

Your LIFE

LIFE IS A GIFT.
LIVE IT WELL.®

FALL 2011

IN SOUTH CAROLINA FOR
CARDIAC SURGERY - 2010, 2011
HEALTHGRADES



Grand Strand
Regional Medical Center

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Meet our new
cardiac surgeon

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Comprehensive care
at The Spine Center

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Mammograms
save lives!

DEAR FELLOW RESIDENTS,



Grand Strand Regional Medical Center continues to set the standard for healthcare for the region. In this issue, we focus on our new spine center and new cardiac surgeon, in addition to the many other physicians who have joined us this summer.

The Spine Center brings together technology and multispecialty expertise in one location for the diagnosis and treatment of neck and back pain. From spinal cord stimulation to minimally invasive spine procedures, our physicians are offering the latest advancements.

Our medical staff continues to grow because of our reputation and the range of services the hospital provides. We are fortunate to have the best, well-trained physicians join our staff to complement our existing medical staff. One surgeon highlighted in this issue made the decision to move across the country to become a part of the vibrant and energetic medical community at Grand Strand Regional. Cardiothoracic surgeon Vu T. Hoang, MD, brings a new expertise to our area—minimally invasive valve repair and replacement. He joins many other physicians who also bring superb training to our community.

We have finished another busy summer caring for inpatients and emergency patients from across the country. These patients have been fortunate to have dedicated and highly trained staff members caring for them and their families while in an unfamiliar environment, away from their homes. Our staff, from housekeeping to nursing, make it their mission to care for all patients as if they were neighbors.

Enjoy this issue of *Your Life* and please send me your comments and suggestions on how we can continue to be the hospital of choice for this region.

Sincerely,

Doug White
CHIEF EXECUTIVE OFFICER

NEWS BRIEFS

Do you know your EF?



► **EJECTION FRACTION (EF) IS THE PERCENTAGE OF BLOOD THAT IS PUMPED OUT OF A FILLED VENTRICLE DURING EACH HEARTBEAT.** It measures the capacity at which your heart is pumping and is used by doctors to diagnose and monitor heart failure and other heart diseases.

Commonly measured using an echocardiogram, a low EF number is a serious health risk. Ask your doctor if your EF should be measured and whether you should see a heart failure or heart rhythm specialist if your EF is low.

New chief nursing officer



► **DEBBIE TEDDER, RN, MBA, MSN, HAS JOINED GRAND STRAND REGIONAL MEDICAL CENTER AS CHIEF NURSING OFFICER (CNO).** As CNO, Tedder oversees

Debbie Tedder,
RN, MBA, MSN

all inpatient nursing units, diabetes management, clinical education and administrative supervisors. Tedder previously served as CNO at Memorial Regional Hospital, a 714-bed acute care hospital in Hollywood, Fla. She earned a bachelor's degree, a master's degree in nursing and a master's in business administration from Nova Southeastern University, Fort Lauderdale, Fla.

NEWS BRIEFS continued on page 8 ►►

CONTEST



Find the starfish and win!

► **LOCATE THE STARFISH HIDDEN SOMEWHERE IN THIS ISSUE!** Once you have found it, send us your name, contact information and the location of the starfish either by mail (Marketing Department, Grand Strand Regional Medical Center, 809 82nd Parkway, Myrtle Beach, SC 29572) or by visiting our website at grandstrandmed.com. Click on "Contact Us," complete the information and select "General Questions/Comments" in the subject box. You will be entered for a chance to win a \$100 gas card!

The deadline to enter is Nov. 11, 2011. Grand Strand Regional employees and their family members are not eligible for the drawing. Congratulations to **Maxine Hill of Myrtle Beach**, who won a \$100 gas card for finding the starfish in the summer issue.



One of "America's Top Surgeons"

comes to Grand Strand Regional



Vu T. Hoang, MD

► **THIS FALL, GRAND STRAND REGIONAL MEDICAL CENTER IS PROUD TO WELCOME OUR NEWEST SURGEON.** But he is not just any physician. Voted by his peers as one of the

Seattle area's leading cardiothoracic surgeons, Vu T. Hoang, MD, comes to us with an impressive resume, including being named one of America's Top Surgeons by the Consumers' Research Council of America.

