

WellnessViews

A Health Publication from King's Daughters Medical Center



In Losing 159 Pounds, He Gains a Future

pg. 14





THE ONLY THING THAT HURTS WORSE THAN YOUR HIP...

is knowing you are missing out on the things in life that matter most.

Ready to stop living with pain? Dr. Mark Barron and his highly trained staff offer a comprehensive joint replacement program. Our personalized care begins with your first appointment, and continues through your recovery. Let today be the start of a new **YOU**.



KDMC
SPORTS MEDICINE,
ORTHOPAEDIC & SPINE CLINIC



Mark Barron, MD
Orthopedics / Spine

Message from the CEO

We talk a lot about our mission at KDMC, "providing quality health and wellness in a Christian environment." That's because we are a mission-driven organization.

If we drill down into our mission, we see that our values play a vital role. They help us further define what we're all about. We use the acronym PRIDES to embed our values in our minds and in our hearts.

Passion for Knowledge
Respect for all individuals
Integrity
Demonstration of Christian Values
Excellence in Service
Stewardship

These are the values that drive us to fulfill our mission and provide the care you need. They challenge us to not only be good, but to be the best.

That's why in 2016 Women's Choice named KDMC one of America's 100 Best Hospitals for Patient Experience for the fourth year in a row. And, for the second year in a row, KDMC made the 100 SafeCare Hospitals 100-400 bed listing, ranking 14 out of 1,588 hospitals. For the 5th year in a row,



KDMC is one of Modern Healthcare's 100 Best Places to Work in Healthcare.

We love receiving these awards and recognitions. More importantly, the bottom line is that these awards represent the high quality of care we provide for our patients. You are truly our top priority. Thank you for choosing King's Daughters Medical Center for your health care needs.

Providing quality health and wellness in a Christian environment.

A handwritten signature in black ink, appearing to read "Alvin Hoover". The signature is fluid and cursive.

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



VISIT KDMC.ORG

FIND US ON

 [facebook.com/KingsDaughtersMedicalCenter](https://www.facebook.com/KingsDaughtersMedicalCenter)

 [@KDMCBrookhaven](https://twitter.com/KDMCBrookhaven)

 [youtube.com/KDMCBrookhaven](https://www.youtube.com/KDMCBrookhaven)

Contents

1
Message from the CEO

4
Chief of Staff

6-7
Helicopter Service Expands
KDMC Critical-Care Options

8-9
Easy One-Hour Procedure May
Fix Sinus Problems

10-12
OB-GYN Group Helps Make
LDRP Suites Best in State

14-16
In Losing 159 Pounds,
He Gains a Future

18-19
Protect Your Eyes from Sun
and Other Summer Dangers

20
New ACO Should Help
KDMC Patients

21
Health Needs Assessment
Focuses on Education

22-23
Dr. Dena Jackson Comes Home

24-25
General Surgeon Joins King's
Daughters Medical Center

26
Healthy Lifestyle

27
Coming Up

28-29
Community



MOTHER, GRANDMOTHER, AND GREAT-GRANDMOTHER WILMA ROBERTSON FINDS RELIEF AT THE VEIN CENTER AT KING'S DAUGHTERS.

I went to the free vein screening at The Vein Center at King's Daughters, and found out I had venous reflux disease in my right leg. Thankfully, with a minimally invasive procedure that only required numbing my leg, Dr. Stewart was able to go in and fix my diseased vein and redirect the blood flow. The procedure only lasted an hour, and I was able to laugh and talk to Dr. Stewart and his nurses the entire time. I think most people like me think, "oh my gosh, it's going to be so painful," but it was painless. The staff is wonderful and always willing to answer my questions, even when I called from home. After the procedure, I went home and followed my doctor's instructions closely, which included wearing compression hose, and I've had no problems. Now, I'm back to what I enjoy most, and that's being with my family and baking!

- Wilma Robertson

THE
VEIN CENTER
at

 King's Daughters
Medical Center

www.kdmcveincenter.org

1020 Biglane Drive | Brookhaven, MS 39601 | 601.823.5342



Chief of Staff

A Message from Richard Rushing, MD,
KDMC Chief of Staff

Being chief of staff at King's Daughters Medical Center and leading one of the most forward-thinking medical communities in our state is an honor and privilege.

The administration and medical staff at KDMC are always looking at ways to continue to meet our community's health care needs. One example of this is the recent opening of The Willing Hearts Circle Endoscopy Suites at King's Daughters. This is a dedicated area in our hospital, a more private setting and a better patient experience for those types of procedures.

The aforementioned suites were made possible by our Foundation, The Willing Hearts Circle and the forward thinking of our staff and administration. In addition to the Endoscopy Suites, we added two family practice physicians, Drs. William Hay and Marc Johnson, at our Medical Clinic on Brookway Boulevard and most recently an internist, Dr. Dena Jackson, FACP (see pages 22-23), to our Specialty Clinic on Brookway Boulevard.

Year after year, we continue to be recognized



with national awards that reflect our level of dedication and commitment to you, our community. The one thing that I am most proud of is our continued dedication, growth and hearts' desire to meet the needs of Southwest Mississippi.

Thanks for choosing King's Daughters Medical Center. We are providing quality health and wellness in a Christian environment. It is who we are, what we do and what we are all about.

A handwritten signature in black ink, appearing to read "Richard Rushing".

