

HEALTH WATCH

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EMBRACING A NEW ERA: President and CEO Rich D'Alberto, along with other officials, breaks ground on the new Laurens County Health Care System Emergency Services Center and Women's Life Center.

"We continue to make Laurens County a healthier place to live and work," said D'Alberto. "It's time to modernize and to better meet the needs now and in the future."

FINDING THE FUNDING David Ramage, Chairman of the hospital's Board of Trustees, told the crowd there will be no tax dollars involved in the \$17 million investment; funds from hospital services and a capital campaign will fund project costs.

"If you are not moving forward in health care, then you're moving backward," Ramage said. "We have chosen to move forward."

Representing the new Women's Life Center, Michael Wiggins, MD, OB/GYN, spoke to the crowd about the need for additional labor and delivery rooms to accommodate the growing needs of the county. Each year, he said, around 400 babies are delivered at the hospital in two birthing suites and two patient rooms redesigned to accommodate the need.

"With its patient-centered design, the new Women's Life Center will better serve our community," Dr. Wiggins said. He also commended the team of physicians who serve women and babies for continuing to "pave the way for health care in Laurens County."

Jerett Tozzi, MD, reflected on the 30,000 patients who sought care last year in the hospital's emergency room.

"These patients were treated in the same 12-bed emergency room that was built 20 years ago when the hospital opened," Dr. Tozzi said.

He added that back then, the hospital saw only 13,000 emergency care patients in the same facility.

One part-time and five full-time physicians have sought to keep up with care in an overcrowded, undersized emergency department desperately in need of expansion.

"It's so obvious to everyone we need more space so we can provide emergency care to the community," Dr. Tozzi said.

Doubling the number of rooms and square footage will increase efficiency, privacy and patient satisfaction, he added.

D'Alberto thanked the hospital's physicians and staff working with the architects in expansion planning and implementation.

Construction for the projects should take a year and a half, with a planned 2012 opening.

BREAKING GROUND

Work begins on new emergency and women's centers

After nearly five years of planning, the Laurens County Health Care System (LCHCS) broke ground in early spring for the new \$17 million Emergency Services Center and Women's Life Center. ♦ A festive celebration, the "Embracing a New Era" groundbreaking

drew hundreds to view history in the making as health care leaders stepped to the podium to share thoughts and express gratitude to the community and the LCHCS for its visionary strategic planning.

In addition to the 45,000 square feet of new space dedicated to the emergency and women's centers, the project will offer an enlarged and improved pharmacy. The current emergency center will be turned into a federally qualified health center to provide nonemergency care to patients regardless of their ability to pay for services.

The scope of the project is half the size of the original hospital built more than 20 years ago. (For more details, see page 3.)

THINKING ABOUT THE FUTURE In his presentation to the community, president and CEO Rich D'Alberto told the crowd the hospital's main responsibility was "to meet the needs for the future and to match its resources to the community needs."

He added that the nation's health care delivery model is constantly changing, but the one thing that is consistent is that the LCHCS has stayed true to its mission statement.

FROM THE PRESIDENT AND CEO

FACING THE CHALLENGE



Rich D'Alberto,
president
and CEO

THE VERDICT IS IN.

On March 14, the House of Representatives took action on South Carolina's Medicaid funding and passed the Health and Human Services budget—cutting health care provider rates by \$125 million. Throughout the debate in Columbia, compelling arguments were made about access to care and the economic impact of the Medicaid program, as well as the dilemma of funding rural hospitals.

Several amendments included in the deliberation aimed at assisting special interest organizations, including small and rural hospitals, critical access hospitals, and physicians. All of those amendments failed.

What does all of this mean for the Laurens County Health Care System?

DOING MORE WITH LESS This budget crisis promises to result in a 10 percent across-the-board cut in Medicaid reimbursement payments during the next five months. At the LCHCS we received an initial 3 percent decrease in April, which will be followed by the final 7 percent in July. This translates into a \$600,000 loss in revenue for next year's budget allocations.

We are left as an organization with the difficult task of chipping away at \$600,000 to make up for this lost revenue. Employees have already been informed that the very last resource we will consider is the elimination of staff to meet the need, but they also know that \$600,000 comes out to 12 jobs at our facility.

This budget crisis comes at a time when our emergency visits continue to increase. It also comes at a time when more uninsured and underinsured patients seek our services than ever.

The simple question is this: How can you continue to care for patients if staff is eliminated?

During several meetings between Tony Keck, the new director of the South Carolina Department of Health and Human Services, and the South Carolina Hospital

Association Board of Directors, I was made aware of the true reality of the situation. Keck and his organization are willing to work with providers, especially hospitals, to re-design how we deliver health care services to the Medicaid population. I applaud this spirit of collaboration and look forward to being a part of this transformation.

