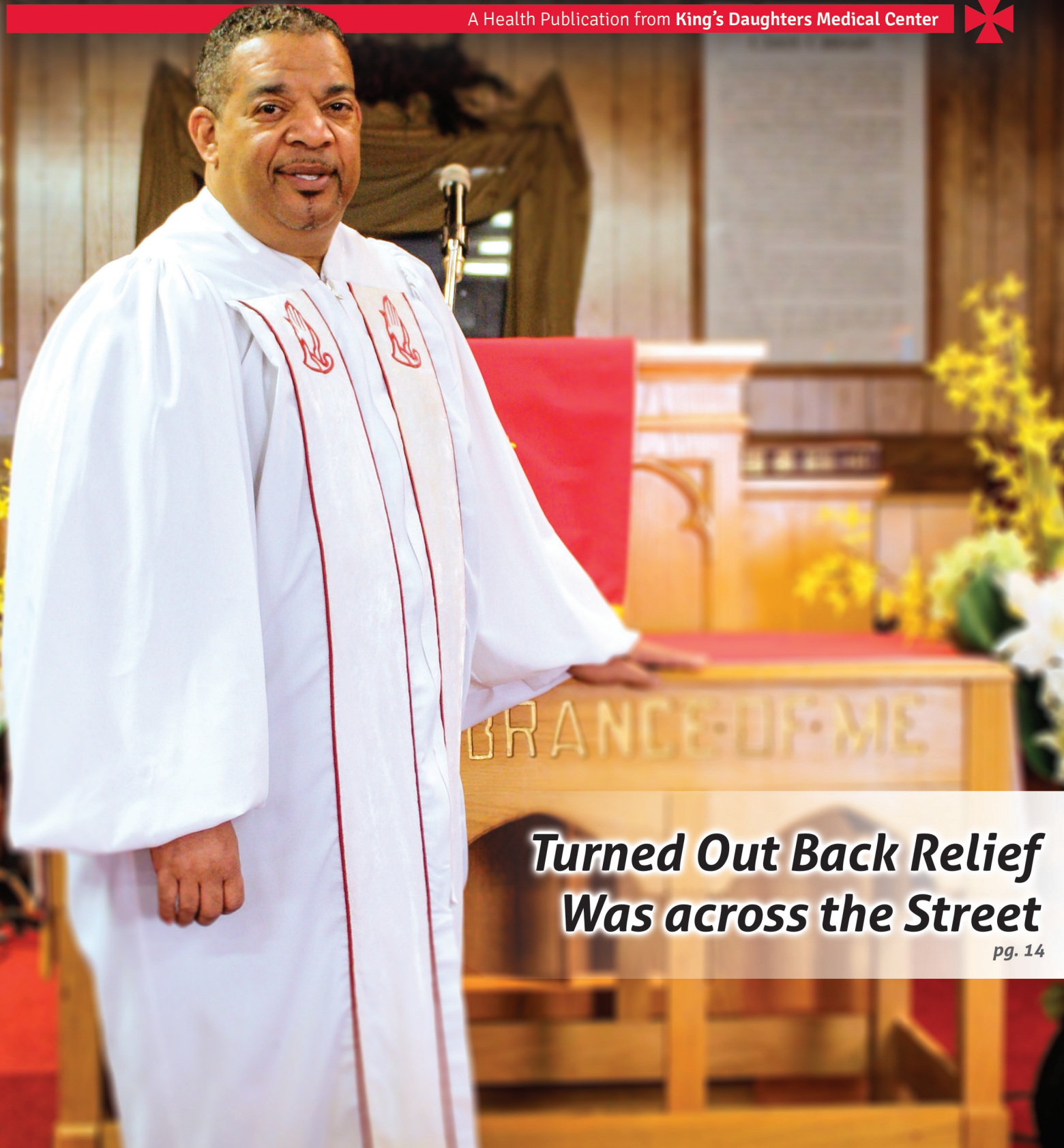


WellnessViews

A Health Publication from King's Daughters Medical Center



Turned Out Back Relief Was across the Street

pg. 14

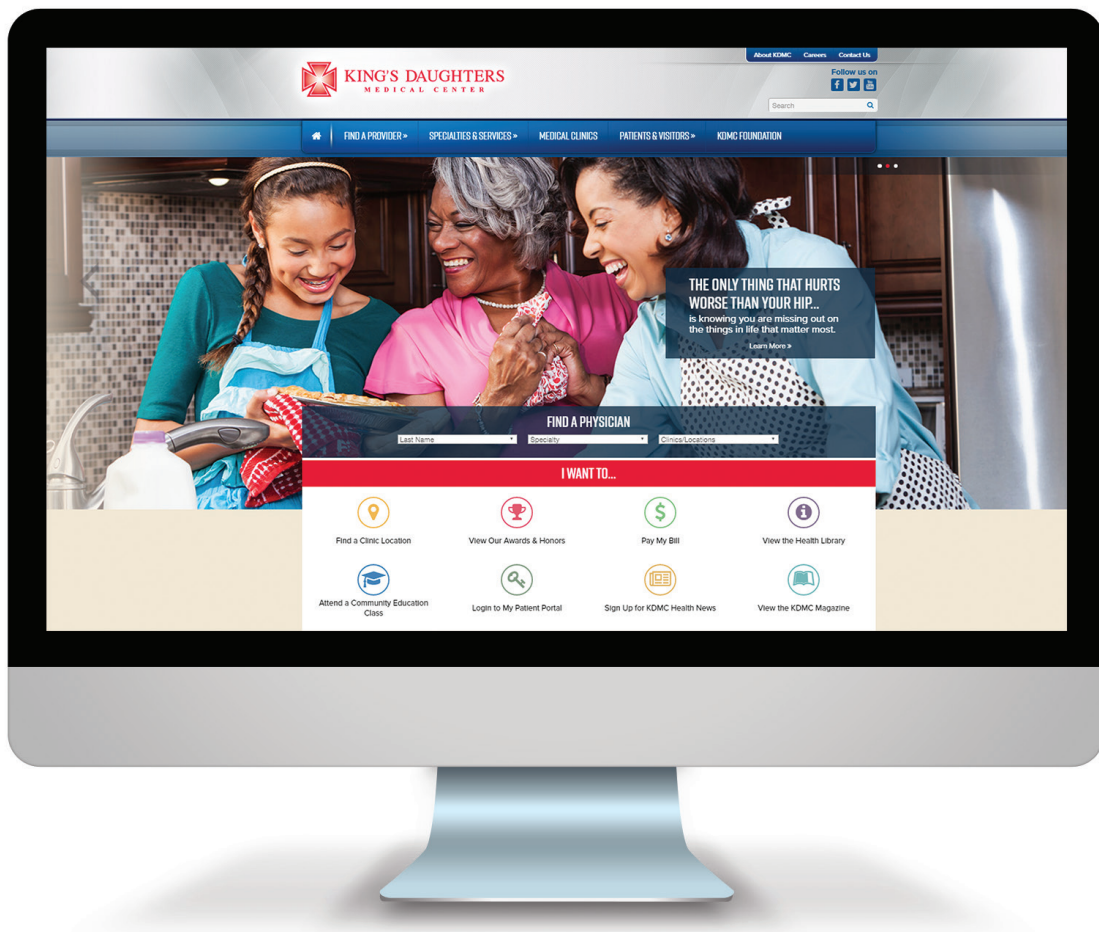
Back on Her Feet
after Spine Surgery pg. 8

Becoming Baby-Friendly to Nurture
Infant-Mother Bonding and More pg. 26

KDMC.org

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Built with **you** in mind with health topics from A to Z.



