



The Faces of Care



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HEALTH SYSTEMSM

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effinghamhealth.org



Effingham Hospital's Masterpiece

Effingham's Healthcare History through the Eyes of Local Artist

Patients and visitors always notice the beautiful mural that adorns the Atrium waiting area at the hospital. Depicting the history of healthcare from the first settlers through today, the mural offers a fascinating glimpse into Effingham County, past and present. "History is important to a lot of our residents," said Norma J. Morgan, CEO at EHS. "Many families have been around here for generations, and others are more recent residents. We have had visitors come by just to see this mural and the history it represents."

Morgan Webb is also an accomplished portrait artist, and she's torn between her preferences when it comes to assignments. "I love to see a person come to life in a good portrait, but I also love the large scale of a mural. My murals usually have movement and activity portrayed in them, and that certainly has creative appeal to me as an artist. I'm very proud of the mural at Effingham Hospital, and the way it's displayed is very impressive."

Morgan Webb, a well known artist that lives in the Springfield area, was approached by the hospital about creating the mural in time for the Grand Opening of the new wing held in January of 2012. "I really can't remember when Mrs. Morgan first mentioned the project to me but I know it took me about three weeks of steady work to complete it. I used old photographs and pictures from history books when they were available. Reading up on the Civil War and other information given to me by Mrs. Morgan and other area historians helped a lot also. Some of the scenes had to be painted the way I visualized them since there was nothing else to reference." When asked what aspect was the most difficult to capture, the artist was quick to respond. "The hardest part was painting in the new addition to the hospital while it was still under construction. Using computer generated pictures is not as easy as using photos."



Morgan Webb

ER MEET THE EMERGENCY PHYSICIANS AT EFFINGHAM HEALTH SYSTEM

Emergency medicine physicians are a rare breed among doctors. They can spend countless hours treating routine things that aren't really emergencies at all and then all of the sudden, a car or ambulance pulls up that has a real life-or-death drama going on inside. That's when the emergency doctors spring into action and their training and experience pays off. Unlike the typical physician treating patients in a practice setting, the emergency room doctor never knows what might come through those doors. They see a little bit of

everything during a typical shift; a mix of routine cases occasionally punctuated with others that may be serious, mysterious or downright bizarre.

Dr. Ross McCabe is the Medical Director for the Emergency Services Department at Effingham Health System. He and some of his staff agreed to share some insight into the challenges faced by the ER teams charged with meeting the emergency demands of the local community.

Q: What are the most typical complaints you see in the Emergency Room?

A: Some of the most common things are accidents that have caused sprains, broken bones, cuts or contusions. We frequently see headaches, abdominal pain or chest pains as well.

Q: Some people are hesitant to come to the ER. What are some of the more serious things that warrant immediate care?

A: You should always take chest pain very seriously. We'll want to make sure that the discomfort you think might be indigestion is just that and nothing more. Also, there are stroke signs that should never be ignored under any circumstances. Time is brain, meaning the faster the treatment, the better the outcome. Seek attention for bleeding as well. Sometimes an injury will require stitches to stop the flow.

Dr. Ross McCabe received his medical degree from Georgetown University School of Medicine in Washington DC. He has served EHS for 20 years.



Dr. Jean Paul Landry is a newcomer to the EHS emergency team. He received his medical degree from Dalhousie University in Halifax, Nova Scotia, Canada.

Q: What are some of the more unusual cases that have come through the emergency doors?

A: Just when I think I've seen it all, something new will come in. Recently I saw a patient that had swallowed a large peach pit and was having trouble passing it. How he swallowed it in the first place was a mystery. Another case involved a man that was burning some leaves in his yard. Somehow, several 22 cal. bullets had gotten into the pile. When they got hot, they fired, unfortunately right into his private area doing some serious damage. Luckily, both cases were treated and released successfully.

Q: While some people are reluctant to use emergency services, others may be too quick to visit the ER. What are the consequences of unnecessary emergency care?

A: Well, it ties up services that might be needed for a real emergency. That's why we have a triage process in place. If multiple patients are in the ER, the more serious cases will always be treated first. Also, emergency care is always more expensive than a doctor visit. If the complaint is something that could be addressed at your doctor's office, you should ask yourself if this is an emergency.

