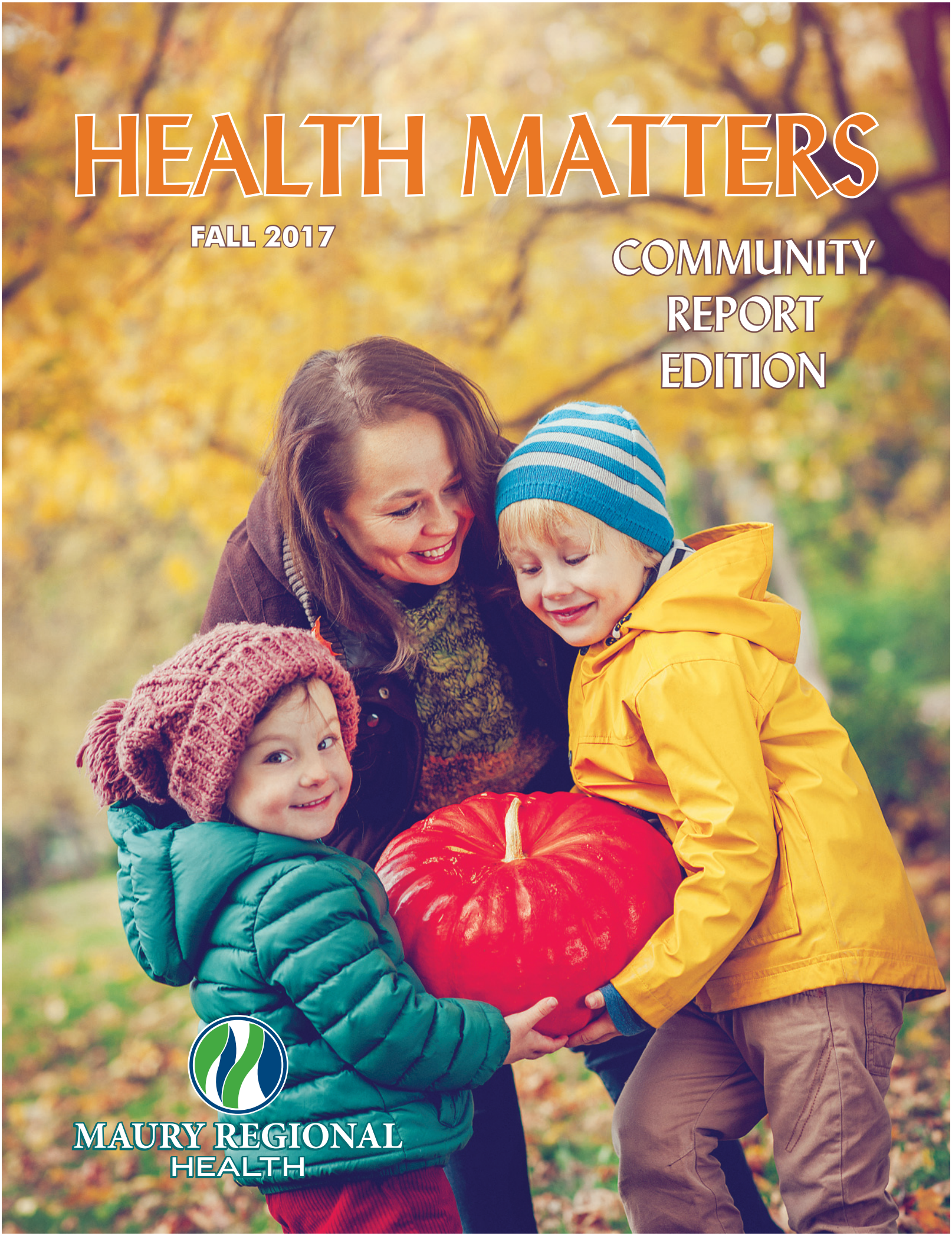
HEALTH MATTERS
FALL 2017
COMMUNITY
REPORT
EDITION
MAURY REGIONAL
HEALTH

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Five things you should know

October is breast cancer awareness month and Maury Regional Health wants you to know some key facts about this disease.

1. ***One in 8 women is diagnosed in her lifetime.***
   Breast cancer is common and chances are you know someone who has been diagnosed. There are several different forms of breast cancer and some are more aggressive than others. Cancers are diagnosed in stages (I, II, III, IV) and the higher the number, the more serious the diagnosis. The most important step you can take is to be screened by having a mammogram.