KING'S DAUGHTERS
MEDICAL CENTER

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www.KDMC.org

Message from the CEO



Welcome to KDMC! We talk a lot about our mission at KDMC, "providing quality health and wellness in a Christian environment." We want to ALWAYS do our best, and help you have the best healthcare experience you can imagine.

When our patients come in, they are sick, usually in pain, and accompanied by fear, anxiety and worry on the part of the patients, their families or both. We want to meet you where you are, always kind and compassionate, competent and professional.

Healing for us is, and has always been, about being welcomed with a smile; seeing you as a person, not just a patient; and treating everyone — and I mean everyone — as God's special creation that deserves our very best and our prayers.

After all, healthcare in its most basic form is about making people feel better.

Thank you for choosing KDMC!

Providing quality health and wellness in a Christian environment.

A handwritten signature in black ink that reads "Alvin Hoover". The signature is fluid and cursive, written in a professional style.

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



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MY DOCTOR IS *in Our Community.*



For Dr. William Hay, among the perks of practicing family medicine in Brookhaven is getting to know several generations of the same family – and hanging out with local celebrities. To us, healthcare is personal. It extends far beyond the doctor–patient visit. That’s the KDMC difference. **Family. Friends. Neighbors. KDMC is our Community.**



KING'S DAUGHTERS
MEDICAL CENTER

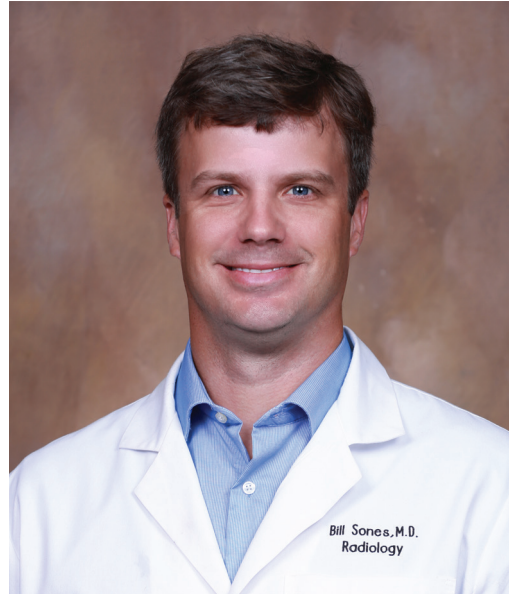
Chief of Staff

A Message from Bill Sones Jr., MD, KDMC Chief of Staff

At King's Daughters Medical Center, we are proud to serve one of Mississippi's great communities and the southwest region of our state. Having the able leadership of an administration and board of directors with great local ties and a great forward vision has given our hospital a legacy that has stood the test of time. I am very excited about the work of our hospital foundation. With the recent addition of Jeff Richardson, KDMC Foundation Director, there will be a continued and more focused dedication to our hospital. Groups such as the Willing Hearts Circle and many individual volunteers are very critical to our mission.

At our hospital we strive to deliver excellent medical care, from caring for the youngest of patients and their mothers with excellent obstetric and pediatric practices to caring for the needs of our senior community working alongside tested internal and family medicine physicians. Our caring hospitalist and emergency programs also help us provide more intensive care should the need arise.

We have recently improved our wide array of surgical subspecialty care to include a more complete orthopaedic team providing the treatment of sports injuries as well as joint replacement and spine surgeries. Our other surgical specialists offer a wide range of outpatient procedures, many of which draw patients from even distant parts of south Mississippi. From ENT to ophthalmology to urology, nephrology and pain management, our physicians are respected throughout our state. Our diagnostic services,



including medical imaging and pathology departments, are cutting edge and offer great support in medical treatment.

Having had many recent renovations, our facilities are top-notch. They include spacious, clean rooms, state-of-the-art surgical suites and comfortable waiting areas. Thanks to the effective management of so many in our facilities and support teams, the experience of patients while on our campus is as pleasant as possible.

Thank you for choosing King's Daughters Medical Center. We are so glad to serve you in any way possible to promote health and wellness in a Christian environment. I am proud to be serving as the Chief of Staff for the hospital, and I invite your input or questions as to how we can better serve you.

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

Bill Sones Jr., MD
Chief of Staff





AWARD WINNING WOUND CARE CLOSE TO HOME

Chronic wound pain can make it difficult to get around. So KDMC brings specialty wound care that is industry-recognized for clinical excellence, patient satisfaction and high heal rates closer to you. Providing care for diabetic and chronic wounds of all types, the Wound Care Certified specialists at KDMC Wound Care Center utilize advanced modalities such as hyperbaric oxygen therapy, skin substitutes, negative pressure wound dressings, debridements, total contact casts and more to help you. No referral is necessary. Call and make an appointment today and let the healing begin.



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MOM THANKFUL SPORTS PHYSICAL

IDENTIFIED POTENTIAL HEALTH ISSUE



When Amanda Hodges took son Grayson to the KDMC Performance Center for his required sports physical, she didn't expect to learn her 12-year-old had a potentially serious medical condition.

"I'm very thankful. We wouldn't have known about his problem if not for this free event. Once your child gets to a certain age, you don't go to the doctor as frequently," says Hodges.

At the time, Grayson was going into seventh grade the following year and wanted to play basketball.

KDMC Sports Medicine organizes the free sports physicals event for area schools each February. It's held at the KDMC Performance Center on a Saturday with schools scheduled throughout the day. Various stations are set up to move students quickly through the process of getting their physicals.

It was at one of these sport physicals that Grayson was identified as having a sunken chest, a condition known as *pectus excavatum*, as well as a light case of scoliosis. Grayson was referred to his pediatrician.

Grayson's Hidden Danger

Mitch Holland, MD, a pediatrician at KDMC Pediatric and Adolescent Clinic, explained the hidden dangers of *pectus excavatum* (sunken chest).

"Approximately one in 500 children have some degree of the condition. It's a connective tissue disorder, mostly in boys, and it seems to worsen when they hit puberty. If the chest sinks in enough, it can cause pressure compromising the heart and lungs."

Children with sunken chest may develop shortness of breath when they exercise. Specialists diagnose and monitor the condition by checking heart and lung function and doing a CT scan to measure changes in the chest. Some patients may require surgery to resolve the issue.

Cleared to Play

Luckily for Grayson, a student at Loyd Star Attendance Center, he was cleared to play as long as he received medical follow-up.