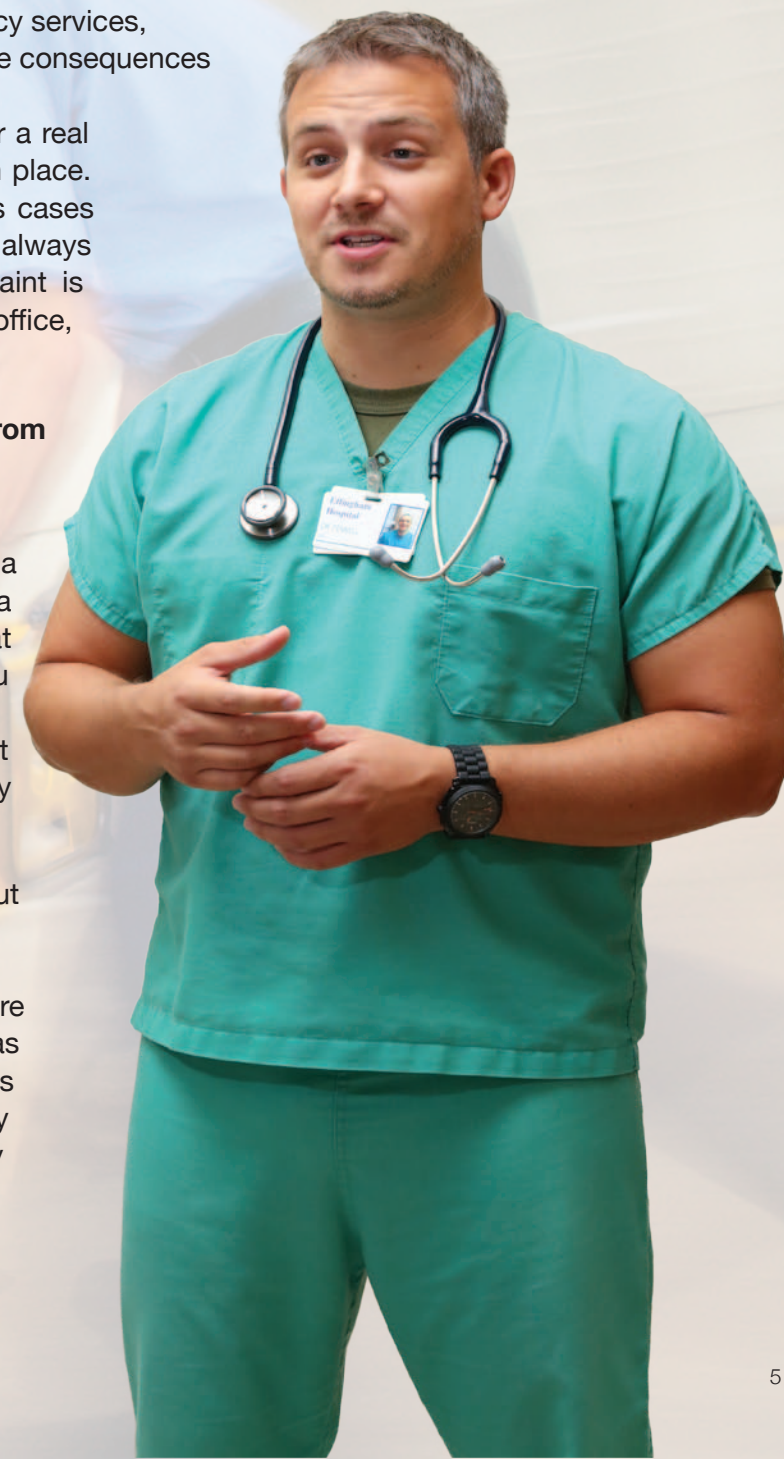
Dr. Payton Fennell received his medical degree from Philadelphia College of Osteopathic Medicine. He's practiced at EHS for 2 years.

Q: There is an advertisement on television for a hospital that allows people to call ahead and make a "reservation" to be seen. This allows them to wait at home instead of in the ER waiting room. What do you think of a service like that?

A: If the condition or symptoms allow you to wait at home, I guess the question would be if emergency services were really needed.