As a hospital CEO, I am more than willing to be at the table, but make no mistake, the bottom line is just that: the bottom line. A total of \$125 million needs to be removed and this will not be changed.

THE LCHCS PLAN We are in the process of implementing the LEAN program—a management tool that empowers employees to seek and find waste and eliminate it to reduce costs. The LEAN training is the best action we could be taking. The process may seem complicated, but if every employee looks for ways to eliminate waste in individual work areas, we can eliminate \$600,000 without having to make drastic changes.

Our administration is also studying all of our contractual relationships in an effort to renegotiate totals and save costs. The loss in Medicaid reimbursement can be retrieved by reducing costs while, at the same time, increasing revenue.

These things are prudent if we are to remain successful as the health care provider and employer of choice in Laurens County.

POSITIVE GROWTH Despite the news of budget cuts, we have a lot to be excited about: two new general surgeons, Sam Wilson, MD, and C. J. McCormack, MD; the positive growth of Carolina Women's Center, thanks to Tim Harkins, MD, OB/GYN; and our ongoing collaboration with other members of the medical staff on projects that will aid in improving our revenues.

The business of health care and leading a hospital is one of life's most complex. There is a fine balance between maintaining services to meet the needs of the community and preparing for significant changes in health care delivery and reimbursement. I truly believe we need to work from within and also collectively to find solutions.

A recent quote in *Viewpoint* captured my attention. Bill Settlemyer, founder of the *Charleston Regional Business Journal*, wrote: "South Carolina's Medicaid program is facing a financial crisis. There is no better time to begin applying proven techniques of business innovation to our state's health care system."

At the LCHCS, we're right on target.



WANT TO LEARN MORE ABOUT YOUR HEALTH?

LIFETALK is ready to speak to your group or club

LIFETALK IS A PROGRAM that provides civic, community, church, business and professional organizations with qualified presenters capable of providing free, interesting, up-to-date information about a wide variety of health care topics.

Included in the list of presenters are hospital administrators, local physicians, dentists, psychologists, nursing professionals, health care professionals, nutritionists, exercise and fitness experts, and much more.

Previous topics in the LIFETALK program include

health promotion, disease prevention and lifestyle changes that will help manage chronic diseases, cancer, weight,

sleep disorders, stress, parenting, exercise, diabetes, menopause, emotional disorders, hypertension, eye health, nutrition, heart health, bone health, age-specific issues and many others.

LIFETALK will come speak to your group or, if you prefer, arrange the meeting at Laurens Hospital, where you will be offered a tour of the state-of-the-art facility after the presentation.

LIFETALK is just another way the Laurens County Health Care System is working for you, keeping the community informed about the latest in medical technology and, most importantly, about your good health.

For more information, please call 864-833-7962.





BE PART OF THE PROGRESS: Visit www.lchcs.org/foundationoverview.html.

BUILDING FOR A NEW ERA

The Laurens County Health Care System adds two new facilities

TODAY, THE LAURENS COUNTY Health Care System is a complex, multi-integrated system that cares for patients' everyday illnesses as well as their chronic and preventive health needs. It is a system of care focused on improving the overall health of Laurens County.

Guided by this important charge, the LCHCS's leaders have created a strong vision and compelling master facility plan that calls for constructing a 48,000-square-foot addition to the hospital, located on the health care system's current campus. The addition will house the new, state-of-the-art Emergency Services Center and the new, patient-and family-focused Women's Life Center. These new facilities will enable existing hospital space to be reallocated to create a larger Pharmacy Services department and establish an Orthopaedics Center of Excellence.

COMFORT WHEN YOU NEED IT MOST When Emergency Services opened in 1989, patient volume was nearly 13,000 visits annually. Last year there were more than 30,000 emergency care visits—nearly three times the original patient volume—in the same small facility. While outstanding emergency care is provided in the emergency room's (ER) current overcrowded facility, the new Emergency Services Center will offer double the space and has been carefully designed with the patient in mind.

The current ER has nine emergency treatment spaces and three fast-track beds, offering little patient privacy.

The new, patient-focused Emergency Services Center will offer 17 individual treatment rooms, including four fast-track rooms and three private behavioral health treatment rooms, with nursing stations adjacent to each space. Emergency patients can be closely evaluated and monitored by physicians and professional staff.

The new Emergency Services Center puts patient care first. Every aspect of the design focuses on delivering emergency care to patients quickly and efficiently, using ER physicians, nursing and other hospital staff, and any

outside agency support necessary for treating patients. Whenever possible, patient registration will be handled at the bedside.

"The new ER facility will enable us to provide the best care available," says Jerett Tozzi, MD, medical director of the LCHCS Emergency Services Center. "Every aspect of this facility is centered on getting the right care to the right patient in the most efficient, most effective manner possible. We are continuing our commitment to providing the best in emergency care for the people of Laurens County."