Grayson made the basketball team and loves it. He also enjoys playing recreational tennis.

"It is a great feeling when the months of planning and scheduling with all the schools and coaches come together," says Kim T. Bridge, RN, one of the event organizers. "The dedication of all the trainers, doctors, nurse practitioners, nurses and physical therapy department, all volunteering their time to make sure every athlete is healthy and ready to compete, is just awesome. We do have the occasional athlete that we will find possible medical issues in their health. We are able to get them referred to providers for treatment before the issues become a major medical problem. This makes the whole event well worth all the effort."

"I'm very thankful. We wouldn't have known about his problem if not for this free event. Once your child gets to a certain age, you don't go to the doctor as frequently."

— Amanda Hodges

"KDMC's commitment to our community and the area schools is very evident in the sport physicals that we perform," added David Culpepper, KDMC Director of Marketing. "That Saturday in February is a day that our employees and other providers are giving unselfishly of their time and talents. This day would not happen without them. A lot of planning and staging has to happen to be ready to go at 8 a.m. Saturday morning and conclude somewhere around 4 p.m. that afternoon."

Back on Her Feet after Spine Surgery



Anya "Gail" Conger has lived in the southwest Mississippi area most of her life. In her early 60s, she is deeply appreciative to KDMC neurologist Craig Berteau, MD, for restoring her mobility.

Gail's story began a couple of years before she met Dr. Berteau.

"I was out in the yard, and all of a sudden I just fell down. I had no pain, no tingling. My legs just gave way. That happened a few times. Then, I slowly started losing feeling in my legs," says Gail.

Over a year and a half period, Gail sought help from nearly a dozen doctors, including a neurology specialist in Baton Rouge. After examinations, X-rays and MRIs, she was told she had

neuropathy, a malfunction of the nerves. It was attributed to aging, but the cause of her condition was unknown. She was prescribed medications for pain and depression that she didn't want or need, and advised to go home and accept the situation. "By 2012, I became totally numb from the waist down and lost use of my legs. I had to use a wheelchair," Gail continued.

Then, she was referred to Dr. Berteau.



Correct Diagnosis Saves Mobility

"In a short conversation with her primary care doctor, I learned her legs had gradually weakened and that MRIs of the brain and lumbar spine were done. I immediately started thinking this is either cervical or thoracic spine," says Dr. Berteau.

Dr. Berteau's office quickly made an appointment for Gail. Within minutes of examining her, he localized a spinal cord lesion in the thoracic spine. Imaging showed this to be a meningioma, a benign tumor that had been growing slowly for decades and was now crushing the spinal cord, which would eventually lead to paralysis. Within days, Dr. Berteau referred Gail for surgery.

The surgeon was unsure if Gail would walk again. Though the half-inch tumor in the T7-T9 area of her spine was noncancerous, it had ossified and caused nerve damage. Gail spent three weeks in rehabilitation. Her therapist remarked, "When we saw the condition you were in, we never expected to see you walk again."

"She'll have some continued problems with balance, bladder and weakness in her legs, but at least she can walk," says Dr. Berteau, who continues to follow up on Gail's neurological health.

"Neurologists are trained to be brain and nerve detectives," says Dr. Berteau, whose specialty deals with nerves in the central and peripheral nervous systems from the brain to the arms and legs. "My goal is to figure out where the problem is in the nervous system. If MRIs aren't done in the right place, it won't help. The important thing is making the correct diagnosis."

"My goal is to figure out where the problem is in the nervous system. If MRIs aren't done in the right place, it won't help. The important thing is making the correct diagnosis."

— Craig Berteau, MD

Thankful for Expert Care

Dr. Berteau's practice focuses on patients experiencing neurologic symptoms, including migraine and post-traumatic headaches, pain or numbness, muscle weakness, back pain, neck pain, peripheral neuropathy, seizures, concussions, balance problems and vertigo.

If Gail hadn't had the surgery when she did, she most likely would have become bedridden. She still has to use a cane to walk for any length of time, but Gail isn't complaining. "I thank God for Dr. Berteau listening and caring for me."



Craig D. Berteau, MD, Neurology, and Anya "Gail" Conger

If You're Losing **ZZZs**, You're Losing the Health Benefits of Sleep

"It's amazing to realize how many people have a sleep disorder, and the impact that getting the right care can have," says KDMC Chief Nursing Officer Cheri Walker, MSN, RN.

The Centers for Disease Control and Prevention estimates 50 to 70 million Americans have some form of sleep disorder. Though sleep disorders can occur at any age, problems tend to get worse as we grow older. Healthy adults need on average seven to nine hours of sleep a night.



People who are losing sleep due to insomnia, snoring, sleep apnea, narcolepsy or restless leg syndrome can experience symptoms ranging from headaches, irritability and difficulty focusing to daytime sleepiness and even memory loss. They are also more prone to developing serious chronic conditions, including high blood pressure, diabetes, cardiovascular disease, obesity and depression.

For patients with ongoing symptoms of a sleep disorder, a sleep assessment or sleep study can offer valuable diagnostic tools to help their physicians provide effective treatment plans.

Inside the KDMC Sleep Center

Many area providers are referring their patients to the KDMC Sleep Center, a fully accredited sleep disorder center providing comprehensive sleep evaluations under the medical direction of Joyce D. Wade, MD, a Board-Certified Pulmonologist and Board-Certified Sleep Specialist with the American Academy of Sleep Medicine.

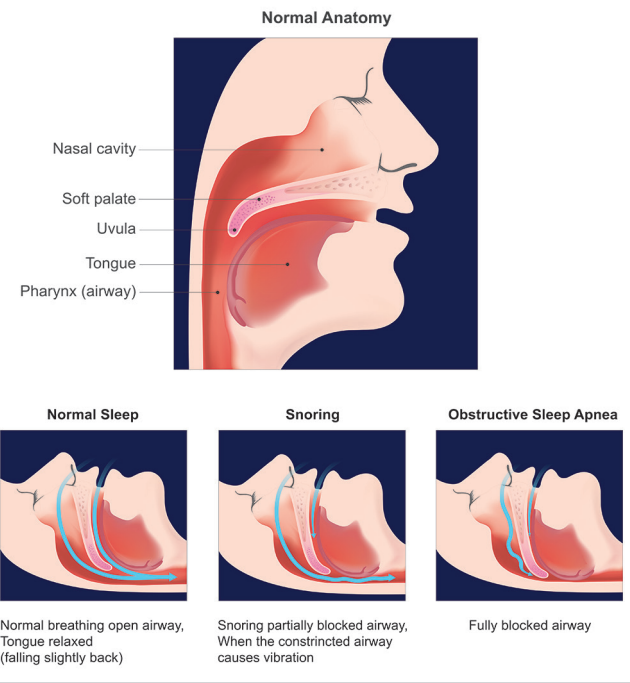
The KDMC Sleep Center recently moved into a new location, with increased staffing and double the bed space as well as updated patient comforts and technology for staff efficiency.