W. Richard Rushing, MD, FACP
Chief of Staff





PROUD TO BE RECOGNIZED AS THE 14TH NATIONALLY RANKED HOSPITAL

The commitment of the doctors and staff at KDMC to provide patients with outstanding quality health care has been recognized two years in a row – 2015 and 2016 – in the 100-400 bed category by The SafeCare Group®. The 100 SafeCare Hospitals® ranking is awarded for superior hospital performance in achieving 40 evidence-based metrics of the Affordable Care Act demonstrating excellence in quality care, patient safety, and efficiency of care.

We are proud of this honor, and will continue to focus on providing you with the best health care experience possible every time.



KING'S DAUGHTERS
MEDICAL CENTER

601.833.6011 | 427 Hwy. 51 North | Brookhaven, MS 39601

www.KDMC.org



HELICOPTER SERVICE

EXPANDS KDMC CRITICAL-CARE OPTIONS



King's Daughters Medical Center has added a new service and in the process has become an airport, or at least a heliport. In November 2015, Air Methods Corporation began basing a critical-care medical transport helicopter and crew at KDMC, available 24/7.

When critical-care patients need specialized services not available locally, the helicopter transports them from KDMC or surrounding areas to large tertiary-care hospitals. The transport company is Air Methods Corporation. Freddie Parker, regional business manager for Air Methods, says the aircraft at KDMC can travel as far as Mobile, Alabama, or New Orleans.

The Air Methods team provides KDMC with immediate service. "Once the request is made, we pretty much have a critical-care flight team at the bedside now within 10 to 15 minutes," Parker said. "Obviously, with a helicopter on the grounds, it reduces the response time for KDMC and expedites transport for folks in need of services in larger cities." The company transports both adults and pediatric patients.

Air Methods built a helipad at KDMC to house its Airbus H130 helicopter. The H130 helicopter carries a ventilator, cardiac monitor, defibrillator and other critical-care equipment, plus medications. The company handles its own clinical and aviation services, including maintenance.

The crew quarters house a pilot, flight nurse and flight paramedic. "Both medical crew members have extensive backgrounds in their respective disciplines," Parker said, "and they are required to obtain specialty certification for their position with the company."

Parker handles business development in south Mississippi

and south Alabama. He said he approached KDMC about contracting with Air Methods. "We noted an opportunity for an expansion of service into an underserved area in Southwest Mississippi," he said. "Brookhaven was a very central place to base an aircraft. It's right there on the I-55 corridor. So we started discussions with KDMC, and we identified a great place for the aircraft to be based there on the hospital grounds."

Air Methods, founded in 1980, is headquartered at Centennial Airport in Englewood, Colorado. It is the largest air medical emergency transport company in the United States. It serves 48 states from more than 300 bases of operations. On its website (airmethods.com), the company describes its mission as "extending the reach of critical-care access."

Parker said that mission translates into saving lives. He said his company strives "to give more tomorrows by extending the reach of critical-care access to anyone, anywhere, across the nation. We accomplish this through the vast experience and ingenuity of our people to create comprehensive solutions supported by our innovation, adaptability and financial stability."



Freddie Parker, Regional Business Manager, Air Methods



“Once the request is made, we pretty much have a critical-care flight team at the bedside now within 10 to 15 minutes.”

— Freddie Parker, Regional Business Manager, Air Methods



Easy One-Hour Procedure May Fix **SINUS PROBLEMS**

Chronic sinus problems affect 35 million people each year. Most sufferers seek medication or just tough out the misery, often to have the problem recur. But for some, says Ryan Case, MD, a simple, minimally invasive procedure may bring immediate, long-term relief.

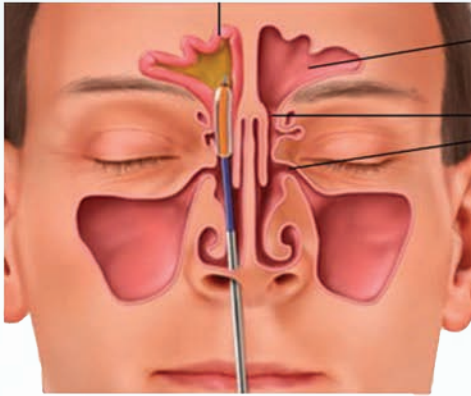
Dr. Case practices at Brookhaven ENT, Allergy and Facial Surgery and is board certified by the American Board of Otolaryngology. "We have the specialized training and experience to treat your sinus and nasal conditions," he said.

Inflammation of the sinuses, known as sinusitis, can cause headaches, breathing difficulties, diminished sense of smell or taste, and a feeling that your face is painfully full and about to burst. Medications may alleviate the problem, Dr. Case said.