Dr. Hoang (pronounced Hong) joins Brian McIntyre, MD, as co-medical director of cardiothoracic surgery. "I am very fortunate to join Dr. McIntyre," says Dr. Hoang. "He has the same work ethic, drive and team approach as I do, and it is an honor to join him."

Less-invasive surgery

Dr. Hoang has been in clinical practice for 12 years and has performed more than 2,000 adult cardiac and 1,000 thoracic surgical procedures. Trained at the world-renowned Cleveland Clinic in minimally invasive heart surgery, Dr. Hoang now specializes in minimally invasive techniques for heart valve repair and replacement as well as video-assisted lung cancer surgery.

Previously, most patients wanting minimally invasive lung and heart valve procedures traveled to other medical institutions. Minimally

invasive techniques have numerous advantages over open traditional surgery. "Smaller scars, less pain, fewer transfusion requirements, shortened hospital stays and earlier return to normal activities are some of the benefits," Dr. Hoang says. The valve surgeries he performs can take one to two days off the hospital length of stay. "With minimally invasive surgery, the chest is not fully divided, which results in a quicker recovery. Lung surgery patients undergoing video-assisted resections can go home in two days as opposed to seven days," he adds.

The #1 team

Dr. Hoang was born in Vietnam. "My father was a cameraman for NBC News during the war," he says. His family came to the United States in 1974, and he grew up in Maryland and Florida. He, his wife, Truc, and their two children are thrilled to be in the Myrtle Beach area.

Dr. Hoang is pleased to have the opportunity to add his expertise to advance the cardiothoracic surgery program to the next level. "Grand Strand Regional surgeons have performed more than 5,000 open-heart surgical procedures since the program began in 1995, and with great success. Under Dr. McIntyre's leadership, it is a strong and healthy program with an excellent reputation," he says. "I am thrilled to be joining the #1 team in South Carolina."

Heart surgery seminar

Vu T. Hoang, MD, will discuss minimally invasive cardiac and valve surgery on Wednesday, Nov. 16, at 6 p.m. at HealthFinders, Coastal Grand Mall. Call (843) 692-4444 for more information.



Brian McIntyre, MD (left) and Vu T. Hoang, MD

Meet the heart surgeons

VU T. HOANG, MD

Cardiothoracic surgeon

MEDICAL SCHOOL: University of Florida, Gainesville, Fla.

GENERAL SURGERY RESIDENCY: Union Memorial Hospital, Baltimore, Md.

THORACIC SURGERY RESIDENCY: SUNY Buffalo, N.Y.

THORACIC AND CARDIOVASCULAR SURGERY MINIMALLY INVASIVE FELLOWSHIP: Cleveland Clinic Foundation, Cleveland, Ohio

BRIAN MCINTYRE, MD

Cardiothoracic surgeon

MEDICAL SCHOOL: University of Louisville School of Medicine, Louisville, Ky.

GENERAL SURGERY RESIDENCY: University of Kentucky, Lexington, Ky.

CARDIOTHORACIC RESIDENCY: Emory University, Atlanta, Ga.



Getting back on track

The Spine Center can help ease your pain

► **IMAGINE THIS: YOU ARE SEEN BY A NEUROLOGIST FOR TROUBLING BACK PAIN.** Without traveling to another office, you undergo testing to evaluate your problem and consult with a neurosurgeon about possible treatment options.

This fall, Grand Strand Regional



Thomas
Anderson, MD

Medical Center makes this scenario a reality with the opening of The Spine Center, located at 8170 Rourk St. in Myrtle Beach. "It is important to have a one-stop, full-service facility that patients can come to, whether it is for conservative treatment or surgery," says Thomas Anderson, MD, a neurosurgeon and vice chief of surgery at Grand Strand Regional.