Many health systems nationwide are reducing or eliminating emergency services because of the increasing costs of delivering emergency care, coupled with growing numbers of uninsured people seeking primary care through ERs.

"I am proud of our health care system's commitment to do the right thing for the people of Laurens County by providing the best emergency care possible, regardless of a patient's ability to afford care," Dr. Tozzi says.

THE LATEST IN WOMEN'S CARE The master facility plan includes a 15,000-square-foot, patient-centered, family-friendly Women's Life Center on the second floor of the new addition. It is next to the current Birthing Center, which is housed in its original 20-year-old quarters with 420 babies delivered annually.

The new Women's Life Center is designed to provide a warm, supportive experience for women and their families, with five spacious, warmly appointed labor/delivery/recovery suites adjacent to 10 well-equipped suites for postpartum care and other OB/GYN needs. These postpartum rooms will be conveniently located adjacent to the new Birthing Center. There will be two additional triage and treatment rooms in the same area.

The new 12-bassinet modern nursery will be centrally located to all labor, delivery and recovery suites and will position the LCHCS one step closer to becoming a level II nursery. The new birthing suites are designed to provide care for the mother and infant for as long as the mother chooses to have her new baby with her. These suites are family-centered to include fathers too. The new Women's Life Center is designed for comfort, ease and convenience in providing care for women at all ages and life stages. There also will be an attractive conference space to provide expanded educational offerings and preventive health updates for women of all ages.

The new center will be a self-contained unit, allowing for privacy and safety, and will be more conveniently

located to the hospital's Breast Care Center and other diagnostic services for women.

"Our goal is to construct a family-centered, patient-focused space to provide care and supportive services for women of all ages," says the LCHCS Vice President and Chief Operating Officer Kay Swisher. "This inviting new facility will become the center of choice for women in Laurens County. There will be no reason for women to leave Laurens County for their health and wellness needs."



YES I would like to support the capital campaign for the Laurens County Health Care System.

Name(s): _____

Address: _____

City, state, ZIP code: _____

Email address: _____

Phone number: _____

Total amount pledged (up to 5 years): _____

Amount paid now: \$ _____

To be paid over the period: 1 2 3 4 5 years (2011 to 2016)

In installments of: \$ _____

To be given: Quarterly Semi-annually Annually

Signature: _____

Date: _____

Please make all checks payable to: Laurens County Health Care Foundation, P.O. Box 1066, Clinton, SC 29324

Thank you for supporting the campaign for Laurens County Health Care System!

More harmful than you know

Maybe you started smoking as a teenager because that's what all the so-called cool girls did. Or maybe your mom or sister smoked, and you grew up thinking it's no big deal if a woman smokes. Or maybe you turned to cigarettes to help cope with a one-time stressful situation, and you got hooked.

Whatever the reason you started smoking, maybe it's time to finally quit.

A lethal drag

You probably know that smoking can cause lung cancer, which is the leading cancer killer of women, and that the majority of lung cancer deaths are due to smoking.

But you may not know that smoking can also trigger a host of other cancers—such as cancer of the cervix, pancreas, esophagus and stomach—or that it can significantly increase your risk of developing cardiovascular problems, such as heart disease and stroke.

Smoking also shortens women's lives.

On average, women who smoke die 14.5 years earlier than women who don't smoke, reports the Centers for Disease Control and Prevention.

Kicking butts

Giving up smoking is not easy. But the health benefits of quitting are so great that it's worth trying—even if you've tried before and weren't successful.

A number of tools are available to help you quit, including smoking cessation programs, support groups and medicines.

You can learn more at:

■ The American Cancer Society, www.cancer.org.