2. ***Mammograms save lives!***
   Mammography is imaging of the breast used to detect breast disease and is vital to diagnosing breast cancer in its earliest stages. Imaging technology has continued to advance and 3D mammography is clinically proven to significantly increase the detection of breast cancers, while also decreasing the number of women asked to return for additional testing when compared to 2D mammography.

3. ***When to have a mammogram***
   Annual mammograms are recommended for women age 40 and older and may be recommended at an earlier age if you have a family history or previous diagnosis of breast cancer. It is important to talk to your OB-GYN or primary care physician about your personal risk factors and when to begin conducting screening mammograms.

4. ***Know your options if diagnosed***
   For many types of breast cancer a lumpectomy is as effective as a mastectomy. While many breast cancers are treated with chemotherapy and radiation, there are also a number of pharmaceutical options available for the treatment of breast cancer. Every diagnosis is different and physicians will develop a customized treatment plan based on stage, location and type of cancer.

5. ***Women survive breast cancer!***
   According to *Cancer.Net*, if the cancer is located only in the breast and has not spread to lymph nodes, the 5-year survival rate is 99%. If the cancer has spread to the lymph nodes, the 5-year survival rate is 85%. These statistics are averages and may vary based on the type and size of the tumor, number of lymph nodes affected and response to treatment. The most important thing to remember is that early detection is the key to survival.

If you would like to know more about the diagnosis and treatment of breast cancer, contact the Maury Regional Women's Center at 931.540.4166.

Comprehensive breast cancer services

At Maury Regional Health, patients benefit from a multidisciplinary team to assist them along the journey from diagnosis to treatment. Services include:

- 3D Mammography
- Breast Ultrasound
- Breast Biopsy
- Lumpectomy, Mastectomy & Breast Reconstruction Surgery
- Cancer Treatment
- Clinical & Financial Navigation Services
- Support Groups

Learn more about our Cancer Center at *MauryRegional.com* or call 931.540.4166.

Maury Regional offers advanced robotic-arm assisted joint replacement procedures

Maury Regional Medical Center now offers robotic-arm assisted total knee, partial knee and total hip replacements with Stryker's Mako System. This highly advanced robotic technology transforms the way joint replacement surgery is performed.

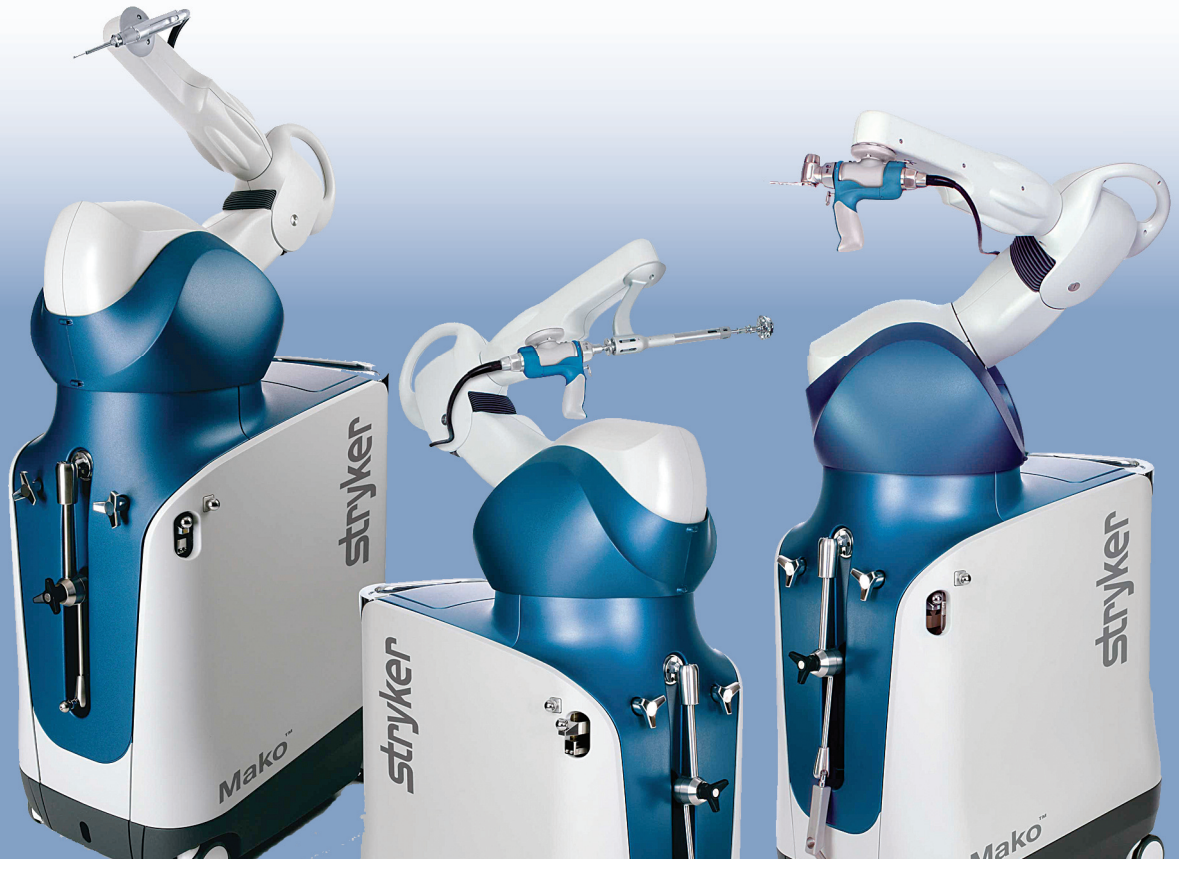
The demand for joint replacements is expected to rise in the next decade. Total knee replacements in the United States are estimated to increase by 673 percent by 2030, while primary total hip replacements are estimated to increase by 174 percent.[i] Yet studies have shown that approximately 30 percent of patients are dissatisfied after conventional surgery.[ii]

