

# WellnessViews

A Health Publication from King's Daughters Medical Center



## ***After Injury, KDMC Rebuilds Cheerleader's Dream***

*pg. 16*

Pam Javor Loves Having 'Amazing' KDMC  
Wound Care Team on Her Side *pg. 10*

New Dry Needling Therapy Dramatically  
Reduced Christy Moak's Pain *pg. 22*

[KDMC.org](http://KDMC.org)



# THINK PINK BREAST CANCER AWARENESS LUNCHEON

**OCTOBER 22, 2019**

**NOON TO 1 P.M.  
THE BROOKHAVEN  
BUILDING**

Come hear heartwarming stories from local cancer survivors. Then be a part of a panel discussion with some of KDMC's most knowledgeable healthcare professionals as they share their advice on detection, treatment strategies, and post-treatment strategies.

**FREE TICKETS AVAILABLE AT THE  
KDMC GIFT SHOPPE, OR CALL  
601.823.5326. LUNCH IS PROVIDED.**

LIMIT OF 6 TICKETS PER PERSON.



# Message from the CEO



A handwritten signature in black ink, appearing to read 'Alvin Hoover'.

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

Welcome to our Fall/Winter 2019 edition of *Wellness Views*!

You might say that at KDMC our calling is caring, because KDMC is more than a place to go when you are sick or hurt. It is a part of the fabric of our community that fosters health and represents hope.

From treating and comforting the sick to welcoming new life, from breast cancer and early detection to pain management, from diabetic education and nutrition to smoking cessation, KDMC plays a key role in making a healthy community.

In this edition we share some of the great things going on at KDMC and celebrate a few of the dedicated individuals who make it happen, as well as highlight a couple of wonderful patient testimonials.

We see every one of you as one of God's special creations. It is our privilege to serve you.

Thank you for choosing KDMC!

***Providing quality health and wellness in a Christian environment.***

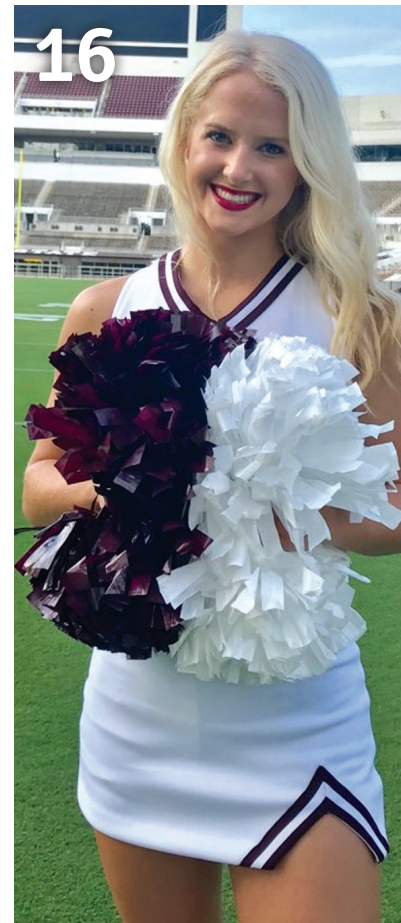
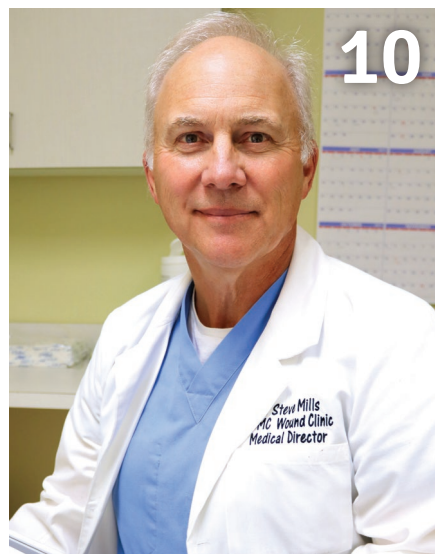


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# CARING FOR OUR COMMUNITY LIKE NO ONE ELSE CAN

Your bones, joints and muscles affect every part of your life. Depend on the KDMC Sports Medicine, Orthopaedic and Spine Clinic to keep them working smoothly. Board-certified physicians lead our highly skilled team. Whatever you need, from nonsurgical or surgical therapies to rehabilitation, we can help.

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



**KING'S DAUGHTERS**  
SPORTS MEDICINE,  
ORTHOPAEDIC AND SPINE CLINIC

Mark T. Barron, MD  
John E. Turba, MD

601 Brookman Drive Ext., Brookhaven, MS 39601  
601.823.5275 | [KDMC.org](http://KDMC.org) | [f](#) [t](#) [v](#) [i](#)

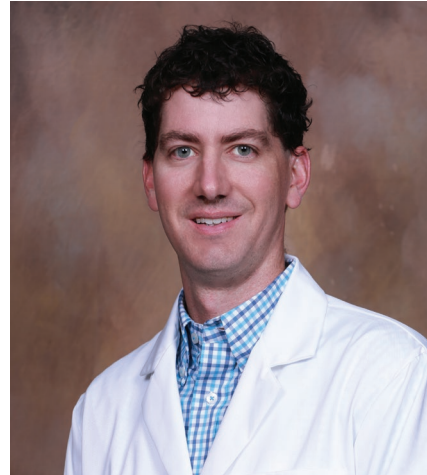
# Chief of Staff

## A Message from Joshua Iles, MD KDMC Chief of Staff

**C**ommunity is a word that is used frequently to describe where you live, play and work. It is best defined as a group of individuals sharing common characteristics and interested in a common goal. For King's Daughters Medical Center, our employees work, live and play right here at home, and we are interested in one common goal – to provide OUR community the very best healthcare possible.

For the seventh time in eight years King's Daughters has been recognized by *Modern Healthcare* as a Best Place to Work. This is not by accident – our employees are engaged and dedicated to providing great patient care. We try our best to live out our mission statement daily: "providing quality health and wellness in a Christian environment." An engaged, happy and smiling employee can mean all the difference to a patient, family member or visitor.

We are excited to announce two new additions to our community. First is Dr. Giles Langston of our Emergency Department staff. Dr. Langston is a Brookhaven native, and we are so fortunate he chose to return home to help care for the community he grew up in. Also we welcome Dr. Carolita Heritage to Brookhaven. She is practicing at Brookhaven OB-GYN and Associates. Dr. Heritage is a native of Kokomo, Mississippi. She



and her husband have moved to Brookhaven. We welcome both physicians to our medical staff.

In this edition of *Wellness Views* you will read several success stories concerning our patients. They include the story of Maley Moak, who overcame a knee injury and is now an SEC cheerleader. Other success tales will include those about wound care, smoking cessation classes and our diabetic education classes. We will also introduce you to our new dietitian, Betsy Daughdrill.

It is King's Daughters' commitment to our community to make sure that we are here to meet your healthcare needs and will be here for generations to come. After all, it's our community too. King's Daughters Medical Center, caring for our community like no one else can.

A handwritten signature in black ink that reads "Joshua Iles".

Joshua Iles, MD  
Chief of Staff





# CARING FOR OUR COMMUNITY LIKE NO ONE ELSE CAN

Luxurious suites create a soothing environment for every phase of birth, from labor and delivery through recovery and postpartum. KDMC's LDRP suites were Mississippi's first. They're state-of-the-art – and now designated as a Baby-Friendly® Facility. Our experienced staff will surround you with support, encouragement and love. **KDMC, caring for our community like no one else can.**



**KING'S DAUGHTERS**  
MEDICAL CENTER



427 Highway 51 North, Brookhaven, MS 39601  
601.833.6011 | [KDMC.org](http://KDMC.org) | [f](#) [t](#) [v](#) [i](#)

# KDMC PROMOTES BREASTFEEDING AS **Baby-Friendly® Facility,** **Milk Bank Depot**

Breastfeeding brings major benefits for both babies and their mothers. To promote those benefits, King's Daughters Medical Center has become only the 10th hospital in Mississippi to receive the Baby-Friendly® designation and the 10th facility to become a Mothers' Milk Bank of Mississippi depot where mothers can donate their surplus breast milk for use with hospitalized babies.



