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**Healthy, safe  
and happy**

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CARE AT ARCHBOLD'S  
MATERNITY CENTER

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# Three women.

Three perspectives.

3D™ MAMMOGRAPHY COMES TO THOMASVILLE

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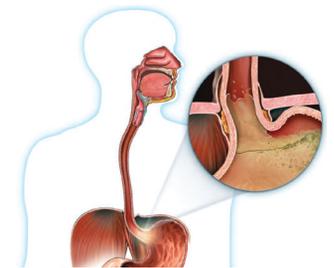
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# Why Archbold is a great place to work

**THE SATISFACTION** of our employees is very important to the success of the Archbold system. That's evident in our core value of Employee Engagement, and it's important because we want our employees to feel valued and appreciated. It's also important because engaged employees result in less turnover, and statistics show that engaged employees provide better care and service to patients.

## Where do our strengths lie?

Our last independently conducted comprehensive employee survey was in 2014. In May, our employees finished the same survey, and the survey vendor recently completed analyzing the input of our employees and sent us their findings.

The vendor summarized our 2016 survey results with the following points:

- Employees are feeling an overall higher level of involvement in the operational decisions of our organization. This statement is traditionally the lowest-scoring statement in many healthcare employee surveys, but at Archbold our employees feel more involved

in decision-making than most other organizations compared in the vendor database of organizations.

- Employees feel they are being encouraged more to develop and grow within their job.
- Employees feel more valued by Archbold leadership than they have in recent years.
- New employees joining the organization are being given a better idea of what to expect, and they feel the orientation process is strong, which leads them to feel better about their overall employment.
- In general, employees have a favorable view of their work environment and unit-level leaders.

## Upward and onward

Every index used to measure employee engagement (including the work environment and organizational health) was higher in 2016 than in 2014, and we surpassed our organizational goals set for that core value.

I'm very pleased with the results, and I think the improvements we've made



over the past two years are directly a result of our strong commitment to "hardwiring excellence" throughout our organization.

Going forward, we will continue to look for ways to make our employees feel rewarded and recognized, and make Archbold a great place to work and grow.

Respectfully,

**J. Perry Mustian**

President and CEO,  
Archbold Medical Center



# Why we give

KNOX PARKER AND HAILE MCCOLLUM

**"GIVING BACK TO OUR COMMUNITY** is important to us, especially when it comes to women's health. The opportunity to help bring cutting-edge 3-D mammography to Thomasville was especially meaningful to us. We lost our mother, Fontaine Flowers McFadden, to breast cancer in her early 50s. Early detection and treatment could possibly have changed her outcome. We are glad our community stepped up to help bring this important technology to South Georgia. Our greatest hopes are that it helps women detect breast cancer early and that it reduces the anxiety that comes with the limitations of conventional mammography."

# News and events

## Meet our Employees of the Year

### Archbold Memorial Hospital **SHAWNA BAGGETT**

"Shawna truly represents everything we look for in a high-performing employee at Archbold," said Kelli Vaughn, Director of



Archbold's Emergency Department. "She's reliable, hardworking and always goes the extra mile to help her co-workers ensure our patients receive great care every time."

Baggett began working at Archbold in 2012 as an administrative assistant in the emergency and trauma department, where she still works today.

### Mitchell County Hospital **CHRISTINE LOCKHART, FNP-C**

"We're happy to recognize Christine as our Mitchell County Hospital Employee of the Year," said Jamie Womack, Mitchell County Hospital (MCH) Administrator. "Christine works in a busy pediatric practice, but she always goes above and beyond to ensure every patient's needs are met. Christine always puts the needs of our patients first."



Lockhart is a 21-year employee of MCH. She currently works as a nurse practitioner at Archbold's Camilla Pediatric Center.

### Pelham Parkway Nursing Home **RANDY TAYLOR**

"Randy is the perfect example of what we look for in a PPNH employee," said Pelham Parkway Nursing Home (PPNH) Administrator



Vickie Teemer. "Randy goes above and beyond daily to ensure our residents are happy, comfortable and well cared for."

Taylor began working at PPNH in 1992 as a clinical technician, a position he still holds today.

### Brooks County Hospital **KIM REDDING, RN**

"Kim is a true asset to Brooks County Hospital," said Ladon Toole, Vice President for Systems Hospitals and Long-Term Care.



"She is a champion for our emergency plan and a critical component in helping us exceed expectations on hospital surveys. Kim leads by example and keeps her staff focused on ensuring patients receive the best care, every time."

Redding began working at Brooks County Hospital (BCH) in 1997 as a registered nurse. In 2000, she became assistant nurse manager in the BCH emergency department. In 2013, she was named the ED Nurse Manager, a position she still holds today.

### Grady General Hospital **SHALON MCLAUGHLIN, RT(R)**

"Shalon always provides our patients superb customer service," said Crystal Ramm, Grady General Hospital (GGH) Administrator.



"She's well-respected by her colleagues and always steps up and assumes leadership roles when needed."

McLaughlin has worked as a radiology technologist at GGH for 17 years.

### Mitchell Convalescent Center **SHIRLEY GETER, CNA**

"Our residents and their families always speak highly of Shirley," said Jamie Womack, Mitchell Convalescent Center (MCC)



Administrator. "She cares for our residents as if they were her own family, and she always goes out of her way to ensure each resident receives the very best care."

Getter has worked at MCC for 23 years as a certified nursing assistant, a position she still holds today.



## GGH receives UNB donation

Grady General Hospital (GGH) recently received a generous donation of 100 blankets from the staff at United National Bank of Grady County.

The blankets will be distributed to patients in GGH's medical/surgical department as a way to make them more comfortable during their stay.

"Community partners are vital to the success of our business," said Mike Chastain, CEO at United National Bank. "We are honored to have the opportunity to give back to our hospital, because they help so many people in our community on a daily basis."

"Grady County is our home, and Grady General Hospital is part of that home," said Linda Drew Johnson, Vice President at United National Bank.

"Grady General does so much for everyone in this community, and this is our way of saying thank you."

"Grady General is very fortunate to have the support of many local businesses, including United National Bank," said Crystal Ramm, GGH Administrator. "We're very grateful for our friends at UNB, and their donation will have a positive impact on so many of our patients."

## Perfection at Glenn-Mor!

The staff at Archbold Memorial Hospital's Glenn-Mor Nursing Home received perfect scores on a State of Georgia accreditation survey administered by



the Centers for Medicaid and Medicare Services (CMS) on quality of care, resident safety, nursing care and administration. Glenn-Mor scored better than the average nursing home state- and nationwide.

"We're so proud of our Glenn-Mor staff," said Natalie Slocumb, Glenn-Mor Administrator. "Receiving a perfect score on this important survey shows the dedication they have to providing our residents with the top level of quality care and service." In addition, Glenn-Mor also recently received the American Health Care Association National Quality Award, recognizing clinical performance and excellence for long-term care services.

## Davis recognized best in state



Archbold Memorial Hospital employee Linda Davis was recently named Georgia's Histotechnician of the Year by the Georgia Society of Histotechnology.

