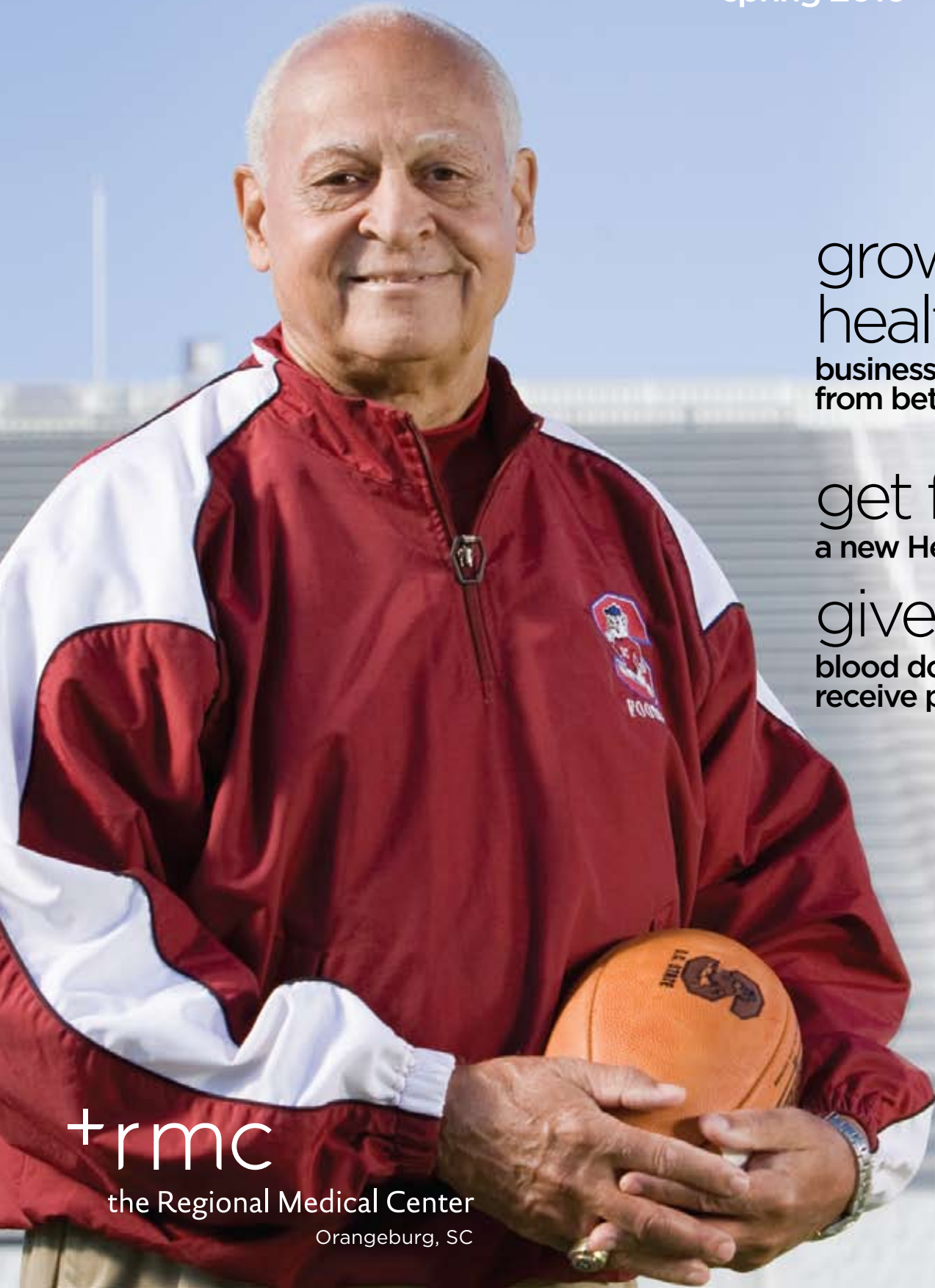


living well

spring 2010



grow
healthier
business benefits
from better health

get fit
a new HealthPlex opens

give life
blood donors
receive praise

+rmc

the Regional Medical Center
Orangeburg, SC



Oncology Center **expanding**

The Regional Medical Center is meeting the increasing need for cancer treatment in our area with a planned expansion to our oncology center, the H. Filmore Mabry Center for Cancer Care.

