

Spring/Summer 2023

WellnessViews

A Health Publication from King's Daughters Medical Center



New Partnership Expands KDMC's Orthopedic, Sports Medicine Care

pg. 16



New Retail Pharmacy
Adds Convenience *pg. 8*

Young Cancer Patient Says KDMC
'Pretty Much Saved My Life' *pg. 22*

KDMC.org

KDMC FOUNDATION'S ANNUAL

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Jeff Richardson, Foundation Director
601.823.5326 or 601.835.7900

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Message from the CEO

It is truly an honor to write my first introduction to *WellnessViews* as your new Chief Executive Officer. What a fast six months it has been since joining the KDMC family and being on the cover of the last *WellnessViews*! I cannot even begin to describe the warm welcome my family and I have received since making Brookhaven our home.

Through the medical center and our health system, community and church events, our local schools and the friendships we have already made, it is clear KDMC is positioned to continue to lead and grow medical services for southwest Mississippi. The announcements of our Capital Ortho partnership, our new Retail Pharmacy and other items contained herein are just the start of our growth plans, and I guarantee many more exciting programs and developments to come.

Ultimately, alongside our Mission, what I've seen separate KDMC from other health care organizations is the support we get from you – our local community. Supporting your medical center and health system is vital to its success and ability to care for our community and give back.

I personally want to thank you on behalf of myself, our Board of Trustees and our amazing team members for all of your extraordinary support.

Thanks for choosing King's Daughters Medical Center!



A handwritten signature in black ink, appearing to read 'S. Christensen'.

Scott Christensen, FACHE, CEO
King's Daughters Medical Center



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PATIENT-CENTERED CARE AT ITS BEST

At King's Daughters Medical Center, we believe patient-centered care is the foundation of everything we do. That's why we are proud to be nationally ranked in patient care and safety. Our dedicated staff is committed to providing better health care and improving the quality of life for our community. We are one team, with one heartbeat and one mission - to provide the highest quality health care to the people we serve.

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



KING'S DAUGHTERS
MEDICAL CENTER



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Chief of Staff

A Message from Jeffrey Ross, MD KDMC Chief of Staff

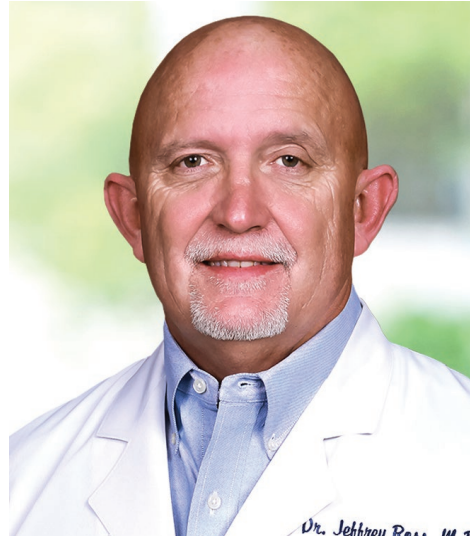
"It was the best of times; it was the worst of times"
Charles Dickens
A Tale of Two Cities

We have finally emerged from what appears to be the worst of the pandemic. Those years were the most difficult of my medical career and were incredibly stressful for all of the staff here at KDMC. Many of us wondered if we could continue to endure such difficulties.

What I witnessed was all of us, as a community, pulling together, working as one and supporting each other. We were all grateful for how our friends and neighbors were there for us as well.

Throughout those "worst of times," I remained hopeful that when we reached this point, things would be "different." Health care has become different, but the stresses are new.

The pandemic created a severe shortage of nurses across the country. We at KDMC are experiencing the same – but our leadership and staff are fulfilling our commitment to provide you, our community, with the best care possible.



We will continue to work hard, innovate and persevere for each other and our community, striving for the best of times in our future. Our mission calls for each of us to do so.

After persevering through the worst of times, I'm looking forward to what's ahead. Our new CEO has come on board, and we're excited to welcome the new partnership with Capital Ortho. Together with the new retail pharmacy, these developments will greatly benefit our community, and I'm hopeful we're about to come in to the "best of times" for our community.

A handwritten signature in black ink, appearing to read "Jeff Ross MD".

Jeffrey Ross, MD
Chief Medical Officer, Director of Inpatient
Medicine and Chief of Staff





LIFELONG CARE

Quality of life starts with lifelong care. At King's Daughters Medical Center, we understand how important your family's health is to you. That's why we're here for them in every stage of life - from excited new parents, through the adolescent and teen years, and even on their big day. Our commitment to high-quality healthcare for our community extends to all stages of life.

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



Scan to
View Video



KING'S DAUGHTERS
MEDICAL CENTER



KDMC PROGRAM PROVIDES PEACE OF MIND FOR PATIENTS WITH POTENTIALLY SERIOUS MEDICAL CONDITIONS

Certain chronic conditions can worsen quickly and with little warning – mostly commonly, high blood pressure, diabetes, COPD and asthma.

Since 2022, KDMC has offered a program to patients with these conditions. The program helps patients monitor their own key health indicators while sending critical information to their doctor that

will alert both parties when there might be a problem.

“It’s another tool that helps us monitor vital signs at a patient’s residence while they’re not in the office,” said internal medicine specialist Ray Montalvo, MD.

These programs reduce the burden on patients who might otherwise need frequent visits to the doctor’s office – and more importantly – they have been proven to reduce hospitalizations and adverse outcomes for patients with these chronic conditions.

Home Testing Device

Each patient is issued a home testing device that measures a key indicator related to their condition. It may check blood pressure, or glucose (blood sugar) for patients with diabetes, or blood oxygen for those with COPD or asthma.

A coach helps patients get comfortable with the testing regimen and keeps them on schedule.

Testing devices wirelessly send each reading through a smartphone or other

mobile device to KDMC via a cellular signal.

Acceptable Parameters

If the test readings stay within parameters that the patient's physician considers acceptable, then the monitoring program simply logs the reading.