Q: What would you want the public to know about Emergency Medicine and the challenges faced by ER professionals?

A: I would want them to know that we're back there working hard to make sure everyone gets treated as quickly and effectively as possible. They can't always tell what's going on in the back, and that nearly empty waiting room might make them wonder why they haven't been seen yet. There may be a serious case that was brought in by ambulance and that would not be apparent to anyone sitting in the waiting area. Be assured that we want to deliver quality care to everyone and to do our best, *always*.



BAMACARE

Explained

The Patient Protection and Affordable Care Act (PPACA), commonly called **Obamacare** or

the **Affordable Care Act (ACA)**, is

a United States federal statute signed into law by President Barack Obama on March 23, 2010. The goal of ACA is to increase the quality, affordability, and rate of health insurance coverage for Americans, while reducing the costs of health care for individuals and the government.

32 Million Americans who currently do not have healthcare coverage are expected to have it by 2019. Some parts of the ACA have already been put in place. For example, adult children can remain on their parents' insurance until age 26. Beginning in 2014, most people will be required to have health coverage. If not, they may have to pay a fee. The big change for most people is the Health Insurance Exchange (now renamed the Marketplace), which is about to debut in just a few weeks.

Open enrollment for Marketplace plans begins October 1, 2013, with coverage beginning January 1, 2014. The **Health Insurance Marketplace** (<https://www.healthcare.gov>) gives you the ability to compare coverage options based on price, benefits, quality, and other features. The Marketplace application will tell you if you're eligible for a new way to get lower cost on your monthly premiums or out-of-pocket costs for private insurance.

All plans must offer a comprehensive set of essential health benefits including doctor visits, preventive care, hospitalization, and prescriptions. Pre-existing conditions will be covered: Plans won't be able to deny you coverage or charge you more because of pre-existing health conditions, including a pregnancy or disability. The law requires insurance companies to cover all applicants within new minimum standards and offer the same rates regardless of pre-existing conditions or sex. Americans who cannot obtain affordable health care through employer

coverage will be able to purchase insurance through the Marketplace, with premium and cost-sharing credits available to those who cannot afford health insurance on their own. The cost of providing health insurance for those who cannot afford it will come from cutting wasteful spending in healthcare. The Affordable Care Act is projected to save over \$100 billion by 2019 by cutting unnecessary costs from health care delivery.

You can find additional information on these, and many other websites:

<http://obamacarefacts.com>

http://www.aarp.org/health/health-care-reform/health_reform_factsheets/

<http://www.hhs.gov/healthcare/rights>



Written by Marie Livingstone, RN, JD
Executive Director Of Clinical Outcomes
Effingham Health System



When You Need a Doctor...

At Effingham Health System, we invite you to discover a world of healthcare closer to home. Our team of physicians and allied health professionals are committed to excellent care and customer service.

- Collaborating with and referring you to medical specialists when necessary
- Helping you effectively manage chronic diseases and conditions
- Identifying and treating common medical conditions
- Providing preventive care and teaching families how to make healthy lifestyle choices

We understand how important it is for you to have an experienced and trusted healthcare provider to call during times of sickness – and who will be there to help keep you and your family healthy.

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Springfield

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Next to Harvey's
(912) 754-1035

Port Wentworth

7306 Highway 21
Suite 105
Behind Zaxby's
(912) 966-2575



**Committed
to Caring**



John Bennett, MD
Internal &
Occupational Medicine

Rincon

800 Towne Park Dr.
Suite 100
(912) 826-0052

Guyton

3 Hidden Creek Dr.
Next to MediCap Pharmacy
(912) 772-8670

EffinghamHealth.org



James Cornwell, MD
Family Medicine



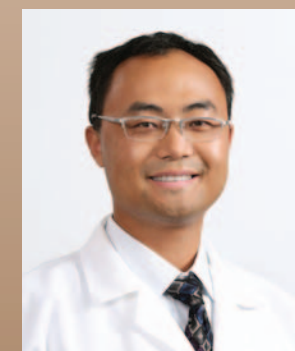
Romualdo Laygo, MD
Family Medicine



Anthony Miranda, MD
Internal Medicine



Claude Sanks, MD
Internal Medicine



Frank Zhong, MD
Internal Medicine



Anna Banister
Adult Nurse Practitioner



Janice Ford
Family Nurse
Practitioner



Felicia Kennicott
Physician Assistant

Girls Night Out!