The project currently is undergoing approval by the state board of health and environmental control. Once approved, plans are to begin doubling the size of the Mabry Center.

The new addition, which is slated to be built alongside the existing facility, will add six treatment areas to the 10 that Mabry Center already uses. These include two additional private treatment areas and four more chemotherapy chairs.

The addition will also house a new linear accelerator. This will enable our oncologists to provide the same targeted radiation treatment currently administered at the center, but at an even

lower dose, with greater precision. It's truly among the most advanced technologies in medicine today.

In fact, Mabry Center care is comparable to what patients would find at larger, out-of-town cancer centers. The Mabry Center, however, has one big advantage over those centers. It's local.

Why local care is important

Local care eliminates the need for cancer patients and their families to travel out of town for appointments or treatment. For someone undergoing cancer treatment, the importance of this can't be overstated.

"During cancer treatment, family support is critical," explains Theresa Chandler, director of the H. Filmore Mabry Center for Cancer Care. "Patients need to be near a support network of positive, encouraging people to give them a feeling of security during such an insecure time."

The Mabry Center staff also brings special support to cancer patients. In fact, the relationships patients build with their caregivers are often what they remember most about their treatment experience.

"Our caregivers take the time to explain treatments to patients and listen to the challenges they face. They truly understand the cancer treatment experience and lend a caring ear to those who may be struggling with treatment," explains Chandler.

Cancer is full of unknowns, and it helps patients to know that they'll see the same familiar faces when they come in for appointments. It also helps that they have their doctor available to answer questions.

To learn more about the H. Filmore Mabry Center for Cancer Care, visit www.trmchealth.org.

Blood Assurance Banquet

Thanks Special Donors

On February 16, a very special group of donors gathered to be recognized at the 36th Annual Blood Assurance Awards Banquet at The Cinema in Orangeburg. For these donors, generosity isn't measured in dollars and cents, but in gallons and pints.

This year, 343 donors were recognized for reaching major plateaus, measured by cumulative donations of a gallon or more. In fact, four people reached magnificent milestones.

David Linder crossed the 22-gallon mark. Kenneth Bunch achieved the 18-gallon sum. And both Pennie Sifly and David Nivens reached the 15-gallon plateau.

Of course, these totals all were reached one pint at a time over many years.

These donations are all part of the Regional Medical Center's Blood Assurance Program, which collects and maintains the blood supply for Orangeburg and Calhoun counties.

The program uses this blood to help save the lives of accident victims, replace the blood lost during surgery and provide

vital blood elements to those needing transfusions.

Each year, RMC's Blood Assurance Program collects more than 4,000 individual donations. Many donors visit the Blood Donor Center at the Regional Medical Center to make their donations. Others give through their businesses, schools or as part of a blood drive. Many give when a loved one is in the hospital. And many others take it upon themselves to give because they feel it's the right thing to do.

The Regional Medical Center thanks all of those who give so generously of themselves by donating to our Blood Assurance Program.

Still, the demand for blood in our community exceeds our supply. Please, if you're not already a blood donor or if you haven't donated in the past 56 days, contribute to RMC's Blood Assurance Program.

Your blood is one resource for which there is no substitute.

Visit www.trmchealth.org to learn more about the Blood Assurance Program.

Become a Blood Donor

The Blood Assurance Program Donor Center is open Monday through Friday, 10 a.m. – 6 p.m., and Saturday, 10 a.m. – 1:30 p.m., with the exception of holidays.