"We are passionate about the benefits of breastfeeding infants," said Angie Williamson, RNC, BSN, who is KDMC's LDRP Nurse Manager. "We want to make sure that mothers are well educated on the benefits of nursing and that we encourage and support breastfeeding. If a mother is unsure about the choice of breastfeeding or using formula, we want to make sure she has all the information to make the right decision for her and the baby."

Baby-Friendly designation requirements are very strenuous. The labor, delivery, recovery and postpartum staff, physicians and nurses at Brookhaven OB-GYN and Associates, and KDMC Pediatric and Adolescent Clinic staff were required to complete breastfeeding education courses. "Once this was complete we could start teaching and educating our moms. It was a complete culture change in our hospital and community," Williamson said.





## Skin-to-Skin Contact/ Rooming In

As a Baby-Friendly facility, the LDRP unit promotes breastfeeding for infants, skin-to-skin contact immediately after birth and baby rooming-in (staying in the same hospital room with the mother except for medical procedures).

Staff members assist mothers with breastfeeding within one hour after birth. They show how to maintain lactation when a mother is away from her baby and how to recognize and respond to the baby's hunger cues. The LDRP staff avoids giving breastfeeding babies pacifiers or bottles, and gives them formula or water only when medically indicated unless specifically requested by mom. Mothers have responded positively to the Baby-Friendly policies. "Most love the hour of skin-to-skin contact with their babies immediately after birth," said Williamson.

## Ongoing Support After Discharge

Lou Ann Wall, RN, IBCLC, has been at KDMC for 13 years and has been an International Board Certified Lactation Consultant for

three years. She hosts the KDMC Circle of Moms Baby Café, working closely with the Federal Special Supplemental Nutrition Program for Women, Infants and Children (WIC). The Baby Café is a support group for women who breastfeed or are interested in breastfeeding. The group meets twice a month. Meetings are free and open to the public. "It's a great way for people to share stories and to ask questions of other moms in their shoes," Wall said.

## Milk Bank Depot

In June, KDMC became a milk bank depot – the only one in the south central Mississippi region. Mothers can donate extra breast milk, which will go to premature and ill infants.

"It's tied in with the Baby-Friendly initiative," said Wall. "We are promoting breastfeeding, so this is just another step for us."

Women who produce more milk than their baby needs or who have stopped breastfeeding can call KDMC Nursery at 601.835.9167 or Mothers' Milk Bank of Mississippi at 601.939.5504 to inquire about breast milk contribution. The minimum donation is 100 ounces.

## Free Blood Test

Donors must be nonsmokers in good health who are not using certain medications or herbal supplements. The milk bank provides a free blood test, available at KDMC, to screen for HIV and other diseases.

KDMC sends the milk to the milk bank headquarters in Flowood. The milk bank screens and pasteurizes it, then distributes it to infants who need it, as prescribed by a physician.

"We have had an overwhelmingly positive response from our community regarding breast milk donations here at the KDMC milk bank depot", said Wall. "We are so happy to help the premature infants in our state who desperately need breast milk to help overcome challenges of prematurity."

## Benefits of Breastfeeding

### Benefits for baby:

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

### Benefits for mom:

- Decreases risk of breast and ovarian cancer, diabetes, osteoporosis, rheumatoid arthritis, high blood pressure, heart disease and depression
- Reduces postpartum bleeding
- Burns 500 calories a day to help with postpartum weight loss
- Saves money and time involved in buying and preparing formula, and saves on doctor visits and medication because breastfed babies are healthier

### Circle of Moms Baby Café

- First and third Tuesday, every month; free to attend
- First Tuesday: 11:30 a.m.–1:00 p.m., Lincoln County Library
- Third Tuesday: 11:30 a.m.–1:00 p.m., KDMC Education Annex

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

## Learn More

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

 **601.835.9174**



L to R: Michael Peavey, MD, General Surgery  
and Charles Asa Reynolds, MD, General Surgery

# DETECTING BREAST CANCER EARLY REALLY DOES MATTER

**With breast cancer, early detection can mean the difference between life and death. It's as simple as that. You have a better chance of surviving if your doctor finds the cancer and treats it while it's small and hasn't spread.**

Once a woman starts getting mammogram screenings, it's important that she continue. When radiologists read the images from a mammogram, Dr. Peavey said, "The biggest red flag is when they find differences from year to year."

The mammogram, a breast X-ray, is a primary screening tool for detecting breast cancer. The American Congress of Obstetricians



and Gynecologists advises that women should discuss their screening options with their primary care physician or OB-GYN, and should have the option of getting mammograms every one or two years starting at age 40.

## BRCA Gene Mutation

"If women have a family history of carrying the BRCA gene mutation, they should start getting mammograms sooner," said Michael Peavey, MD, also a general surgeon at Brookhaven Surgery Clinic. An inherited mutation in the BRCA1 or BRCA2 gene is the most common cause of hereditary breast cancer.

"We see women almost every day with suspicious findings on imaging that lead to a further workup," said Charles Asa Reynolds, MD, a general surgeon at

Brookhaven Surgery Clinic. "Many times this comes back negative. However, this has also allowed us to detect some cancers very early on, before they have spread, saving many lives every year."

If the tests come back positive for breast cancer, then a surgeon will meet with the patient to discuss options. Sometimes, the best treatment is a mastectomy – removal of the whole breast. Women can elect to have reconstructive breast surgery during the same procedure, while they are still under anesthesia.

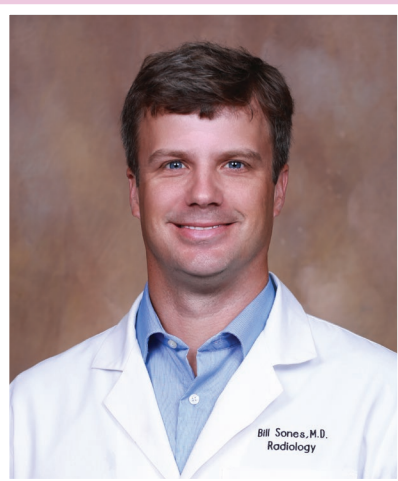
## Lumpectomy Option

With a lumpectomy, the surgeon removes only the tumor and some surrounding tissue. Chemotherapy or radiation therapy may follow to kill any remaining cancer cells.

"Our success rates are extremely high," Dr. Reynolds said, "not only because of early detection and aggressive surgical treatment but also because of our partnerships with oncologists – cancer doctors – in bigger cities."

Breast cancer detection and treatment are complicated subjects with many possible courses of action. Talk to your doctor about what's right for you.

And remember, said Dr. Reynolds, "Men can get it too. This July, I found breast cancer in a 50-year-old gentleman, and we were able to surgically cure him."



Bill Sones Jr., MD, Radiology



Jani Purvis, MD, Radiology



## Early Screening Can Save Lives

Mammography screening is still the best method for detecting breast cancers. To make your screening as comfortable as possible, KDMC's mammography suite provides a warm, welcoming, spaliqe environment staffed with caring professionals. Our suite is also equipped with the latest in digital mammography technology for more detailed, clearer images in less time.