Histology is a science dealing with the structure of cells and their formation into tissues and organs.

Histotechnicians prepare tissue samples and analyze them for abnormalities and diseases. They operate equipment and work with an assortment of dyes and chemicals to make tissue abnormalities visible under a microscope. A strong knowledge of chemistry, biology, anatomy, physiology and medical terminology is essential to performing this job accurately.

"I was extremely honored to win this award," said Linda Davis. "During my time at Archbold, I have been able to advance in my field, and this award provides validation that I am good at my job."

Davis is a 35-year Archbold employee and the lead histotechnician in the hospital's laboratory department. She was selected based on her leadership, dedication and service to the profession.

"Linda is an active learner and a stabilizing force that consistently brings her best to our department," said Karen Clark, Archbold histology supervisor. "Her commitment to patient care is contagious. We're thrilled the society chose to recognize her efforts as a statewide leader in our field, and as the Georgia Histotechnician of the Year."



# Archbold and Thomasville Physical Therapy team up

**ARCHBOLD** Memorial Hospital and Archbold Health Services recently partnered with Thomasville Physical Therapy (TPT) to provide rehabilitation services offered by Archbold, aiming to increase staffing availability and develop a more comprehensive and coordinated rehabilitation program across the patient care continuum.

On April 3, TPT began providing acute inpatient occupational therapy, physical therapy and speech pathology services at Archbold Memorial Hospital and for the inpatient rehab unit.

On May 1, TPT began providing physical therapy, occupational therapy and speech pathology services on behalf of Archbold Home Health Services and Archbold's Visiting Nurses Association of Southwest Georgia.

## In good hands

The total range of home health services will continue to be managed and coordinated through Archbold Health Services

with TPT providing physical, occupational and speech therapy.

"I'm pleased to further our therapy continuum of care," said Amy Griffin, Vice President of Patient Care, Archbold. "In many cases, patients are now able to transition home from the hospital and easily continue their physical, occupational and speech therapy with the same organization and care team that treated them in the hospital."

"We are very excited to join with the team at Thomasville Physical Therapy," said Clay Campbell, President of Archbold Health Services. "Earl Folsom has developed a great group of therapists. We look forward to working with them and further improving the opportunities for the care of our patients."

This summer, TPT will begin staffing Archbold Outpatient Rehab in Thomasville, using both the existing Archbold facility on Hansell Street and the TPT location on Jackson Street.



**For more information on services provided by Archbold and Thomasville Physical Therapy, visit [www.archbold.org/tpt](http://www.archbold.org/tpt).**



# It's all about baby

ARCHBOLD  
INTRODUCES  
NEW MATERNITY  
CARE MODEL

**AROUND 800 BABIES** enter the world every year at Archbold. And from the very beginning of a new baby's life, the hospital's priority is to provide a nurturing and family-focused environment.

For the past several months, physicians and staff at Archbold's Maternity Center have focused on developing a "family-centered care" model (also known as couplet care) and implementing evidence-based best practices that are considered essential elements for optimal maternity care.

For years, it was standard practice at hospitals across the country for mothers to recover in a hospital room after birth, while their baby was cared for separately by a different nurse in the hospital nursery.

—Continued  
on page 8





—Continued from page 7

### Close and comfy

But studies show that when a mother and baby are close to one another from the early moments after birth, it results in many medical benefits. That's why Archbold recently introduced "rooming-in," a concept where mothers and babies are encouraged to stay together in the same room from birth throughout their entire hospital stay. In addition, mother and baby are cared for by the same nurse.

"It's natural for women to want their baby close to them after birth," said OB-GYN Oscar Jackson, MD. "In fact, the yearning for closeness is actually a physical and emotional need for both mother and baby."

As part of the hospital's new couplet care initiative, once a baby is born the care provider dries the baby off in the delivery room, wraps them in a warm blanket and immediately places the baby on the mother's chest to snuggle skin-to-skin for up to two hours after birth. The first hours of snuggling skin-to-skin help mother and baby bond from the start, but also result in health benefits for both as well.

### Bonding

"Mothers and infants who are together 24 hours a day have more time for



**Oscar D. Jackson, MD**  
OB-GYN  
Thomasville Obstetrics & Gynecology



**Barbara McCollum, MD**  
OB-GYN  
Shaw Center for Women's Health



**Rob Stublely, MD**  
OB-GYN  
Shaw Center for Women's Health



skin-to-skin contact, which produces great medical outcomes for both of them," said OB-GYN Barbara McCollum, MD. "It helps babies feel secure, but also helps regulate their heart rate, body temperature and breathing. The concept has also proven to aid in building the baby's immunity to germs and increase their cognitive ability."

Skin-to-skin contact has also proven to help mother and baby adjust to breastfeeding, which provides even more health benefits.

### The perfect food

"Human breast milk provides the best mix of nutrients and antibodies for babies to thrive," said OB-GYN Melissa Bruhn, MD. "Breastfeeding helps mothers recover from childbirth, promotes the development of a baby's brain and nervous system, and fosters closeness between mother and child. Babies give clues when they're ready to eat. And if caught right away, the baby will be more likely to successfully breastfeed. Rooming-in really makes breastfeeding convenient for new mothers while they're in the hospital, because mother and baby are together a majority of the time, and they learn together how breastfeeding works."

Another beneficial aspect of the family-centered model of care is the access patients have to specially trained

Archbold nurses who teach techniques that help parents care for their newborn.

"When it's time to deliver the baby, mothers need peace of mind that our physicians and nurses are going to provide the very best care possible during the labor, delivery and recovery process," said Whitney Sampson, Nurse Manager of the Mother Baby Unit. "But the new model of family-centered care also allows our staff to spend more time with the family after the baby is delivered, and help prepare them to transition to a home setting, which is something our patients really seem to appreciate."

### "Safe-sleep measures have proved to decrease SIDS-related situations nationally."

—Rob Stuble, MD

### Back to safe sleep

Archbold nurses provide education and assistance with breastfeeding, and they teach families how to safely care for their newborn, including providing physician-recommended guidance on safe-sleep options for babies.

In the early 1990s, the American Academy of Pediatrics (AAP)

recommended all babies should be placed on their backs to sleep. And deaths from sudden infant death syndrome (SIDS) have declined dramatically ever since.

But sleep-related deaths from other causes, including suffocation, entrapment and asphyxia, have increased. Each year, 800 to 1,000 children die due to choking or suffocation injuries, which may be contributed to co-sleeping with parents.

### Less is more

"Our nurses teach new parents that babies should sleep on their backs and in their own beds without stuffed animals or loose blankets, pillows, or baby bedding and crib bumpers," said OB-GYN Joseph Novak, MD. "The nurses also teach that regardless the circumstances, parents should never share a bed with their baby."

"New parents are encouraged to continue skin-to-skin contact for as long as the new mother prefers when she returns home," said OB-GYN Rob Stuble, MD. "Not only does it promote bonding between mother and baby, it does so without increasing the danger of sleeping together in the same bed. Safe-sleep measures have proven to decrease SIDS-related situations nationally."