To make an appointment, ask about hosting a blood drive, or for any other information, please e-mail Blood Assurance Coordinator Shea Woodward at sswoodward@regmed.com or call 803-395-2419.

Walk-ins are always welcome.

One out of every
10 patients entering
a hospital **needs**
donated blood.





HealthPlex

Expands Services and Changes Lives

HealthPlex recently opened in Branchville, bringing advanced outpatient physical therapy and a full range of gym services to the area. “This is a completely new service for the area. And it will be available for members to exercise early morning, late night and weekends,” explains Kim Stewart, R.N., director of Rehabilitation Services at the Regional Medical Center.

While HealthPlex–Branchville is staffed with an exercise physiologist from 10:30 a.m. to 7 p.m. on Mondays and Wednesdays, and 10:30 a.m. to 2:30 p.m. on Fridays, members can sweat around the clock thanks to the Exercise After Hours program.

The Exercise After Hours program provides each member with a unique access code to be used when HealthPlex personnel are not on site. Members sign a waiver of liability to receive their individual

entry code for the facility; then the computerized system allows them entry into the building, recording the time and date of each individual’s use for security.

As at the other HealthPlex facilities in Orangeburg and Santee, members of the HealthPlex–Branchville enjoy a wide variety of cardio equipment, weight training and fitness classes.

“We have elliptical trainers, stationary bikes and treadmills as well as classes in aerobics and stretching such as yoga. We also have specialized classes for seniors with arthritis, and even teach Korean self-defense, called Kuk Sool Won. There’s something for everyone,” says Stewart.

All HealthPlex members are welcome to use any HealthPlex location, regardless of which facility they originally joined.

Changing Lives

For many people, starting a regular exercise program marks the beginning of greater changes in their lives. Whether looking to lose a few pounds or to recover from a life-threatening stroke, people often find that their new commitment to exercise pays benefits they never expected.

“Our members are often surprised to discover that their time at HealthPlex improves not only their health, but their attitudes. Many find themselves becoming more positive people and having a lot more energy than they had before. This carries them through every aspect of their lives,” explains Stewart.

There are also the unexpected health benefits. “Some members find that they’re able to lower their blood pressure or diabetes medications because exercise can help lessen the need for them,” says Stewart. “Because of this, many of our members who discovered HealthPlex while recovering from an injury or stroke choose to continue exercising here well after their prescribed therapy is over.”

The Future

HealthPlex is continuing to expand its services and offerings to bring the best in outpatient rehabilitation and fitness to our area. Future plans include new rehabilitative approaches and technologies, such as integrating the Wii gaming system into injury-specific rehabilitation programs.

HealthPlex also will open a Holly Hill facility in May/June 2010.

For more information please contact HealthPlex at the Regional Medical Center at 803-395-2804.

15th Annual Foundation Gala

Advances Cancer Care in our Area



Hundreds gathered at The Cinema in Orangeburg for the Regional Medical Center Foundation's 15th Annual Regional Medical Center Foundation Gala on February 27. The black tie event featured a cocktail buffet prepared by Buck Ridge Catering, live entertainment and dancing to the music of The Mighty Kicks! as well as live and silent auctions.

Chaired by Mr. and Mrs. Gregg Frierson, the gala again raised money to bring treatment to cancer patients and support the operations of the H. Filmore Mabry Center for Cancer Care.

This year's theme was "New York, New York!" with food, decorations and entertainment developed especially for the occasion.

Previous galas, all but one benefiting the Mabry Center, have brought in well over a half million dollars to help cancer patients of this area. For the second year in a row, the gala is expected to net more than \$100,000. "To achieve these six-figure amounts in such a woeful



Photo: Bill Carter

Top: Partygoers enjoying "New York, New York." Bottom left to right: Don Tribble, Harry Carson, Buddy Pough and Paul Miller

economy is a real milestone and reflects the giving spirit of our community," said Mac Burton, executive director of the Regional Medical Center Foundation.

