry" (meaning that nothing is injected) needles into trigger points on the body. The needles are similar to those used for acupuncture, but where and how they're inserted are much different. Courtney Owens, PT, undertook the 50 hours of training required for certification.



Benefits of Physical Therapy

Depending on the reason for treatment, the benefits of physical therapy may include:

- Pain management with reduced need for opioids
- Avoiding surgery
- Improved mobility and movement
- Recovery from injury or trauma
- Recovery from stroke or paralysis
- Fall prevention
- Improved balance
- Management of age-related medical problems

A sports therapist can help an athlete maximize their performance by strengthening specific parts of the body and using muscles in new ways.

A physical therapist or other healthcare professional can advise individuals about the benefits specific to their personal medical history and their need for treatment.

"Headaches that are muscular based, lateral epicondylitis (commonly called tennis elbow), plantar fasciitis, all these types of injuries respond really, really well to dry needling," Slay said.

Blood flow restriction therapy:

Applying a cuff to restrict blood flow back to the heart from an arm or leg can make muscle strength training effective at lower intensity and with lighter weights. Thomas "Trey" Freeny, PT, just earned certification in the technique.

"It works really well for postoperative patients," said Slay. "There's also been a lot of research recently about using it for neurologic patients who have had strokes or things like that. This may be a quicker way to build their muscle strength back up."

Several therapists also recently received training in manual therapy, which involves hands-on pressure and joint manipulation.

Slay said he's looking at certification for several therapists for this as well.

Keeping Up on Research

Slay continually researches what other therapies can be added that might best serve the community. Services at the therapy center normally require a referral from a physician, so he also gets frequent input from KDMC providers about their patients' needs.

"We get references from local doctors, and we pull other referrals from all over – Jackson and Hattiesburg, for example," Slay said. "People may go there to have their surgery, but they're going to come back here to have their therapy."

Regardless of the techniques used, he said, "Our goal is to provide one-on-one patient care. When our patients are here, we're with them full time." And backed up by a lot of training and experience.

Learn More

To learn more about KDMC's physical therapy and rehabilitation services, call

 **601.823.5255**

or visit

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



GET YOU MOVING

FULL-SERVICE THERAPY CLINIC WITHOUT LEAVING BROOKHAVEN

With everything from pediatric services, sports rehabilitation and therapy for our senior adults to state-of-the-art facility and equipment, King's Daughters Therapy Center provides one of the largest therapy clinics in the state. Our expert staff is dedicated to taking care of our community and helping patients regain strength and mobility with quality therapy services in a supportive, Christian environment. **KDMC, caring for our community like no one else can.**



KING'S DAUGHTERS
THERAPY CENTER



KDMC'S NATIONAL HOSPITAL SAFETY RATING

Everyone from the housekeeping crew to the medical staff to the CEO cheered the news that a national rating agency had awarded King's Daughters Medical Center a top Hospital Safety Grade of A. "They're excited," said Deanna Howington, KDMC's Director of Quality and Patient Safety. "It validates the care we're giving."

The Leapfrog Group, a national nonprofit organization dedicated to improving safety and quality in healthcare, releases its safety ratings twice a year – in spring and fall. KDMC received an A for fall 2021; spring 2022 ratings will be available soon.

Leapfrog grades nearly 3,000 general acute-care hospitals across the country. It uses more than 30 national performance measures from various sources, including the federal government's Centers for Medicare & Medicaid Services (CMS).

Systems in Place

Those measures include rates of preventable errors such as injuries and infections. Leapfrog also looks at whether hospitals have systems in place to prevent problems from occurring. For example, do doctors order medications themselves through a computer, or do they ask a nurse to order the medication? If doctors do the ordering directly, there's less chance of a misunderstanding or other mistake.

The Leapfrog recognition is special, said Howington, because "it's an outside

organization looking at our data and telling us that they agree we're doing a good job. It's not just us saying that we're doing a good job."



L-R: Deanna Howington and Brianna Standberry

Leapfrog uses the standard academic grades of A, B, C, D and F. In Mississippi, 31.8% of the 44 graded hospitals received an A. That percentage ranks 22nd among the 50 states and the District of Columbia. Virginia leads all states with 56.2% of its hospitals earning an A. The District of Columbia, Delaware and North Dakota ranked last with no A grade hospitals.