**If you are older than 25, then you should have a mammogram if you have any of the following symptoms:**

- A breast lump
- Thickened skin on your breast
- Skin indentation on your breast
- A nipple with leaking fluid or other discharge
- A sore on a nipple that doesn't get better
- Breast pain

## Learn More

To learn more about breast cancer and mammograms, call the KDMC mammography suite at

 **601.835.9292**

or visit

 **KDMC.org/BreastHealth**

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

 **601.757.4388**



# Pam Javor Loves Having 'AMAZING' KDMC Wound Care Team on Her Side

Pam Javor fights hard for her health. Fortunately for her, so did Steve Mills, MD, and the King's Daughters Wound Care Center®. As a result, she still gets to wear a nice shoe on her right foot.

"The wound care center over here in Brookhaven has amazing people," Javor said. "They made us feel like family. If one treatment wasn't working, they would try something else until they found what worked for me."

Javor, 68, has had diabetes for many years. In 2017, she began having problems with her legs and feet. Diabetes is associated with a higher risk of such problems. It can lead to nerve damage and poor blood circulation, which can leave legs and feet vulnerable to ulcers and infections that can be slow to heal.

**“If one treatment wasn’t working, they would try something else until they found what worked for me.”**  
— Pam Javor

First, the little toe on her right foot got infected and turned black. She was referred to the wound care center for treatment of osteomyelitis (a bone infection) in her toes on her right foot. She had appointments at KDMC Infusion Center every day for six weeks to receive the antibiotic vancomycin intravenously.

Near the end of that six-week period, she received further treatment at a non-KDMC facility to clear blood clots that were blocking circulation in her right leg. Shortly after, she faced the same problem with her left leg. Unfortunately, treatment on that leg was not successful. In August 2017, she had to have it amputated.

Meanwhile, the toes on her right foot had turned black, and a heel wound wasn't getting better. Dr. Mills, Medical Director of the wound care center, told Jim Javor, Pam's husband, that he didn't think he'd be able to save the foot. Jim told Dr. Mills that he had all the faith in the world that the doctor would be able to do just that.

Jim Javor's prediction came true. Making it happen took all the skill and expertise of

Dr. Mills and the wound care team, plus lots of determination and hard work from Pam and Jim Javor.

"My husband and I followed the instructions of what they told us to do, and that's why I had success and healed," Mrs. Javor said. "If you're dedicated to the treatment and do what they say, it works."

The award-winning wound care center provides specialized treatment for chronic or nonhealing wounds. The professional team, including physicians, nursing staff and technicians, are all specially trained in the care of such wounds.

A partnership with Healogics, the nation's largest provider of advanced wound care services, provides access to state-of-the-art treatment methods and technology. Diabetes is just one factor that can hinder healing. Others include obesity, infections, radiation therapy and advanced age.

"We have treated people as young as 5 years old and some up in their 90s," said Dr. Mills. "The people are very appreciative, so it's very rewarding."

At Dr. Mills' suggestion, Javor spent three and a half months at a long term care facility in Brookhaven. During the entire period from when she first sought medical attention in June 2017 until KDMC finally discharged her in July 2019, she experienced a variety of treatments.

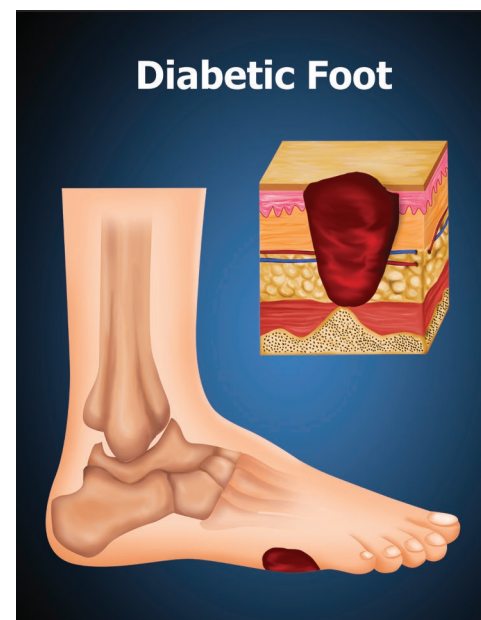
In addition to the antibiotic IVs and the procedures caused by the blood clots in her legs, she underwent the following therapies:

- Vacuum-assisted wound closure, or wound VAC. An adhesive film covers the wound and dressing, and a pump reduces air pressure over the wound to stimulate healing.
- Debridement (removal of dead or diseased tissue) at the wound care center every Friday for two years.
- Medical honey and collagen packings on her right foot.

"The therapy wasn't always comfortable, but it was a necessary evil," Javor said. "It got easier the further we went along."

Now she's back home with Jim, doing well. She keeps a close eye on her right foot so she can rush back to KDMC at the first sign of a problem. She does miss working in receiving for a grocery company in Brookhaven, but she realizes she just can't physically do that job anymore. Overall, life is good.

"I attribute everything to the people that have provided the healthcare for me," she said. "I love the wound care team. They have fantastic, caring people working there. They cut up and carry on with us. We learned a lot about each other because of the amount of time we spent there. Now, we are still friends with all of them on Facebook."



## Learn More

To learn more about wound care, call the KDMC Wound Care Center at

 **601.835.9444**

or visit

 **KDMC.org/Wound-Care**



# **'THAT GUY, KIM,' HELPS PEOPLE QUIT SMOKING**

**Lloyd Wilson burned through four packs of cigarettes a day for years. He started smoking when he was 16 years old. At age 50, suffering from chronic obstructive pulmonary disease (COPD), he wanted to quit but wasn't sure he could. He decided to try the Smoking-Cessation Class at King's Daughters Medical Center.**

"That guy, Kim, that runs the program is awesome!" Wilson says now, eight nonsmoking years later. "If it wasn't for him, I wouldn't have quit."

Kim Bridge, RN, came to KDMC 25 years ago. In 2000, when he became Community Education Coordinator, a school nurse at Lipsey Middle School in Brookhaven told him the community needed a smoking-cessation class. She talked him into starting one.

## **Four-Week Class**

The four-week class is free and open to users of any kind of tobacco, including smokeless. Participants do need to register in advance. Meetings take place the first Tuesday of each month at 5 p.m. in the KDMC Community Services Building at 418 Highway 51 North.

"The success rate is about 70 percent if they complete the program," Bridge said. "They have to want to come to the class – not just because their wife, husband or doctor wants them to come. They have to want to quit, and we are honest with them about that on the front end."

That honesty did the trick. "Kim made me mad," said Wilson, a burly guy who rides Harley-Davidson motorcycles and is married with three kids. "He told me to quit smoking or quit wasting his time, so I said I'll prove it to him."

## Saved a Lot of Money

Wilson was tired of the habit and worried about the COPD. He also hated the cost. Four packs a day at more than \$5 a pack adds up.

"The class is all about teaching you how to change your lifestyle," he said. "Chewing on cinnamon toothpicks helped."

Research indicates that cinnamon can help fight tobacco cravings, Bridge said. "The cinnamon-flavored toothpick gives them the oral fixation of putting something in and out of their mouth. It has been a successful tactic to adopt in place of smoking for many people. Cinnamon candy can help as well."

## Vaping 'Not a Safe Alternative'

Bridge does not recommend using electronic cigarettes – vaping – as a tool for quitting or as a substitute for



Lloyd Wilson

traditional cigarettes. "It is not a safe alternative," he said.

Amy Case, RN, CDE, helps with the class. She and Bridge have been certified to teach it through the ACT Center for Tobacco Treatment, Education and Research at the University of Mississippi Medical Center in Jackson. They use the American Cancer Society's Freshstart® methodology.

"One of the best parts of the program is the group setting," Bridge said. "Everyone is going through the same thing, and you have accountability to your classmates as well as to us and to yourself."