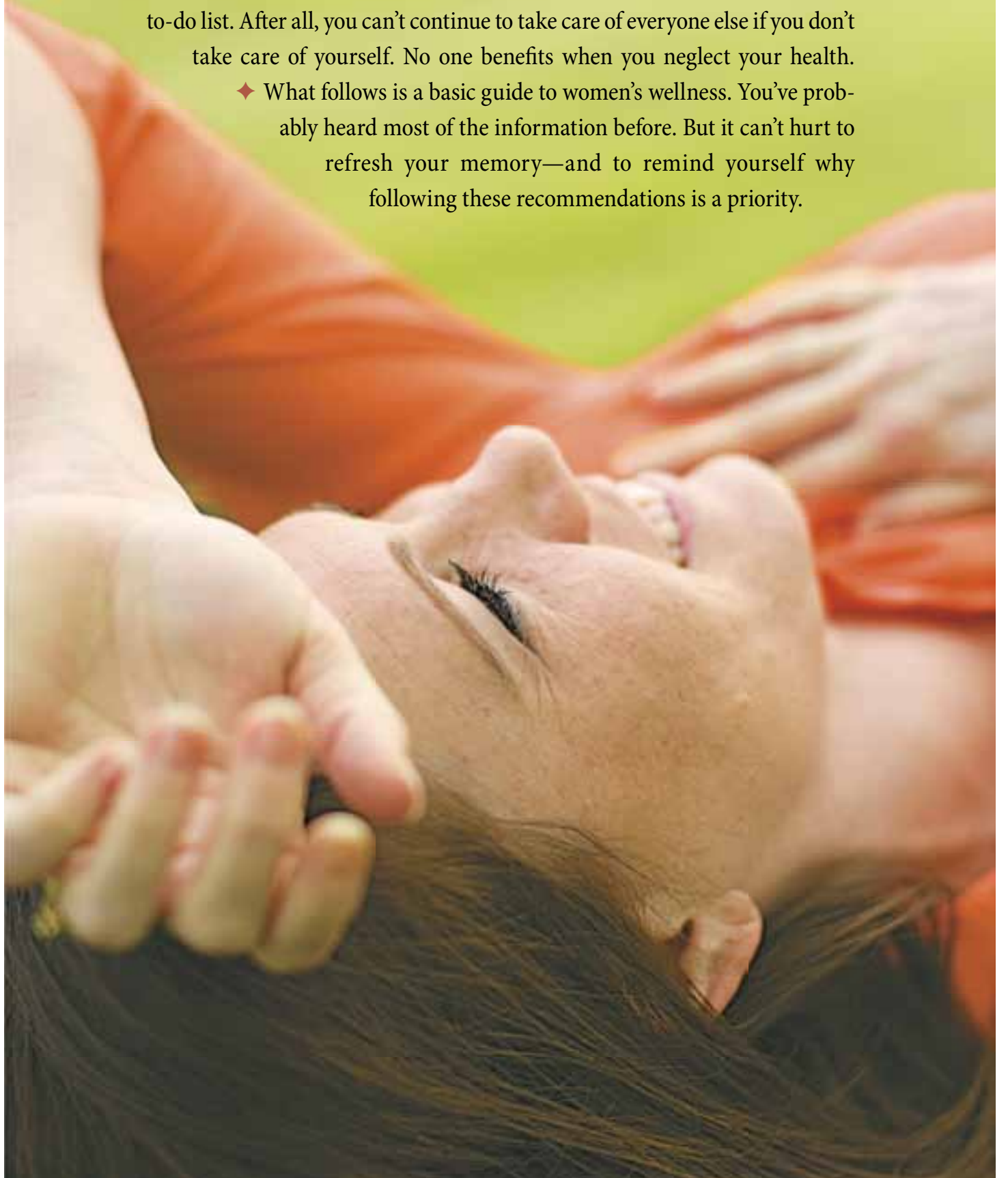
■ The National Cancer Institute, www.cancer.gov.

The Laurens County Health Care System can help you kick the habit. See page 8 for information about FREE Smoking Cessation classes.

For women A guide to lifelong wellness

Pick up the dog from the vet—done. ♦ Prepare client presentation—done. ♦ Sign up kids for soccer camp—done. ♦ Join the gym and lose a few pounds—maybe someday. ♦ Sound familiar? If so, then it's time to move those “someday” tasks—especially the ones that involve your health—to a more prominent spot on your to-do list. After all, you can't continue to take care of everyone else if you don't take care of yourself. No one benefits when you neglect your health.

♦ What follows is a basic guide to women's wellness. You've probably heard most of the information before. But it can't hurt to refresh your memory—and to remind yourself why following these recommendations is a priority.



Stay active. It's hard to overstate the health benefits of regular physical activity. According to the federal Office on Women's Health, exercise can help:

- Lower your risk of problems like heart disease, high blood pressure, cancer and depression.
- Prevent weight gain.
- Strengthen bones and muscles.

Any exercise is better than none at all. But you'll get more out of your movement if you aim for at least 2½ hours of moderate-intensity physical activity each week. Moderate activity causes your heart to beat faster but still allows you to talk easily. Examples include washing windows or waxing the car, walking briskly, or raking leaves.

You can get the same benefits in a shorter amount of time if you step up the intensity level with vigorous exercise—where your heart rate increases significantly and it's difficult to talk because you're breathing hard. Aim for at least 75 minutes of vigorous activity each week. Jogging, swimming laps and participating in an aerobics class are good examples of vigorous exercise.

You should also do muscle-strengthening exercises twice weekly to improve your bone strength. These are activities that use resistance, such as lifting weights, doing push-ups or sit-ups, or doing heavy yard work like shoveling.

Keep in mind that you don't have to get your exercise all at once—a plus for busy schedules. You can break up exercise into 15-minute bouts that you do intermittently throughout the day.

No matter what kind of exercise you choose, don't overexert yourself. Start slowly, warm up and drink plenty of fluids.