Effingham Health System's commitment to community health education also comes with a little fun.



It may be true that girls just want to have fun, but if you attend one of our monthly Girls Night Out events, you just might learn something too. EHS began hosting the GNO events in the Spring of 2011, and the innovative outreach program earned a loyal following almost immediately. GNO takes place on the fourth Tuesday of every month and the gathering has already outgrown its original venue. "We started off hosting at the Imaging Center on Goshen Road," said **Jamie Mercer**, mammography tech and Program Director for GNO. "When the crowd got larger, we knew we were going to need a little more elbow room. We moved to a new location in March, and we hope it grows so much that we have to move again."

As it turns out, GNO organizers didn't have to look very far for a new home. Goshen United Methodist Church is right across the street from the Imaging Center, and the move has made for a more comfortable experience. "We have all the room we need for right now, and it's great to be able to ask our ladies to bring a friend next month!"

Girls Night Out strives to do two things each month: educate women about specific health topics, and introduce them to new activities or services that will benefit their personal lives. "Our guest speakers have presented on a wide variety of topics, including bariatric surgery, diabetes and varicose veins. The physicians typically have a power point presentation complete with photos and illustrations. I was initially surprised by how much the ladies appeared to enjoy the visuals used to explain medical conditions or diseases. You can always tell how much they enjoy the subject matter by the number of questions that are asked after the presentation. It's a great opportunity to learn about symptoms, treatment options and prevention."

The second hour of the program is always dedicated to topics geared toward entertainment or self-improvement. These speakers lead activities like cooking demonstrations, face painting, flower arranging, or setting the perfect holiday table. Other speakers offer instruction on exercise and home safety. "We really have had some wonderful speakers at GNO, and we get lots of compliments on our programs. We must be doing something right because our biggest compliment is the ladies continue to attend, month after month."

Girls Night Out is on the fourth Tuesday of every month, from 7:00 to 9:00 p.m. "We encourage all the ladies out there to schedule a little "me time". Girls Night Out means food, fun, fellowship, and did I mention prizes? That sounds like a great night out to me!"



Meet Dr. Toni Sylvester

Urogynecologist



Toni Sylvester, MD, FACOG is the kind of doctor everyone wants, but not everyone can have. Sub-specializing in a field which encompasses urology, gynecology and colorectal surgery, her special talents lie with restoring quality of life. As a fellowship trained urogynecologist, Dr. Sylvester wants area women to know that there is no need to suffer in silence. “Many of my patients are surprised to learn that there are therapies available, as well as surgeries, that can change their lives. What many women accept as part of aging can often be corrected.”

Her patients have nothing but compliments when it comes to Dr. Sylvester’s bedside manner. “She treats her patients so well, and she really listens.” reported “**Skeet**” **Varnadoe**, a patient who drove to Effingham from Coffee Bluff to have Dr. Sylvester perform her surgery. I’ve known Dr. Sylvester for years, and she’s just the kind of surgeon you want operating on you. She’s meticulous and thorough. I’d have flown to Alaska for her to do my surgery! My husband and I are both nurses, and we’ve worked in Savannah area hospitals over the years. Effingham Hospital was spotless, the staff was wonderful and the food was very good. All around, it was a great experience.”

Dana Henry is also happy to recommend Dr. Sylvester. “She is an absolutely awesome doctor. She’s smart and so personable. If it hadn’t been for

her thorough care, I would have ended up with some far more serious problems.”

Krista McCallie agrees. She was referred to Dr. Sylvester by another patient who was impressed by the quality of care that she had received. “I can’t say enough about Dr. Sylvester’s professional care. I could feel that she really cared about me as a patient and didn’t make me feel like just another case.”