Narrowed Sinus Openings

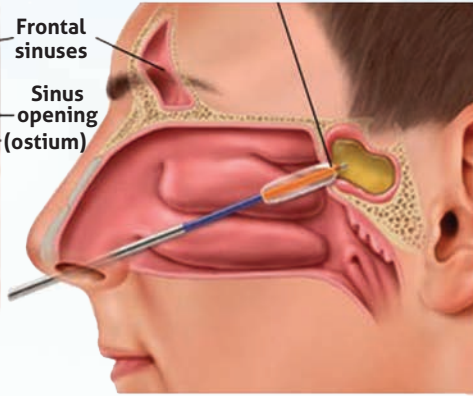
"For a lot of people," he continued, "whether it's because of chronic swelling or inflammation or the fact that they were just born that way, the openings for the sinuses are narrowed. So the sinus doesn't drain like it's supposed to. "Sinuses continuously

Inflamed sinus lining



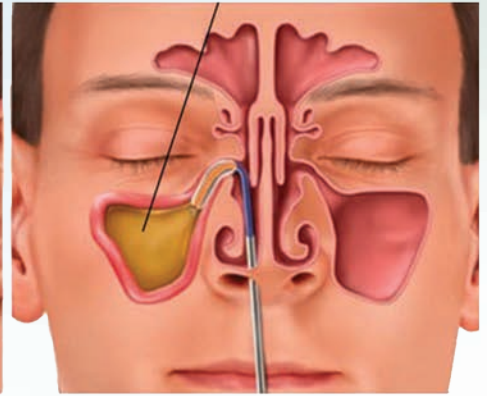
Frontal Sinus Balloon Dilation

Dilating sinus opening (ostium)



Sphenoid Sinus Balloon Dilation

Excess trapped mucus



Maxillary Sinus Balloon Dilation

produce mucus in order to flush out bacteria. Normally, we don't even notice the drainage. But narrow sinus openings can cause bacteria-laden mucus to back up into the sinuses, leading to infections. Medication can relieve symptoms, but the underlying problem is anatomical, Dr. Case said. "That's somebody who's a candidate for sinus surgery," he said.

Patients with chronic sinus problems can get a CT scan in Dr. Case's office. He'll also do an endoscopy (examining the nasal passages and sinuses through a tube) during the same visit. The results of these two procedures generally indicate three things, he said:

- Your sinuses look good. The problem is likely allergies or some other condition treatable with medication.
- You have a deviated septum, polyps or some other sinus issue that requires conventional surgery. We'll perform that at King's Daughters Medical Center.
- You're a good candidate for balloon sinuplasty, a simple, hour-long procedure that we can do in our office.

Balloon sinuplasty involves putting a special balloon up the nose to the sinus opening and inflating it. The inflation enlarges the sinus opening, usually permanently. Patients typically need only a local anesthetic inside the nose and sinus openings.

Back to Work in a Day

"I've had people that will have the procedure done in the office and return to work the next day," Dr. Case said.

Recent studies have found balloon sinuplasty to be as effective as endoscopic sinus surgery (a more traditional approach that's more invasive and involves removal of tissue). Both procedures have yielded positive results for our patients.



Ryan C. Case, MD, Otolaryngology and Head and Neck Surgery

The wide variety of available treatments and procedures lets him select what's optimal for each individual, Dr. Case explained. That way, he said, "We feel that our patients have better outcomes."

The Four Sinuses

- Maxillary, the largest, in the cheekbones
- Frontal, in the forehead
- Ethmoid, between the eyes at the bridge of the nose
- Sphenoid, deeper in the skull behind the nasal cavity

Learn More

Ryan Case, MD, is a board-certified otolaryngologist and head and neck surgeon on the medical staff at King's Daughters Medical Center. To schedule an appointment with Dr. Case, call

📞 601.835.0077

OB-GYN Group Helps Make LDRP Suites

One of **America's Best Hospitals for Obstetrics**
and **America's 100 Best Hospitals for Patient Experience** as Rated by Women's Choice Award.



King's Daughters Medical Center and Brookhaven OB-GYN Associates, P.A., collaborated more than 25 years ago to create the finest childbirth facility in the state. Since then, the LDRP Suites have only gotten better.

THE OB-GYN TEAM



Kim Sessums, MD



Steve Mills, MD



Richard Rushing, MD



Leigh Cher Gray, MD

LDRP stands for labor, delivery, recovery and postpartum. The suites allow women to stay in one room for all phases of the childbirth experience. KDMC pioneered the concept in Mississippi over 25 years ago.

Brookhaven OB-GYN Associates and the LDRP Suites have been

intertwined from the beginning. Kim Sessums, MD, and Steve Mills, MD, decided during their residency training that they wanted to practice together. They searched for opportunities throughout the Southeast, especially in Mississippi. In 1988, they settled in Brookhaven, which had no full-time obstetrics and gynecology practice.



“Labor and delivery made a complete transition. We got bigger and better, and we continue to grow.”

— Leigh Cher Gray, MD

Big Financial Commitments

KDMC created a women’s health unit on the second floor of the hospital, including the LDRP Suites. The new OB-GYN practice built a clinic across the street. “Both made big financial commitments to prove to the community that they were here to stay and that the hospital was going to do what it needed to do to take care of patients,” said Richard Rushing, MD, chief of staff at KDMC.

Dr. Rushing is a partner in Brookhaven OB-GYN Associates. He came to Brookhaven in 1990 to join the practice. In 2002, Leigh Cher Gray, MD, became the fourth member of the team. All are Fellows of the American College of Obstetricians and Gynecologists and are board certified by the American Board of Obstetrics and Gynecology.

On a more personal level, all four are Mississippians — Drs. Rushing and Sessums from Forest, Dr. Mills from Tupelo and Dr. Gray from McComb. All four are parents themselves. Drs. Sessums and Gray have four children, Dr. Mills has six and Dr. Rushing has eight. Perhaps most important, all four are committed Christians.

“I really do believe that the fact that we’re all believers shows,” said Dr. Gray. “It is evident in the way we act and treat others.”