Eat right. It's hard sometimes to eat a healthy diet when time is tight and fast food is easy and cheap to buy. But good nutrition can help you and everyone in your family stay at a healthy weight, have more energy and reduce the risk of developing life-threatening diseases, such as heart disease, cancer and stroke.

Try to make sure that your diet includes:

- A variety of fruits and vegetables.
- Plenty of whole grains, such as whole-wheat bread or pasta, oatmeal, and brown rice.
- Fat-free or low-fat versions of milk, cheese, yogurt and other dairy products.
- Low-fat sources of protein, such as fish, skinless poultry, lean red meats, beans and eggs.
- Polyunsaturated and monounsaturated fats (the good types of fat), which are found in nuts and safflower and olive oil.

Try to limit foods with saturated and trans fats, such as butter and commercial baked goods that contain hydrogenated



and partially hydrogenated oils. And watch your intake of sodium and sugar, including added sugars, such as corn syrup and fructose.

Be kind to your bones. The right nutrients and adequate exercise may also help lower your risk of osteoporosis, a bone disease that is more common in women than in men.

In particular, be sure that you're getting enough calcium and vitamin D every day.

Dairy products and spinach are great sources of calcium. But vitamin D can be hard to get through diet alone.

Vitamin D helps your body absorb calcium. Your body produces vitamin D when your skin is exposed to sunlight.



Is it time to schedule your next mammogram? Call the Breast Care Center at 864-833-9398.

You don't need much sun—only 10 to 15 minutes of exposure on unprotected skin two or three times a week is enough to produce a sufficient amount of vitamin D, reports the American Dietetic Association.

Keep in mind, however, that exposing unprotected skin to the sun does increase the risk for skin cancer. So you may try to meet your vitamin D needs with fortified foods or supplements instead. Talk with your doctor about how much vitamin D you need and how to safely get enough.

Watch your weight. Do you know your body mass index (BMI)? If not, you can find it at www.nhlbisupport.com/bmi.

BMI is an estimate of body fat based on your height and weight. A person with a BMI of 18.5 to 24.9 is considered at a normal weight. A person with a BMI of 25 to 29.9 is considered overweight, and a person with a BMI of 30 or higher is considered obese. According to government

officials, 2 out of 3 adults in the U.S. are either overweight or obese.

Your BMI may indicate your risk of developing serious health problems including type 2 diabetes, high blood pressure, osteoarthritis and some types of cancer. All of these diseases are more likely in women whose BMI is above the normal range.

Develop other healthful habits. Make a point of protecting yourself from accidents, illness and disease with these steps:

- Take commonsense precautions. Regularly wear sunscreen, and always wear your seat belt.
- Reduce stress. Make time for fun and relaxation, and try to get sufficient sleep (at least seven hours a night).
- Get checkups. See your primary care physician, eye doctor and dentist regularly.

Talk with your doctor about what vaccines and screenings you need. Depending on your age and risk factors, they may include:

- A bone mineral density test. You can find screening guidelines from the National Osteoporosis Foundation at www.morehealth.org/nof.
- Cancer screenings—such as mammograms and Pap smears—for breast, cervical, colon or skin cancer. Visit the American Cancer Society's website for a recommended screening schedule at www.cancer.org. Type "guidelines" in the search box.
- Blood pressure and cholesterol tests to get a picture of your heart health. The Agency for Healthcare Research and Quality offers guidelines for these tests at www.ahrq.gov/ppip/healthywom.htm.
- Diabetes screening. The National Institute of Diabetes and Digestive and Kidney Diseases offers guidelines for when

you should be tested for diabetes at www.niddk.nih.gov. Type "diabetes diagnosis" in the search box.

Your doctor may also recommend other preventive measures, such as taking certain medications.

For example, if you're at a higher-than-normal risk of developing heart disease or breast cancer, there are medicines that may help reduce your risk.

You'll also want to make sure you're up-to-date on your immunizations, such as a tetanus shot and a yearly flu shot. Other vaccinations you may need include those against pneumonia, shingles and meningitis. Your doctor will help you decide which of these are right for you.

FIND OUT MORE Every woman has unique health needs. Learn more about health topics that interest you at www.lchcs.org. Click on "Health Library."

It really is a women's issue

"Until I had a heart attack myself, I thought heart attacks were for old men."

Unfortunately, just like the 50-something woman who said those words, too many women still believe heart disease is a man's problem.

Yet statistics say otherwise: Among all U.S. women who die each year, 1 in 4 dies of heart disease, making it the No. 1 killer of women in this country.

Make it personal

To help reduce your risk of becoming another female heart disease statistic:

■ Control your blood pressure and blood cholesterol levels. Have your blood pressure checked every one to two years and your cholesterol levels tested at least once every five years. Abnormal cholesterol and blood pressure levels, both of which raise the risk for heart disease, can usually be managed through lifestyle changes and medications.