"Our overall goal of the family-centered care model is to help educate our patients and community on the best care recommendations that help keep babies healthy and safe," said Michelle Palmer, Labor and Delivery Nurse Manager. "Our physicians and staff have worked together to implement wonderful evidenced-based maternity care best practices, and their dedication to these new initiatives will prepare new parents for a successful foundation of safely caring for their baby at home and providing them a caring and safe environment."



**Melissa Bruhn, MD**  
OB-GYN  
Shaw Center for Women's Health



**Joseph Novak, MD**  
OB-GYN  
Shaw Center for Women's Health

# Three women.

## Three perspectives.

### 3D™ MAMMOGRAPHY COMES TO THOMASVILLE

**THIS SUMMER**, as a result of a successful community fundraising effort, patients at the Archbold Women's Center gained access to new medical technology that they would have previously had to travel more than 50 miles to take advantage of.

3D™ mammography—the most advanced technology available for breast cancer detection—made its debut in Thomasville in July. And it's already helping physicians detect breast cancer in the very earliest stages of the disease.

Breast cancer, the most common cancer after skin cancer diagnosed nationally in women, is also one of the most common cancers treated at Archbold's Singletary Oncology Center every year.

And with statistics showing that 1 in 8 women is diagnosed with breast cancer at one point in her lifetime, it's safe to say that almost everyone has been affected in some way by the disease—whether

through personal experience or that of a family member or friend.

#### **Sisters in solidarity**

Breast cancer survivor Debbie Beeson, who also serves as the Breast Cancer Navigator at Archbold's Singletary Oncology Center, is thrilled that patients now have access to the state-of-the-art diagnostic tool that wasn't available when she was diagnosed with breast cancer in May 2006.

"The unknown is what created the most fear for me when I learned my diagnosis," said Beeson. "The technology available at the time made determining the size of the tumor difficult. 3D™ mammography would have probably given doctors a more accurate picture of what was going on from the beginning, which would have given me and my family peace of mind as we were discussing treatment options."



#### **What does the 3rd dimension mean?**

Archbold physicians say the 3D™ mammography technology is the latest and greatest tool to detect breast cancer.

An x-ray-like machine takes a series of pictures in seconds that are converted into thinly sliced images of the breast from multiple different angles.

"The technology produces an unprecedented view of the breasts from multiple angles," said Archbold radiologist Mary Ann Bullard Grayson, MD. "It allows us to examine the tissue layer by layer, similar to how you would flip pages in a book, to see what's inside. Fine details are more visible with this technology. Even very small lesions are able to be detected and analyzed, because they are less likely hidden by overlapping tissue."

"3D™ mammography has already contributed greatly to an increased rate of breast cancer detection at the Archbold Women's Center," said Dr. Grayson. "As a woman, a radiologist and your neighbor I strongly encourage women to take advantage of this new breast cancer screening technology."

Rhonda Whitfield was one of the first patients to have a 3D™ mammogram at

### **At a glance**

The new technology now available at Archbold Women's Center:

- Improves the ability of doctors to accurately diagnose breast cancer.
- Helps find tumors that may have remained hidden on a 2-D mammogram alone.
- Greatly reduces the number of women called back for false alarms.





**Mary Ann Bullard Grayson, MD**  
Radiologist  
Archbold Women's Center



**Debbie Beeson**  
Breast Cancer Navigator  
Singletary Oncology Center



**Rhonda Whitfield**  
Patient  
Archbold Women's Center

the Archbold Women's Center.

"For months, I would postpone my screening mammogram, simply because life just gets busy. But I had a few very close friends diagnosed with breast cancer in the last six months, so that motivated me to schedule my routine screening," Whitfield said.

This wasn't Whitfield's first mammogram. But it was her first abnormal mammogram.

"Of course, the worst possible outcomes were running through my head when I was told I needed a biopsy," she said. "But the swift response by my doctors and the quality of the technology gave me peace of mind knowing whatever I had was caught before it became life-threatening."

Fortunately, a biopsy later confirmed Whitfield didn't have breast cancer.

"Seeing how quick and easy the whole process was made me regret waiting so long to get screened," said Whitfield. "I knew I was in the best hands possible at the Archbold Women's Center, which made me more comfortable in a tough situation. I won't postpone a mammogram again, especially now that we have

access to 3D™ mammography. I feel so fortunate that Archbold cares enough about me as a patient to offer me the best technology available."

**The need is great**

"Our community really counts on Archbold to stay on the cutting edge with the latest diagnostic tools," Beeson said. "The new technology gives patients an added level of comfort in their journey knowing they have every current tool for diagnosis at their disposal."

"Our community is known for pulling together when there is a definite need—in this case the need was 3D™ mammography. The community really rallied behind purchasing 3D™ mammography, technology that will improve our diagnostics and hopefully survival rate of breast cancer patients."

"One of the advantages to living in Thomasville is the access we have to phenomenal healthcare," Dr. Grayson said. "I get to take care of my friends and my neighbors using the best technology, some of which is purchased through generous donations made to the Archbold Foundation."

**To schedule a 3D™ mammogram, call the Archbold Women's Center at 229.228.3710.**

"Thomasville is a wonderful community that has a passion for taking care of each other. The purchase of 3D™ mammography was a very wise investment for the advancement of healthcare in our region, and we are very grateful for all the generous donations that helped bring this technology to Thomasville."

# Meet our new providers



**ARCHBOLD FACILITIES** are top in the region. We can hold that place thanks to the outstanding medical providers who choose to share their talents with us.

**Sarah Brooks, FNP-C**, earned her bachelor of science degree in nursing from Georgia Southern University and her master of science degree in nursing from South University in Savannah. Sarah joins the team at Pelham Primary Care in Pelham.



**Michael Forehand, FNP-BC**, earned his bachelor and master of science degrees in nursing from the University of South Alabama in Mobile. He joined Southland Hospitalist Group and is seeing patients at Archbold Memorial Hospital in Thomasville.



## Archbold names Dr. Irvin chief medical officer

In his 30-plus years of healthcare experience, Coy Irvin, MD, has practiced as a founding partner in a family medicine practice; supervised physicians and providers as a medical director in hospital and long-term care facility settings; and held senior leadership roles in hospitals in Florida, South Carolina and Alabama.

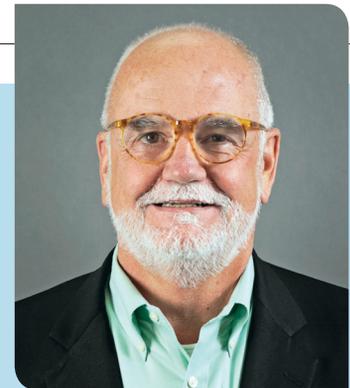
“Dr. Irvin’s broad experience in physician leadership roles, along with his dedication to service excellence, high-quality healthcare and evidence-based medicine, will be extremely valuable for our organization,” said Perry Mustian, Archbold President and CEO.