"With Mako, we can provide each patient with a personalized surgical experience based on their specific diagnosis and anatomy," said Orthopedic Surgeon Scott McCall, M.D. "Using a virtual 3D model, Mako allows surgeons to create each patient's surgical plan pre-operatively before entering the operating room."

Orthopedic Surgeon W. Cason Shirley, M.D., adds, "During surgery, we can validate that plan and make any necessary adjustments to tailor the surgery precisely to what the patient needs. It's exciting to be able to offer this transformative technology across the joint replacement service line to perform total knee, total hip and partial knee replacements."

The Total Knee application is a knee replacement treatment option designed to relieve the pain caused by joint degeneration due to osteoarthritis. Through CT-based 3D modeling of bone anatomy, surgeons can use the Mako System to create a personalized surgical plan and identify the implant size, orientation and alignment based on each patient's unique anatomy.

The Partial Knee application is a treatment option designed to treat joint degeneration due to osteoarthritis that has not yet progressed to all three compartments of the knee. By selectively targeting only the part of the knee damaged by osteoarthritis, surgeons can resurface the diseased portion of the knee, while helping to spare the healthy bone and ligaments surrounding the knee joint.



Maury Regional Medical Center has ten orthopedic surgeons on the medical staff. Pictured (l-r) are Jonathan R. Pettit, M.D., Alton Lee Hunter Jr., M.D., C. Douglas Wilburn, M.D., J. Fredrick Wade, M.D., H. James Wiesman Jr., M.D., Jeffrey T. Adams, M.D., Randall L. Davidson, M.D., W. Cason Shirley, M.D., Erion Qamirani, M.D. and Scott W. McCall, M.D. Orthopedic services include joint replacement, spine procedures, surgery of the hand and minimally invasive repairs.

". . . our commitment to provide the community with outstanding health care."

The Total Hip application is a treatment option for adults who suffer from degenerative joint disease of the hip. During surgery, the surgeon guides the robotic-arm during bone preparation to prepare the hip socket and position the implant according to the pre-determined surgical plan.

"We are proud to offer this highly advanced robotic technology in our area," said Maury Regional Health CEO Alan Watson. "The addition of two Mako systems to our orthopedic service line further demonstrates our commitment to provide the community with outstanding health care."

[i] Kurtz S, Ong K, Lau E, Mowat F, et al. Projections of primary and revision hip and knee arthroplasty in the United States from 2005 to 2030. J Bone Joint Surg Am. 2007; 89:780-5.