■ Get screened for diabetes. If you're 45 or older, consider getting tested. People with diabetes have high blood sugar levels, which can increase the risk of cardiovascular disease. Proper management of blood sugar, however, can help lower that risk.

■ Maintain a healthy weight. Being overweight is a major risk factor for heart disease. A healthy diet and regular exercise are the best ways to lose extra pounds.

Choose foods low in saturated fat and cholesterol, and eat a variety of vegetables, fruits and grains—especially whole grains—daily.

And try to get at least 30 minutes of exercise every day.

■ If you smoke, try hard to quit. Smoking harms your heart and is particularly dangerous if you also take birth control pills. Ask your health care provider for help in quitting.

Sources: American Heart Association; U.S. Department of Health and Human Services

UPSTATE WOUND HEALING RECEIVES NATIONAL AWARD

THE UPSTATE WOUND HEALING CENTER at the Laurens County Health Care System (LCHCS) has been recognized with the Best Overall Wound Outcomes Award by National Healing Corporation (NHC) for its industry-leading healing rates. NHC accounts for approximately 30 percent of the nation's managed and outsourced wound healing centers.

"With an average heal rate of 96 percent and an average time to heal of just over six weeks for their long-term wounds, the Upstate Wound Healing Center at Laurens County Health Care System exceeded all of National Healing's corporate averages from around the nation," says NHC Chief Clinical Officer Katherine J. Rowland. "It's centers like this that continually keep raising the bar on outcomes."

Also honored with a Front Runner Award for maximizing its resources to meet the growing needs of the community, the center was recognized during a three-day clinical symposium in Orlando, Fla., attended by 450 wound healing physicians and clinicians from around the country. They participated in briefings on new treatment options that may bring additional advances in the care of chronic wounds.

Medical director Brian Weirick, DO, and Program Director Teresa Asman accepted the honors.

"When statistically every six minutes someone with diabetes in America has a limb amputated, we are committed to ending this hidden epidemic and are proud of the fact that, even when confronted with long-time chronic wounds, our amputation rate is below 1 percent," Dr. Weirick says. "This award goes to everyone who works so tirelessly to improve the quality of life of our patients."

The Upstate Wound Healing Center at Laurens County Health Care System reports patient outcomes to NHC that have resulted in one of the most comprehensive databases for wound outcomes in the U.S., enabling the company to share its knowledge with wound care experts from around the world.

The center is part of NHC's nationwide network of wound care researchers and specialists. Patients who have diabetic ulcers, pressure ulcers, infections and other chronic wounds that have not healed within 30 days have access to highly specialized wound care, including hyperbaric oxygen therapy, negative pressure wound therapy, bio-engineered skin substitutes, biological and



EXCELLENCE IN WOUND CARE: Medical Director Brian Weirick, DO, and Program Director Teresa Asman accepted the honors from NHC Chief Clinical Officer Katherine J. Rowland.

biosynthetic dressings, and growth factor therapies. Patients may be referred by their physicians or make an appointment without a referral.

The Upstate Wound Healing Center at Laurens County Health Care System is located at 1073 Medical Ridge Road in Clinton. For more information, please call 864-833-3557.

YOUR HEART IS
A WORK OF ART!
SO BEAT IT!
at Laurens County Health Care System's
ROCKING HEART DAY

A ROCKING GOOD TIME

IN CELEBRATION OF National Heart Month in February, the Laurens County Health Care System offered "Rocking Heart Day" at the Clinton and Laurens YMCA. Participants danced to the beat of Zumba—a Latin-inspired dance and cardiovascular workout—with local Zumba legend Juanita Rayford, CZI.

Tim Harkins, MD, of Carolina Women's Center, spoke

to the Zumba group about making lifestyle choices that include both exercise and a healthy diet to prevent chronic diseases such as diabetes and heart disease.

Community members also took advantage of free health screenings, healthy snacks and recipes, educational information, and one-on-one consultations with health professionals.



REACHING FOR BETTER HEALTH: Tim Harkins, MD, (right) of Carolina Women's Center, and Pam Roper, RN, community wellness coordinator, conduct a flexibility test on a "Rocking Heart Day" participant.



FEEL THE BURN: People of all ages moved and grooved to the beat of Zumba at the YMCA fitness party led by Juanita Rayford, CZI.

THE LCHCS WELCOMES NEW SURGEONS

AS THE LAURENS COUNTY Health Care System welcomed the addition of two new general surgeons to its medical staff at the first of the year, they also praised the sole leadership of surgeon Bruce Marshall, MD, and his efforts in keeping the operating room doors open during the recruitment process.

Prior to the recruitment of Carter J. McCormack, MD, and Sam Wilson, MD, Dr. Marshall had been the only surgeon on staff at the hospital for nearly six months.

"It takes time to find qualified candidates with skills that meet our needs," says president and CEO Rich D'Alberto. "It was worth the wait to announce the opening of Wilson and McCormack Surgical Services."

