

HEALTH MATTERS

SUMMER 2017



*3 steps
to avoid overheating*

*Two families, inspired by their
experience, help others*

*Vein illumination technology
now available at MRMC*

Go for the grill

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3 steps to avoid overheating

As the summer temperatures rise, so do our chances of overheating. While the body normally cools itself by sweating, it is often not enough during hot weather, especially when the humidity is very high. Here are three key ways to avoid heat illness:

Hydrate with Water

Drink plenty of water before, during and after any outdoor activity. As you heat, your body cools itself by perspiration—or sweating. That’s why it is important to rehydrate. While sports drinks are beneficial in certain circumstances, they also contain sugar and sodium. Most physicians agree that the best source of hydration is water.

Choose Time Wisely

Whether you plan to do yard work or go for a run, it’s important to be mindful of the temperature and choose your outdoor time wisely. To avoid overheating and dehydration, plan strenuous activity in early morning hours

or later in the evening when the sun’s rays are not as strong and—as previously stated—hydrate!

Listen to Your Body

If you experience excessive sweating, your breathing becomes rapid and your pulse changes, you may be experiencing heat exhaustion, which could lead to heat stroke. Symptoms of heat stroke include severe headache, weakness, dizziness, nausea, rapid breathing and heart rate and a temperature exceeding 104 degrees. If any of these symptoms appear, call for emergency help immediately. While waiting for help, move the victim indoors or to a shaded location and douse with cool water. Do not give children fluids to drink unless he or she is awake, alert and acting normally.

Overheating can happen to any of us. At greater risk are those in poor physical condition, young children and those with existing health conditions such as asthma, heart disease or COPD. Remember, heat-related illnesses can happen suddenly and without much warning. Please be safe and put into practice these prevention tips on hot summer days.



Two families, inspired by their experience, help others

Recently, two families honored their children by launching projects to help other patients through the Maury Regional Health Care Foundation, according to Executive Director Joe Kilgore.

Rick and Diane Bolton started a project to provide teddy bears for pediatric patients and Sondra and Cord Martin initiated a project that is designed to give families books to read to their children in the Neonatal Intensive Care Unit at Maury Regional Medical Center.

“In health care, we have the opportunity to touch lives during every interaction we have with a patient and their loved ones. It is moving to see how the experiences of these

two families inspired them to pay it forward by offering support to others in our care. We are grateful for their generosity,” said Kilgore.

In the past 11 years, the Foundation has funded nearly \$1.9 million in programs and services for underserved and financially challenged populations. Maury Regional Medical Center funds the administrative expenses for the Foundation; therefore, donations directly benefit the community through the programs and services funded by the Foundation, a 501(c)(3) charitable organization.

To make a donation or learn more about the Foundation, call 931.380.4075 or visit MauryRegionalFoundation.com.



Parker's Project



Sondra and Cord Martin with Parker

On November 21, 2016, expectant parents Sondra and Cord Martin received unanticipated news. Sondra began experiencing symptoms that prompted her to call her obstetrician Nicole Falls, M.D., who instructed her to go directly to Maury Regional Medical Center. Parker Ellington Martin was delivered ten weeks premature.

Parker stayed 31 days in the neonatal intensive care unit (NICU). During that time, the Martin Family developed a bond with the physicians and nurses who guided them through Parker's development and provided encouragement.

That experience became the inspiration to help other NICU families through Parker's Project. The Martins, both educators in Maury County, understood the importance of reading to children. Through Parker's Project, they are raising funds to provide every family in the NICU a book to read to their child. A recent fundraiser provided more than \$5,000 for the NICU Fund.

AT LEFT: Pictured with Parker Martin are NICU staff members (l-r) Cathy Alley, RN, Brandy Kiddy-Collier, RN, Heather Potts, RN, and Kari Littrell, NP.

—Photo courtesy of Visions Photography

Tootsie's Bears



Rick and Diane Bolton are pictured with Joe Kilgore (left) as they launch the Tootsie's Bears project.

Mary Margaret Bolton—affectionately known as “Tootsie” to her brother, Ben, family and friends—was a special needs child whose “infectious smile and giggles ruled our household” for more than 47 years, according to her parents, Rick and Diane Bolton. “Without speaking a word, she could express every emotion through her beautiful brown eyes,” Diane recalls.

When Mary Margaret's health required a hospital stay in January 2016, her parents searched for a way to ease the apprehension, confusion and fear they saw on her face. During that stay, Mary Margaret's cousin, Dr. Taylor Rayburn, and his family presented her with a white teddy bear that was promptly named Rayburn. Diane said when the bear was placed beside her daughter in the hospital bed, a look of calm and peace appeared in her eyes and face.

Shortly after their daughter's passing on May 9, the Boltons started a project known as “Tootsie's Bears” as a memorial to their daughter's life and in thanksgiving for the care she received while a patient at Maury Regional Medical Center. The program will purchase teddy bears to be given to children who are patients at the medical center. The Maury Regional Health Care Foundation will administer the program through its Pediatric Fund, which provides funding for equipment and other needs to support pediatric care.