## 'It's Gross'

A "tar jar" shows the amount of tar that accumulates in your lungs from smoking a pack of cigarettes a day. "It's a real eye-opener to most smokers," Bridge said. "It's gross."

Quitting requires a real commitment. "This is a lifestyle change," Bridge said. "They have homework each week, like making a list of things they can do other than smoke. If they don't put forth the time and effort, they are not serious about the class and will likely not have good results."

Wilson did put forth the time and effort, and he did succeed. He still visits the class occasionally to encourage others to follow his example.

"My kids are so proud of me," he said. "They tell everyone that if I can quit, everybody can quit!"



## Freshstart Smoking Cessation Class

Freshstart is a group-based tobacco cessation program offered by the American Cancer Society. Freshstart provides essential cessation information, ideas for coping with cravings and group support, and is designed to help smokers plan a successful quit attempt.

What the Freshstart Smoking Cessation Class includes:

- Motivational activities
- Counseling; problem-solving tactics to help you quit
- Group support to hold you accountable to each other
- Education on the health risks associated with smoking and the benefits of quitting

## Learn More



**Kim Bridge,**  
Community  
Education  
Coordinator

To learn more about KDMC smoking-cessation classes, call Kim Bridge at

 **601.835.9406**



# KDMC Emergency Department Welcomes Giles Langston, MD

**Officially, Giles Langston, MD, began working at the Emergency Department of King's Daughters Medical Center in summer 2019. Actually, he had already made himself very familiar with the department and KDMC by then.**

"I've been moonlighting there a couple of days a week for the past year and a half," Dr. Langston said. He did so while completing his residency in emergency medicine at the University of Mississippi Medical Center in Jackson. He earned his medical degree there in 2016. He received a bachelor's degree in international business from the University of Southern Mississippi in 2009.

## Helping the Community

It's not surprising that Dr. Langston would be eager to work at KDMC. He is a 2005 honor graduate of Brookhaven High School. "I wanted to come back and help out the

community," he said. "My family still lives in Brookhaven."

The "moonlighting" served as an audition of sorts. Evidently, Dr. Langston impressed his KDMC colleagues. "I am excited to add an ER physician the caliber of Dr. Langston," said Stephen Brown, DO. Dr. Brown is Director of Emergency Medicine at KDMC.

"He is well versed in emergency medicine and provides great care and a great bedside manner," said Dr. Brown. "He is a Brookhaven native, and we are fortunate to have him return home to practice medicine."

## New Technologies

The KDMC Emergency Department provides around-the-clock care for patients from Brookhaven and surrounding communities. New technologies such as wireless bedside registration, electronic medical records and

digital radiology allow the fastest possible diagnosis and treatment.

The emergency department is an adrenaline-charged atmosphere. However, "I like having to think on the move. The diagnostic aspect is one of the things I like best," said Dr. Langston.

Off the job, Dr. Langston likes to relax by doing "anything outdoors" with his wife, Carley, a veterinarian.

 **Learn More**

To learn more about KDMC's emergency care, visit

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

# Introducing OB-GYN Carolita Heritage, MD

Brookhaven was a perfect fit for Carolita Heritage, MD. She joined Brookhaven OB-GYN and Associates and the KDMC medical staff on August 1, 2019, as an obstetrician and gynecologist.



Dr. Heritage's family still lives in Kokomo, Mississippi, her hometown, less than an hour's drive southeast of Brookhaven. Her husband, Russ, has family in the Jackson area. "So Brookhaven is a good middle point," she said.

## Rural Physicians Scholarship

After earning a degree in biology from Mississippi College, she received her medical degree from The University of Mississippi Medical Center in Jackson. As a recipient of a Mississippi Rural Physicians Scholarship, she pledged to return to Mississippi after her obstetrics and gynecology residency at Aurora Health Care in Milwaukee.

After interviewing all over the state, she felt most comfortable with Brookhaven's medical community. "Everyone I have met is very respectful of each other and patient-focused," Dr. Heritage said. "That's the environment I want to work in."

## Exploring with Their Dog

Off the job, she enjoys traveling to new places and exploring nature with Russ and their dog, Milo.

Dr. Heritage first thought she might go into primary care – family medicine. "But then I loved surgery during my obstetrics rotation and thought it'd be nice to take care of women and do surgery all in one," she said. Now, "just helping women through the good and the bad during whatever stage of life they are in feels great," she said. "The favorite part of my job is, of course, getting to see babies being delivered and how excited it makes the whole family."

## Why Other Doctors Love Dr. Heritage

"We are really excited about Dr. Heritage joining our practice. She is a wonderful doctor, and I think our patients are going to love her as much as she will love our practice, and our great hospital and staff! Brookhaven OB-GYN is truly a family, and it is great to be expanding!" – Dr. Leigh Cher Gray

"Carolita is a Mississippi girl. She has a heart for our people. She has been well trained and joins Brookhaven OB-GYN with a desire to continue and carry forward our vision of comprehensive, quality women's healthcare and obstetrics; a vision that began three decades ago. Our practice and our community are fortunate to have her join us to carry on the tradition." – Dr. Kim Sessums

"Dr. Heritage comes from a small town. She's well trained in her specialty. We feel like she will be a great fit for our practice and for our community. We're ecstatic about her joining our group" – Dr. Steve Mills

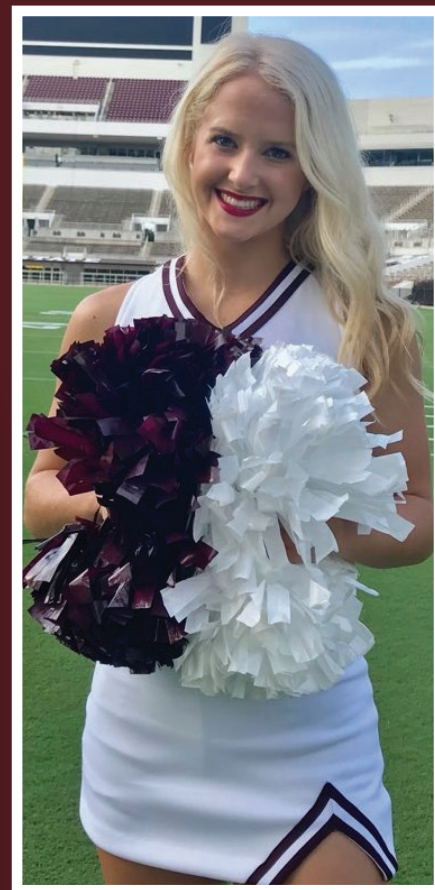
"We are so excited to have Dr. Carolita Heritage join our practice. She is a great fit for our clinic, patients and community. She is from Kokomo, MS and understands the values of a small town and how important relational medicine is to a community like ours." – Dr. Richard Rushing

## Learn More

Dr. Heritage practices at Brookhaven OB-GYN Associates, PA. To schedule an appointment, call

 601.833.8157

# AFTER INJURY, KDMC REBUILDS CHEERLEADER'S DREAM



**Maley Moak got her dream back, thanks to the orthopaedic, physical therapy and Pro Sports Performance teams at King's Daughters Medical Center.**

Moak, now 18, was practicing a new flip during a practice with her competitive cheer team on February 12, 2018. Just two weeks before, she had returned to the cheerleading squad after five months of rehabbing an injury.

She landed awkwardly. She knew immediately that something bad had happened to her left knee. Worse than the pain was the apprehension. She had long dreamed of being a cheerleader in college – sharing in the excitement of sports, pumping up the enthusiasm of thousands of people, feeling the rush of a stadium full of big-game energy. Would she have to give that up?