Values Align

According to its website, Leapfrog dedicates itself to improving "the safety, quality and affordability of U.S. healthcare by using transparency to support informed healthcare decisions and promote high-value care." That aligns with KDMC's values as well.

KDMC is proud of its commitment to patient safety and strives to continually improve. It views ratings such as Leapfrog's as being good for both patients and the medical center. Brianna Standberry, the KDMC Decision Support Director, put it this way:

"As consumers, the patients have the ability to look at the ratings and see, 'King's Daughters has an A. I want to go there for my care because they're safe.'"



Learn More

To delve into the metrics that The Leapfrog Group used to determine KDMC's hospital safety grade of A, visit

 HospitalSafetyGrade.org



KDMC WILL COME TO WORKPLACES TO GIVE **EMPLOYEES A BOOST**

Each of us has faced a unique set of challenges over the past two years as we have dealt with the COVID-19 pandemic and all of the alterations it has caused in our daily routines. One group that has faced a unique set of issues are the employers in and around our community. Being able to keep a workforce in place has

been harder than ever and remains a daily struggle. While these employers have taken a personal and professional interest in the health of their employees, they also have to balance maintaining productivity. This is where KDMC's Occupational Wellness group steps in to assist in both sides of that equation.

Organizations like Rex Lumber and Copiah-Lincoln Community College are just two of the many examples of those who have taken advantage of this process all the way to the point of booster shots. Over the last 12 months, KDMC has gone on-site to 50 locations and provided over 500 total vaccines. All of this was done at no cost to the companies.

These organizations have seen an abundance of benefits from offering this to their employees. According to the CDC, these vaccinations keep the workforce healthier. As a result, there are fewer days missed due to illness. Less sick days means more productivity. Vaccinations also offer several benefits to employees personally. They have a higher level of protection against COVID-19, it improves their overall health, they get vaccinated during work time, and there is an overall improvement in morale.

Employers Speak Out

"The KDMC team has been here multiple times," says Lorraine Stephenson, Human Resource Manager for Rex Lumber. "The fact that our employees can get their vaccination here on site, and get back to work, makes a world of difference in our productivity."

Copiah-Lincoln Community College Director of Public Relations & Sports Information Natalie Davis said, "We love when KDMC comes to help us. With a wide range of individuals, including students and staff, it is crucial that we assist in any way we can with their daily health."



Melissa Leggett
Occupational Wellness Director, Workforce Wellness



Worksite Convenience

On-site healthcare is nothing new for the KDMC Occupational Wellness team, led by Melissa Leggett, Occupational Wellness Director. For 14 years, this team has traveled all over the area offering a wide range of services. These include health fairs, flu shots, health and safety education, and most recently, COVID-19 vaccines. This service greatly contributes to the quality of health for the employees who take advantage of these offerings. Healthier employees mean happier employers.

KDMC Occupational Wellness is a FREE health and wellness program designed to work hand in hand with local employers and their employees to address and meet their health needs, including controlling workers' compensation and general healthcare costs. It's a service that helps KDMC contribute to the health and welfare of our community on a larger scale. Employers use these services and trust KDMC to look out for the best interests of their organization. It's just one of the many things KDMC does to support a community that has meant so much to it for over 100 years.

Workforce Wellness Services

Workforce Wellness offers a wide range of services to employers:

- Occupational health services for injury prevention: Physicals, Drug Screens, Lift Test and other required pre-hire services
- Workers' compensation services for injury intervention: Assisting employer with injury management
- Preventive health and wellness services for wellness promotion
- Access to Service Coordinator for service scheduling
- Access to Occupational Wellness Director as liaison for KDMC and affiliated providers.



Learn More

For more information about employer health and wellness services, call Melissa Leggett at

📞 **601.823.5292**

or visit

🖱️ **KDMC.org/WorkforceWellness**

NEW 3D MAMMOGRAPHY MACHINE WILL REVEAL HARD-TO-FIND BREAST TUMORS

With a state-of-the-art 3D mammography machine on its way, as well as other new equipment to make breast biopsies faster and less invasive, King's Daughters Medical Center takes another step forward in the fight against breast cancer. That's important, because the disease will affect one in every eight U.S. women.

The American Cancer Society and other healthcare organizations recommend that, beginning at age 40, women should talk to their doctors about getting annual mammograms to screen for the disease. The decision will depend in part on risk factors, such as a family history of breast cancer. (See a comprehensive list of symptoms on page 26.)