Barbara Sarb, DO

The comprehensive approach used at The Spine Center assures patients the most convenient and fastest path to treatment and healing. Grand Strand Regional neurologist Barbara Sarb, DO, has seen patients in pain who have suffered in silence

for years, unaware that there is a wide range of treatment options available beyond what you can get over the counter. For these patients, who would otherwise have to run from office to office to be treated, The Spine Center offers comprehensive care under one roof. "I think this will also appeal greatly to our senior citizen community, who have retired here and commonly complain of back and neck pain," she says.

Getting to the root of pain

Back and neck pain can stem from any number of conditions, including pinched nerves, muscle strains, herniated and bulging disks, spinal stenosis (a narrowing of the spinal canal around the nerves), arthritis, degenerative disk disease (the disks between the bones of the spine become more brittle and prone to damage), spinal tumors and spondylolysis (spinal joint instability). In addition to back and neck pain, some spinal problems can cause leg or arm pain, headaches, numbness and tingling, weakness, problems walking and bladder and bowel issues.

Most back and neck pain begins to resolve itself within 72 hours with self-treatment (icing, rest). However, if your pain does not start getting



better or it worsens, it is time to call your physician.

To diagnose problems of the spine, The Spine Center is equipped with imaging tests such as computed tomography (CT) and magnetic resonance imaging (MRI). Additional studies such as electromyography (EMG), which studies the functioning of nerves and looks for damage, and evoked potential studies, which analyze the pathway between the brain and the arms and legs, also can be performed, Dr. Sarb says.

Treating the spectrum

Depending on the diagnosis, a number of treatments can be offered, although, as a general rule, most people will start conservatively. In fact, a common misconception about neck and back conditions is that they always need to be treated with surgery, Dr. Anderson says. However, most of the cases he sees for evaluation end up being treated by more conservative means. "There are a number of alternatives to surgery," he says.

Home remedies such as rest and over-the-counter medications,



including acetaminophen, nonsteroidal anti-inflammatory drugs and pain-relieving medications applied to the skin, are often the first avenue of treatment. If those do not provide comfort, you can talk with your physician about:

- **PHYSICAL THERAPY.** A physical therapist can map out an exercise regimen and treatment plan that focuses on strengthening the structures that support the spine and its joints and easing the pain.