Dr. Irvin earned a bachelor’s degree in business management from Mississippi State University and a master’s degree in business administration from Auburn University. He earned a medical degree from the University of

Mississippi School of Medicine and completed a residency in family medicine with the Northwest Florida Academy of Family Practice, where he also served as chief resident. Dr. Irvin is board-certified

in family medicine and is a certified medical director by the American Medical Directors Association. He is a member of the American Academy of Family Physicians and a fellow of the American Academy of Family Physicians.

Dr. Irvin said, “I look forward to working with the Archbold team to further develop a quality program that engages our medical staff and positions Archbold as the best hospital in the region for physicians to practice medicine, as well as for our patients to receive the highest quality of care.”



**Coy Irvin, MD**  
Archbold Memorial Hospital

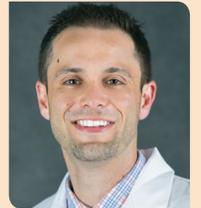
**Matthew Adam Graham, MD,**

earned a bachelor's degree in biology from North Georgia College and State University in Dahlonega. He earned his medical degree from Ross University in New Jersey and completed his residency in internal medicine at Vidant Medical Center in Greenville, North Carolina. Dr. Graham is a hospitalist with Southland Hospitalist Group and is seeing patients at Archbold Memorial Hospital in Thomasville.



**Kristopher Palmer, DO, FACOI,**

earned a bachelor's degree from Bethany College in West Virginia. He received his doctorate of osteopathic medicine degree from the West Virginia School of Osteopathic Medicine and completed his residency at University Hospitals Richmond Medical Center in Cleveland, Ohio. Dr. Palmer is a hospitalist with Southland Hospitalist Group and is seeing patients at Archbold Memorial Hospital in Thomasville.



**Jackson Hatfield, MD,**

earned his bachelor's degree from Florida State University, where he also earned his medical degree. He completed his residency in family practice at Louisiana State University in New Orleans. Dr. Hatfield joins Archbold Primary Care in Thomasville.



**Ciana Pender, MD,**

earned a bachelor's degree from Rhodes College. She earned her medical degree from Florida State University and completed her residency at Louisiana State University. Dr. Pender joins the team at South Georgia Surgical in Thomasville.



**Hiren Joshi, MD,**

earned his bachelor's degree from Florida State University. He earned his medical degree from St. Matthew's University in Grand Cayman. He completed his residency at Mercer University and a fellowship in nephrology at East Carolina University/Vidant Medical Center in Greenville, North Carolina. Dr. Joshi is a hospitalist with Southland Hospitalist Group and is seeing patients at Archbold Memorial Hospital in Thomasville.



**Sandra Rozier, MSN, APRN,**

**FNP-C,** earned her bachelor of science degree in nursing from the University of Phoenix and her master of science degree in nursing from Maryville University in St. Louis. Sandra joins the team at Archbold Gastroenterology Group in Thomasville.



**Amy Latham, FNP-C,**

earned a bachelor of science degree from Cumberland University in Lebanon, Tennessee, and a master of science degree in nursing from Middle Tennessee State University in Murfreesboro. Amy joins the team at Urology Associates of Archbold in Thomasville.



**Brian Russell, MD,**

earned a bachelor's degree from Southern Illinois University in Carbondale, where he also earned his medical degree. He completed his residency in neurosurgery at the University of Kansas in Lawrence. Dr. Russell joins the team at Archbold Neurosurgery Services.



**Kelle Logan, CRNA,**

earned her bachelor of science degree in nursing and a master of science degree in nursing anesthesia from the University of South Florida. Kelle joined South Georgia Anesthesia Associates and is practicing at Archbold Memorial Hospital in Thomasville.



**Jennifer Wright, MSN, APRN,**

**CMSRN, FNP-C,** earned a bachelor of science degree in nursing from Western Governors University in Salt Lake City, Utah, and a master of science degree in nursing from University of Cincinnati. Jennifer joins the team at South Georgia Surgical Associates.



# Is it really just heartburn?

BARRETT'S ESOPHAGUS MIGHT LEAD TO BIGGER PROBLEMS—YET THERE'S HELP

**CHANCES ARE** you have felt that painful heat in your chest or throat. It happens when stomach acid backs up into your esophagus, the tube that carries food and liquids from your mouth to the stomach. That could be gastroesophageal reflux disease (GERD), a disorder in which stomach acid and enzymes damage the esophageal lining, producing symptoms such as heartburn, vomiting and chest pain.

"Over time, this damage can result in inflammation and changes that can alter the cells," said Archbold gastroenterologist Bashar Qumseya, MD, MPH. In that



**Bashar Qumseya, MD, MPH**  
Gastroenterologist  
Archbold Gastroenterology Group

case, doctors speak of Barrett's esophagus, a precancerous condition affecting the lining of the esophagus.

## How does it develop?

It is estimated that 13 percent of people who suffer from chronic acid reflux also have Barrett's esophagus. If you have GERD symptoms more than three times per week, consult your physician.

## How is it diagnosed?

A diagnosis of Barrett's esophagus involves patients undergoing an upper endoscopy procedure by their gastroenterologist.

Barrett's esophagus tissue appears as a different color than normal esophageal tissue. "Normally esophageal tissue appears pale and glossy," Dr. Qumseya explained. "In Barrett's esophagus, the tissue appears red and velvety." If this difference is found, the next step is a biopsy of the tissue that is then sent to pathology for testing.

A finding of intestinal cells in the esophagus (intestinal metaplasia) confirms a diagnosis of Barrett's esophagus.

## What is the risk associated with Barrett's esophagus?

Patients with Barrett's esophagus have an increased risk of esophageal cancer. Don't ignore GERD symptoms that are persistent. They can be early signs of Barrett's esophagus.

## How is it treated?

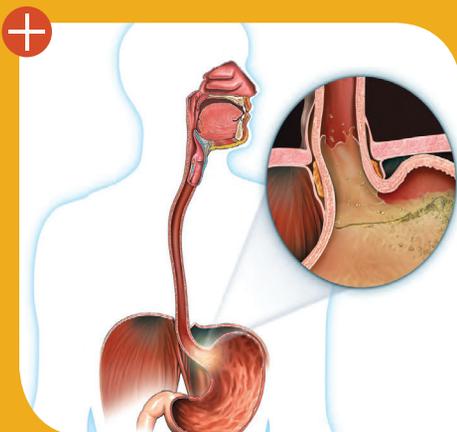
Barrett's esophagus is treated with a technique known as radio frequency ablation (RFA).

RFA is a process in which high heat is distributed in a controlled method to the esophagus," said Dr. Qumseya. "During the procedure, the diseased tissue is removed without damage to the normal underlying structures."

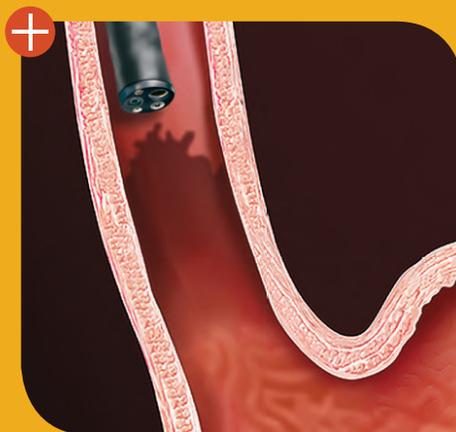
The treatment is performed on an outpatient basis with no incisions involved. If you are suffering from persistent symptoms of acid reflux, ask your doctor if this treatment is right for you.