## **Torn Meniscus, ACL**

At the KDMC Sports Medicine, Orthopaedic & Spine Clinic, John

E. Turba, MD, CAQ, diagnosed torn meniscus and a torn anterior cruciate ligament (ACL). Dr. Turba is a board-certified orthopaedic surgeon and a nationally renowned figure in sports medicine.

Moak knew she was in good hands. Dr. Turba and the clinic provide trainers and other sports medicine services to more than 1,500 high school and community college athletes at nine schools in the Brookhaven area. During high school football season, he and his healthcare team hold a Friday Night Clinic to treat injured athletes.

Dr. Turba performed surgery on March 15, during Moak's spring break. For a month and a half, she wore a full leg cast and hobbled around on crutches – even during her junior prom. Then came a

full-leg brace that locked her knee at an angle. Every week, Tim Slay, PT, her "awesome" physical therapist at the KDMC Therapy Center, would reset the brace to straighten her leg a few degrees.

## **Rebuilding Strength**

Finally, she was cleared to put weight on the leg. A couple of months of inactivity had left it shriveled and weak. Slay, Director of the therapy center, led her on a physical-therapy regimen to methodically rebuild muscle tone.

When she had regained enough strength, he also recommended that she start "Return to Sport" training through Pro Sports Performance, a program at the KDMC Athletic Performance Center. This



carefully designed regimen was created for sport specific training and helps athletes move from injury treatment and rehab back to competitive play.

The center is a state-of-the-art athletic training facility with professional-quality amenities, including a performance lab that allows athletes to watch video footage of their workouts with their trainers. Performance Center Supervisor Mark Cornwell, CSCS, a former professional hockey player with more than 20 years of experience in training athletes, handled her Return to Sport regimen.

## Blood Flow Restriction

Cornwell used a technique called blood flow restriction training, pioneered in the 1990s by Japanese trainer Yoshiaki Sato, MD, PhD. It involves placing a cuff or band around a limb during exercise. The cuff allows blood to flow into an injured or atrophied area but restricts the outward flow. That saturates the area with nutrient-bearing blood, helping the muscles grow and repair themselves.

"He was awesome!" Moak said. "He knew what he was doing for sure." That's important, because restricting blood flow can be dangerous when performed by people not trained in how to do it.

"They would do the blood flow restriction about two or three times a week," she said. "That is what helped me so much and got me back to cheerleading so fast."

Cornwell gave her a varied exercise routine. To maintain muscle tone and learn to trust her leg again, she stayed with Return to Sport even after being cleared to return to cheering. Sometimes, she trained with the school softball team. Cornwell kept

pushing her while making sure she stayed safe and didn't overdo things.

## 'I Got in Shape'

"He worked me," Moak said. "I got in shape." Her leg now functions perfectly, without a bit of pain.

On May 9, 2019, just 14 months after her surgery, she pursued her dream and tried out for the cheerleading squad at Mississippi State University. And she made the team!

Now at MSU, she's majoring in biological science and plans to go to nursing school. Maybe in the not too distant future, she can help people who are injured or sick, who are scared and uncertain about their future. And she can tell them, "Whatever you're facing, you can overcome it. I know, because I did."



## Learn More

To learn more about the KDMC Athletic Performance Center programs, call

 **601.823.5155**

or visit

 **KDMC.org/PSP**



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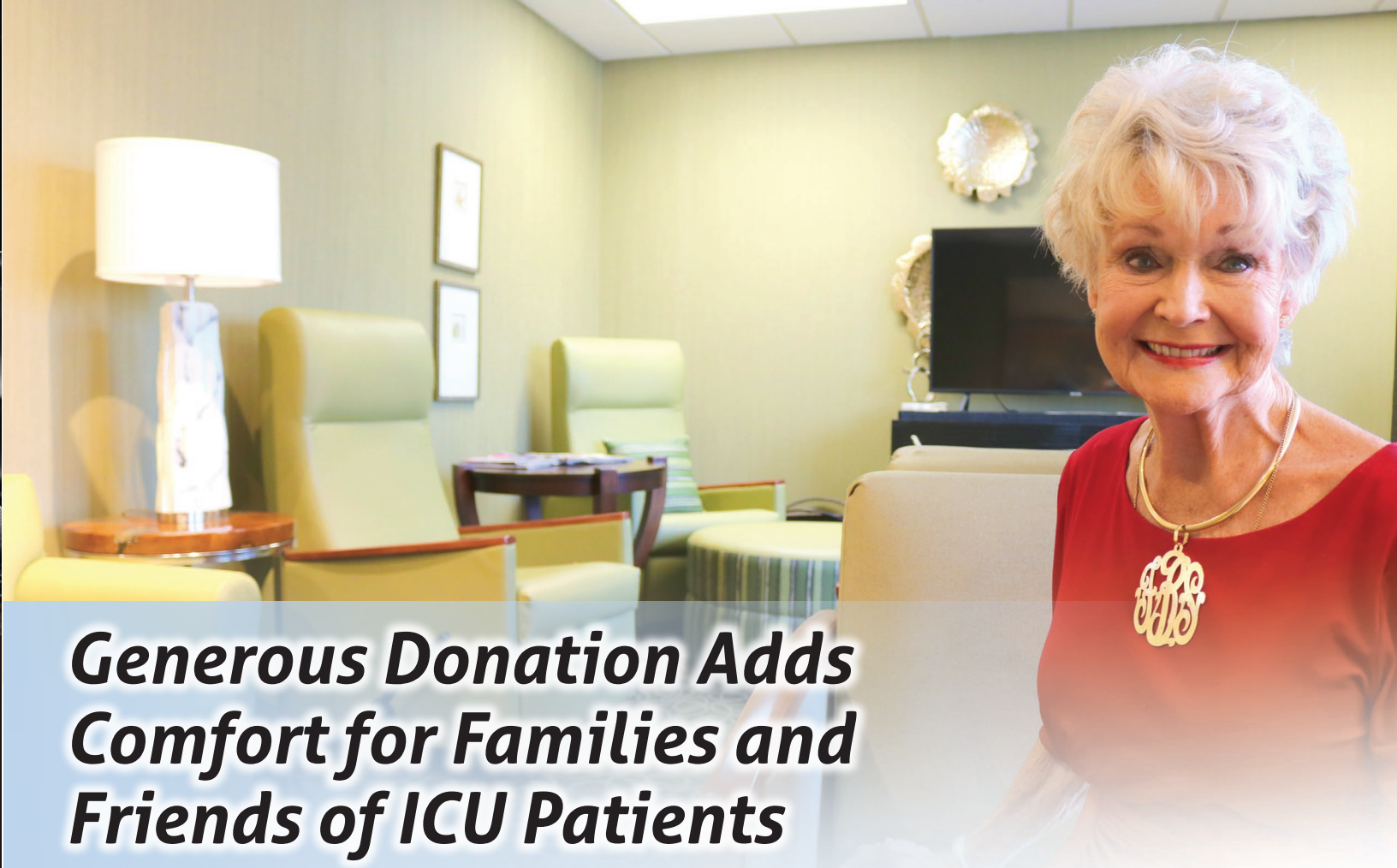
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# Generous Donation Adds Comfort for Families and Friends of ICU Patients

**Two things motivated Frances Brady to make a very generous donation to renovate the intensive care unit waiting room at King's Daughters Medical Center: her family's own experience in ICU waiting rooms, and her late husband's involvement with the Brookhaven community in general and KDMC in particular.**

Thomas Pickens Brady Jr. passed away in 2015 – in KDMC's ICU. Mrs. Brady and her family spent considerable time in the waiting room, and in others at different hospitals. After consulting with Jeff Richardson, Director of the KDMC Foundation, she realized that upgrading the ICU waiting room would make a perfect gift for KDMC, and for other individuals and families dealing with stressful circumstances.

