

HEALTH MATTERS

WINTER 2017

*Maury Regional Health
launches new website*

February is Heart Month

*Quality measures set
Maury Regional Health apart*

*Give yourself the gift of
a wellness screening*

*Maury Regional
Health Care Foundation
hosts Mule Kick 5K*



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To visit our website, scan the QR code below with your mobile phone.



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Health Matters is published by the Maury Regional Medical Center Marketing Department.

Graphic design:
The Foreman Company
Photography:

Maury Regional Medical Center
Stills from video shot by Contrast Visuals and Matt Coale

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Maury Regional Health launches new website

Maury Regional Health recently unveiled the new *MauryRegional.com* website, providing the public with an enhanced source of information about the organization’s services available throughout southern Middle Tennessee. Finding a physician, location or service is now easier for site visitors and the mobile-friendly design optimizes the user experience from any device.

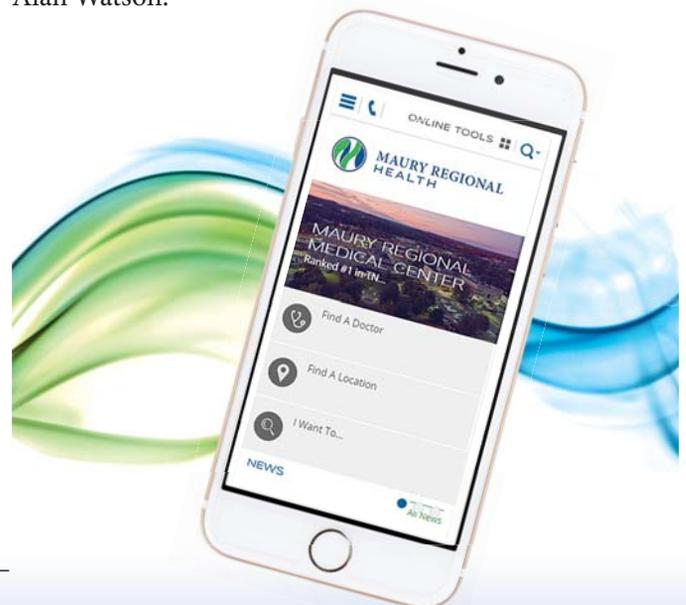
In addition to providing information about services across the entire system of hospitals, urgent care locations and outpatient facilities, *MauryRegional.com* also features microsites for Maury Regional Health Care Foundation and Family Health Group, the organization’s network of more than 20 family medicine and specialty practices.

While every aspect of the site has been enhanced, a few of the key features that site visitors should find especially helpful include:

- Find A Doctor advanced search functions
- A new *Classes & Events* section with online registration
- Easier navigation
- Expanded information about services and locations
- Improved *Patients & Visitors* section
- Enhanced *News & Media* section

The website also streamlines resources in the Online Tools section where visitors may access the patient portal, pay bills electronically and register to receive e-news about free programs and screenings.

“We are excited to launch this new website at *MauryRegional.com*. It will greatly enhance the user experience and provide easier access to information about the technology and services available across our system of facilities throughout the region,” said CEO Alan Watson.



February is Heart Month—

Heart disease: Know the facts

Heart disease kills more than 600,000 Americans each year so you should know your risk factors, according to Cathy Malone, administrative director of cardiovascular services at Maury Regional Medical Center.

Heart disease occurs when a substance called plaque builds along the walls of your arteries, making the vessel narrower over time and reducing blood flow. Risk factors for heart disease include:

- Family history of heart disease
- Smoking
- High blood pressure
- High cholesterol
- Diabetes

“Heart disease is often associated with men; however, it is the leading cause of death for both men and women. We encourage everyone to learn the signs of a heart attack and what to do if you experience any of these symptoms,” said Malone.

The signs and symptoms of a heart attack may vary by individual and by gender. Commonly they include:

- Chest discomfort which can feel like an uncomfortable pressure, squeezing, fullness or pain
- Discomfort in other parts of the upper body, one or both arms, neck, jaw, upper back or stomach
- Shortness of breath with or without chest discomfort
- Unusual fatigue
- Breaking out in a cold sweat, nausea or light-headedness

“If you experience any of these symptoms, immediately call 911. A quick response can prevent permanent heart damage and, more importantly, could save your life,” said Malone.