For more information on this treatment, or to schedule an appointment, call **229.227.0045**.

## Radio frequency ablation: How it works



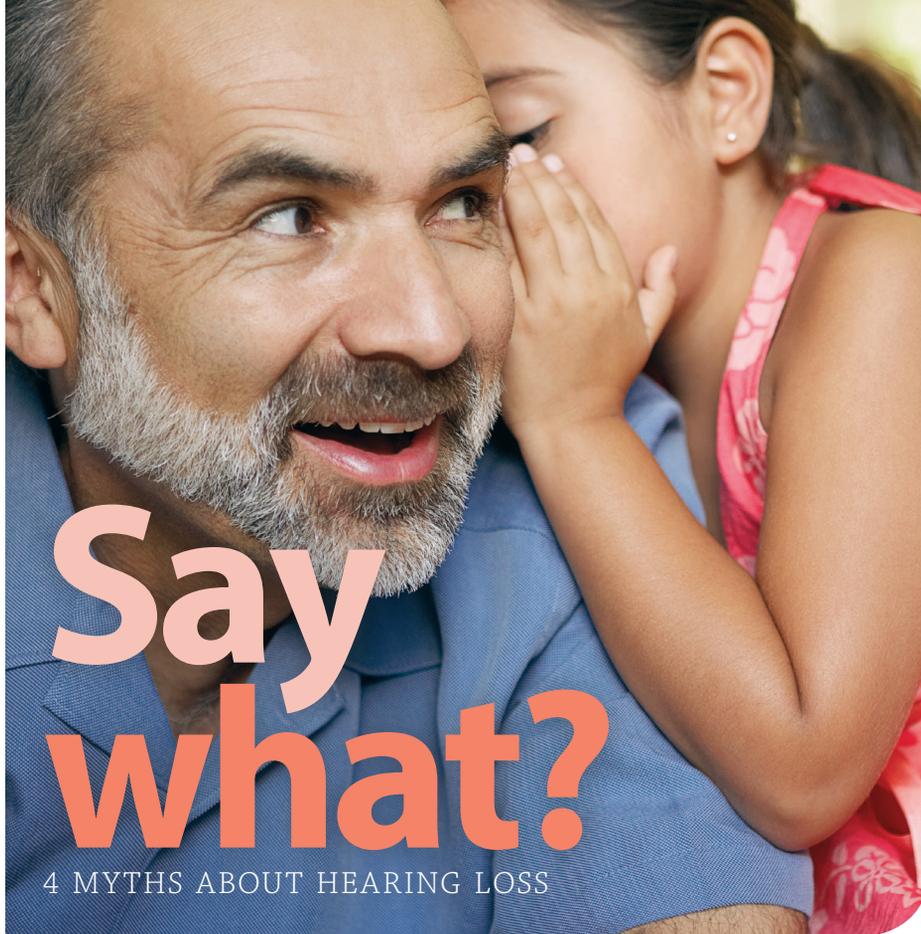
Barrett's esophagus occurs when tissue is damaged in the lining of the esophagus.



An endoscope is inserted to identify damaged tissue.



The RFA catheter applies energy in the form of heat to the damaged tissue.



# Say what?

4 MYTHS ABOUT HEARING LOSS

**ACCORDING TO** the Hearing Loss Association of America, about 20 percent of Americans report some degree of hearing loss.

A Marke Trak survey (2004) regarding the incidence of hearing loss shows that:

- 31.5 million people (10% of the U.S. population) report a hearing difficulty.
- 3 in 10 people over the age of 60 have hearing loss.
- 1 in 6 baby boomers (ages 41–59), or 14.6 percent, have a hearing problem.
- 1 in 14 Generation Xers (29–40), or 7.4 percent, already have hearing loss.
- At least 1.4 million children (18 or younger) have hearing problems.
- It is estimated that 3 infants in 1,000 are born with serious to profound hearing loss.

Hearing loss is a major public health issue—it's reported to be among the most common physical condition after arthritis and heart disease.

"Gradual hearing loss can affect people of all ages—varying from mild to severe symptoms," said Archbold audiologist Althea Grey, AuD. "Hearing loss is a

sudden or gradual decrease in how well you can hear. And depending on the cause, conductive or sensor neural, it can range from mild to profound."

But not everything you might hear about hearing loss is true.

## The reality

**Myth 1:** *Younger people don't have to worry about their hearing because hearing loss only affects "old people."*

"Actually the prevalence of hearing loss is the reverse of what many people think. More than half of those with hearing loss are actually under age 65," said Dr. Grey. "So if you have any suspicions of hearing loss, such as having to ask others to repeat themselves or turning the TV or radio volume higher, ask your doctor for a referral for a hearing evaluation—no matter what your age."



**Althea Grey, AuD**  
Audiologist  
Archbold Ear, Nose, Throat  
and Allergy Center

**Myth 2:** *Portable music players can't harm hearing.*

While small, today's gadgets can still produce harmful sounds (above 85 decibels). Dr. Grey advises to keep the volume level below the halfway point when listening to music.

**Myth 3:** *Earplugs aren't worth the hassle.*

As many as 1 in 3 people have a hearing loss that is caused by loud noise. "This condition is usually preventable," said Dr. Grey. "Custom earplugs or other hearing protection devices should be worn around harmful noises, such as lawnmowers and other loud machines. Digital ear protection should be used with hunting or around guns for both adults and children. Custom musician earplugs are also a great alternative. And step away from loud sounds whenever you can."

**Myth 4:** *Hearing aids aren't helpful.*

"Actually, a hearing aid is the treatment of choice for most hearing loss," Dr. Grey said. "Hearing aids help from a mild loss to a severe hearing loss. But unfortunately, for various reasons, only a small percentage of people who would benefit from a hearing aid have ever used one."

**Hear this: At Archbold, we have an expert team that can diagnose and treat your hearing problems. Call 229.228.2400 to find out more.**



# Live Better

A COMMUNITY INITIATIVE TO IMPROVE OUR HEALTH

**ARCHIVES** staff recently sat down with Archbold's Mark Lowe, Assistant Vice President of Marketing, and Todd Bennett, Clinical Outreach Manager, to interview them about Live Better, a recently launched health initiative in Thomas County.

## Q Why was Live Better formed?

**A Lowe:** Live Better was formed as a result of a challenge by Archbold CEO Perry Mustian to do even more to improve the health of our community and look outside the walls of the hospital to do it. Archbold has always had some form of clinical outreach, most often offered in the form of early identification efforts such as free screenings, prevention efforts such as Health Talks, or interventional education like breastfeeding or smoking cessation classes. Those efforts have had positive impact, but they really haven't moved the needle substantially on the overall health of our community. Research efforts uncovered that hospitals that found a partner in clinical outreach efforts were more successful. Using this logic, the formation of an alliance with

several key partners created a type of 360-degree approach of tackling key health issues.