Denese Parker is a life-long resident of Effingham County, and one of Dr. Sylvester’s success stories. “I had a wonderful outcome after my surgery. Dr. Sylvester is a perfectionist. If you don’t want a perfectionist, go somewhere else. I was so surprised to learn that we had such a top notch specialist right here at home.” Denese has witnessed many changes over the course of the hospital’s evolution. “I’m so proud of our hospital and all we have to offer our citizens. I do my best to let everyone know what a jewel we have right in our backyard.”

Dr. Sylvester knows and appreciates women’s health issues inside and out. As a physician and a cancer survivor, she knows how important health and wellness care is to a woman. “My goals are to offer quality, minimally invasive options that result in short recovery times and long-term solutions, and I’m proud to call Effingham Health System home.”



Meet Dr. Mark Mudano

Orthopaedic Surgeon



Dr. Mark Mudano is an orthopaedic surgeon with great experience and a special interest in restoring mobility to those who would prefer to lead a more active lifestyle. Aches and pains are the most common reason people visit their doctors, and a physician who specializes in the musculoskeletal system that has the expertise and training needed to diagnose, treat and manage such health issues is a real asset.

Dr. Mark Mudano is on a mission to educate the public about the preventative care and exercise measures needed to insure our bodies last as long as we do. “In the old days, people didn’t live as long, and they didn’t necessarily expect to be active or mobile in their old age. Now, people are active well into their eighties and expect a lot more of their bones and joints.” Dr. Mudano teaches there are things you can do to protect your frame and enhance and extend the life of your musculoskeletal system. “A sedentary lifestyle is our biggest enemy. Our bodies are meant to move and our joints are meant to be exercised. If there is one piece of advice I could give to people over 60, it would be **KEEP MOVING!**”

Dr. Mudano educates his patients on simple exercises in his office, and refers those who need it to physical therapy. **Glenn Parrish** had rotator cuff surgery early this year and he was very pleased with Dr. Mudano and his care team. “I have been amazed by my recovery. I’m 69 years old, and I’ve heard horror stories about

others who had similar surgeries. My surgery was a complete success and I’m 100% satisfied with my care.” Dr. Mudano and the physical therapy team at Effingham Health System have lots of success stories like Mr. Parrish, and they are always thrilled to hear from happy patients. “Our goals are to provide the very best options and care plans available, all designed to restore mobility and improve quality of life.” said Dr. Mudano. “Mr. Parrish is the kind of patient every doctor wants to have and I’m more than pleased with his recovery time and outcome.”

Annette Sharp is another success story and she was particularly impressed with the minimally invasive procedure she received. “I’ve had a lot of problems with my knee. Between the fluid, arthritis and the repairs he needed to make, it was amazing he could accomplish it all with such a small incision. It’s hardly the size of a fingernail! Also, as a new patient, I was really impressed with Dr. Mudano as a doctor. He let me explain my issues and he really listened. I just can’t say enough about my surgery experience and the whole hospital staff. Dr. Mudano and Effingham Hospital were the best choice.”

Dr. Mark Mudano and his practice office staff see patients at the Effingham Hospital campus Monday through Friday, and at Effingham Family Medicine at Goshen on Tuesday afternoons. Dr. Mudano is active in the community and enjoys giving lectures on mobility exercise and preventive care. He will also participate in the local Dancing with the Stars competition on October 12 to benefit Effingham County Victim Witness Assistance Program. For more information or appointments, please call his office at 754-0185.





A Few Moments with Norma Jean Morgan

CEO, Effingham Health System

Q: The hospital recently engaged in some consumer focus group activity. What kind of information were you looking for and what was the objective of conducting those sessions?

A: We were hoping to get some honest and constructive feedback from area residents. We wanted to know what people really think about the hospital and the job we're doing since the completion of the expansion and modernization project.

Q: Do you feel those objectives were met, and what did you learn from those groups?

A: We were very pleased with what was accomplished. There were definitely some reoccurring themes that surfaced, and that information will be very useful to us going forward. We know that we need to make some improvements with our communications about what's going on at the hospital and the delivery of information about our services.

Q: What kind of information do you want to communicate to the community about the hospital?

A: One thing we learned is that we need to do a better job when it comes to providing education about healthcare in today's changing times. Families are concerned about health insurance, the Affordable Care Act and how they will be affected in the future. County residents also want us to provide more health and wellness education. It would be helpful for us to modify the way we offer information about our providers and services. The average age for Effingham County citizens is 34, which means that traditional communication takes a back seat to internet and social media sites.