The Sleep Center now offers a larger waiting area for patients and five patient evaluation rooms for the nursing staff to take patient histories and complete assessments to determine if a sleep study is recommended. In addition, there are now four sleep study rooms, with new beds and home-like furnishings, that are equipped to allow sleep technicians to noninvasively monitor body and brain functions while patients sleep.

In addition to overnight sleep studies at the Sleep Center, daytime studies can be done to accommodate patients who regularly work night shifts so as not to disrupt their normal schedules. Depending on patients' insurance coverage, home sleep studies are also available. Patients meet with a technologist and take monitoring equipment home overnight. Their data is downloaded when the equipment is returned.

Snoring and Obstructive Sleep Apnea



Providing Diagnostic Evaluation for Adolescents to Adults

Sleep disorders affecting young patients aren't limited to episodes of childhood sleepwalking, bed-wetting, nightmares or night terrors. With increased rates of childhood diabetes and obesity, pediatricians are seeing more adolescent patients with symptoms of grown-up sleep disorders.

"Dr. Wade is working with local pediatricians and primary care physicians who need to refer patients as young as age 12 for sleep studies," says Walker.

"A big advantage of having the KDMC Sleep Center to serve Brookhaven and the surrounding area is the convenient location versus having to travel to Jackson, especially for adolescent patients. Parents are required to stay through the night for all patients under age 18. The KDMC Sleep Center provides a comfortable environment closer to home," she added.

Learn More

For more information on sleep apnea or the KDMC Sleep Center, call

 601.835.9270

or email

 KDMC.org/SleepCenter



Jeff Richardson, KDMC Foundation Director

Supporting Quality Healthcare in Our Community

Have you thought about what it takes to ensure quality healthcare is available locally in times of need?

As a nonprofit organization, King's Daughters Medical Center relies on support from the KDMC Foundation to help fund major purchases and projects.

"Having the healthcare facilities and providers we need in Brookhaven is very important to all of us. The KDMC Foundation is focused on helping to ensure that we do just that," says Jeff Richardson, who was named the new Director of the KDMC Foundation in early 2017.

A Brookhaven native and resident, Richardson is eager to raise awareness about the important role of KDMC's philanthropic arm.

KDMC Foundation at Work

Recent updates to the hospital made possible by gifts to the KDMC Foundation include the Endoscopy Suites and renovations of the LDRP suites and hospital cafeteria. Historically, the Foundation has raised funds for such projects through the annual golf tournament and the gracious giving of

KDMC's own employees and donors.

In addition, the KDMC Foundation also gives back to the community by supporting the "Think Pink" breast cancer awareness event and Mississippi Scholars.

Every Gift Helps Make a Difference

"It's important that residents of Brookhaven and Lincoln County understand that this is OUR hospital. The Foundation really needs your support so that KDMC can do even more," added Richardson.

Our region is blessed with charitable people, and providing quality healthcare in our community is a great charitable cause.

There are several ways to make a difference through your gifts to the KDMC Foundation, such as:

- Larger gifts to honor a loved one or naming part of the hospital in his or her memory.

- Yearly gifts from individuals and corporate sponsors.
- Community participation and underwriting support of fundraising events.
- Supporting new fundraising ideas to come.
- Planned giving to leave a legacy of support.

Every gift, large or small, is deeply appreciated and meaningful to the work of the KDMC Foundation. We thank our supporters, and hope more people will feel a calling to give.

Learn More

For more information on current projects and programs needing your support, please contact Jeff Richardson; call

601.835.7900

or email

jrichardson@kdmc.org



KDMC
FOUNDATION

Supporting OUR hospital



GOOLF

TOURNAMENT 2017



BROOKHAVEN COUNTRY CLUB
BROOKHAVEN, MS

FRIDAY, JUNE 2, 2017

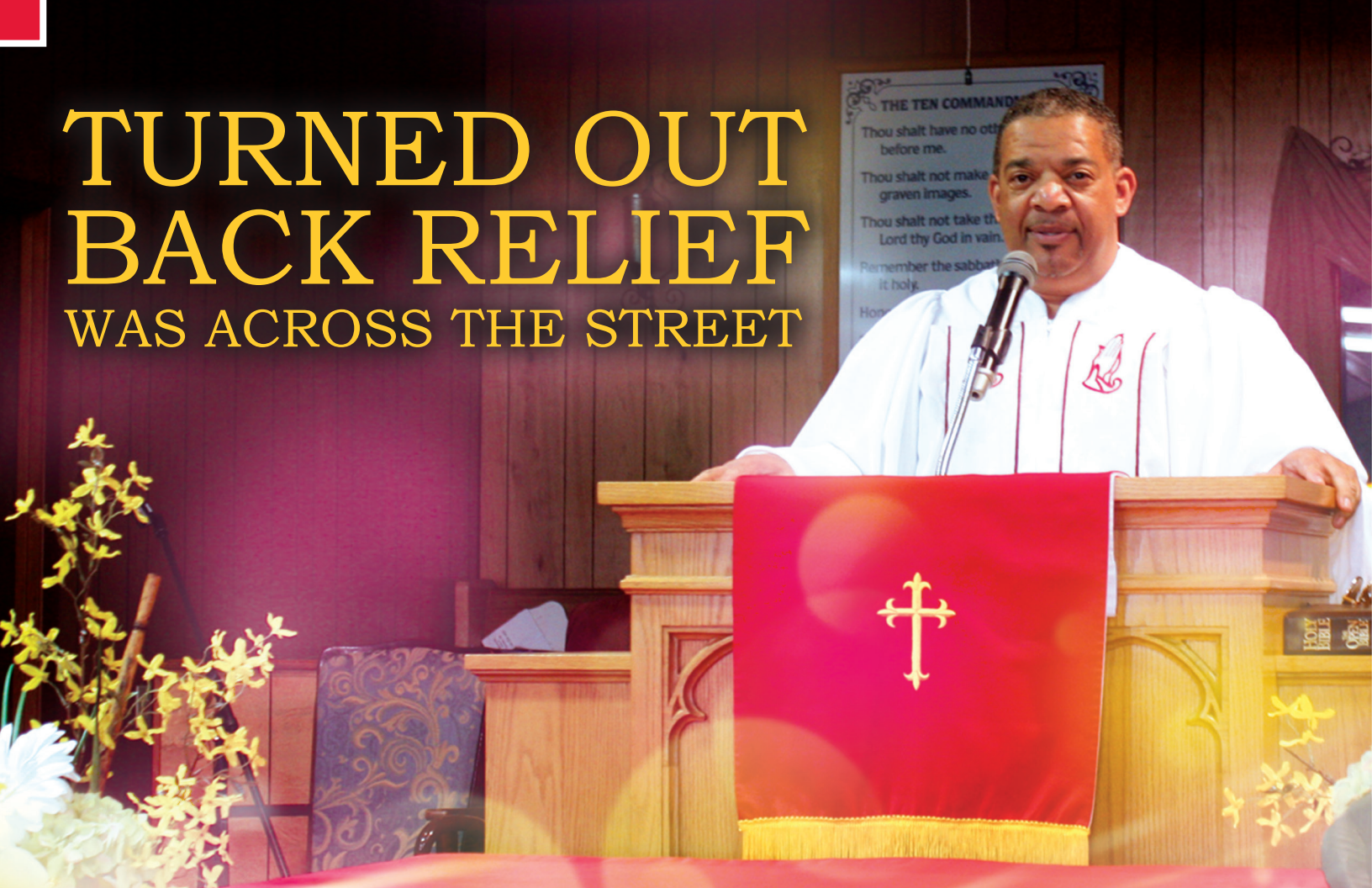
4 MAN SCRAMBLE
AWARDS & PRIZES



KING'S DAUGHTERS
MEDICAL CENTER

FOR MORE INFORMATION CONTACT JEFF RICHARDSON AT 601.835.7900.