The Patient's Best Interest

The physicians speak very fondly about each other and their working relationship. "We all have the patient's best interest at heart," said Dr. Rushing. "We have been blessed that we like each other, we love each other, we trust each other and we work well together. I couldn't ask for better partners."

Dr. Sessums said such harmony leads to better patient care. "We hope that comes across in terms of how happy our staff is and how many of us have been together a long time," he said. "We can provide consistent quality care to the patients in an environment that gives them confidence."

The partners commended KDMC LDRP Manager Angie Williamson, BSN, RNC, for her managerial and communication skills. And KDMC CEO Alvin Hoover, FACHE, "has led a facility overhaul for the entire hospital that's just been remarkable," Dr. Gray said. "Labor and delivery made a complete transition. We got bigger and better, and we continue to grow."

Together, she said, KDMC and Brookhaven OB-GYN deliver "health care that I would put up against anyone else in the world — and the awards we receive prove that." This year, for the fourth year in a row, KDMC won a Women's Choice Award as one of America's Best Hospitals for Obstetrics.

"My wife delivered four of our children here," Dr. Mills said, "and she said the only problem is she had to go home."



Each Doctor Shares What Gives Them Inspiration:

- Dr. Rushing: His partners. "We are all in this together. We all look out for each other."
- Dr. Sessums: Art; he's an accomplished artist. For details, see jkimssessums.com.
- Dr. Gray: Her father, LeDon Langston, MD. He now practices at King's Daughters Medical Clinic.
- Dr. Mills: Shared joy with patients. "You get to be there for one of the happiest events in their life."

Learn More

Drs. Sessums, Mills, Rushing and Gray practice at Brookhaven OB-GYN Associates, P.A. To schedule an appointment, call

 601.833.8157



KING'S DAUGHTERS MEDICAL CENTER NAMED A BEST HOSPITAL IN AMERICA.

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



601.833.6011 | 427 Hwy. 51 North | Brookhaven, MS 39601

www.KDMC.org



IN LOSING 159 POUNDS, HE GAINS A FUTURE

Love motivated Jaymie Heard, DNP, RN, to cut his weight from 328 pounds to 169: love for his family, love from his friends and co-workers at King's Daughters Medical Center, and love of God.



“ I can do all things through Christ who strengthens me. ”
— Philippians 4:13



"You can do all things through Christ, who gives me strength," Jaymie said. "He didn't let me fail. I'd turn to Him a lot and say, 'I'm ready to give up! I'm hungry.' He'd say, 'Don't give up.' He'd tell me that I've got something great coming."

SOMETHING GREAT DID INDEED ARRIVE IN JANUARY 2016.

Jaymie's wife, Amy, gave birth to their first child, Jack. A doctor had warned the Heards that the extra weight they carried jeopardized their chances not only of having a baby but also of fully carrying out and enjoying their role as parents.

So losing 159 pounds in less than a year and a half gave Jaymie more energy, a fashionable new wardrobe and, most important, a future to dream on. "I'll be able to run around and play with my son and not be tired," he said. "I'll be able to enjoy my son and Amy. We'll be able to do things I couldn't do before."

Jaymie, who will turn 37 in May, began working at KDMC in 2006 and is now third-floor nurse manager. In 2008, he married Amy, an X-ray technologist at KDMC Medical Clinic.

In November 2014, the Heards decided to get serious about caring for their bodies. "We developed a plan to be each other's coach," Jaymie said. Realizing that they needed more than a temporary diet or a sporadic exercise program, they adopted a healthier lifestyle.

They recorded everything they ate using MyFitnessPal, a free calorie counter and diet plan app. Visiting the KDMC Fitness Center became a new habit every day after work. "We had both been employees since 2006 and had never used the center," Jaymie said. Instead of ordering pizza or hitting a fast-food drive-through, they started grilling chicken and fish and eating salads, fresh fruits and fresh vegetables. They cut out salad dressings, sugar and bread. They traded soft drinks for tea sweetened with Splenda or just water. They threw out the unhealthy food in the house and stocked up on healthy snacks like apple slices.





By May 2015, Amy had lost 37 pounds and Jaymie had lost 40. Then Amy became pregnant. Her doctor suggested that she suspend strenuous workouts. Still, her healthier body and healthier lifestyle paid off, and she avoided gestational diabetes. "I was still cooking healthy," Jaymie said. "There were times she really wanted something that we normally wouldn't have, and I'd go get it. I had to realize that it's OK to cheat sometimes."

Amy gained 30 pounds during her pregnancy. Three weeks after Jack was born, she weighed three pounds less than she had prepregnancy. Jaymie has gone from waist size 46 to 32 and from shirt size XXXL to medium. At one point, Jamie was taking blood-pressure, cholesterol and sleep medications every day. Now all he takes is a multivitamin, and his blood work is at normal levels.

Relentless support from his colleagues helped tremendously. Everyone from housekeeping workers to CEO Alvin Hoover was rooting for him. "There's not a person from KDMC who didn't give me encouraging words," Jaymie said. "We have truly become a family as well. We hold each other accountable on everything." Even now, when he's switched to maintenance mode after hitting his target weight, they still show him love every day. "They are still cheering me on."