YEARS OF EXPERIENCE Both general surgeons have worked in their fields for more than 20 years, bringing to the community an array of surgical services and techniques.

"The additions of Dr. Wilson and Dr. McCormack, coupled with the already established practice of Dr. Marshall, truly covers the community in all surgery areas," D'Alberto says. "Our patients will be the big winners."

Dr. Wilson recently moved to Laurens County from Dover, Del., with 25 years of experience. He received most of his training at Temple University Hospital as a general surgeon and at Presbyterian University of Pennsylvania Medical Center in Philadelphia, where he worked with the vascular surgery and trauma teams.

He enjoys general surgery but has a special interest in vascular and laparoscopic surgery, trauma and dialysis. In addition, he was a team member at the wound center that was affiliated with his former hospital.

While at Kent General Hospital in Dover, Dr. Wilson

served as a surgeon on the trauma team and performed breast cancer care and other general surgery duties. He was involved in leadership roles, serving on nine committees and holding 13 professional society memberships.

Dr. McCormack studied at the University of Rochester School of Medicine and Dentistry in New York, and most recently practiced in Cape May, N.J.

While on the medical staff at both Atlantic City Medical Center and Shore Memorial Hospital, Dr. McCormack performed breast cancer surgeries, ultrasound, breast biopsies, and counseling, all while working closely with oncologists and radiation therapists.

Dr. McCormack has performed transplant surgery at the Children's Hospital in Pittsburgh and general surgery at the University of Rochester Medical Center in New York. He has also served as the pediatric surgery senior resident at the Children's Hospital of Philadelphia.

He is a member of eight medical societies and has worked in physician administration, including serving as a medical director and a surgery department chairman.

Dr. Wilson and his wife, Dot, have two daughters; Dr. McCormack and his wife, Alison, have four children. Both Dr. Wilson and Dr. McCormack enjoy nature and the



Samuel M. Wilson, MD (left), and Carter J. McCormack, MD, of Wilson and McCormack Surgical Services

outdoors. In particular, the Wilsons enjoy kayaking, and Dr. McCormack is a self-described "marathon maniac" with six marathons completed last year alone.

Wilson and McCormack Surgical Services is located at 1012 Medical Ridge Road, behind the hospital. Services include minimally invasive surgeries, laparoscopic procedures, gallbladder and hernia repair, vascular procedures, breast ultrasound and biopsy, breast surgery, colonoscopies, cancer surgery, colon surgery, upper GI endoscopy, and other surgeries.



For more information, call 864-833-3852.

ELLEN GRAY WILLIAMS HONORED BY HOSPITAL BOARD

AT THEIR MARCH MEETING, the Laurens County Health Care System's (LCHCS) Board of Trustees honored Auxiliary member Ellen Gray Williams for 49 years of service and a total of 6,658 hours of volunteer service to the organization. In making the presentation, Board Chairman David Ramage informed the community that the Board will be honoring newly retired members of

the auxiliary who have offered 5,000 or more hours of service to the LCHCS and who are in good standing with the Auxiliary organization.

"The first recipient to receive this recognition, fittingly enough, served as the first president of the newly formed Laurens County Health Care System Auxiliary over 20 years ago," Ramage said. "Ellen Gray Williams did a memorable

job of uniting the volunteer organizations from the then Laurens District Hospital and Bailey Memorial Hospital. It was indeed a transition to bring together two medical staffs, two groups of employees and two groups of volunteers to work together as one."

He added that she took the helm and guided more than 70 women and men who all had definite ideas about how to run a volunteer organization. Following this successful venture, she continued to serve in volunteer leadership roles throughout her relationship with the hospital system.

CEO Rich D'Alberto added, "Tonight we celebrate her volunteer spirit and recognize her for this unselfish achievement."



MANY YEARS OF SERVICE: David Ramage (left) presented Ellen Gray Williams with a gift of appreciation for her dedicated service. Williams' son Shepard and his wife, Donna (right), also attended the meeting.



ON THEIR FEET: Board members and administrative staff gave longtime volunteer Ellen Gray Williams a standing ovation at their most recent meeting.



The LCHCS offers several classes with young people in mind. Whether they're headed to camp or looking for a summer job, we've got your kids covered!

Camp Asthmania

June 20 through 23, 9 a.m. to 1 p.m.
Clinton YMCA

Children ages 7 to 12 with asthma or asthma symptoms are invited to participate in the action-packed day camp. Camp Asthmania is designed to help campers understand their asthma, reduce the frequency and severity of asthma symptoms, reduce exposure to allergens and develop an asthma action plan. Call 864-833-7962 to register. Free.

SafeSitter Class

July 20, 9 a.m. to 3 p.m.

Laurens County Hospital Education Classroom.