TURNED OUT BACK RELIEF WAS ACROSS THE STREET



Reverend Phillip Sterling, a Brookhaven native and Pastor of Grace Community Church, went to King's Daughters Medical Center for most healthcare needs. But when he developed prostate cancer in 2013 and had severe pain in his legs, he says, "Like many people in the area, I thought I should go to Jackson."

After chemo and surgery, he came home. Then Sterling's leg pain got so bad he had difficulty walking. He began searching for physicians to help him, including several specialists in Jackson. He was diagnosed with fluid on his spinal column that was damaging his disc.

Searching for Answers

"I wanted the best help I could find because this is my back," says Sterling. "I researched online and found a hospital in Florida that seemed like the best of the best."

He sent them his MRI, and after a consultation over the phone he traveled to Florida. While there, he was using a wheelchair due to his extreme pain. Back in Brookhaven after his surgery, within months his pain returned. Sterling returned to Florida for a second surgery. Again, within months his pain returned.

"I was really depressed. Physically, there was nothing anyone could do," says Sterling.



"I've never had a physician sit down and talk with me for over an hour like Dr. Barron did."

— Reverend Phillip Sterling

His wife heard about Mark Barron, MD, an orthopaedic and spinal surgeon at KDMC, and she persisted until he made an appointment.



Finding Relief

"I saw Reverend Sterling in December 2015. He complained of hip pain down both legs to the ankles with numbness, burning, stinging and shocking. For two years, he'd tried everything — massage, physical therapy, medications, injections, chiropractic treatment and two surgeries," says Dr. Barron, who takes a personal approach with his patients.

"I've never had a physician sit down and talk with me for over an hour like Dr. Barron did," says Sterling.

"I like to show images and discuss all the details of their case to help educate my patients. It helps them feel part of the process so that together, we can make the best decision," says Dr. Barron.

Dr. Barron performed two surgeries on Sterling. The first was a revision surgery to the lumbar spine. He was feeling better at his post-op appointment, but months later he developed neck pain.

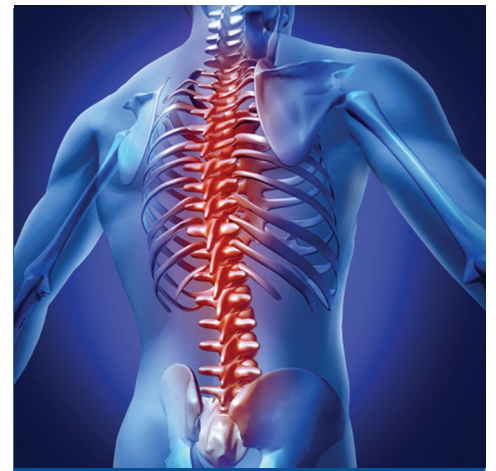
Devion Thomas and Ja'Darrius Thomas

After trying nonsurgical treatments over the next several months, Sterling had a neck decompression fusion procedure to take pressure off nerves, relieve pain and prevent recurring symptoms.

"I've always been active, and you don't notice how much you go and do until you can't — physically and emotionally it takes a toll on you. What really impressed me is that Dr. Barron told me, 'I can get you out of pain,' and that's exactly what he did," says Sterling.

Today, Sterling is enjoying life again, spending time with his wife and spoiling his grandchildren. He has some limitations, but he has more mobility than he has had in years and is off prescription medication.

"I'm now up and going — to church, to the mall with my wife, fishing — and I couldn't do any of that before the last surgeries," says Sterling. "I never imagined that this type medical care was right in front of me. God will provide, and he put Dr. Barron literally right across the street!"



Protect Your Back

Reaching, twisting, bending, lifting, standing and sitting for hours on end — we ask a lot of our backs. It's easy to understand why back injuries are so common. In fact, back pain is the most common cause of disability in people younger than 45.

Your back supports you every day. Here are some tips to help you support it, and keep your back muscles and spine healthy and strong to avoid strains and injuries.

- Maintain a healthy weight.
- Exercise regularly.
- When sitting, support your lower back.
- Learn to lift and bend properly.
- Listen to your back if you feel pain or twinges.

Learn More

To schedule an appointment with Dr. Barron, call

 **601.823.5275**

or visit

 KDMC.org/Barron





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

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 comprehensive orthopaedic care. 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

Hitting the Links Again after Hip Surgery



“The hip replacement took away my knee pain. I’m able to do most anything, except run and jump, but I can play golf again. I played two days this week!”

— Pete Dixon



Pete Dixon has lived most of his life in Brookhaven. After retiring in 1986 from a career in education, progressing through the school system from teacher to administrator to Principal, he worked another 20 years around the public golf course and campus of Copiah-Lincoln Community College. He has always enjoyed having an active lifestyle.



From left: Pete Dixon with his golf buddies: David Thornhill, Carroll Smith, Rudy McGeehe, David Gibson

"I've always gotten my exercise — working gardens or through sports," says Pete. "I like to play golf and coached for many years. All kinds of ball games have been a part of our life because we have two boys, and they played a lot of ball."

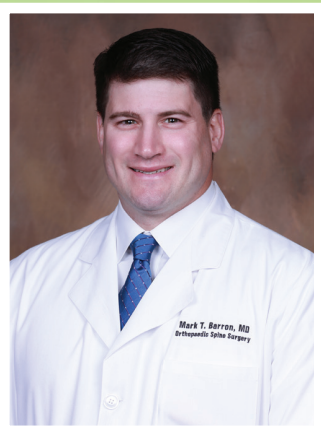
When Pete began having back pain, he visited his family physician and was referred to a specialist. A spur on his third vertebra was causing serious damage. Within two weeks, Pete had his first back surgery in Jackson. After surgery, the surgeon told him to "walk, walk, walk."

"So I did. But the more I walked the worse I hurt. I thought it was my knee," says Pete.

By that time, Mark Barron, MD, an orthopaedic and spinal surgeon, had moved to Brookhaven.

Relieving Pete's Pain

"The second time I went to him, he said, 'I don't think you have a knee problem. I think you have a hip problem,'" recalls Pete.