The physician checks each patient's readings periodically – especially in advance of an office checkup. Dr. Montalvo said he looks for long-term changes, not daily fluctuations. "What's important in these diseases is the trend," he said.

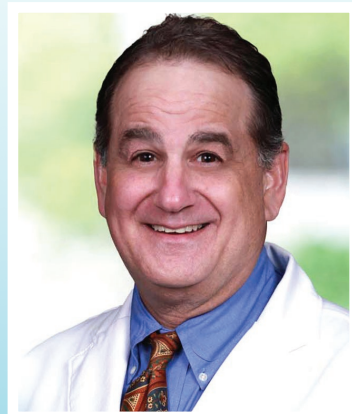
If a reading goes above or below the designated parameters into a danger zone, physicians may get an alert after the coach has worked with the patient. They can then set in motion any appropriate care, including emergency treatment.

As technology continues to improve, we'll continue to take advantage of what is offered.

— Ray Montalvo, MD, Internal Medicine

More Accurate Readings

Daily at-home readings paint a much more accurate picture than infrequent readings during occasional doctor visits.



Ray Montalvo, MD
Internal Medicine



Dena Jackson, MD, FACP
Internal Medicine

They eliminate such distortions as "white coat hypertension" – a blood pressure increase that occurs at a doctor's office when a patient is anxious or nervous.

Remote monitoring also lets physicians and patients closely track how medications are working. "Especially with things like blood pressure and glucose, we're able to make adjustments a lot more quickly, before we run into complications for the patient," said internal medicine specialist Dena Jackson, MD.

"We can adjust their medicine just from the monitoring," said Dr. Montalvo, "or bring them in or even do telemedicine if we need to."

Remote monitoring technology is fairly new. Both patients and KDMC healthcare providers are helping to develop it – discovering what works well and what still needs refinement.

Making It Better

"It's not perfect yet," Richardson said. "We'll continue to improve it to make it better for the patient."

KDMC continually looks for new ways to further its mission of always providing quality health and wellness in a Christian environment.

"As technology continues to improve," Dr. Montalvo said, "we'll continue to take advantage of what is offered and continue to progress."

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

Be sure to eat plenty of fresh fruits and vegetables.

Keep Yourself at a Healthy Weight

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 CDC's Assessing Your Weight website.

Be Physically Active

Physical activity can help keep you at a healthy weight and lower your blood pressure. That's about 30 minutes a day, five days a week.

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.

Learn More

For information about remote patient monitoring, call

 **601.833.5000**

NEW RETAIL PHARMACY ADDS CONVENIENCE

Patients leaving KDMC can now have the medications they need right away – without having to make extra stops on the way home, and without having to wait for insurance or prescription information to be transferred to another location.

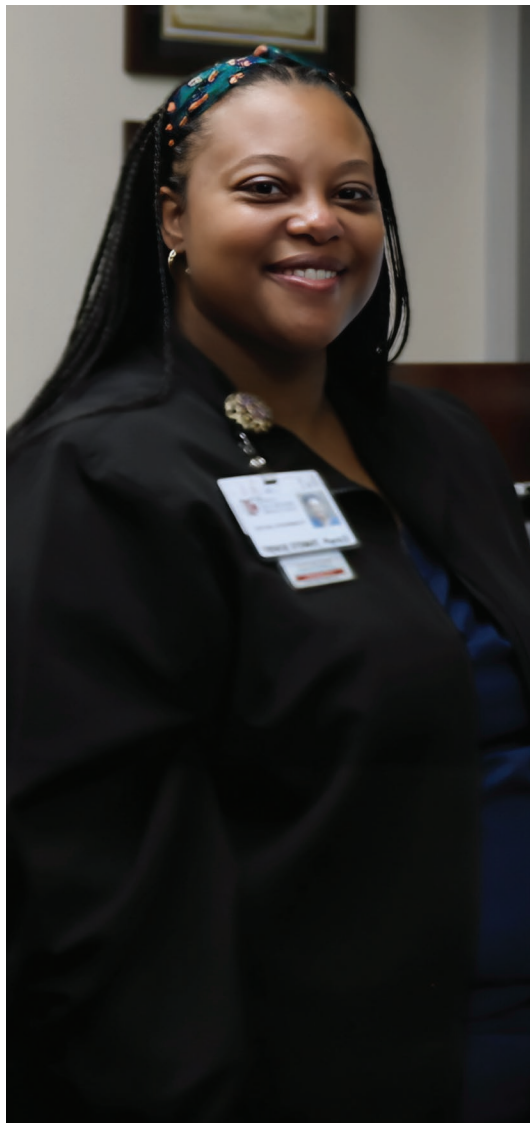
Most patients who are experiencing a hospital stay need medication – and KDMC has always been equipped to fill that need. But when you leave the hospital, often your first stop is to a retail pharmacy that can fill your prescriptions you are assigned as part of your outpatient care.

The new retail pharmacy at KDMC provides patients the benefit of filling their take-home prescriptions before they even leave their hospital bed.

The pharmacy team filling the take-home prescriptions is located right in the lobby, offering a convenient opportunity to stop and ask questions or make adjustments as needed.

In fact, extending the hospital pharmacy to provide take-home meds provides a continuity of care that can go well beyond patient convenience factors.

"We'll deliver your meds to your room before you even leave the hospital," said Pharmacy Director Karen Freeman. "So, you're



**The KDMC Retail Pharmacy
is open Monday-Friday,
8:30 a.m.-5:00 p.m.**

KDMC Retail Pharmacy Team



Pictured L-R : Madison Williams, CPhT; Trenise Sartin-Stewart, PharmD; Georgiana Abrams, CPhT

Madison Williams, CPhT

Madison Williams started her pharmacy career as a clerk at LaRue's Drugs. She soon fell in love with pharmacy. After a few months of working as a clerk, Madison became a certified pharmacy technician. Before finding her "home" here at KDMC in 2021, she worked at Bane's Drugs and SMRMC Pharmacy.