"It's a hard time for families when they are having to spend a lot of time in there," Mrs. Brady said. "I thought it would be nice to have some games in there for children to play to distract them and some comfortable chairs that would recline so people can sleep."

## Wonderful Aesthetics

"It is carpeted and has a large window with drapes, and a large-screen TV. You really forget that you are in a hospital when you are in there. The aesthetics are wonderful."

Thomas Brady, a Brookhaven native, was a banker for 33 years, first at Brookhaven Bank and Trust and then with its successor, Trustmark National Bank. He retired in 1992 as vice president of Trustmark National Bank in Brookhaven. He loved coaching baseball, and countless local baseball players loved "Mr. Tom."

"I think he would be pleased that I was able to do something to help this hospital," Mrs. Brady said. "He was very involved in this community and the hospital."

## Willing Hearts Circle

She, too, is very involved with KDMC. She has been a member and leader of the Willing Hearts Circle, which oversees KDMC, for more than 25 years. She also served as a board member of the hospital for eight years.

She credits Chief Executive Officer Alvin Hoover for widespread improvements at KDMC. "With his vision and the help of donors in the community, KDMC has continued its growth as a wonderful healthcare center," she said.

"My heart is here at the hospital. I want to make it better and help the patients and visitors. KDMC really is a gem to the city of Brookhaven. The renovations over the years have made it very comfortable for patients and employees. It is beautiful."

## Learn More

For information on current projects and programs needing your support, please contact Jeff Richardson at

 601.835.7900

or visit

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



## New Dietitian Joins KDMC Diabetes-Fighting Team

**Mississippi ranks first in the nation for overall diabetes prevalence, according to the most recent statistics from the Mississippi State Department of Health. The department estimated that more than 308,000 adult Mississippians have the disease. So the weekly King's Daughters Medical Center Diabetes Education Class can literally be lifesaving.**

KDMC Diabetes Educator Amy Case, RN, CDE, leads the class, with help from new KDMC Clinical Dietitian Betsy Daughdrill.

Case came to KDMC in 2004 and became Diabetes Educator in 2006. "We saw a need in the community," she said. "We didn't have a local person in the area to do diabetes education. We had to send people out of town."

### Every Tuesday Afternoon

The free class meets at 1:30 every Tuesday afternoon in the KDMC Education Annex on the back side of campus at 427 Highway 51 North in Brookhaven. Anyone can stop by; no appointment or registration is needed. "Some have been coming for years, and some drop in just when they are able," Case said. She also teaches free one-on-one diabetes education classes by appointment.

The weekly class focuses on type 2 diabetes (in which the body does not use insulin properly). Some people with type 1 diabetes (in which the body does not produce insulin) also find it useful, as do caretakers of people with diabetes. "We're trying to roll out our prediabetes education program where we will try to prevent diabetes," Case said.

Classes average about 10 attendees. "I enjoy having the time to get to know these people and get to work with them individually," she said. "It is great to be able to see them through the years and be able to actually witness their improvement and know that I had a part in it."

## Monitors Blood Sugar

She monitors blood sugar levels using an A1C test. A lot of people have come in with very high levels and eventually have gotten back into a normal range.

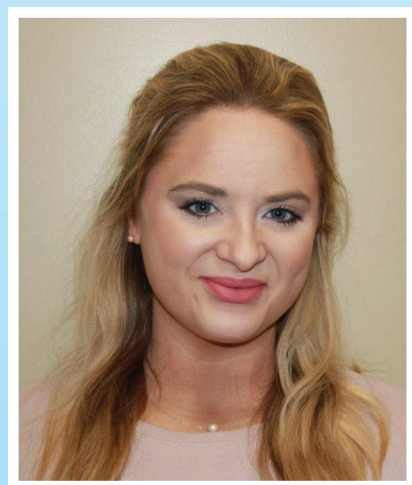
"Most people in the class have seen tremendous improvements," she said.



“We’ll go grocery shopping with them about four times a year to show them what is best for them and explain which foods are not.”

— Amy Case, KDMC Diabetes Educator

The class continually addresses different topics. "Every week they learn something new about living with diabetes, healthy food choices, things like that," Case said. "We'll go grocery shopping with them about four times a year to show them what is best for them and explain which foods are not."



Betsy Daughdrill, KDMC Clinical Dietitian

That's where Daughdrill's expertise comes in handy. "I am excited to have Betsy, our new dietitian, on staff at KDMC to help with the dietary aspect of the class," Case said. Daughdrill brings a new recipe each week and speaks about other diet-related topics, such as how to read nutrition labels on foods.

## Wide Variety of Patients

Daughdrill started working at KDMC in May 2019. She helps a wide variety of patients: "people who are newly diagnosed with diabetes, or people who are severely overweight or underweight, even patients that need tube feedings," she said. Doctors make outpatient referrals to her. Patients also can make appointments with her directly, without a referral.

"The first time I see a patient, I will talk to them and figure out what their issue is and what their goals are," she said.

Sometimes, they haven't really thought in terms of goals. In that case, "I'll help them set manageable goals, and typically see them on a weekly basis after that," she said. "Some patients just need help to know what to eat. Some want to be held accountable and will show me a list of what they have been eating."

Daughdrill wanted to come to KDMC because her brother, John Turnage, works in the Emergency Department. So far, she's loving it. "It's such a positive environment," she said, "and everyone here is so nice."

## Free Diabetes Education Class

A diabetes educator will help with the following:

- Developing and maintaining a healthy diet
- Providing a fitness plan
- Monitoring and teaching you how to properly monitor your levels
- Following up to make sure you are properly taking your medications
- Reducing your risk for other health problems
- Guiding you through emotional and physical stressors that diabetes may bare

## Learn More

For more information on Diabetic Education Classes, please contact Amy Case at

📞 601.835.9118

# NEW DRY NEEDLING THERAPY

## *Dramatically Reduced Christy Moak's Pain*

**Christy Moak is riding her horse again after being kept out of the saddle for a couple of years by severe back pain. She owes her recovery to King's Daughters Medical Center Physical Therapist Courtney Owens, PT, Cert. DN, and some very thin needles. A relatively new therapy called dry needling gave Moak back her life.**

"KDMC has a wonderful therapy center," said Moak, who will turn 60 in December. She has taken her 33-year-old daughter, Amber, to the KDMC Therapy Center since Amber was 1. Amber has disabilities and uses a wheelchair.

Christy had ridden horses and been very active since she was a child. Caring for Amber has required a lot of lifting, including

helping her in and out of the wheelchair. All of that activity stopped when back and neck pain hit about two years ago.

### **Five Bulging Disks**

An MRI scan of Moak's lower back revealed five bulging disks and spinal stenosis (narrowing of the spaces within the spine, which can put pressure on the nerves and spinal cord). A degenerative disk disease that runs in her family contributed to the pain.

Prescription pain medications, traction, electrical stimulation and exercise gave short term relief. Injections in her back helped at first, but the pain returned.

One day during therapy, Owens suggested dry needling. By that point, Moak was willing to try anything. So she got a referral from her primary-care physician.

### **Decrease Muscle Spasms**

"Basically, we use fine needles to decrease muscle spasms and increase blood supply to the area to allow the patient to heal,"

“I was skeptical before training. But the second day in, I realized how amazing this treatment really is. I have seen great results from it.”

— Courtney Owens, PT, Cert. DN

Owens said. "If there is a tight muscle or a trigger point or muscle spasm in one area we try to get it to release."

That's only part of the therapy. "We look at the whole patient," Owens said. "You may have a tense muscle, but I have to address why you have a tense muscle. The dry needling will help decrease the muscle spasm, but then I have to address what caused it in the first place, or I've only done half my job."