Mark T. Barron, MD, Orthopaedics/Spine

"He does have arthritis in his knee, but the issue was referred pain coming from his hip into his front thigh and knee," says Dr. Barron, who practices at KDMC Sports Medicine, Orthopaedic & Spine Clinic.

"I sat down with him and discussed our options. He tried therapy, injections, medication, and it wasn't doing the trick. The next thing to discuss was a hip replacement. I discussed the risks and benefits of surgery — and Mr. Dixon decided his pain and quality of life were at a point that he decided to have his hip replaced." continued Dr. Barron.

Pete had hip replacement surgery in November 2015.

"He did well with hip replacement," says Dr. Barron. "The procedure doesn't keep patients down long. They can get up immediately with a therapist and start walking. There have been a lot of advancements in recent years with the technology used, and the replacements are more durable and lasting longer."

"The procedure doesn't keep patients down long. They can get up immediately with a therapist and start walking."

— Mark T. Barron, MD

"I'm getting around fine," says Pete, who turned 82 in February. "The hip replacement took away my knee pain. I'm able to do most anything, except run and jump, but I can play golf again. I played two days this week!"



 **Learn More**

To schedule an appointment with Dr. Barron, call

 **601.823.5275**

or visit

 **KDMC.org/Barron**

Grateful Her Infusion Therapy Is near Home

"The nursing staff is very attentive to your needs. They'll pass out cookies, get you warm blankets or bring you something to eat or drink," explains Vicky King, who receives infusion therapy at the KDMC Infusion Center every eight weeks for treatment of her chronic illness.

"If you live in this area or the outskirts, it's so much more convenient than having to drive back and forth to Jackson," says the Brookhaven resident.

Vicky was diagnosed about seven years ago with severe ulcerative colitis and Crohn's disease. She was receiving medications and injections from her physician. When those stopped working, the next step was to try infusion, and her doctor set it up through KDMC.

A 17-year former KDMC employee, Vicky loved her time in Materials Management/Purchasing for the hospital and was familiar with the staff. As a patient, she has a deeper appreciation for their quality care.

"The nurses are just wonderful and treat you like you're part of the family when you walk in," says Vicky.

says KDMC Chief Nursing Officer Cheri Walker, RN, MSN. There are two highly skilled nurses who provide care and watchful supervision for their outpatients.

Located on the first floor of the hospital, the KDMC Infusion Center provides a comfortable environment for rheumatology, neurology and hematology patients to receive advanced antibiotic and other biologic drug infusion therapies. Patients are treated for conditions such as severe infections, migraine headaches, multiple sclerosis, osteoporosis and rheumatoid arthritis.

"We see people from all over the southwest Mississippi area, including folks who see specialists in Jackson but who would like to have their infusions here in Brookhaven. We're able to accommodate that for outside physicians as needed," says Walker.



Common Infusion Therapies at KDMC

For some people with severe chronic conditions, powerful antibiotic and biologic drug infusion therapies offer relief and healing when other treatments are no longer effective. The KDMC Infusion Center provides a convenient, comfortable setting for Brookhaven and Lincoln County residents to receive infusion treatment for:

- **Migraine Headache** — when pain lasts days without relief.
- **Rheumatoid Arthritis** — to block pain and reduce inflammation.
- **Osteoporosis** — given every three months or annually.
- **Asthma** — omalizumab injection to decrease allergic response.
- **Multiple Sclerosis** — for progressive or relapsing forms of the disease.

"The nurses are just wonderful and treat you like you're part of the family when you walk in."

— Vicky King

She likes the fact that she's getting treatment with other people from the Brookhaven area, and not alone in a room or exposed to other parts of the hospital. She sits in a comfortable recliner and can lie back, nap or watch TV during treatments that can take up to three or four hours.

"The nursing staff is very attentive to your needs. They'll pass out cookies, get you warm blankets or bring you something to eat or drink. They make sure you are as relaxed and comfortable as you can be while sitting for hours. They take very good care of you."

About the KDMC Infusion Center

"We're renovating our area to update furnishing and add a chair. Right now, six patients at a time can get their infusions,"



Vicky King, left, and Vanessa Williams, RN., infusion nurse at KDMC

Learn More

To learn more about infusion services offered at KDMC, call

📞 **601.833.6777**

or visit

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

CELEBRATING EACH DAY WITH *Warm Greetings*

"I'll be 85 years old in May. I had not intended to be working this late in my life, but I'm so blessed to be an employee of KDMC. They encourage and support me," says JoAnn Thames, thinking especially of her supportive supervisor, Janet Wesselhoft.

JoAnn is the hospital's PBX Supervisor and one of the friendly voices answering and switching calls to everywhere in the hospital and the KDMC clinics. She also sits at the entrance, greeting guests and patients and directing them to the right place in the hospital.

"I love my job and helping people. It gives me something to look forward to every day."

Before joining KDMC, JoAnn began her diverse career in 1951 as a telephone operator for the Southern Bell Telephone and Telegraph Company in Brookhaven. When Bell converted to dial operations around 1960, JoAnn became active in the community and the garden club, and served on church decorating committees. She later opened her own floral, gift and antique shop, a wedding chapel and a day care.

"I had sold my flower business and decided it was time to retire and be home with my husband of 62 years, who is retired," says JoAnn.

"That was until I heard about this job."

In 2000, JoAnn began working at KDMC part-time. She progressed to a 40-hour week supervising three other operators.

"We have prayer over the intercom every morning at 7:15 and night at 8:30," she says. "When we say the prayer, it supports who we are as a Christian organization; everybody at the hospital is kind to each other and helpful in what they're trying to do. It's a reflection on KDMC's mission statement: providing quality health and wellness in a Christian environment."

JoAnn Thames, PBX Supervisor



MY DOCTOR IS *in Our Community.*

While Dr. Dena Jackson focuses family time around her daughter's active lifestyle, she is dedicated to helping adults manage chronic conditions. To us, healthcare is personal. It extends far beyond the doctor-patient visit. That's the KDMC difference. **Family. Friends. Neighbors. KDMC is our Community.**



KING'S DAUGHTERS
MEDICAL CENTER



da Vinci[®] Surgery System Teams Advanced Science with New Technology for Better Patient Care

Katie Grace Culpepper, an active 20-year-old student at Copiah-Lincoln Community College, certainly doesn't look like the stereotypical gallbladder surgery patient.

Though anyone at any age can develop gallbladder problems, most people do not have symptoms. Those who suffer acute or chronic attacks requiring surgery are more often women over age 40.¹

Katie Grace's symptoms began in March 2016. She was involved with her studies, cheerleading and softball at the time.

"I would be in pain for hours, from the middle of my stomach all the way up. I couldn't eat. I would hurt really bad, and then I would become nauseated," says Katie Grace. "I lost around 15 to 20 pounds.

"I thought it was my appendix, but the ultrasound did not indicate such," she continued.

She went to see her primary care doctor, Ray Montalvo, MD, an internal medicine physician and diagnostician at KDMC Specialty Clinic. After additional testing, Dr. Montalvo was sure it was Katie Grace's gallbladder. She was referred to Michael

Peavey, MD, who is a board-certified general surgeon at KDMC, and surgery was scheduled right after exams in December 2016.