## Q What is Live Better?

**A Bennett:** Live Better is the formal name that represents an Archbold-led effort of key community leaders and community focused on improving the health of the citizens of Thomas County. Live Better is steered by leaders of major sectors of the community (government, education, media, business) that—when working together—can leverage the strengths of their organizations to achieve measured health goals.

## Q What will Live Better focus on?

**A Lowe:** Primarily, the focus will be on reducing obesity in Thomas County. The members in the advisory group will collaborate, problem-solve and put into action solutions that involve what each member organization can offer.

Obesity is a preventable condition, yet the common link in most prominent health issues in Thomas County: heart disease, hypertension, stroke, COPD, vascular disease, diabetes and cancer. In

addition to many other conditions, it also is a risk factor for sleep disorders, arthritis and spine problems.

## Q Where will Live Better take place?

**A Lowe:** While there will be short-term goals, the long-term vision is to change the culture in which we live to the point that being healthy isn't the exception—it's a regular part of life. For that to happen, change must occur in every part of our community: the workplace, schools, on our streets and in our homes. It's a difficult goal to attain, but achievable incrementally. Keep an eye out in the community to see Live Better at work.

## LIVE BETTER ADVISORY GROUP

### Archbold Medical Center

Mark Lowe, Assistant Vice President of Marketing  
Todd Bennett, Clinical Outreach Manager

### City of Thomasville

Steve Sykes, City Manager  
Michelle Juarez, Chief Financial Officer

### Thomas County Board of Commissioners

Mike Stephenson, County Manager

### Thomas County Schools

Dusty Kornegay, Superintendent

### Thomas County-Thomasville Chamber of Commerce

Lauren Basford, Executive Director

### Thomasville City Schools

Sabrina Everett, Superintendent

### Thomasville Times-Enterprise

Chris White, General Manager



CAIRO AND BAINBRIDGE

# Heart health services expand

## ARCHBOLD MEMORIAL

Hospital recently increased the scope of cardiovascular services available at the Archbold-Bainbridge Specialty Clinic and Archbold's Grady General Hospital.

South Georgia counties rank highest in Georgia for heart disease-related mortality, so local access to advanced cardiovascular services is crucial for patients.

### Just where you need us

"For years, our physicians have traveled regularly to Archbold locations in rural areas throughout the region to provide patients convenient access to specialized care," said Joe Barron, Assistant Vice President of Heart and Vascular and Imaging at Archbold. "We also offer some advanced diagnostic testing for patients in our Bainbridge and Cairo facilities."

Appointments for echocardiograms and vascular services were recently expanded at the Archbold-Bainbridge Specialty Clinic and are now available every Friday and on select Wednesdays. The Bainbridge clinic also added lower extremity arterial (LEA) studies to their cardiovascular diagnostic services



**Robert Miles, MD**  
Cardiologist  
South Georgia Cardiology Consultants

available in Bainbridge. Cardiac nuclear stress testing is available in Bainbridge as well on Tuesdays and Thursdays.

### Added times for better care

Grady General Hospital increased the appointment availability for echocardiograms and vascular studies, including LEAs, to five days a week. The hospital also offers stress testing five days a week.

Appointments for these tests are available with physician referral.

"The ability to provide cardiology care to our neighboring communities is extremely important," said cardiologist Robert Miles, MD. "Archbold remains committed to ensuring patients throughout our region have access to high-quality, patient-focused healthcare services."

CAMILLA

## Extended hours

"We hear too often that patients just don't have time to come to the doctor, or that they can't come during regular business hours," said Archbold family nurse practitioner Martha Hanna, FNP-C, at Archbold's Medical Group of Mitchell County. "It's so important that patients make their health a priority, and we want to make it convenient for them to do that."

Medical Group of Mitchell County has extended their office hours. The practice will accept appointments through 7 p.m., Monday through Thursday, for patients of all ages.

"The extended-hours concept is intended to really help the patient that can't get off work to come in for a check-up, or the patient that can't leave school to get a re-fill on their prescription," said Hanna. "They now have access to the primary care they need after regular business hours."

Though the practice is not accepting after-hours walk-ins, it's possible that in many cases patients can schedule a same-day appointment.

"Our hope is that by extending our office hours, we can help many more patients, since it will be convenient for them," said Hanna.

For more information on extended hours at the Medical Group of Mitchell County or to make an appointment, call **229.336.1949**.



**Martha Hanna, FNP-C**  
Family Nurse Practitioner  
Medical Group of Mitchell County



# When normal isn't normal anymore

ARCHBOLD MEMORIAL HOSPITAL TRAUMA NURSE OVERCOMES HER OWN TRAUMA

**IT HAD BEEN RAINING** all week. Morgan Williams, a 24-year-old registered nurse at Archbold Memorial Hospital, was heading home in the 1999 Jeep Cherokee she had been driving as a loaner vehicle while she waited for her new car to come in.

An avid dirt track racer, Williams is no driving novice, but the water on the road had pooled, and the Jeep hydroplaned, spun several times and hit the guardrail.

At least that's what witnesses later told her.

The next thing the Valdosta State University graduate remembers is waking up as a patient at the Level 2 Trauma Center she typically reported to for work. The accident was a bad one. The femur in Williams' left leg had been broken. Her right leg had to be amputated.

### 'Will I still have my job?'

"They told me that when I was in the ER the first thing I asked was, 'Will I still have my job?'" Williams recalls. "I knew I was going to go back to work, and I knew I was going to race."

More than two years later, Williams does still have her job. It's a job where

she says she more easily connects with patients now, and especially patients' families. That empathy, she says, came as a result of hearing her own family's experience after her accident.

"Now I have a deeper understanding for what the families are going through," Williams said. "Before my accident, I could only imagine how the families felt."

### Beginning with a single step

The journey back to work in the emergency department was not easy for Williams, who has wanted to work in medicine since she was a small child. But it was one that she never doubted she'd

eventually be able to complete.

After her accident, Williams was admitted to the intensive care unit at Archbold Medical Center. As the only Level 2 Trauma Center in South Georgia, Archbold offers patients 24-hour immediate coverage by general surgeons, as well as coverage by providers specializing in orthopedic surgery, neurosurgery, anesthesiology, emergency medicine, radiology and critical care.

During this time, Williams says she realized how important the little things her nurses did to help make her more comfortable were to her healing process. She remembers one nurse, Shelli

Roberts, who helped to braid her hair, which she hadn't been able to wash since the accident. She also took her on a visit to the emergency floor so that she could see her coworkers.

### In someone else's shoes

"I think it allowed me to understand that the patients are worried," Williams explained. "When we're at work we have so much going on, and we just focus on the problem and try to get it fixed. But it's also really important we listen and understand what each patient is going through."

The experience also confirmed the old saying that "nurses make the worst patients," Williams said with a laugh. She remembers snatching the blood pressure cuff she wore to track her vitals off of her arm, and her mother reminded her that she even tried to hide it from her nurses.