[ii] Christiaan Keurentjes J, Fiocco M, So-Osman C, et al. Patients with severe radiographic osteoarthritis have better prognosis in physical functioning after hip and knee replacement: a cohort-study. PLOS One. 2013; 8(4): 1-8

Orthopedic Excellence

Compare your care options

Maury Regional Medical Center was recently recognized as a High Performing Hospital for 2017-18 in hip and knee replacement by *U.S. News & World Report*. Study methodologies include risk-adjusted survival and readmission rates, volume, patient experience, patient safety, quality of nursing care and other care-related indicators.

Orthopedic services at Maury Regional Medical Center have consistently been recognized for quality of care and patient outcomes. Other recognitions include:

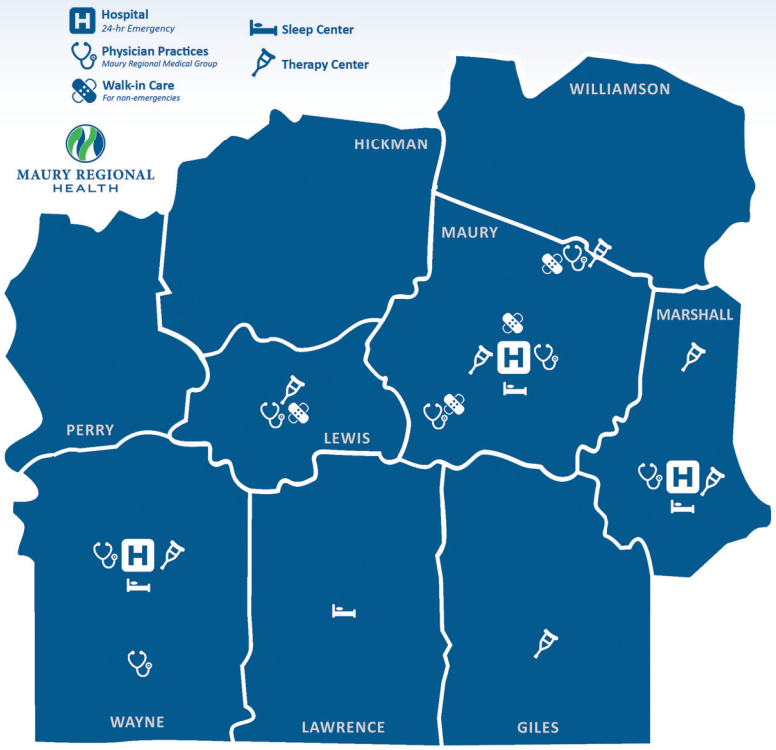
Knee & Hip Replacement Certification
The Joint Commission

#1 Hospital in Tennessee and Top 10% in the Nation
Medical Excellence – Joint Replacement & Orthopedic Care
CareChex®—an information service of Quantros, Inc.

Blue Distinction Center
Knee & Hip Replacement
BlueCross BlueShield

HIGH PERFORMING HOSPITALS U.S.News & WORLD REPORT 2017-18 HIP REPLACEMENT

HIGH PERFORMING HOSPITALS U.S.News & WORLD REPORT 2017-18 KNEE REPLACEMENT



Report to the Community

Fiscal Year 2017

Maury Regional Medical Center is the flagship for a group of affiliates that serve more than 250,000 men, women and children who call southern Middle Tennessee home, including:

- Marshall Medical Center
- Wayne Medical Center
- Lewis Health Center
- Maury Regional Spring Hill
- Satellite services in Lawrenceburg (sleep center), Pulaski (physical therapy) and Chapel Hill (physical therapy)
- Maury Regional Medical Group with 21 physician practices in Maury, Lewis, Marshall and Wayne counties

Combined Discharges	19,659
Emergency Department Visits	71,269
Urgent Care Clinic Visits	12,631
Federally Qualified Health Centers Visits	44,615
Births	1,452
Surgeries	11,790
Cardiac Catheterizations	1,900
EMS Runs	15,428
Maury Regional Medical Group Encounters	268,682

Economic Impact

Employees	2,952
Payroll	$153,674,784
Benefits	$35,724,046
Charity Care & Bad Debt (unreimbursed care)	$12,889,855
Community Services (free screenings, etc.)	$394,899

Contributions to Maury County

Annual Contribution in Lieu of Taxes	$900,000
Free Health Services for Inmates	$584,958
School Athletic Trainers	$185,713

Physicians join MRH medical staff

The medical staff at Maury Regional Health has continued to grow and currently exceeds 220 physicians. In the past 14 months, the following 32 physicians have joined the medical staff. To learn more about these physicians and the entire medical staff, visit *MauryRegional.com*.