Vein illumination technology is now available

Technology that provides a visual map of veins prior to venipuncture and other procedures is available at Maury Regional Health facilities in southern Middle Tennessee.

AccuVein® is a hand-held device that uses lasers similar to barcode scanners and invisible infrared technology to painlessly illuminate veins near the skin's surface before blood draws, IV access and other procedures that require venous access.

“This technology takes much of the guesswork out of a needle stick and more importantly, helps our staff members locate a vein that will provide good access to deliver the patient’s treatment,” said Cardiology Nurse Manager Lisa Chambers, whose unit was among the first to use the technology at Maury Regional Medical Center.

Vein visualization helps providers avoid hitting valves and bifurcations (areas where the vein branches), which can result in pain and obstruct the flow of fluids. In addition to increased patient satisfaction and less pain, identifying a vein before the needle stick can allow treatment to begin more quickly. It can also eliminate the need for a more invasive procedure, such as a peripherally inserted central catheter (PICC), to gain access to a vein.

“This technology will benefit patients of all ages whose veins may be difficult to locate,” said Assistant CNO Holly Kunz. “From our youngest patients in

the Neonatal Intensive Care Unit who have very tiny veins to older adults whose veins tend to be quite fragile, patients can feel comfortable knowing our staff members have an additional tool to guide them in finding a usable vein for their test or treatment.”

This technology has been implemented at Maury Regional Medical Center in the Emergency Department, on patient care floors and in the Cancer Center. AccuVein® will be available at Lewis Health Center in Hohenwald, Marshall Medical Center in Lewisburg and Wayne Medical Center in Waynesboro in the future.



The AccuVein visualization device allows a provider to view a visual map of a patient’s veins before drawing blood or inserting an IV.



Grilled Peaches

- 1 peach per person
- 1 teaspoon neutral-flavored cooking oil per peach (like canola oil)
- 1 teaspoon brown sugar per peach
- ¼ teaspoon cinnamon per peach

Prepare grill to medium heat. Cut the peaches in half and pit them. Lightly brush the cut side with oil. Set the oiled peaches on the medium hot grill, cut side down. Grill, covered, 2 to 3 minutes or until peaches begin to soften. Turn peach halves over, sprinkle with the cinnamon and sugar, if using. Cook until the peaches are tender, but not falling apart (3-4 additional minutes).

Nutrition per peach: 125 calories; 18 g carbohydrate, 1.4 g protein, 0 sodium, 2.3 g fiber, 4.5 g fat

Instead of using oil, prepare grill by spraying grid with nonstick cooking spray. This will reduce calories by 40 calories per peach.



Feta-Stuffed Tomatoes

- 2 plum tomatoes (about ¼ lb), cut lengthwise into halves
- ⅓ cup chopped seeded cucumbers
- 1 tbsp crumbled reduced-fat feta cheese
- 1 tbsp chopped fresh mint
- 1 tbsp fat-free sour cream
- ½ tsp grated lemon peel
- ¼ tsp black pepper

Scoop out and discard pulp from tomatoes, leaving ¼ inch thick shells. Place tomato shells, cut sides down, on paper towels to drain. Combine cucumber, feta cheese, mint, sour cream, lemon peel and pepper in small bowl. Spoon mixture into tomato shells.

Makes 4 servings: 16 calories, 2 g carbohydrate, 1 g protein, 31 mg sodium, 1 g fiber, 1 g fat, 1 g saturated fat

Go for the grill

Grilling is a great way to enjoy summer's flavors while eating healthy. With an abundance of fresh produce at local farmer's markets and grocery stores, you can enjoy grilling without adding the extra calories. Here are a few tips from Registered Dietitian Cindy Dugger:

Choose Lean Meats

Chicken, fish and the lean cuts of beef and pork typically contain half the calories of high fat red meats. Leaner choices include the sirloin and tenderloin. For best results, avoid over- or under-cooking by using a meat thermometer.

Marinate for extra flavor

Marinades can help keep meats tender and add flavor to all grilled items. Look for low sodium marinades and rubs. Keep in mind that lemon or lime juice and vinegars will add flavor without adding sodium or significant calories. Never baste with marinade that has come into contact with raw food. It's best to marinate in the refrigerator in containers that do not react with acid ingredients.

Try Grilling Fruit

There are a number of fruits that are great for the grill and provide a delicious smoky sweet flavor. Some crowd favorites include pineapple, peaches and apples—all of which are good when paired with pork and chicken.

“To complement your grilled items, make a fresh summer salad. Whether you like a traditional tossed salad or prefer something more seasonal like a cucumber, tomato and onion salad, there are countless recipes from which to choose. Fresh ingredients retain more of their nutrients, add to a balanced meal and simply taste great,” said Dugger.



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