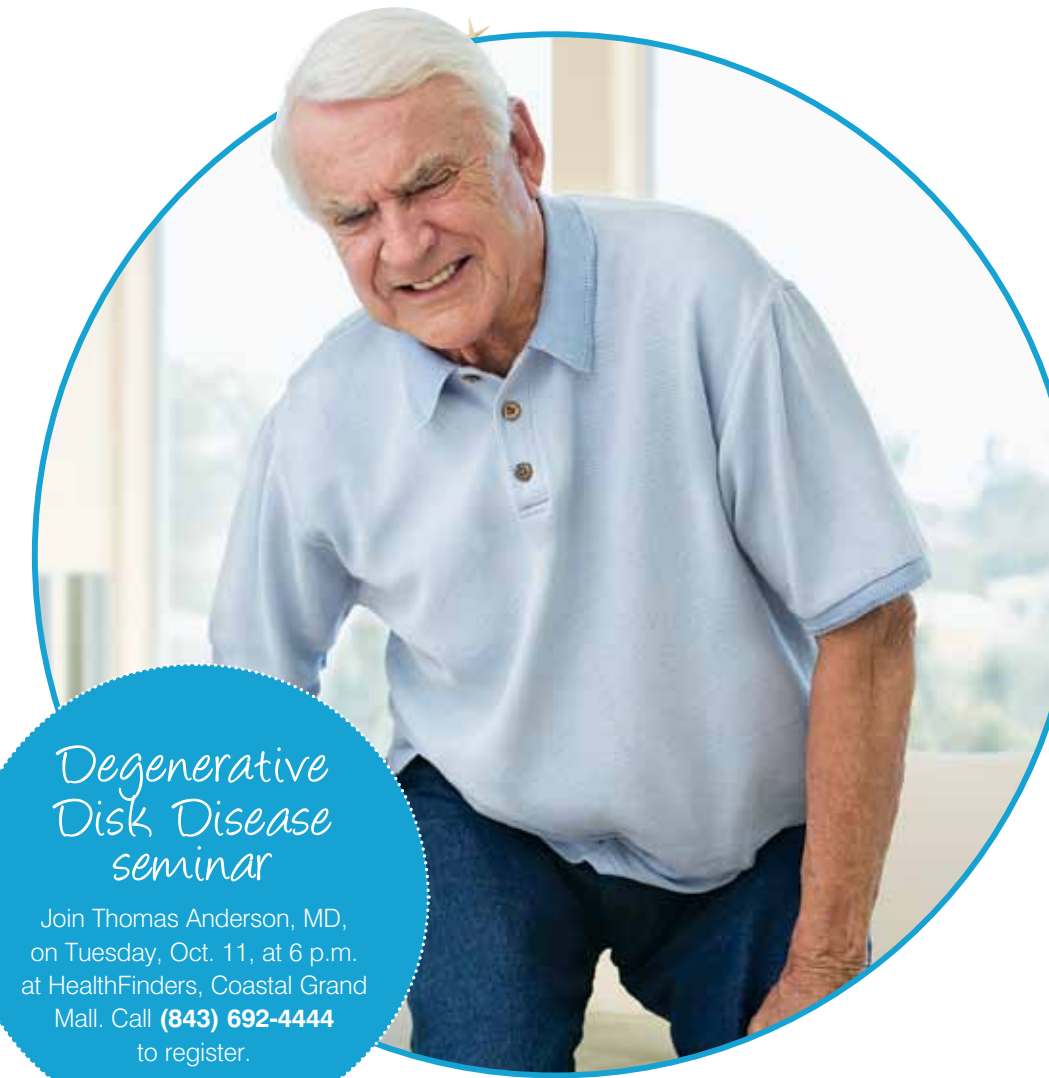
- **PRESCRIPTION PAIN MEDICATIONS.** Narcotics and muscle relaxants can be taken for a short period of time to lessen symptoms. Antidepressants and anti-seizure medications can also take the edge off pain. However, like any medication, side effects are possible, so you will need to discuss these first with your physician.

- **INJECTIONS.** Medication is delivered directly to the problem area to reduce inflammation and numb pain.

A more invasive, nonsurgical option offered is spinal cord stimulation, which involves the implantation of a device that sends electrical impulses to the spinal cord to treat chronic pain. This can benefit patients who do not get relief from more conservative measures but are not candidates for surgery.

When all else fails

For those patients who are surgical candidates—in whom conservative treatments failed or those who have back instability or numbness—the surgeons at The Spine Center evaluate each patient on a case-by-case basis. The good news is that spinal



Degenerative Disk Disease seminar

Join Thomas Anderson, MD, on Tuesday, Oct. 11, at 6 p.m. at HealthFinders, Coastal Grand Mall. Call **(843) 692-4444** to register.

surgery is not what it used to be. “Most spinal surgeries can be performed using minimally invasive approaches,” Dr. Anderson says. “What used to require a 6-inch incision can now be performed through a half-inch incision.”

Surgeons can remove damaged disks, replace disks and perform spinal and nerve decompressions and some spinal fusions through a minimally invasive approach. That means less pain, faster recovery, fewer complications and a quicker return to the life you enjoy.

So if you have suffered with chronic back and neck pain, do not wait any longer. Relief is within sight at Grand Strand Regional’s new spine center.