Margaret Atkins, M.D.
Pediatrics

Sean Cannady, D.O.
Family Medicine

Charles Bradford Chism, M.D.
Radiology

John Coursey, M.D.
Urology

William Michael DeVoe, M.D.
Neonatology

Varun Dhulipala, M.D.
Medical Oncology

Temujin Dinaram, M.D.
Cardiology

Rafael Favela, M.D.
Hospital Medicine

Megan Galaske, M.D.
Pediatrics

James Hall, M.D.
Hospital Medicine

Brook Helmer, M.D.
Family Medicine

Romany Johnpulle, M.D.
Medical Oncology & Hematology

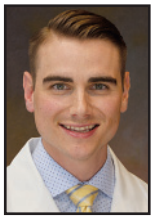
Jennifer Krauland, M.D.
Hospital Medicine

Ken Lanyon, M.D.
Anesthesiology

Jonathan Law, M.D.
Otolaryngology

Sarah Majstoravich, M.D.
Neonatology

William Meeker, M.D.
Clinical Decision Unit



Jeffrey Mitchell, D.P.M.
Podiatry

Linda Monroe, M.D.
Internal Medicine

David Netterville, M.D.
Anesthesiology

William Rasberry, M.D.
Hospital Medicine

Yekolla Reddy, M.D.
Clinical Decision Unit

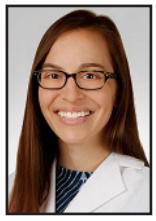
Andres Rodriguez, M.D.
Obstetrics & Gynecology

Jennifer Seebach, M.D.
Anesthesiology

Rowella Licup Sirbiladze, M.D.
Endocrinology

Marvin Smith, M.D.
Radiology

Rebecca Helen Smith, M.D.
Family Medicine



Laurie Tucker, M.D., M.P.H.
Pediatrics

Emily Turner, M.D.
Obstetrics & Gynecology

Amy Vertrees, M.D.
Surgery

John Welker, M.D.
Pain Management

Kita Williams, M.D.
Neurology

Tasty Pumpkin Recipes

Fall is a wonderful time to take advantage of nature's bounty and what better way to celebrate the season than with pumpkins? More than decorative, pumpkins are a great inspiration for delectable dishes, both savory and sweet. Pumpkins are low in fat and a wonderful source of the antioxidant beta-carotene, which studies suggest boost the immune system and may lower one's risk of developing cancer and heart disease.

Pumpkin Soup

6 cups chicken stock
1 ½ teaspoons salt
4 cups pumpkin puree
1 teaspoon chopped fresh parsley
1 cup chopped onion
½ teaspoon chopped fresh thyme
1 clove garlic, minced
½ cup nonfat evaporated milk
5 whole black peppercorns

Heat stock, salt, pumpkin, onion, thyme, garlic and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in milk. Pour into soup bowls and garnish with fresh parsley. Makes six 1½ cup servings.

90 Calories, 4 g Fat, 25 g Carbohydrate, 977 mg Sodium

Creamy Pumpkin Baked Penne

1 pkg multigrain penne (14 ½ oz)
1 teaspoon olive oil
1 small onion, chopped
3 cloves garlic, minced
¾ cup low-fat ricotta cheese
½ cup reduced-sodium chicken broth
1 can (15 ½ oz) solid pack pumpkin
1 can (28 oz) crushed tomatoes
1 tablespoon Italian seasoning
¾ teaspoon red pepper flakes
1 cup shredded reduced-fat mozzarella cheese
½ cup grated Parmesan cheese

Preheat oven to 375 degrees. Cook pasta according to package directions until al dente, omitting any salt or fat. Heat oil in Dutch oven. Add onion and garlic, cook and stir 3 minutes. Add next 6 ingredients to Dutch oven. Bring to a boil, simmer 5 minutes. Add pasta; toss to combine. Layer pasta in 13 x 9 inch baking pan. Sprinkle mozzarella and parmesan cheeses evenly over top. Bake 30 to 35 minutes or until cheese is golden brown. Makes 9 servings.