Owens has worked as a Physical Therapist for 23 years and has been with KDMC for eight years. She started investigating dry needling when doctors started to inquire about it. The specialty wasn't readily available in the Brookhaven area, so she started the certification process in November 2018. In January 2019, she received certification and began offering treatments.

In addition to physician referrals, she sometimes gets referrals from dentists and chiropractors. "We work well with our pain management doctors here at KDMC too," she said.

## Very Thin Needles

The needles are very thin, just 0.18 to 0.30 millimeters wide (one-eighth the size of a regular "shot" needle). Electrical stimulation – using the needles as electrodes – can be part of the therapy.

Acupuncture uses the same kinds of needles, but the technique is very different. Acupuncture, based on traditional Chinese medicine, uses needles to balance the flow of energy believed to travel through meridians (pathways) in the body. Dry needling arose from Western scientific research. It targets muscles and other physical structures, and the needles are generally inserted more deeply.

"I was skeptical before training," Owens said. "But the second day in, I realized how amazing this treatment really is. I have seen great results from it."

## 'Just a Tiny Little Sting'

Owens administered dry needling twice a week, alternating between Moak's neck and back. Each treatment lasted about 40 minutes. "The needles are so tiny you barely even feel them," Moak said. "Just a tiny little sting. When they hook the electrodes to the needles, that tingles a little."



Courtney Owens, PT, Cert. DN

After a month, the pain in her neck was gone. Months later, it's still gone.

The back pain started fading after a month. After continued therapy, it had become manageable. The pain no longer extended down her legs. Now, she just suffers occasional lower back pain.

Best of all, she can ride her horses again, thanks to KDMC, Courtney Owens and dry needling. She wears a back brace when riding and takes things easy. But that doesn't diminish her joy.

## Learn More

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

 **601.823.5255**

or visit

 **KDMC.org/PhysicalTherapy**

# Getting Better Every Day!

## A Message from Jeff Richardson KDMC Foundation Director

I love to work at getting better at something every day. Don't you? At King's Daughters Medical Center, we work to get better at our jobs, every moment of every day. The end result of that is better care for all of our patients. You see, our patients are our friends, family, neighbors and fellow church members.

It's different here. And because it's different, we want the very best in facilities and technology. That's why the KDMC Foundation exists. It's not easy to find the dollars to invest in those things that make us better. The KDMC Foundation helps supply those precious dollars.

# \$550,000

That's a big number. That's how much money the KDMC Foundation has used to enhance the facilities and services of OUR hospital since 2016.

But that's just the tip of the iceberg. There is so much more to be done. In this edition of *Wellness Views*, you'll see a list of those who have donated to our cause. You'll see businesses, individuals and employees.

Is your name on the list? If not, we urge you to



consider being a part of supporting healthcare in our community. Help us ensure that healthcare is excellent, readily available and local.

Any gift is just that, a gift. It is a blessing to us and a blessing back to those who need us the most.

Go to **KDMC.org/Give** and start today. Or send your gift to:  
**KDMC Foundation**  
**P.O. Box 3285**  
**Brookhaven, MS 39603**

To our donors, Thank You!

To all those reading this, please be a part today. There is no better time to help than now.

A close-up of a hand holding a large, shiny pink balloon. The background is filled with many other pink balloons of various sizes, creating a festive and celebratory atmosphere.

*Jeff Richardson*

**Jeff Richardson**  
KDMC Foundation Director

 **KDMC**  
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*Supporting OUR hospital*

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LaTasha Smith  
Martha Smith  
Nick Smith  
Ryan Smith  
Wyunta Smith-Williams  
Jason Snider  
Cynthia Sprague  
Jacob Spring  
Lisa Spring  
Brianna Standberry  
Chris Stanley  
Koreta Stokes  
Rebecca Storey  
Anne Strehlow  
Jennifer Sullivan  
Paige Sullivan  
Mary Temple  
Jackie Terry  
Jo Ann Thames  
Haley Thibodeaux  
Yvonne Thibodeaux  
Gabrielle Thomas  
Tina Thomas  
Tyler Thompson  
Anne Claire Thurman  
Gina Thurman  
Jan Thurman  
Lontenice Treadway  
Lisa Tucker  
John Turnage  
Crystae Tuten  
Lindsey Wall  
Lou Ann Wall  
Jessica Lynn Walters  
Wendy Watts  
Rheagan Welch  
Christy Wells  
Theresa Wells  
Haley Whately  
James White  
Lesia Whitehead  
Julie Wicker  
David Wilkerson  
Lisa Wilkerson  
Kayla Wilkinson  
Allison Williams  
Zahra Williams  
Angie Williamson  
Sydney Willis  
Jenny Wilson  
Shaquita Wilson  
Felicia Womack  
Melissa Woodcock  
Jennifer Woods  
Amanda Woodson  
Julie Yates  
Natalie Ybarra



## Slow-Cooked Pot Roast

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

This Simple Cooking with Heart recipe is a Southern-American, heart-healthy and delicious way to get your family more vegetables! It'll quickly become a cold-weather classic!

### Ingredients

- 1 1/2 lb. beef top round roast in one piece, all visible fat discarded
- 1 Tbsp. olive oil
- 1/4 tsp. salt
- 1/2 tsp. ground black pepper
- 1 medium yellow onion, about one cup, thinly sliced
- 3 cloves garlic, chopped into 4 pieces each
- 2 stalks celery, about 1 cup, cut into 1-inch pieces
- 2 potatoes, unpeeled, cut into 2-inch pieces
- 2 carrots, peeled and cut into 1-inch rounds
- 1 cup water

### Directions

1. Remove meat from refrigerator an hour before cooking, trim and pat dry with paper towels.
2. Preheat the oven to 325 degrees F.
3. In a deep, heavy, ovenproof pot heat the olive oil to medium and sear the meat on all sides, about 2-3 minutes per side.
4. Sprinkle with salt and pepper.
5. Add the onions, garlic, celery, potatoes, carrots and water.
6. Cover and bake in the oven for 2 hours.
7. Remove the meat from the pot and allow it to rest, covered loosely with foil, for 15 minutes before you slice into quarter-inch slices. This allows the juices in the meat to redistribute so this lean cut of meat is moister.
8. Serve with the cooked vegetables on the side and the pan juices over the meat.

Recipe © 2019 American Heart Association. This recipe is brought to you by the American Heart Association's Simple Cooking with Heart<sup>®</sup> Program. For more simple, quick and affordable recipes, visit [heart.org/simplecooking](http://heart.org/simplecooking).

### 6 Servings



25 g

**Protein**  
per serving



211

**Calories**  
per serving



1.4 g

**Sat. Fat**  
per serving



158 mg

**Sodium**  
per serving



### Learn More

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

#### Weight-Loss Class

➤ [KDMC.org/TOPS](http://KDMC.org/TOPS)

#### Fitness Center

➤ [KDMC.org/FitnessCenter](http://KDMC.org/FitnessCenter)

#### Athletic Performance Center

➤ [KDMC.org/PSP](http://KDMC.org/PSP)



## These 8 Superfoods Help Fight Diabetes

Diet becomes a major concern for anyone who has diabetes or worries about getting it. Finding foods that are not only healthy but also tasty can be a challenge. Nevertheless, nonstarchy vegetables, fruits, legumes, nuts, seeds and whole grains offer plenty of great choices. Here, in no particular order, are some nutritional powerhouses rich in vitamins, minerals, fiber or healthy fats.