The Spine Center physicians

NEUROLOGY

JEFF BENJAMIN, DO
MICHAEL McCAFFREY, MD
GEORGE SANDOZ, MD
BARBARA SARB, DO

NEUROSURGERY

THOMAS ANDERSON, MD
EUGENE GIDDENS, MD



Breast exams *and* mammograms

Lifesaving strategies you cannot ignore

► **BREAST CANCER OFTEN MAKES ITSELF KNOWN IN ITS EARLY STAGES, WHEN THERE IS A GOOD CHANCE FOR A CURE. BUT HERE IS THE CATCH: YOU MUST BE DOING THE RIGHT SCREENINGS TO DETECT BREAST CANCER. THAT INCLUDES MONTHLY BREAST SELF-EXAMS, REGULAR CLINICAL BREAST EXAMS AND REGULAR MAMMOGRAMS.**

The following seven reasons to get screened should help convince you that now is the time to take action:

1 YOUR RISK INCREASES AS YOU AGE. More than 75 percent of women diagnosed with breast cancer are 50 years or older. For this reason,

and because mammography is generally safe and effective, the American Cancer Society (ACS) recommends this screening once a year beginning at age 40.

2 YOU HAVE A FAMILY HISTORY OF BREAST CANCER. In that case, your physician might have recommended regular mammograms earlier than age 40 or an annual magnetic resonance imaging (MRI) scan. He or she may also advise genetic testing. In 5 percent to 10 percent of diagnosed breast cancers, an increased risk may be related to defective genes called BRCA1 or BRCA2.

3 YOU ARE A WOMAN OF COLOR. African-American women are more likely to die from breast cancer than Caucasian women, mostly because their cancer is being found at later stages, after it has spread to other parts of the body and treatment is less successful.

The good news: When it is detected early in all women, breast cancer usually does not win; the woman does.

4 YOU ARE OVERWEIGHT AND DO NOT EAT A BALANCED DIET.

Now is your chance to avoid breast cancer by making some big lifestyle changes. Carrying extra pounds, especially after menopause,

increases your risk. To prevent breast cancer, experts recommend eating a variety of healthful foods, including five or more servings of vegetables and fruit daily, plus whole grains, and limiting consumption of saturated fats and fatty red meats. But, even the perfect eaters among us still need our screenings!

5 YOU ARE A COUCH POTATO. Put down the remote. Lack of physical activity can up your odds of getting breast cancer. The goal: Moderate activity for 30 minutes or more five or more days of the week.

6 YOU AVERAGE MORE THAN ONE DRINK A DAY. Studies show that alcohol consumption can put you at higher risk for breast cancer, both before and after menopause.

7 YOU FOUND A THICKENING OR A LUMP IN YOUR BREAST. Even a mammogram is not always perfect at detecting abnormalities—your own exams count, too. If you find a breast lump, despite a normal mammogram, have it checked right away by your doctor. And remember, not all lumps are cancerous, so do not panic!

Be breast healthy!

To schedule a digital mammogram at The Breast Health Center, Carolina Forest Imaging Center or South Strand Medical Center, call (888) 858-9936.



welcome new physicians



MATTHEW ARROYO, MD
Geriatrics

BOARD CERTIFIED:
internal medicine

RESIDENCY: Albany Medical Center,
Albany, N.Y. (internal medicine)

FELLOWSHIP: University of Virginia Department of
Geriatric and Internal Medicine (geriatrics)

▶ South Strand Senior Health Center • (843) 839-6162



AMY BLOCH, MD
Emergency Medicine

BOARD CERTIFIED: emergency
medicine

RESIDENCY: State University of
New York, Syracuse, N.Y.

FELLOWSHIP: Medical College of Georgia,
Augusta, Ga. (emergency ultrasound)

▶ Carolina Health Specialists • (843) 449-9559



SCOTT BLOCH, MD
Emergency Medicine

BOARD CERTIFIED: emergency
medicine

RESIDENCY: State University of
New York, Syracuse, N.Y.

FELLOWSHIP: Medical College of Georgia,
Augusta, Ga. (pediatric medicine)

▶ Carolina Health Specialists • (843) 449-9559



CHARLES J. DOERING, MD
Ophthalmology

BOARD CERTIFIED: ophthalmology

RESIDENCY: Nassau University
Medical Center, East Meadow, N.Y.