"The way to catch these cancers when they're small and most treatable is by doing screening mammography," said Wanda Biokua, KDMC Radiology Director.

Layer by Layer

3D mammography, as the name suggests, creates three-dimensional images of what's inside the breast. With standard 2D mammography, layers of breast tissue can obscure small cancers. 3D mammography allows the radiologist viewing the images to, in essence, examine tissue layer by layer and find those tiny trouble spots.

Biokua said 3D mammography can be particularly helpful for women with dense breasts, meaning that their breasts have a relatively small amount





of fatty tissue. With conventional mammograms, dense breast tissue appears as a solid white area that can mask possible cancers.

Women with dense breasts also have a higher risk of developing breast cancer.

Insurance Usually Pays

"Most insurers do pay for 3D mammograms," Biokua said. "If a patient's



Wanda Biokua, KDMC Radiology Director

insurance will not pay, we have ways of helping them with that."

KDMC will also be receiving a stereotactic breast biopsy unit and a device called a LOCalizer. Both will help patients who need biopsies in order to determine whether lesions (abnormal tissues) found through mammograms or other breast exams are cancerous. (A biopsy is the removal, usually through surgery or the insertion of a needle, of tissue that will be tested to see if it's malignant.)

"We'll be able to provide a full array of breast care starting with the screening mammogram all the way through a diagnostic workup of any lesion that they may have," Biokua said.

Saving Time

Among other things, the new systems will save time. If a mammogram reveals a

problem area, Biokua said, "many times we will be able to do their biopsy the same day." And a stereotactic breast biopsy, which uses mammography to guide the needle that takes the tissue sample, is much quicker (15-20 minutes) and less invasive than a surgical biopsy.

For some lesions, however, the best biopsy method is surgery – an excisional biopsy that removes the entire lesion. Usually, the location of the lesion is first marked by an ultrathin wire inserted into the breast. The surgeon then cuts along the wire.

In contrast, the LOCalizer marks the location with a tiny radio-frequency identification (RFID) tag inserted into the breast. A handheld RFID reader then shows the surgeon exactly where to find the lesion. This lets the surgeon decide where to make the incision in order to minimize visible scars or other negative outcomes.

3D mammography is a recently developed tool that can aid the radiologist in detecting very early breast cancers. It enhances a traditional mammogram by taking a range of photos and digitally reconstructing them into slices of the breast that can be as thin as one millimeter. This has been shown to aid in earlier detection of some types of breast cancer and is helpful particularly in women with dense breast tissue. We are excited at King's Daughters to adopt this new technology for the health of the women in our community. ”

— Bill Sones Jr., MD, Radiology



Unfortunately, the same semiconductor chip shortage that has disrupted automotive and other supply chains has delayed medical equipment as well. Still, the new equipment should arrive by late summer or early fall 2022.

Safety Concerns

Both conventional and 3D mammography involve X-ray radiation, which can cause cancer, especially with high doses and repeated exposure. Many women worry about that, Biokua said.

“One of the things I hear a lot is, is the mammogram safe?” she said.

“Mammography uses a very, very, very low level of radiation.” So the benefits far outweigh the minimal risks.

Being proactive about breast care is important, she said. “One of the biggest things is to check your breasts yourself every month. Go and see your doctor for your checkup yearly. When he tells you to get a mammogram, go do it.”

Convenience

The new equipment at KDMC will make that last step all the more important – and convenient.

“It’s the most accurate mammogram equipment available today,” Biokua said. “Soon people will be able to stay in town and get all the services they need here at KDMC.”

It's the most accurate mammogram equipment available today. Soon people will be able to stay in town and get all the services they need here at KDMC. ”

— Wanda Biokua, KDMC Radiology Director

What Are the Symptoms of Breast Cancer?

Different people have different symptoms of breast cancer. Some people do not have any signs or symptoms at all.

Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

Keep in mind that these symptoms can happen with other conditions that are not cancer.