KDMC Offers Robotic-Assisted Cholecystectomy Using da Vinci[®] Single-Site[®] Technology

"Dr. Peavey and I discussed surgery options, and we decided that the da Vinci approach was the best plan for me." Katie Grace is happy that KDMC offers minimally invasive, robotic-assisted cholecystectomy, the procedure to remove the gallbladder.

"Single-Site is the latest micro-instrumentation technology that attaches to the da Vinci surgery system"

— Michael Peavey, MD

"Single-Site is the latest micro-instrumentation technology that attaches to the da Vinci surgery system," says Dr. Peavey. "It allows the surgeon to do the cholecystectomy

"I immediately could eat whatever I wanted afterwards. I was sore for a while and couldn't lift anything heavy, but within a month I was back cheerleading." — Katie Grace Culpepper

procedure through a single, small incision in the belly button using precise micro-movements to remove the gallbladder." KDMC's OB-GYNs also use the system for hysterectomies.

"One advantage with the Single-Site procedures is that there's very little bleeding," Dr. Peavey continued. "That means far less pain and faster recovery for our patients, with very little scarring."

The day of her procedure, Katie Grace arrived for surgery early in the morning and was home that afternoon.

"I immediately could eat whatever I wanted afterwards. I was sore for a while and couldn't lift anything heavy, but within a month I was back cheerleading and doing whatever. So I wasn't down long," recalls Katie Grace.

"Now, I feel a lot better and have gained my weight back," she says. "I'm happy to be back at school and enjoying my sports activities."



Michael Peavey, MD, General Surgery

1. Cholecystectomy: Surgical Removal of the Gallbladder, American College of Surgeons, Division of Education <https://www.facs.org/-/media/files/education/patient%20ed/cholesys.ashx>

Becoming Baby-Friendly to Nurture Infant-Mother Bonding and More

Breastfeeding for the first six months of life provides infants with numerous benefits. Babies get vital emotional bonding with mom, all the nutrition needed for growing healthy bodies, increased IQs, and protection from allergies, ear infections, asthma, vomiting, diarrhea, diabetes, eczema, pneumonia, stomach flu, obesity, intestinal diseases and childhood cancers.

Moms benefit too! — burning 500 calories a day to help shed pregnancy weight and reducing their risks of breast and ovarian cancer, osteoporosis, rheumatoid arthritis, high blood pressure, heart disease and depression. It also saves mom time and money to breastfeed.

To promote the benefits of breastfeeding, the King's Daughters Medical Center LDRP Unit has partnered with Blue Cross Blue Shield to become Baby-Friendly designated.

"Baby-Friendly USA is part of a global initiative to encourage all mothers to exclusively breastfeed for at least the first six months and longer, and to promote mother-baby bonding from birth through skin-to-skin contact and rooming in," says KDMC LDRP Manager Angie Williamson, BSN, RNC. "Program certification requires 20 hours of education for our nurses, as well as providing patient education and services. We hope to have our Baby-Friendly program certified within the next year."





Krysten Spring and children

One Mom's Experience

Krysten Spring heard about all the great benefits of breastfeeding, but was unsuccessful breastfeeding with her first child. During her second pregnancy, she participated in the KDMC Breastfeeding Support Group.

The classes, learning from other mothers and the support group gave Krysten hope. She also had support from Lou Ann Wall, RN, International Board Certified Lactation Consultant (IBCLC) and KDMC Baby-Friendly Coordinator, before and after Krysten gave birth.

"Lou Ann was so encouraging and positive," says Krysten. "Breastfeeding has just been such a great experience! Even if you do it for a short period of time, when you nurse your baby it's quality time. Your heartstrings are just pulled because it creates a more loving bond."

KDMC'S Baby-Friendly Program

KDMC's LDRP Unit is setting the standard for childbirth in the southwest Mississippi area by promoting a healthier start at life from birth. The Baby-Friendly program



helps mothers and infants through patient education, Mommy University, the KDMC Breastfeeding Support Group, and the support and coaching of our lactation consultant.

The program also includes best practices such as holding baby skin-to-skin at least an hour after birth to promote bonding, stabilize baby's temperature and vital signs, and stimulate milk production, and 24-hour rooming in to keep mothers and babies together for security and to help mothers recognize infant feeding cues. Even pediatric exams and screenings are done in-room. The program includes bonding experiences for fathers as well.



Russ Mangold Room Honors Life and Loss

Russ Michael Mangold began his life in the KDMC NICU, gaining strength and proving his indomitable spirit. Tragically, his life ended in accidental death at age 6. The Russ Michael Mangold Room, across from the nursery, honors his memory with a bronze plaque bearing his name and a commemorative scripture.

The room, used to provide infant bereavement and lactation services, provides a comforting atmosphere for staff to help mothers celebrate the life-giving bond with their babies or come to terms with the loss of a fragile infant.

The Mangold family continues an annual Christmas tradition of remembering their son by donating decorations for the room.

Learn More

The Breastfeeding Support Group meets every third Tuesday of the month from 11:30 a.m. to 1:00 p.m. in the KDMC Education Annex. Classes are free of charge. For more information, call

 601.833.6777



Avocado and Shrimp Salad

King's Daughters Medical Center Clinical Dietitian Natalie Ybarra shares healthy tips and recipes.

Diced apple brings a sweet crunchiness to this tangy shrimp salad, which is elegant enough to serve as lunch for guests yet portable enough to add to a container for a work lunch.

Ingredients

- 2 tbsp. fat-free, plain Greek yogurt
- 2 tsp. canola oil
- 3 tsp. lime juice
- 1/8 tsp. salt
- 1/4 tsp. ground black pepper
- 1 small apple, cored and finely diced
- 1 1/2 cups finely chopped celery (about 3 stalks)
- 1 cup corn
- 1/2 cup chopped cilantro
- 1 pound large, cooked, peeled shrimp, tails removed
- 1 avocado
- 4 large pieces of lettuce (optional)

Preparation

1. In a large bowl, add yogurt, oil, lime juice, salt and pepper. Use a fork to whisk until combined.

2. Core the apple and finely dice it; finely chop the celery too. Add apple,

corn and celery into the bowl. Chop the cilantro and add it to the bowl.

3. If tails remain on the shrimp, remove and discard each of them. Add the shrimp and corn to the bowl, mixing together to combine all the ingredients.

4. Slice the avocado in half and remove the pit. Use a knife to gently make a cross-hatch pattern into the avocado's flesh. Use a spoon to scoop out diced avocado and add to the bowl.

5. Gently mix ingredients together. Serve immediately or chill salad in the refrigerator for a couple hours. If desired, spoon salad onto lettuce cups to serve.

Recipe © 2016 American Heart Association. This recipe is brought to you by the American Heart Association's Simple Cooking with Heart® Program. For more simple, quick and affordable recipes, visit heart.org/simplecooking.