Q: What would you like for the community to better understand about Effingham Health System?

A: The recent modernization of the physical plant was just the beginning of a transformation from old medicine to new medicine. Some of the most technologically advanced equipment in the region is now readily available for our primary care physicians, specialists, and their patients, right here in Effingham.

Q: This was called Effingham Hospital for years, in fact since the doors first opened in 1969. It's now referred to as Effingham Health System. Why is that, and what is the intended message for the community?

A: Effingham Hospital has transitioned to more than just a hospital and nursing home. It is now truly a system for healthcare. We have expanded into multiple primary care offices, several specialty offices, an Imaging Center, and now we have a new focus on Industrial and Occupational Medicine. Our Emergency Room recently received the Trauma IV designation from the state of Georgia. We are one of only 20 hospitals in the state to achieve that recognition. Our ER is also designated as a certified Paul Coverdell Stroke Center. With all of these advancements in medicine, we are far more than your grandparent's hospital from 1969. We are truly a healthcare system.

Q: We've talked a lot about what has been, but what lies ahead for Effingham Health System?

A: We are listening to the community and want to make sure that we continue to address the most urgent and important needs identified to us. We want to be your first choice for healthcare, ALWAYS. Currently, we are evaluating several new medical services which have been identified by our focus groups. Every day Effingham Health System works hard to earn your trust. Excellence in care and service is our priority.

GETTING PERSONAL WITH YOUR DOCTOR...



Dr. Lawrence Adjei

Place of Birth: Accra, Ghana
Medical School: University of Ghana Medical School
Family: Married with three small boys.
What attracted you to medicine?
 "I always wanted to take care of people and help them feel better."
Hobbies: Travel & sight-seeing. Took the boys on their first trip to Ghana this past summer.
Fun fact: "I like to make people laugh! Laughter is good medicine."



Dr. James Cornwell

Hometown: Atlanta, Georgia
Medical School: Mercer University School of Medicine
Family: Married to Cheryl Cornwell. A son, David, and a daughter, Amy, who is a nurse in Statesboro.
What attracted you to medicine?
 "I had a desire to help others and was drawn to the challenges and variety that are inherent to primary care."
Hobbies: Photography, scuba diving, gardening, martial arts, and training his German Shepherd, **Galen**.
Fun Fact: Enjoys working with the Effingham Theater Group, and has been in several productions. Roles include playing Athos in The Three Musketeers and Dr. Watson in Sherlock Holmes.

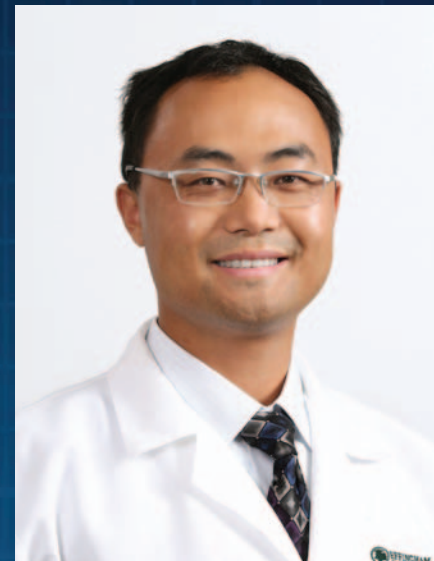
Dr. Claude Sanks

Hometown: Savannah, Georgia
Medical School: University of St. Eustatius School of Medicine, Netherlands Antilles, residency at Memorial in Savannah.
Family: Married with four children. Parents live in Savannah.
What attracted you to medicine?
 "I was a volunteer for a medical mission trip to Venezuela in 2002 and developed an interest in the parasitic infections that plague the Indians living in the Amazon rainforests."
Hobbies: Soccer, oil painting and weight lifting.