How Jaymie Did It

"You can do anything you set your mind to," said Jaymie Heard, who in 16 months lost 159 pounds. Here's what worked for him and his wife, Amy:

- Ask for God's help.
- Tell everyone. Encouragement from friends and co-workers kept the Heards motivated.
- Record everything you eat. You'll see where you can cut calories.
- Use technology. The app MyFitnessPal helped the Heards.
- Explore resources available at work. As King's Daughters employees, we have access to KDMC Fitness Center.
- Make calorie reduction and exercise a permanent lifestyle choice.
- Quit the clean plate club. At a restaurant, "Order what you've always ordered," Jaymie said. "Just don't eat all of it."
- Cook your own meals. Learn healthy techniques.
- Keep water and healthy snacks handy. Jaymie drank up to 190 ounces of water a day.
- Give yourself a break. Occasional cheating isn't a failure. It's just a treat.



Learn More

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

➤ KDMC.org/FoodandNutrition

or

➤ KDMC.org/FitnessCenter

WELCOME

Brookhaven and King's Daughters Medical Center are excited to have Dr. Dena Jackson back home.

We are proud to announce Dena Jackson, MD, has joined our medical team at King's Daughters Specialty Clinic.



CALL TODAY FOR YOUR APPOINTMENT

601.823.5000

Dena Weeks Jackson, MD, FACP

King's Daughters Specialty Clinic

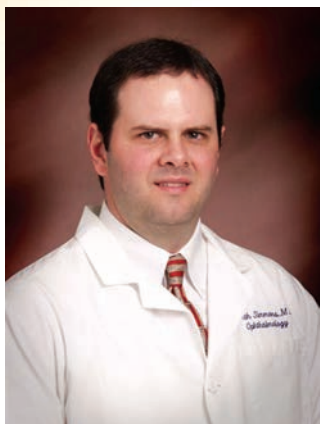
940 Brookway Blvd., Brookhaven, MS 39601



KING'S DAUGHTERS
SPECIALTY CLINIC

Protect your
EYES FROM SUN
and other
SUMMER
DANGERS

When you enjoy the sunshine this summer, you'll probably protect exposed skin with sunblock. What about your eyes? The same ultraviolet (UV) radiation that can cause premature aging and skin cancer can also damage your eyes.



Worth Simmons, MD, Ophthalmology



You can't dab sunblock on your eyeballs. But you can still stop those UV rays, which have been linked to cataracts, growths on the eye, macular degeneration and even cancer of the tissue that lines the inside of the eyelids and covers the white part of the eye.

Ophthalmologist Worth Simmons, MD, of Simmons Eye Clinic in Brookhaven, said one simple precaution can make a big difference: "Try to wear eye protection whenever you can, specifically sunglasses that block the UVA and UVB light rays." Hats that shade the eyes can help too. Light-colored eyes mean greater risk, Dr. Simmons said. "With the lighter eye color, more light gets transmitted into the eye."



Shield Eyes During Yard Work

Summer brings other threats to vision. "Once the weather gets warm, people start getting outside and working in their yards," he said. "You always want to be sure you wear protective safety goggles. I've seen plenty of injuries from a rock coming up from a Weed Eater or people running into branches or sticks."

“Try to wear eye protection whenever you can, specifically sunglasses that block the UVA and UVB light rays.”

— Worth Simmons, MD

Even as a child Dr. Simmons wanted to be a surgeon. He's worn contact lenses or glasses since he was a teenager, so that helped draw him toward ophthalmology. After receiving his medical training at The University of Mississippi Medical Center in Jackson, he and his wife, Kristie, were looking for a smaller community that offered family values. The young couple returned to Kristie's hometown of Brookhaven where they currently live with their four children, Ben, Luke, Will and Mary Ella.

Dr. Simmons Performs Cataract Surgery at KDMC:

A cataract, or clouding of an eye's lens, is treated by surgically replacing the lens with an artificial implant.

- It's an outpatient procedure lasting 15 to 20 minutes.
- Lens implants can correct astigmatism.
- The latest implants are so flexible that many patients won't need glasses for either distance or up-close vision.
- KDMC's new top-of-the-line Zeiss microscope with astigmatism tracking allows precise alignment of lens implants.

Learn More

Worth Simmons, MD, is a board-certified ophthalmologist on the medical staff at King's Daughters Medical Center. To schedule an appointment with Dr. Simmons, call

📞 601.823.3098



Emma Rufus, ACO Care Coordinator

New ACO Will Help KDMC Patients

King’s Daughters Medical Center has taken another step into the future of health care. The KDMC Medical Clinic and KDMC Specialty Clinic are now participating in a Medicare Accountable Care Organization (ACO). The goal is to provide better care for patients at less cost.

“King’s Daughters Medical Center has taken another step into the future of health care. The KDMC Medical Clinic and KDMC Specialty Clinic are now participating in a Medicare Accountable Care Organization (ACO). The goal is to provide better care for patients at less cost.

“KDMC has had a history of wanting to be ahead of the game,” said Teresa Brown, KDMC’s HIM/ACO Director. “When we figure out what’s coming, we want to get as early a start as we can so we can be successful.” For years, Medicare has been encouraging primary-care providers to participate in ACOs. Eventually, Medicare might even require some form of ACO for primary care, Brown said.

ACOs consist of a group of doctors and other health care providers who work together to supply coordinated care. They can access patients’ full records, including those from visits to other providers over the years, not just providers participating in ACOs. With that information, doctors don’t have to duplicate tests or other procedures that a patient has already experienced. Such increased efficiency leads to better care for patients and reduces overall costs.