Trenise Sartin-Stewart, PharmD

Trenise Sartin-Stewart is a native of Brookhaven, MS. After graduating from Alcorn State University with a B.S. in Biochemistry, she attended pharmacy school at Florida A&M University. After completion of pharmacy school in 2014, Trenise worked as a staff pharmacist and then was named pharmacy manager with Walgreens and then later with Wal-Mart. Trenise has served as a Clinical Pharmacist at Accredo Specialty Pharmacy in Memphis, TN on the Rheumatoid

Arthritis and inflammatory disease team. "I am excited to be back in Brookhaven serving the community that I grew up in. I look forward to meeting you all and always providing quality health and wellness in a Christian environment," stated Trenise.

Georgiana Abrams, CPhT

Georgiana obtained her BS in Business Administration from the University of Southern Mississippi. She started her pharmacy tech career at LaRue's Drugs. After graduation from USM, she accepted a position with the retail pharmacy at SWRMC in McComb. Georgiana has been employed with KDMC since 2022.

ready to go straight home, and all your medication needs are met."

More Than Convenience

Convenience isn't the only goal. Skipping prescribed medications can sometimes put a patient right back in the hospital.

"We're just going to make sure that when you leave the hospital, you have what you need so that you don't have complications and need the services of our ER in the middle of the night," said Clyde Sbravati, KDMC's Chief Compliance Officer.

Meds-to-beds is a streamlined process. "Medications are electronically ordered by the physician that's discharging you," Sbravati said. "The prescription goes to our pharmacy. We don't have to ask you what your insurance is. You aren't a new patient to us; you're already our patient."

Some insurance plans require "prior authorization" for certain medications. The insurer asks for additional

information to make sure the prescription is medically necessary and appropriate before it will approve coverage.

The KDMC pharmacy can immediately work with the prescribing physician to provide the information or substitute a different medication to satisfy the insurer.

When cost is a concern, KDMC can also help. Discharge planners, discharge nurses and the pharmacy have access to discount coupons and reduced-price drug company programs for patients who have trouble paying.

Helpful for Visitors

KDMC employees can get their own prescriptions filled through the new retail pharmacy. Patients' visitors can pop in if they need a headache remedy or other non-prescription medication.

The pharmacy does not attempt to compete with drugstores. Its primary goal is to conveniently supply medications to

cover patients' needs immediately after discharge. Realistically speaking, Sbravati said, "If you're a patient, you're not going to want to come and park in front of our hospital and walk in every 30 days to get your medicine."

The meds-to-beds program is completely optional. "You're not required to get your prescription filled here," Freeman said. "It's just a service that we want to offer to better serve our patients."

Learn More

For information about the KDMC retail pharmacy, call

 **601.835.9462**

Over-the-counter personal items such as Ibuprofen, Tylenol, and sinus and cold medication are available.

PHARMACY DIRECTOR CAME TO KDMC THROUGH 'GOD'S GRACE'

When Karen Freeman, PharmD, moved back home to the Brookhaven area in 2012, she planned to continue working as a pharmacist at the University of Mississippi Medical Center, where she had completed pharmacy school.

Fortunately, King's Daughters Medical Center had a pharmacist position available. She got the job, she said, "by God's grace."

Promoted to Director

In summer 2020, as the COVID-19 pandemic raged, Freeman was promoted to Pharmacy Director. KDMC Chief Compliance Officer Clyde Sbravati, her predecessor as director, said he knew he had made a good choice when he walked in early on in 2012 and found her under the desk. "I asked, 'What are you doing?' She said, 'Oh, the cable is wrong on this computer. I'm fixing it.' I stated, 'We have an IT department.' She said, 'I know, but I can do this.'"

Freeman leads an exceptionally experienced, can-do team of four pharmacists. "We get along together and complement each other well," she said.

☞ We get along together and complement each other well. ☞

— Karen Freeman, PharmD

Mutual Respect

"They all respect each other," Sbravati said. "They have nice, strong family-type backgrounds."

Freeman attended The University of Mississippi School of Pharmacy, where she earned her Doctor of Pharmacy. She completed a Pharmacy Practice Residency at UMMC and achieved the status of chief resident.

The pandemic made for a hectic start to her new position. "We did a ton of vaccines," she said. "It's just been a blur."

Still, she said, "I don't plan to ever leave. I hope to be here until I retire."



☞ Commuting to UMMC every day with a 1-1/2 year old lasted, like, two days. ☞

— Karen Freeman, PharmD

LEAPFROG AGREES. WE BRING THE BEST OF HEALTHCARE TO YOU.

King's Daughters Medical Center is proud to have been recognized with an "A" Hospital Safety Grade award from The Leapfrog Group. We are committed to continuing to provide the highest level of safe, quality care for you and your family.



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



KING'S DAUGHTERS
MEDICAL CENTER

App Lets Obstetricians and Expectant Mothers Monitor Pregnancy Risk Factors Together

Expectant mothers with high blood pressure can now test for it at home,

The free app, Babyscripts myJourney, tells women every day what to expect at that stage of their pregnancy. It also provides reminders and checklists for prenatal care, plus postpartum information.

It's available for both Apple (iPhones and iPads only) and Android devices.

Scan QR code to
download app





Customizable

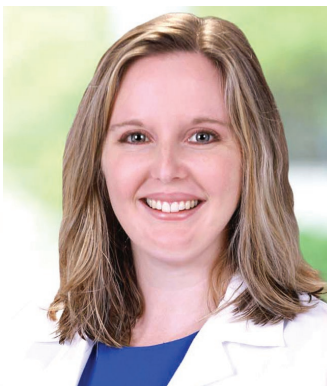
Several high blood pressure disorders can affect pregnant women, including preeclampsia, which can be deadly for both mother and baby. Many carry no noticeable symptoms and can crop up without warning.