Quick Tips (Courtesy of heart.org)

Cooking Tip

To use large raw shrimp, add to a large pot of boiling water and cook until all the shrimp turn pink, just a few minutes. Drain in a colander and place shrimp under cold water to stop from continuing to cook.

Keep It Healthy

Be wary of shrimp labeled "easy-peel," as those shrimp have been washed in a salt solution to help ease the shrimp out of their shells, which translates to unexpected extra sodium.

Tip

The acid in the lime juice and yogurt help keep both the apple and avocado from turning brown.

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



Healthy Lifestyle

King's Daughters Medical Center Performance Center Supervisor and Certified Personal Trainer Chris Huffman says you need to establish goals based on self-assessment in order to set yourself up to succeed in your dream of getting in shape.

Being a champion athlete takes more than passion for a sport.



It takes dedication to practicing proper training and conditioning techniques to help you achieve your peak performance. The staff at the KDMC Athletic Performance Center is as dedicated to your goal as you are. Opened in 2012, the KDMC Athletic Performance Center is a premier facility fully equipped for comprehensive athletic training, including an extensive free weights area, batting cages, a green turf floor and a golf simulator. One of the largest in southern Mississippi, our center offers elite services for all levels of athletes and community members who want to enhance their strength, endurance and performance.

Character Development: KDMC places a strong emphasis on developing positive character, core values and self-esteem. We intentionally choose a trait to focus on monthly that is consistent with all of our staff. Our coaches adapt and weave the specific traits into their session. We celebrate monthly members who exemplify the particular trait in the classes, and we recognize them on our Performance Center Character Counts Member of the Month plaque.

Batting Cages: You can book time in our batting cages by using our online booking system.

Performance/Personal Training: We can help you take advantage of a systematic approach to fitness training for all types of athletes and ages in a shared personal training environment. The goal of our specific training methods is to improve and maximize your athletic performance, health and fitness potential. We offer top-level coaching and training for different sports. Trainers are available upon request, and fees are separate from monthly dues.

Boot Camp: Experience a comprehensive metabolic workout combining strength, cardio, flexibility and core training methods to achieve muscle integration, total body conditioning and high calorie burn. Beneficial for any age, gender or fitness level, our boot camp includes top-level coaching and athletic-based training with accountability and encouragement.

Speed and Agility: Speed is a skill set and can be improved! Speed is not just genetics, as once thought. It has been scientifically proven numerous times that everyone can learn how to increase their running and cutting speed, and position the body mechanically to improve quickness and agility. Many superstar athletes use speed coaches to get ahead and stay ahead of the competition.

Strength and Conditioning: We can assist with the physical and physiological development of athletes to help them achieve elite sport performance, including teaching proper mechanics for injury prevention and improving their sports performances.

Learn More

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

Food & Nutrition

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

Weight-Loss Class

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

Fitness Center

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

Athletic Performance Center

➤ [KDMC.org/PerformanceCenter](https://www.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: Tuesdays, 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, 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.

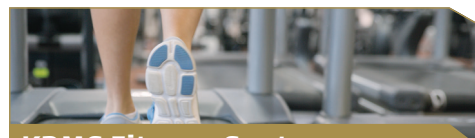
When: At your convenience
Fee: No fee
Venue: King's Daughters Medical Center, Labor & Delivery Unit
Address: 427 Highway 51 N
Brookhaven, MS 39601
To register: Call 601.835.9174 and tell a labor & delivery nurse you are scheduling your Mommy University appointment.



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 · Indoor Soccer



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 or 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.

When: June 2, 2017
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 Jeff Richardson, 601.835.7900.



IMPROVING HEALTH BY IMPROVING SLEEP

When a lack of sleep becomes a problem, the KDMC Sleep Center is a fully accredited sleep disorder center conveniently located closer to home. We provide comprehensive sleep evaluations in a patient-friendly setting to help your physician diagnose and treat conditions such as snoring, sleep apnea and narcolepsy that affect your health. We accept referrals for patients ages 12 to adult, and day and evening appointments are available. If sleeplessness is interfering with your life and health, ask your doctor if a sleep study may be right for you.



KING'S DAUGHTERS
SLEEP CENTER

511 Brookman Drive | Brookhaven, MS 39601 | 601.835.9270 | www.KDMC.org/sleepcenter

COMMUNITY

*King's Daughters Medical Center
Service Awards Banquet
February 16, 2017*



Employee of the Year

Cindie Chambers, center, with Mary Lu Redd, KDMC Board Chairperson, and Alvin Hoover, KDMC CEO



Employees of the Quarter

L-R: Kim Bridge, Cindie Chambers, Karen Freeman, Lee Barry



Retirees

L-R: Barry Newell, Nila Hedgepeth, Jean Lambert, Brenda Pittman, Johnny Rainer



50 Years of Service

Mary Robinson



30 Years of Service

L-R: Patricia King, Robin Hunter, Teri Ellison



25 Years of Service

Front L-R: Shelia Sartin, Carolyn Williams
Back L-R: Lee Barry, Kevin Kimble, Clyde Sbravati





20 Years of Service

Front L-R: Rennia Blakeney, Shirley Banks, Anne Strehlow, Janet Wesselhoft
 Back L-R: Jimmy Martin, Bridget Cade, Tammy Means, Justin Douglas, Stephanie Smith



15 Years of Service

Front L-R: Lashonda Shropshire, Mary Franklin, Keyonna Isaac, Carrie Boyd, Christy Sandifer
 Back L-R: Margaret Jenkins, Tim Slay, Jennifer Woods, Jan Thurman



10 Years of Service

Front L-R: Brett Delaughter, Randi Brooks, Lori Bridges, Jami Britt, Lee Lockhart,
 Back L-R: Rustin Bowlin, Crystal Wilson, Elizabeth Allen, Jaymie Heard, Amy Heard, Lou Ann Wall, Jessica Williams



5 Years of Service

Front L-R: Kimberly Lee, Linda Halley, Carrie Pittman, Brittany Bruce, Candice Moore
 Middle L-R: Joy Russell, Jill Koenig, Dara Moak, Roxane Proctor, Erica Simmons, Christy Russell, Christie Whitehorn, Dianne Spencer, Brianna Standberry, Shelia Willoughby
 Back L-R: Daniel Fenn, Nick Smith, Caleb Read, David Culpepper, Tim Cunningham



2017
WOMEN'S CHOICE AWARD®
AMERICA'S BEST HOSPITALS
ORTHOPEDICS



You Trusted Our Care And Voiced Your Opinion

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

Based on surveys of patients across America, King's Daughters Medical Center was named one of America's Best Hospitals for Orthopedics by Women's Choice Award because of our excellent patient care and the appreciation of unique healthcare needs of women.



"King's Daughters Medical Center is honored to be recognized as one of America's Best Hospitals for Orthopedics. This award recognizes our passion, dedication, and commitment to our mission of providing quality health and wellness in a Christian environment."

—Alvin Hoover, FACHE, CEO



KING'S DAUGHTERS
MEDICAL CENTER