Patients’ ‘Best Friends’

KDMC hired Emma Rufus as the care coordinator who will act as a personal assistant and guide for patients. “She will have a specific group of patients to work with,” said Brown. Emma is especially focusing on helping patients who are frequently readmitted to the hospital.

“Some patients may be readmitted due to not being able to afford medications, or they don’t understand their disease or the importance of managing the disease,” Brown said. “After looking

at the re-admittance and communicating with the patient we can determine how we can best help the patient, Brown said. “The goal is to keep them healthy and out of the hospital.”

24-Hour Nurse Hotline

Another ACO feature is a 24-7 nurse hotline. When patients call, the nurse can access records and evaluate symptoms. The nurse can then advise patients on what to do — whether they should visit the emergency room immediately or stop by the clinic during normal hours. If it’s the latter, the Care Coordinators will be advised and can make an appointment.



In many other ways, KDMC’s participation in an ACO will have no effect on Medicare Fee-for-Service beneficiaries. Our ACO is not a Medicare Advantage Plan or Health Maintenance Organization (HMO). Patients’ Medicare benefits, services, rights and protections haven’t changed. Patients still have the right to use any doctor or hospital that accepts Medicare. They can also decline to share their healthcare information with an ACO.

Brown said KDMC joined the ACO to improve care for patients. “It’s going to give us more information to make sure we take care of the whole patient,” Brown said. “Our ultimate goal is making sure patients get what they need.”

Community Health Needs Assessment Focuses on Education

As Brianna Standberry undertook a Community Health Needs Assessment (CHNA) for King's Daughters Medical Center, one thing stood out. "Lack of health education seemed to be a common thread for every issue that we found," she said. That insight played a big part in shaping KDMC's implementation plan to address those health needs.

Standberry, the quality data analyst at KDMC, interviewed dozens of people across Lincoln County last year for the CHNA, which is an IRS requirement for nonprofit hospitals. The underlying purpose of conducting the assessment is to identify significant health needs within the community and develop strategies to assist in addressing those needs.

Community Cross Section

Standberry interviewed school nurses, senior citizens and representatives from the State Department of Health. They also identified several issues that had shown up in a previous assessment in 2012: obesity and lack of physical activity; chronic diseases such as hypertension and diabetes; and problems related to birth, such as infant mortality, low birth weight and teen pregnancy.

Lack of primary care, which hadn't registered as a need in 2012, also came up in the conversations. KDMC has already addressed it, having recruited two new mid-level primary-care providers and increased the number of mid-level providers. A copy of the Community Health Needs Assessment is available at KDMC.org/CHNA.



Many Resources Available

In attempting to meet the needs, the good news is that KDMC already offers lots of health resources. For example, "We have diabetes education, smoking cessation classes and the TOPS weight-loss program to name a few," Standberry said. KDMC also participates in health fairs and other community events throughout the year."

Unfortunately, not enough people know about those resources. In order to close that education gap, KDMC is creating interactive kiosks throughout the community. The kiosks will act as learning stations, providing information about healthy lifestyles and listing people to contact at KDMC for specific health issues.

"I think oftentimes people just don't know where to turn to seek health information," Standberry said. "At KDMC," she said, "We really want to be that place that they resort to for any health care need."



Learn More

To learn more about KDMC's 2015 community health needs assessment visit

➤ KDMC.org/CHNA

Dr. Dena Jackson Comes Home



Brookhaven and King's Daughters Medical Center are excited to have Dena Weeks Jackson, MD, FACP, back home. An internist and a fellow of the American College of Physicians, Dr. Jackson is caring for patients at KDMC Specialty Clinic on Brookway Boulevard. As she describes her enthusiasm for her new position, she keeps returning to the concept of community.

“ It’s important for people to come see me before they have problems so I can help prevent diseases ”

— Dena Jackson, MD

BROOKHAVEN

A HOME SEEKERS PARADISE

“Brookhaven has always had a really great physician community,” Dr. Jackson said. “The specialists and surgeons are really wonderful. I look forward to being back.” As for Brookhaven itself, “I like the small-town feel of the community,” she said. “It’s a good place to practice medicine.”

Dr. Dena Weeks Jackson has lived in Brookhaven all her life. She has practiced in the city on two previous occasions while spending most of her career working and teaching at the University of Mississippi Medical Center in Jackson. Her husband, Robbie, is also a Brookhaven native. He operates Ross Jackson Plumbing, a 55-year-old family business.”

More Family Time

The opportunity at KDMC Specialty Clinic fits perfectly. As her teenage daughter grows up, Dr. Jackson gets to trade two daily hours of commuting for more time

with her family, friends and horses.

“KDMC has done a good job of serving the community because that’s what their purpose is,” Dr. Jackson said. “They knew the community needs more primary care. They are keeping up with the needs and bringing in the people to do that. I’ve worked with the CEO, Alvin Hoover, before, and he’s always been great.”

She explained her job this way: “I primarily treat chronic adult diseases such as hypertension, diabetes, heart disease, lung disease and kidney disease, but I also like to diagnose more unusual conditions that we may not see that often. I chose a career in general internal medicine because I like to be involved in patient care from the beginning, and I love the continuity of primary-care medicine. As a general internist, you are one of the first to see a patient and arrive at a diagnosis.

Solving Medical Puzzles

“General internal medicine involves taking the information gained from the patient’s signs and symptoms along with physical exam and diagnostic study results to arrive at a diagnosis. I’ve always enjoyed puzzles and problem solving, so internal medicine gives me the opportunity to solve puzzles in the context of medicine.”