"A lot of times, blood pressure issues don't really show themselves until around the time of delivery," Dr. Heritage said.

Personalized Schedule

So, for patients with blood pressure risk factors, she now offers a free home testing kit. A blood-pressure cuff sends its readings wirelessly via Bluetooth to Babyscripts myJourney. The app tells the patient when to check the pressure, on a schedule set by Dr. Heritage.

The cuff is simple to use – just slide it onto your arm and turn it on. As a bonus, patients can keep the device after their



Carolita Heritage, MD
Obstetrics & Gynecology

pregnancy to monitor their own or other family members' blood pressure (after disabling the Bluetooth link so the information doesn't get sent to KDMC). Although the Babyscripts myJourney app is free, the blood pressure testing program is an add-on to that normally requires a subscription fee. However, a grant currently makes it free to KDMC patients and KDMC itself.

Alert for Danger Level

The app relays each test result to Dr. Heritage. If a reading hits a danger level, she gets an alert.

When blood pressure reaches 160 over 110, the patient should be treated within an hour, said Angie Williamson, RN-BC, BSN, Nurse Manager of KDMC's Labor, Delivery, Recovery and Postpartum (LDRP) Department.

"Blood pressure problems can be very dangerous for expecting mothers," Dr. Heritage said. "This is a good tool to help us with that."

Home testing can sometimes bring good news. "If the patient has symptoms of high blood pressure, like headaches or vision changes, those symptoms can be from other things, like sinus problems or lack of sleep or not drinking water," Dr. Heritage said.

Peace of Mind

"If they have a blood pressure cuff at home, they can check it and say, 'OK, my blood pressure is normal. I don't have to worry.'"

The app can particularly help women who struggle to keep prenatal checkup appointments because of issues with transportation or finances, or simply because of busy lives.

Williamson said, "Anything that can be done at home is great."

Birth Tissue Donation Program

Becoming a birth tissue donor is easy and rewarding.

The collection of birth tissue is safe for you and your new baby. When planning your C-Section, you can grant consent for North Louisiana Tissue Bank (NLTB) to recover your birth tissues on the day of your C-Section. An NLTB representation will assist you in completing all necessary paperwork/ actions to ensure your gift of donation is utilized to its full potential.

How will by donation be used?

Your tissue may be used for transplant and/or research purposes. The choice is up to you.

Transplant purposes:

Your donation would be further manufactured to produce tissue allografts that are directly transplanted into patients.

Research purposes:

Your donation would be utilized to discover new and innovative products and processes.

Simply tell your OB/GYN physician that you would like to participate in the program, and they will take care of the rest.

Your birth tissue donation is an amazing contribution that is greatly appreciated and will help improve the quality of life for others.

Learn More

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

 **601.835.9174**



Jaymie Heard, DNP, RN
Chief Nursing Officer



New Chief Nursing Officer Adjusts Expectations on the Fly

Jaymie Heard, DNP, RN, came to KDMC as an intensive care nurse over 16 years ago. As he worked his way up the ranks, he also earned a master's degree and a doctorate.

After 14 years in management and extensive education and experience in the field, Heard says he still had to do some adjusting to fill his new role.

"When you actually step into the role, you say, 'OK, my goals have to shift," he said.

Advocating for Nurses – and for Patients

Heard sees his main function as Chief Nursing Officer is to be an advocate for his nurses and employees – "to voice concerns for them and to be able to help them have a successful career."

He says the pandemic brought new challenges the team is still working to overcome. "It changed everything."

"Here at KDMC as well as hospitals across the nation, we all started experiencing a nurse exodus." As nurses stepped away from the stresses of the profession or took lucrative jobs as itinerant travel nurses, patients kept flocking to KDMC because of its stellar reputation.

"We're pulling from counties across the South," Heard said. "People are coming to this hospital to receive care because they know we do a good job and we truly care for our patients."

Heard says the nurse staffing challenges and resulting financial pressure mean that a big part of his responsibilities has become making sure we run a lean department.

"We have to manage our resources more closely while making sure our patients and the quality of care they receive stay our number one priority," he said.

Heard says his team is navigating the challenge well. "We love this hospital, and we love the work that we do. This is the community hospital, and this hospital is needed."

Popular Demand Inspires *Expansion of Infusion Clinic*

The recent upgrade improves patient privacy and safety while allowing for more efficient operations to meet growing demand.

Infusion involves slowly introducing fluid into the bloodstream from an overhead bag into a tube and then into a vein via a needle.

Treatments for infections and many other conditions can require infusion. KDMC created the clinic when it began getting infusion requests from patients who didn't want to travel to Jackson or beyond.

A Local Need

"We saw that there was a service that needed to be provided in this area," said Chief Nursing Officer Jaymie Heard, DNP, RN.

When expansion became necessary, Heard said, "we also recognized that we needed to make sure that we were taking care of our patients from a privacy standpoint and from an infection-control standpoint."

KDMC moved the clinic from the first floor of the hospital to a former postoperative surgical space (closed during the COVID-19 pandemic) on the second floor. Three infusion rooms provide privacy and

allow isolation of infectious or immune-compromised patients.

Specialized Knowledge

Billing and scheduling for infusion demands specialized knowledge. Some treatments require tests beforehand, for example. Schedulers need to know that. KDMC handles all billing and scheduling in-house to ensure that if the patient needs bloodwork or other tests, that this is performed before the infusion process.

It's all about serving our community. "I'd much rather come to my local hospital to receive an infusion than drive elsewhere and be a number," Heard said. "Here, you're not a number. You're a name. We know you."

Learn More

For information about the KDMC Infusion Clinic, call

 **601.835.9438**

or visit

 **[KDMC.org/infusion-therapy](https://www.kdmcc.com/infusion-therapy)**

NEW PARTNERSHIP EXPANDS KDMC'S ORTHOPEDIC, SPORTS MEDICINE CARE



A period of transition became an opportunity for King's Daughters Medical Center to augment its orthopedic and sports medicine care. A new partnership, Capital Ortho at KDMC, brings the skills of four experienced surgeons from the Jackson area to Brookhaven.