- Avocados contain lots of fiber, plus monounsaturated fat, which helps lower the “bad” (LDL) cholesterol. High cholesterol is a risk factor for heart disease and stroke, and diabetes nearly doubles the risk of having a heart attack or stroke.
- Olive oil is another good source of monounsaturated fat. A study found that substituting olive oil for butter may reduce spikes in blood sugar after meals.
- Whole grains do contain carbohydrates. However, whole grains raise blood sugar less than refined grains do. They’re also high in fiber, which helps control blood sugar levels and keeps you feeling full longer, so you tend to eat less.
- Dried beans, such as kidney, pinto and black beans, supply lots of fiber, plus protein, magnesium and potassium.
- Dark green leafy vegetables, such as spinach, collards and kale, really hit the sweet spot: They’re low in carbs and calories and high in iron, calcium, potassium, and vitamins A, C, E and K.
- Berries, including blueberries and strawberries, squeeze a lot of vitamins, antioxidants and fiber into convenient little packages that are perfect for snacking or even desserts. Studies indicate that blueberries may help combat insulin resistance, a condition that increases the risk of developing prediabetes and type 2 diabetes.
- Sweet potatoes are a starchy vegetable, so they do raise blood sugar, but not as much as many other starches do. And they make up for it by being loaded with vitamin A and fiber. They also supply potassium.
- Fatty fish, such as salmon, mackerel and albacore tuna, are rich in omega-3 fatty acids. Those are healthy fats that actually help prevent clogging of the arteries. The American Diabetes Association recommends that people with diabetes eat fish twice a week. To maximize the health benefits, opt for grilled, broiled or baked fish. Frying fish adds extra carbohydrates and calories.

### Learn More

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

#### Weight-Loss Class

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

#### Fitness Center

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

#### Athletic Performance Center

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

# COMING UP

## Diabetes Education Classes

**When:** Tuesdays, call for class availability  
**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

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 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.  
**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. Other CPR classes can be scheduled as needed for your business, church or civic group.

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



## TAKE OFF POUNDS SENSIBLY

**TOPS Club Inc.** (Take Off Pounds Sensibly)

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

**When:** Tuesdays, call for class availability  
**Venue:** King's Daughters Medical Center, Education 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  
**Venue:** King's Daughters Medical Center, Labor and Delivery Unit  
**Address:** 427 Highway 51 N  
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 N  
Brookhaven, MS 39601  
**To register:** Call 601.835.9167  
Second and fourth Tuesday group meets at Lincoln County Library.

## KDMC Performance Center

Call for available classes and times at 601.823.5155 or visit [KDMC.org/PerformanceCenter](http://KDMC.org/PerformanceCenter)

Boot Camps • Camps • Speed/Agility Training • Strength & Conditioning • Flexibility & Mobility • Team Training • Indoor Soccer

## KDMC Fitness Center

Call for available classes and times at 601.823.5271 or visit [KDMC.org/FitnessCenter](http://KDMC.org/FitnessCenter)

Spin Classes • Sit Fit • Yoga and Pilates • Abs Class • Body Sculpt • Aqua Aerobics



# 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. If you need these services, contact King's Daughters Medical Center's Compliance Officer.

- Name: Randi Brooks
- Mailing Address: 427 Highway 51 North Brookhaven, MS 39601
- Telephone number: 601-833-6011
- Fax: 601-835-9119
- Email: rbrooks@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.	Chisamaliro: Ngati mulankhula English, chinenero ntchito thandizo kwaulere, mungapeze. Itanani 1-800-523-1786.	Atención: Si usted habla a Inglés, servicios de asistencia de idioma, de forma gratuita, están disponibles para usted. Llamar al 1-800-523-1786.	pansin: kung ikaw ay nagsasalita ng ingles, tulong sa wikang mga paglilingkod, libreng bayad sa, iyo na ito. tawagan .
Chú ý: Nếu bạn nói tiếng Anh, Dịch vụ hỗ trợ ngôn ngữ, miễn phí, có sẵn cho bạn. Gọi 1-800-523-1786.	تحدثت ك انت إذا: ت ن ب ي ه المساعدة خدمات الإن ج ل ب ي ه لك ت توف ر مجاناً، وية، اللغ 1-800-523-1786 اسد تدعاء	注意：如果你說英語，語言援助服務，免費的是可供您使用。調用 1-800-523-1786。	주의: 당신이 영어, 언어 지원 서비스를 무료로 사용할 수 있습니다 당신에 게. 1-800-523-1786를 호출 합니다.
ATTENTION : Si vous parlez anglais, langue assistance, des services gratuits, sont à votre disposition. Composez le 1-800-523-1786.	સાવધાની: જો તમે ઇંગલિશ ભાષા સહાય સેવાઓ વિના મૂલ્યે, વાત, તો તમે કરવા માટે ઉપલબ્ધ છે. 1-800-523-1786 પર કોલ કરો.	Achtung: Wenn Sie Englisch sprechen, sind Sprache Assistance-Leistungen, unentgeltlich zur Verfügung. Rufen Sie 1-800-523-1786.	注意: 英語を話す言語アシスタンス サービス、無料で、あなたに利用できます。1-800-523-1786 を呼び出します。
ВНИМАНИЕ: Если вы говорите по-английски, языковой помощи, бесплатно предоставляются услуги для вас. Вызовите 1-800-523-1786.	Attenzione: Se si parla inglese, servizi di assistenza di lingua, gratuitamente, sono a vostra disposizione. Chiamare 1-800-523-1786.	ધિઆન: જેકર તુરાનું દા અંગરેજી, ટ્રાસા સહાયતા સેવા, મુદ્દત ગોલ કર, જે, તુરાડે લઈ ઉપલબ્ધ રહન. 1-800-523-1786 નું કાલ કરો.	ध्यान दें: यदि आप अंग्रेजी बोलने, भाषा सहायता सेवाओं, नि: शुल्क, आप के लिए उपलब्ध हैं। 1-800-523-1786 कहते हैं।

9/12/19

# COMMUNITY

KDMC Foundation's Annual 4 Man Scramble Golf Tournament took place on May 31, 2019. The golf tournament helps fund community events such as Think Pink, a breast cancer awareness luncheon held in October each year.



**Morning Flight 1 Team Winners**  
1st Place – Insurance & Risk Managers



**Morning Flight 1 Team Winners**  
2nd Place – Southern Credit Recovery/Certified Bureau of the South



**Morning Flight 2 Team Winners**  
1st Place – Compassus



**Morning Flight 2 Team Winners**  
2nd Place – Health One



**Afternoon Flight 1 Team Winners**  
1st Place – First Bank



**Afternoon Flight 1 Team Winners**  
2nd Place – Leading Edges



**Afternoon Flight 2 Team Winners**  
1st Place – Bank of Franklin



**Afternoon Flight 2 Team Winners**  
2nd Place – Positive Pest Control

## 2019 KDMC Foundation "Love" Our Hospital Tennis Tournament ▼



### Winners

1st Place: Reilly Miller and Jennifer Townsend  
2nd Place: Heather Britt and Dr. Shannon Patterson



### Final 8

Left to right: Reilly Miller, Jennifer Townsend, John Hemleben, Taylor Berry, Dr. Shannon Patterson, Heather Britt, Courtney Owens, Chad Leggett

## KDMC 2019 Employee Picnic ▼





# CARING FOR OUR COMMUNITY LIKE NO ONE ELSE CAN

Different problems require different therapies. That's why the KDMC Therapy Center is one of the state's largest. We offer a full range of specialized equipment and an experienced and compassionate team. Adult or child, spectator or athlete, count on us for your physical, occupational, speech and sports rehabilitation needs. **KDMC, caring for our community like no one else can.**



**KING'S DAUGHTERS**  
THERAPY CENTER

507 Highway 51 North, Brookhaven, MS 39601  
601.823.5255 | [KDMC.org](http://KDMC.org) | [f](#) [t](#) [v](#) [@](#)