She also emphasizes preventive medicine. “It’s important for people to come see me before they have problems so I can help prevent diseases,” she said.

To relax, she spends time outdoors at home in rural Brookhaven with her husband, daughter and animals. She has five horses and participates in horse shows.

Dr. Jackson said she and KDMC have already formed a great partnership. “The administration’s main focus is to take good care of patients,” she said. “So I look forward to working with them on that. And I’m really looking forward to developing a relationship with the people of Brookhaven again.”



Learn More

Dena Jackson, MD, is board certified in internal medicine and on the medical staff at King’s Daughters Medical Center. To schedule an appointment with Dr. Jackson, call

📞 601.823.5000

General Surgeon Joins King's Daughters Medical Center

As Asa Reynolds, MD, and his wife, Sarah, sought the right place for him to further his medical career, they knew what they wanted. They just didn't know if it existed.





“I was really picky about where I was looking, what types of opportunity, the size of the town,” said Dr. Reynolds, who will soon finish his surgical residency at The University of Tennessee Health Science Center in Memphis. He wanted to work as a general surgeon in a group practice with an experienced mentor. He and Sarah both wanted a good, friendly Christian community. They just welcomed their first child, a daughter, so it had to feel right for raising a family.

They interviewed at several places without finding a fit. Then they visited King’s Daughters Medical Center. “When we came to Brookhaven, we got the sense from the way the hospital was managed and the conversations we had that this was going to be a community that we could be a part of,” Dr. Reynolds said. Michael Peavey, MD, at Brookhaven Surgery Clinic greatly impressed him as a potential mentor. “We knew when we left that if they would take us, we were coming,” he said.

“When we came to Brookhaven, we got the sense from the way the hospital was managed and the conversations we had that this was going to be a community that we could be a part of.”
— Asa Reynolds, MD

Dr. Reynolds felt drawn to general surgery early in medical school. “I think you quickly realize when you’re in med school that you’re either a medicine doctor or a surgeon,” explained. “I think you have to make that decision of whether you treat chronic disease or acute disease. I liked the idea of treating acute problems and being hands-on. If someone comes in with a problem, I like being able to fix that problem quickly. I also like that I can take care of a variety of problems from head to toe.”

Laparoscopic surgery has boomed in recent years, making a surgeon’s job more rewarding. It’s a minimally invasive technique that involves tubes inserted through small incisions using special instruments adapted for the tiny tubes. Because

the incisions are so small, “patients get out of the hospital sooner. They feel better,” Dr. Reynolds said. “It’s certainly good for both the patient and us.”

Overall, he said, he looks forward to using his skills to help people in Brookhaven and the surrounding area however he can.



Healthy Lifestyle

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



Arugula, Grape, and Sunflower Seed Salad

Ingredients

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 1 cup feta cheese
- 2 tablespoons toasted sunflower seed kernels
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup granulated sugar

Preparation

1. Combine vinegar, honey, syrup, granulated sugar and mustard in a small bowl. Gradually add oil stirring with a whisk.
2. Combine arugula, grapes, seeds, feta cheese, toasted sunflower seed kernels and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.



Summer Tip:

Stay hydrated. It is recommended to drink half your body weight in ounces of water daily. Our skin and organs need hydration to function properly.

Ways to Prevent Food-Related Illnesses

- Warm weather is the season for barbecues and picnics. It is important to cook meat, poultry and seafood thoroughly. Use a thermometer to ensure that they are cooked to an internal temperature of 160 degrees Fahrenheit. Doing so will protect you from food-related illnesses.
- Refrigerate leftover foods promptly to eliminate bacteria from growing.
- Avoid cross contamination of foods. Make sure to wash your hands, cutting boards and utensils after they have been in contact with raw meat and poultry and before they touch another food.

Learn More

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

Food & Nutrition

➤ KDMC.org/FoodandNutrition

Weight-Loss Class

➤ KDMC.org/Tops

Fitness Center

➤ KDMC.org/FitnessCenter

Athletic Performance Center

➤ KDMC.org/PerformanceCenter

COMING UP

Diabetes Education Classes

When: Tuesdays, call for class availability
Fee: No fee
Venue: King's Daughters Medical Center, Education Annex
Address: 427 Highway 51 N
Brookhaven, MS 39601
To register: Call 601.835.9118.



Smoking-Cessation Classes

ACT Center for Tobacco Treatment, Education and Research smoking-cessation classes start every six weeks. This is an educational support group that will supply free nicotine replacement items with a doctor's prescription and class attendance.

When: Tuesdays, 5 p.m.
Fee: No fee
Venue: King's Daughters Medical Center, Community Services Building
Address: 418 Highway 51 N
Brookhaven, MS 39601
To register: Call Kim Bridge, 601.835.9406.

CPR Certification Classes

These classes are for those who are being certified in CPR for the first time.

When: First Wednesday of every month, 6 p.m.
Fee: \$40, which includes CPR book
Venue: King's Daughters Medical Center, Education Annex
Address: 427 Highway 51 N
Brookhaven, MS 39601
To register: Call Kim Bridge, 601.835.9406.

CPR Recertification Classes

These classes are for those whose CPR certification has expired or is about to expire.