After several days in the ICU and on the general medical floor, Williams began a two-week stay in Archbold's inpatient rehabilitation department, a 20-bed, self-contained unit that provides intensive rehabilitation services.

Her main focus during inpatient rehab was strength training for her muscles, and learning to walk on one leg. She also learned how to walk with a walker and transfer from a wheelchair to a walker.

"That was when I got to focus on getting my life back to normal," Williams explained. That focus came with a new motto Williams claimed from a sign that her friend gave her after the accident: "Every long journey begins with a single step."

### A new normal

Moving on to outpatient therapy at Archbold, Williams worked with physical therapist Kerri Kelley to build what she calls her "new normal."

While Williams waited for her prosthetic leg to come in, Kelley helped her get comfortable on crutches. They worked together to build up Morgan's endurance and strength.

"If an obstacle came across in my daily life, we'd figure it out together," Williams says of Kelley. "I spent months with her, and it meant a lot."

When it was time to get back to work, Williams started out doing desk work with flexible hours. During this time Williams experienced some healing setbacks that resulted in the delay of her prosthetic leg fitting. Still, she persevered.

### Keep calm and carry on

"I never thought that I *couldn't* do it, but it was discouraging," Williams recalls. "I just wanted to be normal again. I had to realize that my 'going to be normal again' was going to be a new normal, and I had

to get ready for that. Now my normal is, I get up and I put on my leg."

Williams' new normal still includes dirt track racing, and the former track and field racer is now working on running to build stamina. She's also back on the floor in the emergency department full-time now, and says she has a new appreciation for the access she has to medical care at a Level 2 Trauma Center.

"You don't ever think that it can happen to you, so when it does, it's good to know that there are people who have dedicated their lives to take care of you and make sure you get the excellent medical care you need," Williams explained.

**THE NEED FOR SPEED:** There's no way Morgan Williams would give up dirt track racing.



**DETERMINATION:** Morgan worked with physical therapist Kerri Kelley at Archbold Outpatient Rehab to build what she calls her new normal.

# A pillar of Archbold

WHAT THE AUXILIARY HAS ACHIEVED IN THE PAST 10 YEARS

**SINCE ARCHBOLD** Memorial Hospital opened, there has been an active group of citizens who give the hospital their support and assistance.

Originally, the Auxiliary was a women's board authorized by the hospital's board of trustees in May of 1925. The volunteer corps promoted and advanced the welfare of the hospital. Over time, this group was reorganized to become the Hospital Auxiliary, with men, women and youth serving in many areas.

"Volunteers donate an enormous amount of time and effort to the hospital," says Michelle Collins, Director of Volunteer Service at Archbold. "Funds are raised through the gift shops, as well as numerous annual events. The funds raised purchase equipment, furnish rooms and keep the hospital at the forefront of technology."

For more information about volunteer services, call 229.228.2742.



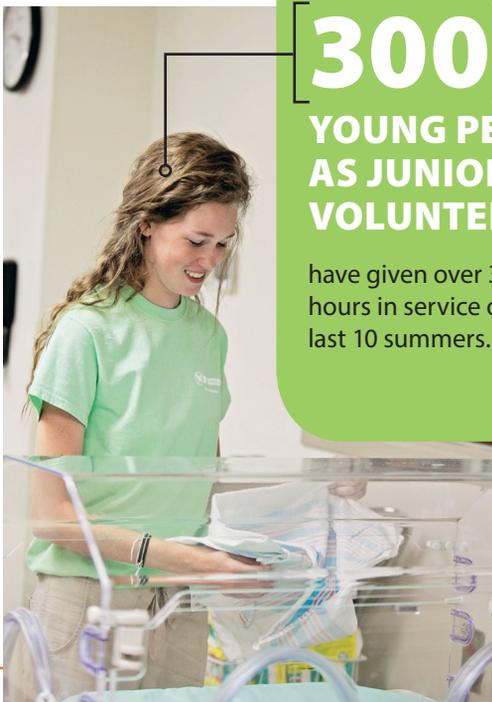
**OVER  
10,000  
HATS**

made by hand for every baby born at Archbold and for our patients going through chemotherapy.



**300  
YOUNG PEOPLE  
AS JUNIOR  
VOLUNTEERS**

have given over 35,000 hours in service over the last 10 summers.



**OVER  
240,000  
HOURS OF  
SERVICE**

given to our patients and families.



**\$300,000**  
**GIVEN FOR**  
**CONSTRUCTION**  
**OF FAMILY**  
**WAITING AREAS**

in the North Tower and family waiting suites in the East Tower Cardiac Unit.



**OVER \$342,000**  
**AWARDED IN SCHOLARSHIPS**

to over 500 students pursuing a career in healthcare.

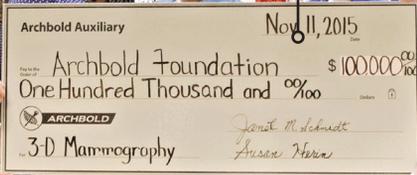


**\$100,000**  
**GIVEN IN 2015**

to purchase 3D™ mammography.

## The Auxiliary also gave:

- \$25,000 for construction of Family Lounge at Oncology Center in 2010.
- An additional \$120,000 to help provided free and low-cost mammograms, wheelchairs, resources for newly diagnosed breast cancer patients, scholarships to Camp Arrow and Camp Heal, coloring books and crayons for children visiting at the hospital, needed clothing for ER patients, and Tree of Lights and Christmas decorations for the entire hospital.



**MORE THAN**  
**\$400,000**  
**IN GIFT SHOP**  
**SALES**

to help fund hospital projects, scholarships and new technology.



# Archbold Events



## Pink Run

SATURDAY, OCT. 1  
LEWIS HALL  
SINGLETARY  
ONCOLOGY CENTER  
THOMASVILLE

5K COLOR RUN  
FOR BREAST CANCER AWARENESS

Presented By



To kick off Breast Cancer Awareness Month, Archbold's Lewis Hall Singletary Oncology Center is hosting a 5K pink color run. Sponsored by Live Better, Thomas County's new community-wide healthy living initiative, the Pink Run will help promote early detection of breast cancer and encourage overall healthy living. Runners and walkers are welcome. Health education materials will be available. For more information or to register, please visit [www.archbold.org/pinkrun](http://www.archbold.org/pinkrun) or call **229.584.5520**.

## A Pink Affair

FRIDAY, OCT. 14  
LEWIS HALL SINGLETARY  
ONCOLOGY CENTER  
THOMASVILLE

This October, join us as we celebrate the fifth annual Pink Affair, a benefit fashion show featuring local cancer survivors. A silent auction featuring art by cancer survivors will be held, and a celebration honoring the models will follow the fashion show with food and live music from the Thomasville band Bleu Burden and Albany musician Matt Casey. Pink cocktail attire is suggested but not required.

Proceeds from the event will help fund the breast cancer navigation program at Singletary Oncology Center.