Learn More

To learn more about breast cancer and mammograms, call the KDMC Mammography Suite at

☎ **601.835.9292**

or visit

➡ [KDMC.org/BreastHealth](https://www.kdmcc.org/BreastHealth)

To learn about the Pink Sisters support group for breast cancer patients, call Janice Wallace at

☎ **601.757.4388**



BRIGHTER DAYS ARE HERE

NATIONAL HOSPITAL SAFETY RATING GIVES KDMC TOP GRADE OF 'A'

We're focused on safety. We try to predict every possible accident and miscommunication. Then we create strict protocols to prevent them. We're grateful that The Leapfrog Group, a national healthcare safety organization, recognized us with a Hospital Safety Grade of A. It doesn't mean we can relax. We'll keep working. Every minute of everyday.

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



KING'S DAUGHTERS
MEDICAL CENTER

BIG DONATIONS MAKE A BIG DIFFERENCE FOR KDMC



As a nonprofit organization, King's Daughters Medical Center must rely on the donations of our community to accomplish many of our goals as an organization. King's Daughters Hospital was actually started in 1914 through gifts of those who know how important healthcare is. That willingness to give hasn't changed in over 100 years. KDMC Foundation has been honored to work with three large donors in completing projects that benefit our healthcare system. Here are those stories.

The Massengill Family

The name Massengill has a long and rich history when it comes to healthcare in Brookhaven. After serving in World War II, Robert C. Massengill, MD, and his brother Frank C. Massengill, MD, started practicing medicine together at the Massengill Clinic. Affectionately known as Dr. Bob and Dr. Frank, they served our community for a combined total in excess of 60 years. Dr. Bob was actually serving as Chief of Staff of King's Daughters Hospital upon his untimely death in 1967.

Bob Massengill, Dr. Bob's son and Dr. Frank's nephew, has been a great friend of the KDMC Foundation for years. He and his wife, Carol, approached Foundation

Director Jeff Richardson about doing something special to remember his father and uncle. A beautiful plaque has been placed in the hallway that connects the Outpatient Center with the main hospital. The plaque memorializes the doctors' dedication and service to our community. It's a beautiful and thoughtful way of remembering them both.

"We wanted to do something to help our medical center and memorialize my dad and Uncle Frank, whom we loved so much," said Bob Massengill. "It means a lot for us to see their faces in the hallway with physicians of the past and present."

Riverwood Family

One day, Foundation Director Jeff Richardson and Riverwood Family Funeral



Services, Administrator Colby McMorris were having a conversation about the waiting area outside the morgue at KDMC.

"I was explaining to Jeff that there were times when families were suddenly burdened with the fact that they wouldn't see their loved one again," McMorris said. In these instances, they needed a more comfortable place to come to terms with these tough circumstances."

After looking at the situation and what could be done, McMorris and Riverwood Family owner Clay McMorris, Colby's father, agreed that Riverwood would be honored to be a part of renovating this area and making it the way it needed to be.

Through a very generous donation from Riverwood Family, the KDMC Foundation was able to create a space where families

could sit and take the time they needed. "While these occasions aren't common, they are crucial to the welfare of the family," said Richardson.

Riverwood Family is important to our community in a multitude of ways. This was a special way for them to give even more.

The Jacobs Family

In 1958, Charles and Patricia Jacobs purchased the *Brookhaven Leader-Times* newspaper. They transformed it into *The Daily Leader* and served our community until they retired some 37 years later.

Through his work at *The Daily Leader*, Charles was always a supporter of King's Daughters Medical Center. Patricia became even more intimately involved. For over 35 years, she was a member of the Willing Hearts Circle, KDMC's founding organization, which oversees our management even to this day. She served multiple terms on the KDMC Board of Trustees, even serving one term as the chairperson.

Their son Bill Jacobs followed in both of their footsteps. He served as the longtime publisher of *The Daily Leader* and has served on the KDMC Board of Trustees. Upon Patricia's passing in 2020, Bill approached the KDMC Foundation to find

a way to honor the memory of his parents. "KDMC was important to my parents and is important to myself and my siblings," he said. "We wanted to do something special for the hospital that would honor their memories."

The result of the gift was a beautiful and functional renovation of the KDMC Administrative Conference Room including original artwork by Bill's brother Don Jacobs. This room is vital to leadership and employee meetings that help shape the direction of KDMC.

KDMC has been blessed over the past 108 years to have people in our community who are willing to give back so much to improve healthcare for our region. The Massengills, McMorrises and Jacobses are just three examples of those who realize how important KDMC is.