When: Third Wednesday of every month, 9 a.m. and 1 p.m.
Fee: \$40, which includes CPR book
Venue: King's Daughters Medical Center, Education Annex
Address: 427 Highway 51 N
Brookhaven, MS 39601
To register: Call Kim Bridge, 601.835.9406.

TOPS Club Inc. (Take Off Pounds Sensibly)

TOPS promotes successful, affordable weight management with "a hands-on pounds-off approach to weight loss®."

When: Tuesday, call for class availability
Fee: \$28 annually with a discounted rate of \$14 for spouses and children between ages 7 and 17
Venue: King's Daughters Medical Center, Senior Annex
Address: 427 Highway 51 N
Brookhaven, MS 39601
To register: Call Amy Case, 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
Fee: No fee
Venue: King's Daughters Medical Center, Labor & Delivery Unit
Address: 427 Highway 51 N
Brookhaven, MS 39601
To register: Call 601.835.9174 and tell a labor & delivery nurse you are scheduling your Mommy University appointment.

Swimming Lessons

When: Lessons begin on June 6, 2016
Venue: KDMC Fitness Center
Address: 300 Highway 51 North
Brookhaven, MS 39601
To register: Call 601.823.5271 and tell the receptionist you are calling about swimming lessons.

KDMC Performance Center

Call for available classes and times
601.823.5155 or visit
KDMC.org/PerformanceCenter

Boot Camps · Camps · Speed /Agility Training · Strength & Conditioning · Flexibility & Mobility · Team Training

KDMC Fitness Center

Call for available classes and times
601.823.5271 or visit KDMC.org/FitnessCenter

Spin Classes · Sit Fit · Yoga and Pilates · Abs Class · Body Sculpt · Zumba® · Aqua Aerobics



King's Daughters Foundation Annual Golf Tournament

Come play, sponsor, and support the KDMC Foundation at the annual golf tournament! Awards for first-, second-, and third-place teams will be given, and there will be gifts for every player. A silent auction will be held with sports memorabilia.

When: June 24, 2016
Time: Lunch served from 11 a.m. to 1 p.m.; golf tee time at 1 p.m.
Venue: Brookhaven Country Club
Address: 640 Country Club Rd. NE
Brookhaven, MS 39601
To register: Call Johnny Rainer, 601.823.5326.

COMMUNITY

*King's Daughters Medical Center
Service Awards Banquet
February 26, 2016*



Employee of the Year

Alvin Hoover, KDMC CEO; Tyson Kirkland, Employee of the Year; & Mary Lu Redd, KDMC Board Chairperson



5 Years of Service

L-R (Sitting): Natalie Ybarra, Sarah Smith, Kelli Rego, Montez Larche, Marsha Stailey
L-R (Standing): Debbie White, Vanessa Kemp, Darnell McIntyre, Lanelle Blailock, George Hickson, Wade Wicker, Sydney Haley, Elizabeth Smith, Deborah Case & Idella Byrd



10 Years of Service

L-R (Sitting): Hope Carr, Charlynn Griffin, Anissa Sasser, April Tanksley
L-R (Standing): John E. Rainer, Keri Leggett, Tyson Kirkland, Teresa Combs, Randy Allen, Shelia Williams & Amy Cannon



15 Years of Service

L-R (Sitting): Cynthia Sprague, Jo Ann Thames, Ann Calcote
L-R (Standing): Pat McKellar, Crystal Larimore, Kaye Sanders, Audrey Young, Jennifer Meilstrup & Martha Mitchell

20 Years of Service

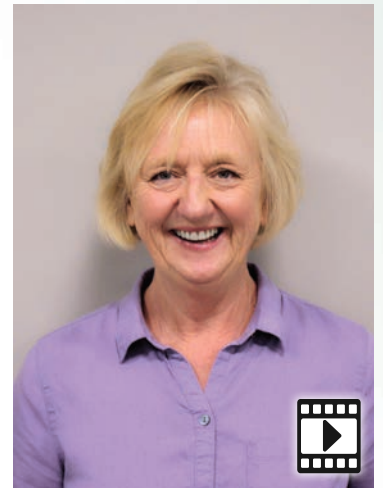
L-R (Sitting): Michelle Ables, Debra Dunaway, Gail Gray, Tanya Merrell
 L-R (Standing): Bob Meteer, Dennis Brooks, Dale Thompson, Dannette Brown, Becky Falvey, Jennifer Bass & Emma Rufus



25 Years of Service
 Kathy Crane & Melanie Hunter



46 Years of Service
 Linda Hall



Retiree
 Lynn Taylor



KDMC supports Junior Auxiliary of Brookhaven's Healthy Eating and Lifestyle initiative by supplying portion plates to local elementary schools.

L-R (Front): April Matthews, Melissa Leggett, Tracy Freeny, Natalie Ybarra, & Jasmine Wilson
 L-R (Back): David Culpepper, Emma Coleman, Cheri Walker, Alvin Hoover, Sheila Sartin, Candice Moore, & Valarie Oglesby



We've Got Your Back

Comprehensive Spine Care You Can Count On

Is pain robbing you of your quality of life?

King's Daughters Spine Care Group in southwest Mississippi can change that. Our state-of-the-art diagnostic imaging center, award-winning patient care and team of **orthopaedic, neurological, pain management** and **physical therapy** experts will take every step to provide conservative treatment options and surgical solutions that can help you ***get back to being you again!***



KING'S DAUGHTERS
SPORTS MEDICINE,
ORTHOPAEDIC AND SPINE CLINIC