The mutual respect between KDMC and the area residents it serves helped seal the deal with Capital Ortho, a 33-year-old orthopedic clinic and surgery center with three main locations in Flowood, Clinton and Madison and three satellite locations.

Capital Ortho CEO Jeff Bedford led a team that visited Brookhaven to explore the possibilities of partnering. "We met with the hospital staff and the people there, and we came to realize what a great relationship the hospital has with the community," Bedford said, "and how they seem to have been weaved into the fabric of the entire community."

Fulfilling a Commitment

The partnership comes after a retirement and other physician changes reduced KDMC's orthopedic and sports medicine team. Scott Christensen, who became CEO in August 2022, used the situation as an opportunity to rethink how KDMC could fulfill its commitment to provide orthopedic services to the people of southwest Mississippi.

"Recruiting an orthopedist in a short time frame was going to be really difficult," Christensen said. Partnering with an existing practice seemed the best alternative for ensuring and even expanding orthopedic care.

"We also knew that quality outcomes and an understanding of a community like ours was key to the success of the program," Christensen said.

ee What comes first is the patient and what's best for the patient. dd

– Jeff Bedford, CEO, Capital Ortho

Small-Town Experience

Capital Ortho already serves such smaller communities as Hazlehurst and Kosciusko.

Four of Capital Ortho's 11 physicians will practice at the newly formed Capital Ortho at KDMC. The location previously known



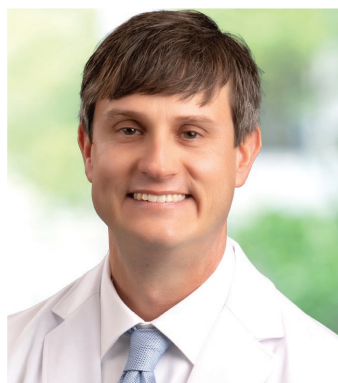
as KDMC Sports Medicine, Orthopedic & Spine Clinic: G. Andy Brien Jr., MD, Chad Hosemann, MD, Chris Kneip, MD, and J. Adam Smitherman, MD. Capital Ortho nurse practitioners and physician assistants will also provide care, along with the staff from KDMC.

Drs. Brien, Hosemann, Kneip and Smitherman have fellowship training in sports medicine. They will help KDMC maintain its sports medicine program with area secondary schools and Copiah-Lincoln Community College.

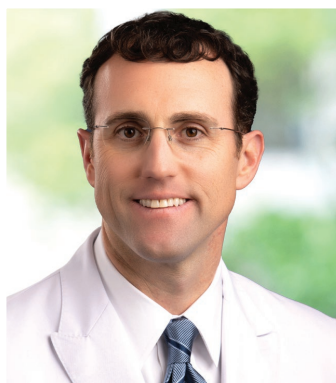
"A cornerstone of the conversations was that surgeries and procedures needed to be done on our campus in Brookhaven," Christensen said. "We understand that we are not equipped to handle every orthopedic surgery, but we can and have accommodated your basic orthopedic surgeries and procedures."

Range of Services

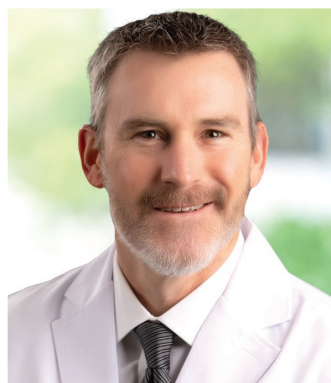
Bedford said Capital Ortho performs just about every type of orthopedic surgery and procedure.



Andy Brien Jr., MD
Orthopedic Surgery



Chad Hosemann, MD
Orthopedic Surgery



Chris Kneip, MD
Orthopedic Surgery



J. Adam Smitherman, MD
Orthopedic Surgery



Orthopedics involves care of the bones, joints and associated structures, including tendons and ligaments. The Brookhaven area has a significant retirement-age population. So KDMC treats many knee and hip problems and other age-related conditions.

"Any type of musculoskeletal injury that you would have, we can take care of," Bedford said. "That includes total hip and total knee replacements."

Careful Planning

Capital Ortho's reputation for quality care meshes with KDMC's mission of always providing quality health and wellness in a Christian environment. "What comes first is the patient and what's best for the patient," Bedford said.

KDMC Marketing Director David Culpepper, recalls Dr. Andy Brien saying, "You guys are fully committed to orthopedics, and we would like to be a part of this."

Both KDMC and Capital Ortho made sure they were a good fit. Bedford, Dr. Brien, nurse practitioner Tanner Long, FNP-C, and clinic administrator Wendy Hamilton, RN-FA, toured KDMC's hospital operating suites, its clinic settings, the Therapy Center and the Performance Center.

“I’m excited about the partnership,” he said, “because it allows KDMC to serve our community with excellent orthopedic services right here at home.”

— Scott Christensen, FACHE, CEO

Eager to Serve

Bedford said Capital Ortho and its physicians are eager to serve the Brookhaven community. "There's a tremendous number of patients we can help out," he said. "I do think there's potential for a tremendous amount of growth in the future."

Christenson said Capital Ortho at KDMC makes the medical center stronger.

"I'm excited about the partnership," he said, "because it allows KDMC to serve our community with excellent orthopedic services right here at home."

Coping with Injuries



For those recovering from orthopedic injuries, the realization that they are not in control of their outcomes can be difficult.

- Recovery can be frustrating, and limitations can lead to feelings of helplessness and loneliness.
- Maintaining a positive outlook during the injury and recovery process leads to better outcome.

For those who suffer from joint pain or inability to do the things they enjoy, seeking treatment and gaining perspective is important.

Physical activity plays a crucial role in mental and physical health.

Although injuries may limit physical exercise, it is important to remain dedicated to therapy.