Jeff Richardson, KDMC Foundation Director

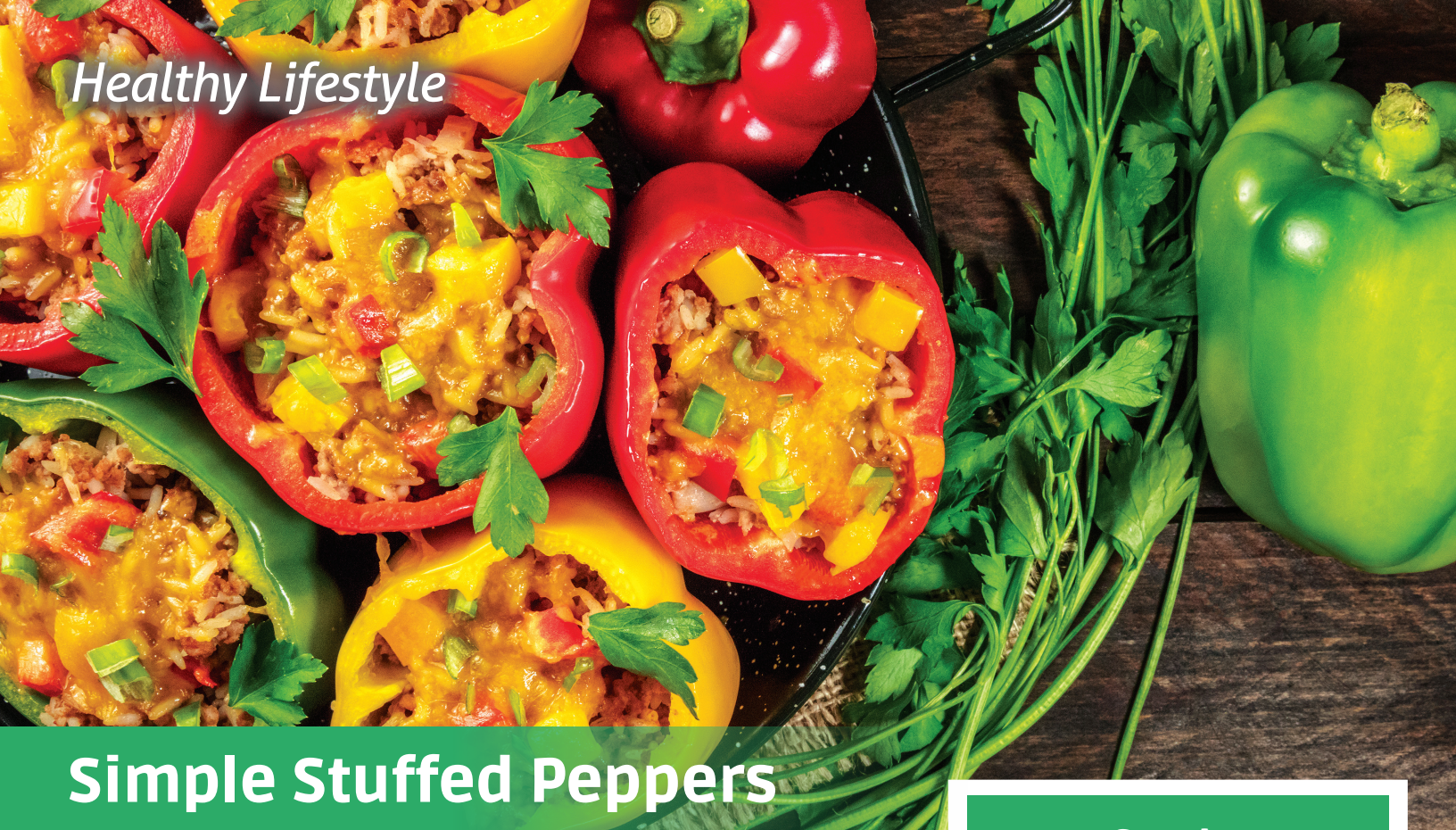
Learn More

To learn more about the KDMC Foundation, go to

➤ KDMC.org/Foundation

To donate, go to

➤ KDMC.org/Give



Simple Stuffed Peppers

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

These simple stuffed peppers are fun and flavorful. Use yellow, red, green, and orange peppers for a colorful dish.