Dr. John Bennett

Hometown: Metter, Georgia
Medical School: Medical University of South Carolina
Family: Married to Kathleen. Parents: Ben & Betty Bennett, retired, of Metter. Two brothers living in Atlanta and Statesboro.
What attracted you to medicine?
 "I was originally a civil / environmental engineer and many of my projects involved methods for cleaning up hazardous industrial sites. My efforts centered on preserving the untainted ecosystems that bordered these sites, so I had to learn a lot about biology and nature. As my knowledge and interest grew, I was led to medicine."
Hobbies: Music (Playing guitar) and Sailing
Fun Fact: "I would love to travel to Antarctica. I have no idea why."



Dr. Xiaofeng "Frank" Zhong

Place of Birth: China
Medical School: Medical College of Georgia, Residency at Memorial Health in Savannah.
Family: Married with two daughters. Parents live in Georgia.
What attracted you to medicine? "I have always been attracted to the idea of healing and preventing diseases. I hope to improve the wellbeing of the community, which will bring me spiritual satisfaction and will honor my family tradition."
Hobbies: Fishing, cycling and wood working.



Dr. Anthony Miranda

Hometown: Jackson, Georgia
Medical School: Fatima University in the Phillipines, Residency at Memorial Health in Savannah.
Family: Married, no children.
What attracted you to medicine?
 I find it rewarding to help patients with their medical problems.
Hobbies: "I like to read and exercise. I also do medical missionary work in the Phillipines."
Fun Fact: Devout University of Florida fan looking forward to watching the Gators win the SEC title this year.

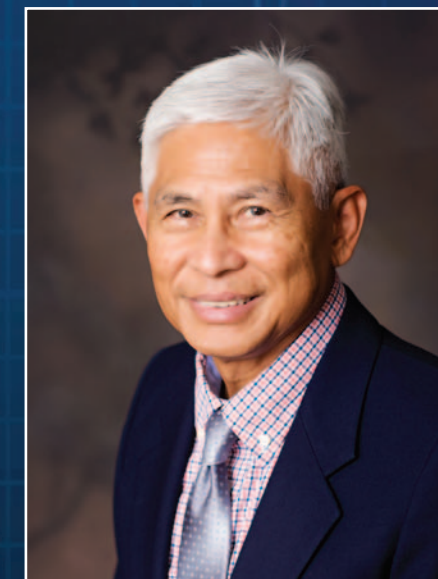


Dr. Prakash Patel

Place of Birth: Ahmedabad, India
Medical School: Medical School in India, Residency at Memorial Health in Savannah.
Family: Married to Hermal Patel with two sons, Rishi & Param.
What attracted you to medicine?
 "It was my dad's dream that I become a medical doctor."
Hobbies: Socializing, family time, watching ball games & tennis.

Dr. Romualdo Laygo

Place of Birth: Lipa City, Phillipines
Medical School: University of STO. TOMAS, Manila, Phillipines
Family: Married with two sons and a daughter.
What attracted you to medicine?
 "It was my parents' dream that I become a doctor."
Hobbies: Tennis, reading and traveling.
 Quote: "No matter how much medicine you have to take to live, it's always better than the alternative. I tell my patients not to worry because they will live until somebody up there decides otherwise."



With Effingham Hospital's New MRI, *Vantage Titan* **BIGGER is Better.**



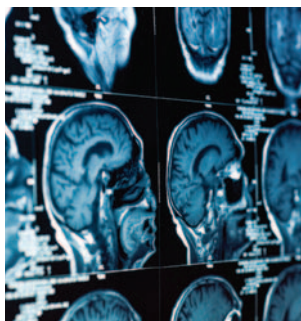
Effingham Health System is pleased to announce the addition of a new Toshiba Vantage Titan™ MRI Scanner. Featuring the largest opening of any MRI system in its class, it reduces the feeling of claustrophobia and many scans can be performed feet first. Scanning results are exceptional and are acquired quicker and quieter without the loud jackhammer sound. Effingham Hospital brings with this MRI, a new level of performance and comfort to its patients.



The Best Healthcare, Right Here at Home.

The results are in.

Exceptional images are just the beginning. Effingham Health System has joined with East Georgia Radiology and their staff of Board Certified Radiologists to ensure patients receive the best in radiology services. This combination of state of the art digital technology and professional diagnostic services are a powerful team when accurate results are a necessity. Best of all, this is located right here in Springfield, minutes from anywhere in Effingham County.



EffinghamHealth.org