Attention 11- to 15-year-olds! Come learn the basics of being a good babysitter. Course includes how to rescue a choking victim, what to do if a child gets a nose-bleed, when to accept or refuse a baby-sitting job and how to change a diaper. Space is limited. Call 864-833-7962 to register. Cost \$30. Fee includes manual and backpack.

Medical Explorer Registration

Are you in high school? Does a career in health care interest you? If you answered yes to both of these questions, the Medical Explorers Program is for you. Students will meet monthly at the Laurens County Hospital for exciting presentations on emergency care, nursing, physical therapy, lab science, radiology and much more. Take advantage of this unique opportunity. Call 864-833-7962 to learn more.

Breastfeeding Education Class

Saturdays, May 7, July 2, 1 to 3 p.m.

Laurens County Hospital

Call 864-833-9450 to register. Free.

Community Blood Drive

Thursdays, May 26, June 30, July 28,

Aug. 25, 2 to 7 p.m.

Laurens County Hospital

Bloodmobile located near the emergency department entrance. Donors will receive a free T-shirt.

Congregational Health Promoter Workshop

Thursday, July 28, 5 to 7 p.m.

Diabetes Center, 200 Plaza Circle, Suite D, Clinton

The Together in Health Congregational Nurse Program can provide your church with programs such as Fit for Life, a five-week healthy living guide; Operation Fit Kids, a three-week program for kids ages 7 to 12; health risk assessments; CPR classes; SafeSitter classes; Smoking cessation classes or presentations on any health topic. Together in Health now serves 35 churches in Laurens County, reaching more than 10,000 congregation members. Call 864-833-7962 and get your church involved in a Health Ministry Program today! Free.

FreshStart

Smoking Cessation Class

■ June 6, 9, 13 and 16, 3 to 4 p.m.

■ Aug. 15, 18, 22 and 25, 3 to 4 p.m.

Together in Health office,

Plantation Plaza, Suite C, Clinton

This program by the American Cancer Society consists of four one-hour sessions during two consecutive weeks. Call 864-833-7962 to register. Free.

HeartSaver CPR Class

Thursdays, May 19, July 21, noon

Diabetes Center, 200 Plaza Circle, Suite D, Clinton

Call 864-833-7962 to register. \$20.

Look Good...Feel Better

Mondays, May 9, July 11, 10 a.m. to noon

Westminster Presbyterian Church, Clinton

For women undergoing cancer treatment, this free program is designed to help improve appearance and self-image by teaching hands-on beauty techniques to overcome the appearance-related side effects of chemotherapy and radiation treatment. Each attendee will receive a free box of makeup valued at more than \$300. Call 864-833-7962 to register. Free.

Prenatal Class

Tuesdays, June 7, 14, Aug. 2, 9, 6:30 to 8:30 p.m.

Laurens County Hospital

Call 864-833-9450 to register. Free.

Rainbow Connection Breast Cancer Support Group

Mondays, June 6, July 4, Aug. 1, 5:30 p.m.

Laurens County Hospital boardroom

All breast cancer survivors welcome. Free.

DIABETES CENTER ONGOING CLASSES

Diabetes Support Group

Third Friday of each month, 10 a.m.

Diabetes Center, 200 Plaza Circle, Suite D, Clinton

Provides support to those facing the many challenges of diabetes. No appointment needed. Call 864-833-4800 for more information. Free.

Chair Aerobics

Thursdays, 9:30 a.m.

Senior Options, 512 Professional Park Road, Clinton

Call 864-833-4800 for more information. Free.

GET 10% OFF YOUR GIFT WELL PURCHASE!

Come check out the Gift Well at Laurens County Hospital. We have a great selection of items including:

- Stylish jewelry, purses and scarves.
- Yankee Candles.
- Demdaco Willow Tree Angels.
- Crabtree and Evelyn.
- Jim Shore collectibles.
- Home décor.
- Baby gifts.
- Balloons and plants.

New items are arriving daily!
Surprise that special hospital patient today!

Shop online at www.lchcs.org, or send a free Cheer Card.

Coupon expires Dec. 31, 2011.

Are you in high school?
 Does a career in health care interest you?

If you answered yes to both of these questions, the Medical Explorers Program is for you.

Students will meet monthly at the Laurens County Hospital for exciting presentations on emergency care, nursing, physical therapy, lab science, radiology and much more. Take advantage of this unique opportunity! Call 864-833-7962 to learn more.

HEALTH WATCH
SPRING 2011

HEALTH WATCH is published as a community service for the friends and patrons of LAURENS COUNTY HEALTH CARE SYSTEM, 22725 Highway 76 E., Clinton, SC 29325, telephone 864-833-9100.

Rich D'Alberto President and CEO
David F. Ramage Jr. Board Chairman

HEALTH WATCH Editor
Marketing Department

Information in HEALTH WATCH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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