To learn how you can support the Foundation, contact the Regional Medical Center Foundation at 803-395-2321.

Home Health Program Earns National Recognition

Home Health at the Regional Medical Center has been named to the 2009 HomeCare Elite, placing it among the top 25 percent of home health agencies in the nation.

The program delivers certified nursing care; post-partum/ infant home visits; physical, occupational and speech therapy; and many other services directly into patients' homes.

Having earned a place among such distinguished company, Home Health at the Regional Medical Center looks forward to continuing to provide award-winning home healthcare well into the future.



Bringing Better Health to Area Businesses

Over the past four years, the Regional Medical Center's Workforce Health Initiative (WHI) has helped companies improve the health of their business by improving the health of their employees – at minimal cost to employers.

This progressive program can reduce an employer's insurance rates and workers' compensation claims while helping make employees healthier, happier and more productive.

The process

The WHI typically begins with a five-minute written Health Risk Assessment, many times done in conjunction with a health screening. Employees answer a simple health questionnaire called the Personal Health Profile (PHP). "This information is kept completely confidential while compiled into a company Group Health Report (GHR)," explains Pam Coleman, R.N., the Regional Medical Center Employer Relations Manager.

The GHR is covered under HIPAA (Health Insurance Portability and Accountability Act) guidelines so the employer only sees percentages of each identified health risk — never any employee names or individual information.

Employers can use the GHR to identify the health risks present in his or her workforce – from diabetes and hypertension risks to identifying the percentage of employees without a family doctor. They then can choose to have the Regional Medical Center tailor health programs that address those employee health risks before they become costly claims.

After a year, some employers request another PHP collection to measure any changes that have occurred over the past year. "Often, we see small positive changes in behavior. One or two percent quit smoking; a few may adopt healthier eating habits; and the percentage of employees exercising may increase a little. Over time we see real results as these small actions add up to measurable improvements in people, and health," Coleman says.

Continued at right



Pam Coleman, R.N.

Want to improve the health of your business?

Healthier employees can help you achieve a healthier bottom line – regardless of the size of your business. And the Regional Medical Center's Workforce Health Initiative can help you improve your employees' health.

To learn about our Health Risk Assessments, HR Insight health management software and employee health education programs, contact:

Pam Coleman, R.N.
Employer Relations Manager
803-395-2527
pcoleman@regmed.com



victorious over hip pain

The programs

The WHI can provide programs such as a “Lunch and Learn” to educate employees in how to lead healthier lifestyles. Programs can be monthly, quarterly or whenever an employer desires. They can also be tailored to accommodate businesses that run two or three shifts so that all employees can benefit.

The WHI also offers health screenings such as blood pressure, weight, cholesterol, body fat/BMI (body mass index), lipid panels and blood sugar, for a nominal fee.

“RMC has also placed Health Information Centers (HICs) in break rooms and other high-traffic areas at 50 area businesses. These provide monthly health information posters and take-away health information cards, helping employees stay abreast of timely health topics,” says Coleman.

Data-mining health savings

Each employer’s GHR information is kept in a password-protected database called HR Insight. Employers can access their own database through the Internet to project a 12-month claims analysis and identify where they can realize claims savings – based on their employees’ current health risk percentages.

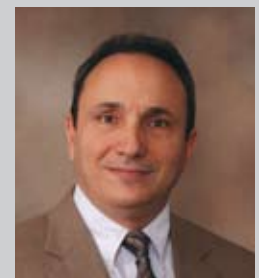
Employers also can use the information to run health scenarios online. This can help them answer questions such as: “If we reduce an unhealthy behavior among our employees by 20 percent, how much money will that save us over the next year?”

Bring better health to your business. Contact Pam Coleman, R.N., at 803-395-2527 to learn how the Regional Medical Center’s Workforce Health Initiative can benefit your business.