Learn More

For information about orthopedics and sports medicine at KDMC, call

☎ **601.823.5275**

or visit

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

HOW YOU MOVE MATTERS



Move freely and live life to the fullest with Capital Ortho at KDMC! Our orthopedic team offers innovative treatment options tailored to your bone, muscle, and joint needs. From aches and breaks to tears and dislocations, we have the experience to treat every body.

Visit us today! **KDMC, caring for our community like no one else can.**





THE VEIN CENTER

TREATS WIDE VARIETY
OF LEG PROBLEMS

Tired, swollen, painful or discolored legs, a burning or itching feeling, varicose (swollen) veins, restless legs, tissue that's breaking down or oozing – if any of these conditions affect your legs, contact The Vein Center at King's Daughters Medical Center.

The Vein Center treats those and other vein-related problems with simple, proven outpatient procedures under moderate anesthesia. Patients usually resume normal activities immediately.

Dr. Michael Stewart, MD, board certified in general surgery, is the center's Medical Director. He stated, "Venous ablations are the best option to combat genetic or environmental causes of venous insufficiency."



Crystal Larimore, RT(R), RDMS, RVT

After arteries distribute life-sustaining oxygen to bodily tissues, blood travels back to the heart through veins. Valves in the veins keep the blood from flowing backward.

If the valves malfunction, gravity can cause blood to pool in the legs. That can cause everything from minor annoyances to serious problems.

Unxygenated Blood

"Blood moves through your veins in one of three ways, respiration, gravity and muscle contraction. When your one-way venous valves don't work properly, we call this venous insufficiency. It causes a buildup of unxygenated blood in your calves, ankles and feet due to gravity pulling it down. Over time, this can cause a break down in the

tissue surrounding the veins, which leads to discoloration and eventually ulcers if left untreated. Often, it causes other vessels to become engorged and push against the skin. We call these varicose veins. Varicose veins can be very painful depending on the location and severity. Venous insufficiency gets worse over time. Early treatment is key to limiting its progression", said Crystal Larimore, RT(R), RDMS, RVT, Vein Center Program Coordinator.

Although venous insufficiency can potentially lead to blood clots, The Vein Center does not treat them, instead referring patients to their primary care doctor or the emergency room.

Treatment

Treatment for venous insufficiency often starts with several weeks of conservative therapy. This includes wearing compression socks that keep a gentle amount of pressure on the calf veins to combat the effect of gravity on the blood and limits blood pooling in the calf, ankle and feet.

"Sometimes, people come back and say, 'Oh, those were great. That's all I needed.' But for some, the treatment may require a procedure to eliminate the faulty veins and redirect the blood flow through healthier vessels," Larimore said.



Michael Stewart, MD
General Surgery

Venous Disease

Do you suffer from any of the following?

- Leg Pain and Swelling
- Leg Heaviness
- Restless Legs
- Leg cramps
- Varicose Veins
- Leg Discoloration
- Leg Ulcers
- Spider Veins

If so, you may be **ONE OF THE 45 MILLION** Americans who suffer from venous disease.

Varicose veins are enlarged veins that are swollen and raised above the surface of the skin which occur due to a weakening in the vein walls and valves. They can appear dark purple or blue and have a lumpy, bulging or twisted, ropelike appearance.

Spider veins are tiny red or blue bursts on your legs. They are the result of dilated venous capillaries that fill with blood and become visible. They frequently are seen on the thigh, around the knees, on calves and at the ankles.

Learn More

For information about The Vein Center at KDMC or a free vein screening, call

☎ **601.823.5342**

or visit

🖱 **KDMC.org/vein**

YOUNG CANCER PATIENT SAYS KDMC

'Pretty Much Saved My Life'

Ben Watridge was hurting and scared when he came to the Emergency Room at King's Daughters Medical Center on December 9, 2022. There, he met Charles Asa Reynolds, MD. Said Watridge, "I feel like he pretty much saved my life."



L to R: Ben Watridge and Nick Smith, RN, Emergency Department Manager

An auto accident in 2020 gave Watridge, who is 27, a laceration on his colon. Since then, he has suffered digestive system pain and discomfort. "After the surgery, I just thought that was going to be the new normal, the way my stomach was acting," he said.

Then came the night when his "new normal" turned terrifying: "I couldn't pass anything when I went to the restroom."

'99% Sure It Was Cancer'

At the ER, doctors found a blockage. "Dr. Reynolds came in the next morning," Watridge said, "and basically told us he was 99.9% sure it was cancer. He knew what it looked like. He worked with it every day."

Dr. Reynolds was right. Healthcare providers assess the seriousness of a cancer on a four-stage scale. Stage 4 is the worst. Watridge's diagnosis: stage 3 rectal cancer.

"It's curable, thank God," Watridge said.

His father's side of the family has a strong history of cancer, and of familial adenomatous polyposis. FAP is a rare inherited condition linked to a defective gene. It causes extra tissue (polyps) to form in the colon and rectum. If untreated, the polyps are likely to become cancerous.

Deep Down, He Knew

Watridge knew of the history. He knew, deep down, that his pain wasn't normal.

"I was in denial," he said. "I didn't want to believe it. It's one thing if you're talking



Ben Watridge

about somebody else: "Such and such has cancer." But then I hear, "I have cancer. I'm like, 'This is a nightmare.'"

He spent three days at KDMC. "I couldn't have asked for better care," Watridge said. "The nurses were super friendly. Dr. Reynolds is awesome. I love him."

He underwent five rounds of radiation therapy at Ochsner Medical Center in New Orleans. "The radiation was really not that bad," he said.

Chemotherapy

This spring, Watridge began three to four weeks of chemotherapy at Mississippi Baptist Medical Center in Jackson. Supervising was Oncologist Justin Baker, MD (who sees patients in a clinic setting at KDMC once a month).

"They're going to try to shrink the cancer and then go in and remove it," Watridge said, "because right now, at this point, they can't remove it because of the size of it and the location."