Ingredients

- 1 cup brown rice, uncooked
- 4 bell peppers (any color)
- 1 can black beans, unsalted (15 ounces)
- 1 cup salsa
- Salt (to taste, optional)
- 1 tomato, sliced
- 1 cup reduced-fat cheddar cheese, shredded

Directions

- 1) Preheat the oven to 400°F.
- 2) Cook the rice according to package directions.
- 3) Wash the peppers under running water.
- 4) Cut the tops off the peppers and spoon out the seeds.
- 5) Drain and rinse the black beans.
- 6) Combine the rice, beans, salsa and, if you're using it, salt.
- 7) Spoon about 3 tablespoons of the mixture into the bottom of each pepper.
- 8) Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
- 9) Repeat steps 7 and 8 to fill the pepper completely, but do not top with cheese.
- 10) Bake peppers for 30 minutes, top each with 2 tablespoons of cheese, and continue baking for 15 minutes more.

Recipe brought to you by MyPlate, U.S. Department of Agriculture

4 Servings



19 g

Protein
per serving



357

Calories
per serving



2 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



Prevent High Blood Pressure

By living a healthy lifestyle, you can help keep your blood pressure in a healthy range. Preventing high blood pressure, which is also called hypertension, can lower your risk for heart disease and stroke. Practice the following healthy living habits:

Eat a Healthy Diet

Choose healthy meal and snack options to help you avoid high blood pressure and its complications. Be sure to eat plenty of fresh fruits and vegetables.

Talk with your healthcare team about eating a variety of foods rich in potassium, fiber and protein and lower in salt (sodium) and saturated fat. For many people, making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.

Keep Yourself at a Healthy Weight

Being overweight or obese increases your risk for high blood pressure. To determine

whether your weight is in a healthy range, doctors often calculate your body mass index (BMI). If you know your weight and height, you can calculate your BMI at the Centers for Disease Control and Prevention's Assessing Your Weight website. Doctors sometimes also use waist and hip measurements to assess body fat.

Talk with your healthcare team about ways to reach a healthy weight, including choosing healthy foods and getting regular physical activity.

Be Physically Active

Physical activity can help keep you at a healthy weight and lower your blood pressure. The U.S. Department of Health and Human Services' Physical Activity Guidelines for Americans recommend that adults get at least two hours and 30 minutes of moderate-intensity exercise, such as brisk walking or bicycling, every week. That's about 30 minutes a day, five days a week. Children and adolescents should get one hour of physical activity every day.

Do Not Smoke

Smoking raises your blood pressure and puts you at higher risk for heart attack and stroke. If you do not smoke, do not start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

Limit How Much Alcohol You Drink

Do not drink too much alcohol, which can raise your blood pressure. Men should have no more than two alcoholic drinks per day, and women should have no more than one alcoholic drink per day. Visit the CDC's Alcohol and Public Health website for more information.

Get Enough Sleep

Getting enough sleep is important to your overall health, and enough sleep is part of keeping your heart and blood vessels healthy. Not getting enough sleep on a regular basis is linked to an increased risk of heart disease, high blood pressure and stroke.

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

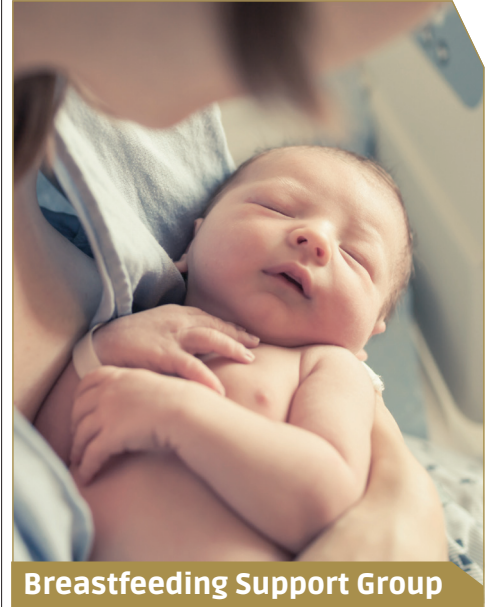
When: Tuesdays, call for class availability
Venue: King's Daughters Medical Center, Education Annex
Address: 427 Highway 51 North
Brookhaven, MS 39601
To register: Call Emily Nations, RN,
601.835.9118



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 601.835.9118



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 yvmmā 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 give you the care you've always counted on. **KDMC, caring for our community like no one else can.**



KING'S DAUGHTERS
SPECIALTY CLINIC