290 Calories, 6 g Fat, 16 g Protein, 47 g Carbohydrate

Pumpkin Supreme

1 ¾ cup graham cracker crumbs
½ cup Splenda Granular and ½ cup sugar blended
½ cup Smart Balance margarine or other heart healthy margarine melted
2 packages fat-free cream cheese softened
½ cup egg substitute beaten (equivalent to 2 eggs)
2 small packages instant pudding mix
¾ cup skim milk
1 cup canned pumpkin
Dash nutmeg
Dash cinnamon
1 carton (12 oz) frozen whipped topping, thawed
½ cup chopped pecans

Mix crumbs and ½ cup melted Smart Balance. Press into 13x9x2 inch baking dish. Combine Splenda and sugar mixture, fat-free cream cheese and eggs; beat until light and fluffy. Pour over crumb crust. Preheat oven to 350° F. Bake 20 minutes; cool. Combine pudding and milk; beat well. Add pumpkin and spices; blend until smooth and creamy. Fold in 1 cup whipped topping. Spread over cream cheese layer. Cover with remaining whipped topping. Sprinkle pecans over top. Chill. Makes 15 servings.

279 Calories, 16 g Fat, 3 g Saturated Fat, 32 g Carbohydrate, 220 mg Sodium

Maury Regional Health Care Foundation's impact continues to grow

Since its formation in 2006, the Maury Regional Health Care Foundation has provided more than $1.9 million in programs and services throughout our region. In the 2016-2017 fiscal year alone, the Foundation provided $280,667 in assistance.

One major health issue can have serious financial implications on anyone—even those who have financially prepared for the future. In addition, our region has a significant number of working poor and elderly individuals with limited incomes who face a health crisis every day. Through the generosity of our donors, the Maury Regional Health Care Foundation is able to make a difficult and frightening situation a little more bearable by providing much needed assistance.

Every dollar donated to the Foundation directly benefits the community because all administrative expenses are covered by the medical center.

There are a variety of Foundation funds dedicated to assisting the needs of specified individuals and groups, ranging from those facing cancer to those needing food pantry assistance. The following are some of the ways in which we have helped our patients and community during the past fiscal year.

General Fund $25,419
- TN Promise of Nursing Grants
  —Cooperative Student Externship Program—Nine Students
  —Perioperative Internship for Graduate Baccalaureate Prepared Nurses—One Student
- City of Columbia Youth Enrichment Program Donation
- Critical Care Serenity Wall

Cancer Fund..... $13,847
- Gas Cards for Cancer Patients
- Food for Cancer Patients
- Dietary Consultations

Cardiology Fund..... $41,504
- Educational DVDs for Congestive Heart Failure Patients
- Life Vest Program—One Patient
- Zoll X Series Monitor/Defibrillator for Columbia Fire Department
- Scales and Blood Pressure Machines for Congestive Heart Failure Patients

Community Health Fund..... $74,570
- Community Health Program Materials & Expenses
- Community Health Nurse Salary
- Down Payment on Mobile Medical Clinic

Diabetes Fund $5,609
- Diabetic Supplies
- Diabetes Education Classes

NICU Fund $8,558
- NICU Reunion Expenses
- Food for NICU Pantry
- Newborn Car Seats
- Nurses for Newborns of Maury County Program Support

Special Needs Fund $43,040
- Medication Assistance Programs
  —Maury Regional Medical Center
  —Lewis Health Center
  —Marshall Medical Center
  —The Family Center
  —The Hope Clinic and Place of Hope
- Transportation & Gas Card Assistance
- Minor Medical Equipment

Retreat (Hospitality House) Fund..... $19,211
- Utilities
- Deck Replacement
- Eagle Scout Deck Project
- New Landscaping
- Paving & Sealing of Driveway

Women's Center Fund..... $11,853
- Wigs, Camisoles and Scarves
- Mammograms

William R. Walter Employee Assistance Fund $29,774
- 18 employees impacted by a personal crisis
- 132 employees with continuing education

Wayne Medical Center Fund $3,437
- Employee Assistance—Two Employees
- Medication Assistance

Family and Friends Nutrition Fund..... $3,845
- Meal Tickets for Personal Caregivers
- Food for Hospital Food Pantry

Special thanks 2016-2017 contributors

(Donations received July 1, 2016 through June 30, 2017)

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MAURY REGIONAL HEALTH CARE FOUNDATION
1224 Trotwood Avenue
Columbia, Tennessee 38401

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- ☐ Medication Assistance Fund
- ☐ NICU Fund
- ☐ Palliative Care Fund
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- ☐ Robert Otwell Cancer Center Endowment Fund
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Occasion _____

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Please notify:

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MAURY REGIONAL MEDICAL CENTER
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