He's staying positive. "I'm not going to give up, for sure. I'm definitely not losing my faith."

Lesson Learned

"If anybody has trouble or anything wrong, anything that's not normal or out of the ordinary, go and get checked out," he said. "Because it's serious."

"There are only four stages of cancer. And I'm at stage 3. I'm just now finding out only because I was being stubborn and didn't want to go to the doctor whenever I had a 'little' problem."

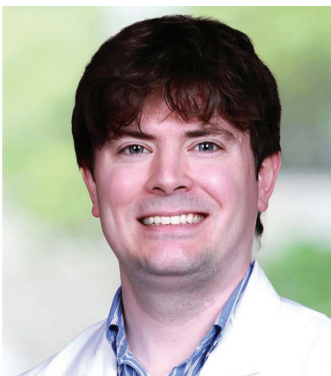
Colorectal Cancer Warning Signs

Colorectal polyps (abnormal growths in the colon or rectum that can turn into cancer if not removed) and colorectal cancer don't always cause symptoms, especially at first. Someone could have polyps or colorectal cancer and not know it. That is why getting screened regularly for colorectal cancer is so important.

If you have symptoms, they may include:

- A change in bowel habits.
- Blood in or on your stool (bowel movement).
- Diarrhea, constipation or feeling that the bowel does not empty all the way.
- Abdominal pain, aches or cramps that don't go away.
- Weight loss and you don't know why.

If you have any of these symptoms, talk to your doctor. They may be caused by something other than cancer. The only way to know what is causing them is to see your doctor.



Charles Asa Reynolds, MD
General Surgery

Learn More

KDMC has its own ambulance service to ensure the fastest possible response. For emergency services, call

 **911**



New Program Covers Every Aspect of **Diabetes Care**

Diabetes is an overwhelming problem in Mississippi. King's Daughters Medical Center is addressing it, head-on, with their new Comprehensive Diabetes Program that helps with everything from medication and nutrition to the often-overlooked mental health problems associated with the disease.

About one in seven Mississippians have diabetes, placing the state among the top five for diabetes rates. Fortunately, it is controllable and, in many cases, preventable.

"In the last 100 years, healthcare has come a long way in diabetes management," said KDMC Diabetes Educator Amy Case, FNP, BC-ADM. "From the creation of the first injectable insulin to now, there have been multiple classes of drugs added to help people manage their diabetes."

Too Much Blood Sugar

If you have the disease, your body doesn't make enough insulin or can't use the hormone as well as it should. As a result, too much blood sugar stays in the bloodstream. That can cause heart disease, vision loss, kidney disease and many other serious problems.

"There's a lot of new technology to make managing your blood sugars much easier, from pumps to InPens to medicines that are only given once a week," Case said.

The Comprehensive Diabetes Program covers every aspect of care. "It includes everything from nutritional management to counseling to risk management for other disease processes, along with therapeutic treatment of diabetes," said KDMC internal medicine physician Dena W. Jackson, MD, FACP.

Community Asset

"We feel like this will be a great asset to the community because there's such a high prevalence of diabetes here in Lincoln County and our surrounding areas," she said.

Any diabetic patient can participate. "We'll tailor the services that we offer to the specific needs of the patient," Dr. Jackson said.

Case became interested in diabetes 16 years ago while working as a clinic nurse. She has taught diabetes education classes and oversees a diabetes prevention program that has earned recognition from the Centers for Disease Control and Prevention.

A Lot of Self-Care

"I saw the need in our community for someone to stand alongside people when they've been diagnosed with diabetes and help them to manage it," she said. "Diabetes, unlike other chronic illnesses, requires a lot of self-care at home. There was no one available to help people with that."



Dena Jackson, MD, FACP
Internal Medicine



Amy K. Case, FNP, BC-ADM
Family Medicine

Case earned certification as a Diabetes Care and Education Specialist, which required more than 1,000 hours of training. "I've joined many of the professional organizations to stay current with up-to-date technologies," she said. Most recently, Case has earned a Board Certification in Advanced Diabetes Management through the Association of Diabetes Care & Education Specialists (ADCES). This distinction makes Amy one of only 20 medical providers in the state to hold this certification.

Dr. Jackson encourages other healthcare providers to refer diabetes patients to KDMC. "Diabetes is such a complicated problem to manage," she said. The Comprehensive Diabetes Program is designed to handle this specialized aspect of their care. "Then patients will return to their primary care providers for their other healthcare needs."

Dividing Responsibilities

People with diabetes are two to three times more likely to have depression than those without.

"The most important thing to know when you've been diagnosed with diabetes is that you are not alone," Case said. "We are here to help you through our comprehensive program."

Signs of Diabetes



If you have any of the following diabetes symptoms, see your doctor about getting your blood sugar tested:

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual

 **Learn More**

For information about diabetes education classes, call

 **601.835.9118**

EXPERIENCE UNMATCHED HEALTHCARE IN OUR COMMUNITY

At King's Daughters Medical Center, we believe that great communities deserve great healthcare. That's why we're committed to promoting health in innovative ways and keeping our businesses moving. With services like occupational wellness, heart healthy screenings, diabetes education and management, community education, and remote patient monitoring, we ensure that you receive the best care possible, even between regular office visits.

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



KING'S DAUGHTERS
MEDICAL CENTER



Scan to View Video

YOU DESERVE THE BEST



Based on surveys of patients across America, King's Daughters Medical Center was named one of America's Best Hospitals for Emergency Care and Patient Safety because of our high patient care standards and the appreciation of the unique health care needs of women and their families.