Of all the resources offered through the breast cancer navigation program, many patients find that emotional support is what really means the most to them.

If you or someone you know is a cancer survivor and interested in modeling for the



Pink Affair, please visit [www.archbold.org/apinkaffair](http://www.archbold.org/apinkaffair) for more information, or call Debbie Beeson, breast cancer navigator at the Lewis Hall Singletary Oncology Center, at **229.584.5445** or **229.403.9257**.

Tickets are \$25 and are available for purchase through the Archbold Foundation online or by calling **229.228.2924**. Tickets will be available for purchase beginning Sept. 1.

Corporate and individual sponsorship opportunities are also available for the Pink Affair. For more information on sponsorships, contact the Archbold Foundation at **229.228.2924**.



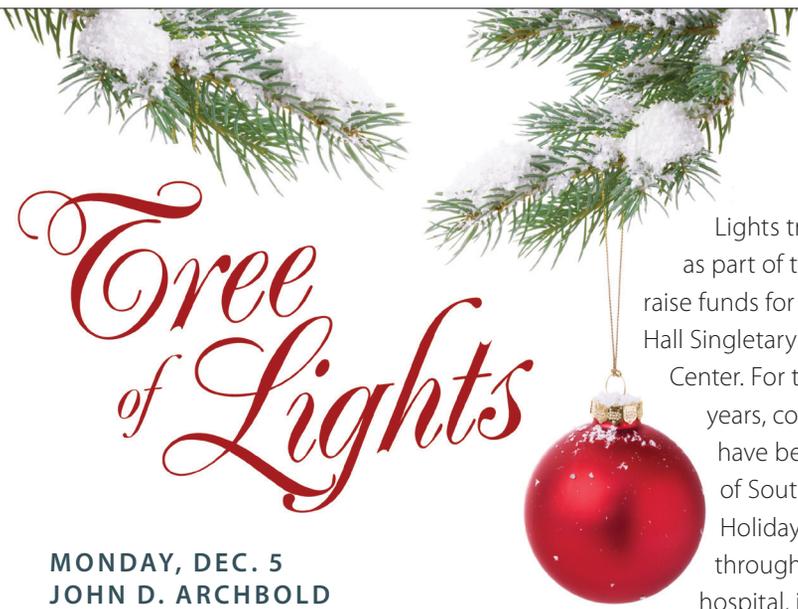
## Camp H.E.A.L.

SATURDAY, OCT. 29  
CAMP PINEY WOODS  
THOMASVILLE

This October, Hospice of Southwest Georgia will host the 11th annual Camp HEAL (Healing and Encouragement After Loss), a bereavement day camp that helps children ages 6 through 13 cope with the loss of a loved one.

Camper registration started Aug. 1, and the deadline to reserve a spot for a camper is Oct. 15. Applications are also being accepted for camp volunteers. The deadline for volunteer applications is Sept. 30.

For more information on registering a camper or becoming a Camp HEAL volunteer, please call the bereavement coordinator at Hospice of Southwest Georgia at **229.584.5500** or visit [www.archbold.org/campheal](http://www.archbold.org/campheal). Camp HEAL is funded by generous donations to the Archbold Foundation.



# Tree of Lights

**MONDAY, DEC. 5**  
**JOHN D. ARCHBOLD**  
**MEMORIAL HOSPITAL**

For the 28th year, our community will celebrate the spirit of the season with the Archbold Foundation Tree of Lights. For many in South Georgia, it's a tradition to honor and remember friends and loved ones by making contributions to the Archbold Foundation. The Tree of

Lights tradition began as part of the effort to raise funds for the first Lewis Hall Singletary Oncology Center. For the past 18 years, contributions have benefited Hospice of Southwest Georgia. Holiday decorations throughout the hospital, including the

live tree that is displayed in the hospital's main lobby, are provided by the Archbold Memorial Hospital Auxiliary.

Donors, families and the community are invited to the lighting of the tree, a ceremony that heralds the beginning of the holiday season and offers a celebration of life and remembrance

for attendees. A Hanukkah menorah will also be lit to honor the tradition of the season.

Guests will enjoy refreshments and special music, followed by the arrival of Santa Claus. Gifts are acknowledged and cards for the Tree of Lights and Hanukkah are sent throughout December. A donation of \$10 per individual honored is suggested, but gifts of any size are welcome. Individuals honored and family members of those remembered receive a special card letting them know a gift has been given. For more information about the Archbold Foundation Tree of Lights or to make a donation, call **229.228.2924** or visit **[www.archboldfoundation.org](http://www.archboldfoundation.org)**.

## Archbold Classic

**MONDAY, NOV. 7**  
**GLEN ARVEN COUNTRY CLUB**  
**THOMASVILLE**

In its 21-year history, the Archbold Classic Golf Tournament has raised over \$1.7 million in support of the Archbold Scholarship program. These competitive scholarships provide important financial support for deserving students who are pursuing degrees in nursing or other healthcare-related fields.

By far our most popular fundraiser, this year's Classic promises to be even better than years past. A cocktail dinner is set for the night before the fun and fellowship begin on the historic Glen Arven Country Club golf course in Thomasville. The Classic brings in professionals from the PGA, Seniors and Web.com tours to play alongside our amateur players, making it a unique experience for all involved. Past professional participants have gone on to great fame and fortune on the PGA tour, including Bubba Watson, Harris English, Chris DiMarco and Jason Dufner. Please join us for another great

# 2016 Archbold Classic



**Pro-Am Golf Tournament**

PRESENTED BY



PLANNING • INVESTMENTS • TRUSTS

event in November. For more information on sponsorship opportunities or to register to play in the Classic, please contact the Archbold Foundation at **229.228.2924** or online at **[www.archboldfoundation.org](http://www.archboldfoundation.org)**.

**Live Better**  
A community initiative  
to improve our health



See page 16

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915 Gordon Ave.  
P.O. Box 1018  
Thomasville, GA 31799-1018

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# ARCHBOLD OCTOBER EVENTS



Presented By



**SATURDAY, OCTOBER 1, 2016**

Lewis Hall Singletary Oncology Center  
919 S Broad Street, Thomasville, GA

**REGISTRATION PACKET PICK-UP:**

September 30th (or day of) • 3:00-5:00pm  
Lewis Hall Singletary Oncology Center

**REGISTRATION:** 7:00am

**RUN START:** 8:00am **WALK START:** 8:05am

**AWARDS:** 9:00am

To register online, please visit:  
[www.archbold.org/pinkrun](http://www.archbold.org/pinkrun)



Archbold Memorial Hospital Presents a

**FRIDAY, OCTOBER 14, 2016**

Lewis Hall Singletary Oncology Center  
919 S Broad Street, Thomasville, GA

**DOORS OPEN AT 6:00pm • \$25**  
Fashion Show • Silent Auction • Live Music

**JOIN THE AFFAIR!**

Sponsorship opportunities are available.  
Call the Archbold Foundation at  
229.228.2924 for more info.

To purchase tickets, please visit:  
[www.archbold.org/apinkaffair](http://www.archbold.org/apinkaffair)