Over the course of his career, Coach Willie Jeffries was a master of motivating football players. But, in retirement, his hip was giving up on him.

So he spoke to experienced Orangeburg-based orthopaedic surgeon James Marro, M.D., F.A.A.O.S. “Over the years, the cartilage in the coach’s hip thinned from wear and tear. He was experiencing a limited range of motion, and his pain was progressively increasing. So, he and his wife decided it was time to do something,” explains Dr. Marro.

Together, they decided to surgically replace his hip joint at the Regional Medical Center. “We implanted a new surface for his hip socket and placed a ceramic ball into his hip joint. This is a proven approach to resolving such hip issues, and it created a much smoother surface for the coach’s hip joint,” says Dr. Marro.



James Marro, M.D., F.A.A.O.S

The day after surgery, Coach Jeffries was back on his feet – hustling up and down the Regional Medical Center halls on his walker and rallying the other patients to exercise with him.

Now, with physical therapy and training, he’s ready for a big return to the game – the game of being a grandfather.

Read other inspirational patient success stories at myRMCstory.com.

Living Well is published as a community service by the Regional Medical Center. The Regional Medical Center is located at 3000 St. Matthews Road in Orangeburg, SC, online at www.trmchealth.org and available by phone at 803-395-2200.

Contact the Regional Medical Center Marketing Department at 803-395-2319.

If you have specific concerns about your health, please contact your doctor.

© 2010, The Regional Medical Center



the Regional Medical Center
of Orangeburg and Calhoun Counties

3000 St. Matthews Road
Orangeburg, SC 29118

NON-PROFIT
US POSTAGE
PAID
COLUMBIA, SC
PERMIT #236

New Family Physicians

Join the Medical Staff at the Regional Medical Center

Board-certified family practice physicians John H. Hayden Jr., M.D., and William D. Glenn, M.D., have joined the medical staff of Edisto Regional Health Services, an affiliate of the Regional Medical Center.

John H. Hayden Jr., M.D.



Dr. Hayden, a Cope native, serves patients at Edisto Family Practice located at 1619 Carolina Avenue in Orangeburg across from the Orangeburg County Health Department.

John H. Hayden Jr., M.D. Dr. Hayden received his medical degree from the University of South Carolina School of Medicine in Columbia. He completed an internship and his residency in family practice at Palmetto Health Richland Hospital and served as co-chief resident of the residency program in his third year. Prior to medical school, Dr. Hayden received a bachelor of science degree in pharmacy from the Medical University of South Carolina College of Pharmacy in Charleston. He also holds a

bachelor's degree in biology from Newberry College.

Before opening Edisto Family Practice, Dr. Hayden worked as a staff physician in the emergency department at Allendale County Hospital in Fairfax, SC, and at Bamberg Family Practice in Bamberg, SC.

William D. Glenn IV, M.D.

Dr. Glenn received his medical degree from the University of Pennsylvania in Philadelphia. He completed his residency in family practice at Ventura County Medical Center in Ventura, CA. He also graduated *summa cum laude* in

molecular biology at Vanderbilt University in Nashville, TN.

Dr. Glenn will continue to serve families throughout our area from his Bamberg and Denmark offices, where he has practiced for the last 12 years.



William D. Glenn IV, M.D.

The Offices of William D. Glenn IV, M.D.

Bamberg Office

498 North Street
Monday through Friday,
8:30 a.m. to 5:00 p.m.
Saturday, 8:30 a.m. to 1:00 p.m.

Denmark Office

5073 Carolina Highway
Monday through Thursday,
8:30 a.m. to 5:00 p.m.

For appointments, please call
803-245-5144 in Bamberg or
803-793-3034 in Denmark.

Edisto Family Practice John H. Hayden Jr., M.D.

1619 Carolina Ave., Orangeburg
Monday–Thursday,
8:30 a.m. to 5:00 p.m.
Friday, 8:30 a.m. to noon.

For appointments, please call
803-531-7474.