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



KING'S DAUGHTERS
MEDICAL CENTER

KDMC 3D Mammogram Gift

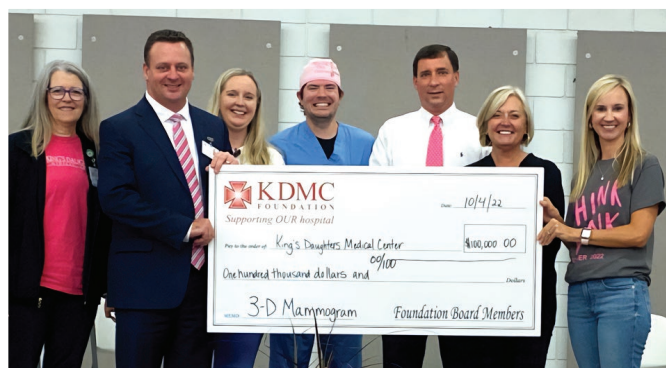
We did it again!

The KDMC Foundation was proud to present a check for \$100,000 to help King's Daughters Medical Center purchase new 3D mammography equipment. There was no better place to do this than at Think Pink 2022. Over 200 guests heard a panel of physicians speak on a variety of aspects as they related to breast cancer. KDMC Foundation Board President Carrie Sones, presented the check to KDMC CEO Scott Christensen.

It was a great day for KDMC and our community. — Scott Christensen, CEO

Thanks go to Dr. Dena Jackson, Dr. Justin Baker, Dr. Carolita Heritage, and Dr. Asa Reynolds for providing so much insight into screening and treatment. The crowd was really blown away by the amount and quality of information that these dedicated physicians offered. KDMC CEO, Scott Christensen said, "This is a special gift from our foundation. Because of the ongoing fundraising efforts of the KDMC Foundation, it provides the hospital with the resources to provide quality health care to our community. This donation was given by our employees, community and businesses, and that says a lot about our community and hospital."

There are many ways to support your hospital through the KDMC Foundation – contact Foundation Director, Jeff Richardson at 601-835-7900 or email jrichardson@kdmc.org.



Support Healthcare in **YOUR COMMUNITY**

Over the past 6 years, the KDMC Foundation has given close to \$1 million 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
- Superior quality

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





Sweet Potato Pancakes

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

Wake up to a delicious and healthy breakfast with these Sweet Potato Pancakes! Made with wholesome ingredients and packed with nutrients, these pancakes will give you the energy you need to start your day off right.

Ingredients

- ½ cup flour
- ½ cup whole wheat flour
- 2 tsp. baking powder
- 1 tbl. brown sugar
- ½ tsp. cinnamon
- pinch nutmeg
- 1 cup milk, skim
- 2 tsp. applesauce
- ½ cup egg substitute
- ½ cup sweet potato (cooked tender, peeled and mashed or canned, rinsed and mashed)
- Cooking spray

Directions

1. Mix flours, baking powder, brown sugar, cinnamon and nutmeg in a large bowl.
2. In a separate bowl, mix the milk, applesauce, egg and sweet potato.
3. Add the wet ingredients to the dry ingredient bowl. Whisk until smooth.
4. Preheat an electric griddle to 350°F and spray with cooking spray.
5. Pour ¼ cup of the batter on the pan. Cook until bubbly, about 1-2 minutes.
6. Flip and cook until golden brown.

Content source: myplate.gov

1 Serving



3 g

Protein
per serving



60

Calories
per serving



0 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](https://www.kdmcc.org/WeightLoss)

Fitness Center

➤ [KDMC.org/FitnessCenter](https://www.kdmcc.org/FitnessCenter)

Performance Center

➤ [KDMC.org/PSP](https://www.kdmcc.org/PSP)

What are the warning signs of Alzheimer's disease?

Alzheimer's disease is a progressive brain disorder that affects memory, thinking, and behavior. It is the most common cause of dementia among older adults, and it is estimated that around 5.8 million Americans are living with the disease.

The early warning signs of Alzheimer's can be subtle and easy to overlook, but it is important to be aware of them in order to catch the disease in its early stages. Below are some of the most common warning signs of Alzheimer's.

Memory loss: People with Alzheimer's disease often experience memory loss, particularly in the early stages of the disease. They may forget recent events or conversations, or they may have trouble remembering familiar people or places.

Difficulty completing familiar tasks: People with Alzheimer's may have trouble completing tasks that they used to be able

to do easily, such as cooking a meal or playing a game. They may also forget how to do things that they have been doing for years, like getting dressed or taking medication.

Language problems: People with Alzheimer's may have trouble finding the right words to express themselves, or they may start to repeat themselves. They may also have trouble understanding spoken or written language.

Disorientation: People with Alzheimer's may become disoriented, particularly in unfamiliar surroundings. They may get lost in their own neighborhood or have trouble remembering where they are.

Mood and personality changes: People with Alzheimer's may experience changes in their mood and personality. They may become depressed, anxious, or apathetic, or they may become more withdrawn or suspicious.

It is important to note that these symptoms can also be caused by other conditions such as depression, thyroid problems,

a vitamin deficiency or a side effect of medication. It is always best to consult a doctor if you notice these symptoms in yourself or a loved one.

If an Alzheimer's diagnosis is confirmed, early treatment can help slow the progression of the disease and improve quality of life.

It is also important to note that there is currently no cure for Alzheimer's disease, but with proper management and care, people with the disease can continue to live meaningful lives and enjoy the company of their loved ones for as long as possible. Regular exercise, healthy diet, mental stimulation, and social engagement can help improve the symptoms of Alzheimer's disease and slow down its progression.

If you or a loved one is experiencing any of these warning signs, it is important to see a doctor for a proper evaluation.

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

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 will also 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 Betsy Daughdrill, RD, LD
601.835.9489



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.

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 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।

AWARD-WINNING HEALTHCARE RIGHT IN YOUR OWN BACKYARD



We understand that the health of your loved ones is a top priority. That's why our team of dedicated caregivers and providers work tirelessly to bring you award-winning healthcare. Our commitment to providing safe, quality care has earned us recognition, and we're proud to be your trusted choice for all your healthcare needs. Experience the difference with KDMC, where community care is always our first priority.

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



KING'S DAUGHTERS
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