FELLOWSHIP: New York
Presbyterian Hospital – Cornell Weill Medical
College, New York, N.Y. (vitrioretinal surgery)

▶ Coastal Eye Group • (843) 652-3937



**MICHAEL
FERNANDES, MD**
*Emergency
Medicine*

RESIDENCY: Wayne State
University, Detroit, Mich.

▶ Carolina Health Specialists • (843) 449-9559



**ELISABETH B.
GABOR, MD**
Pediatrics

RESIDENCY: Palmetto Health
Richland Hospital,
Columbia, S.C.

▶ Grand Strand Pediatrics • (843) 449-1438



ANIL POTTI, MD
Hematology/Oncology

BOARD CERTIFIED: medical
oncology

RESIDENCY: University of North
Dakota School of Medicine,
Fargo, N.D.

FELLOWSHIP: Duke University, Divisions of
Hematology and Medical Oncology, Durham, N.C.

▶ Coastal Cancer Center • (843) 692-5000



J. DOUGLAS REID III, MD
General Surgery

BOARD CERTIFIED: general surgery

RESIDENCY: William Beaumont
Army Medical Center, El Paso,
Texas


FELLOWSHIP: World Laparoscopy Hospital, India
(minimal access surgery)

▶ Grand Strand Surgical Specialists • (843) 467-2300

grandstrandmed.com

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

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classes and more

PLEASE VISIT GRANDSTRANDMED.COM EACH MONTH FOR A COMPLETE LISTING. CALL (843) 692-4444 TO REGISTER FOR ALL SEMINARS AND CLASSES.

▶ BLOOD DRIVE

Grand Strand Regional Medical Center
• Tuesday, Dec. 6, 10 a.m.–4 p.m.
Call (843) 692-1113 for an appointment.

HealthFinders* •
Wednesday, Dec. 14,
11 a.m.–7 p.m.

▶ COMMUNITY SCREENINGS

Cholesterol screenings

Fingerstick total cholesterol screening:
\$7 (fasting not required)

Grand Strand Senior Center •
Wednesdays, Nov. 2, Dec. 7, Jan. 4,
10 a.m.–noon

Grand Strand Regional Medical Center •
Thursdays, Nov. 3, Dec. 1, Jan. 5,
11 a.m.–noon

YMCA • Thursdays, Oct. 20, Nov. 3
and 17, Dec. 1 and 15, Jan. 5 and 19,
9:30–10:30 a.m.

Carolina Forest Senior Health Center •
Wednesday, Nov. 9, 10 a.m.–noon

HealthFinders* • Monday–Saturday, 10 a.m.–8 p.m.

Walk-in screenings for total cholesterol (\$7), lipid profile (\$20), A1C (\$20), blood pressure and weight (free)

▶ SEMINARS

Degenerative Disk Disease

Thomas Anderson, MD
**HealthFinders* • Tuesday, Oct. 11,
6 p.m.** To register, call (843) 692-4444.

Heart-Healthy Holidays

A registered dietitian will discuss how to maintain a heart-healthy nutrition plan throughout the upcoming holidays.

**HealthFinders* • Wednesday,
Nov. 2, 2–3 p.m.** Registration is requested, (843) 692-4444.

Minimally Invasive Heart Surgery

Vu T. Hoang, MD
**HealthFinders* • Wednesday,
Nov. 16, 6–7:30 p.m.** For more information, call (843) 692-4444.

*HealthFinders is located inside the Coastal Grand Mall.

NEWS BRIEFS continued from page 2 ▶▶

Open House — Sunday, Oct. 9

▶ JOIN US FOR A GRAND OPENING OF THE NEW HOSPITAL ADDITION ON SUNDAY, OCT. 9, 2–5 P.M. The public will have the opportunity to meet the cardiology, cardiac surgery and nursing teams and tour the new wing, which includes three cardiac catheterization laboratories, an electrophysiology laboratory, a 16-bed coronary care unit, a 24-bed cardiac telemetry unit and a 12-bed pre/post cath area. The addition is part of the hospital's \$56 million expansion, which also includes an emergency department expansion and the addition of 50 inpatient beds.