Maury Regional Medical Center, an accredited chest pain center, offers residents in our region outstanding heart care. Services include diagnostic testing, interventional procedures, pacemaker and defibrillator implants, cardiac rehabilitation and much more. In 2017, Maury Regional Medical Center was ranked number one in the state for medical excellence in the area of heart failure treatment by CareChex®—an information service of Quantros, Inc.



CON VRAILAS

Quick action saves heart

In July 2014, Columbia business leader Con Vrailas awakened in the night and realized he was experiencing a heart attack. He recalled the advice from Interventional Cardiologist Kevin Maquiling, M.D., who had been a speaker at a local civic group.

“If you’re having a heart attack—or a person close to you is having a heart attack—the first thing you do is call 911,” said Vrailas.

Within minutes, emergency personnel were on the scene. They began administering treatment, recording vital signs and communicating with the Emergency Department. When Mr. Vrailas arrived, a team was awaiting him and imaging confirmed a blockage in his heart. Dr. Maquiling delivered the news and quickly opened the blocked vessel with a stent during a procedure in the medical center’s cardiac catheterization lab.

“The quick treatment I received at Maury Regional, I believe, resulted in a quick recovery and less damage to my heart,” said Vrailas. “The Heart Center at Maury Regional is one of the best in the country. The cardiologists at Maury Regional—they care about you.”



Quality measures set Maury Regional Health apart

At Maury Regional Health, we realize that excellence is the continuous pursuit of world-class care for our patients. As part of this endeavor, we constantly measure and evaluate our clinical and customer service processes and benchmark our performance against providers across the nation in an effort to become a better organization.

Maury Regional Medical Center—the flagship hospital for Maury Regional Health—evaluates its performance against more than 4,200 hospitals across the nation utilizing CareChex®, —an information service of Quantros, Inc. CareChex® evaluates medical quality including process of care, outcomes of care and patient experience based on publicly reported data for hospitals in the U.S.

The medical center has been compared to some of the most respected hospitals in the country. From patient outcomes to operational efficiency, Maury Regional Medical Center has been recognized for quality and is ranked as the number one hospital in Tennessee for overall hospital care in 2017.

“Words cannot express the pride that I feel in this organization and the employees, physicians, board members and volunteers who have contributed to Maury Regional being a national role model for health care,” said CEO Alan Watson.



**MAURY REGIONAL
MEDICAL CENTER**

2017 CareChex® Rankings

#1 IN THE STATE

Medical Excellence:

- Overall Hospital Care
- Gallbladder Removal
- Gastrointestinal Care
- Heart Failure Treatment
- Joint Replacement
- Orthopedic Care
- Pneumonia Care
- Pulmonary Care

Patient Safety:

- Gastrointestinal Care

#1 IN THE MARKET

Medical Excellence:

- Overall Hospital Care
- Overall Medical Care
- Overall Surgical Care
- Cardiac Care
- Gallbladder Removal
- Gastrointestinal Care
- General Surgery
- Heart Failure Treatment
- Joint Replacement
- Neurological Care
- Orthopedic Care
- Pneumonia Care
- Pulmonary Care

Patient Safety:

- Gastrointestinal Care
- General Surgery

To learn more and make an informed choice about your care, visit CareChex.com.





Give yourself the gift of a wellness screening

Screening exams can provide valuable insight into one's health and wellness and Maury Regional Health is pleased to offer a number of screenings for adults at locations throughout southern Middle Tennessee.

Wellness screenings use state-of-the-art technology such as ultrasound and computed tomography (CT). These studies are interpreted by board-certified radiologists and the results are provided to the patient to share with their primary care physician.

“Screening exams have often found conditions before symptoms are evident, including tumors and vascular blockages leading to heart disease and stroke,” said Director of Imaging Pam Williams.

The following screening options are a few of those available through our imaging centers:

VASCULAR SCREENINGS use ultrasound technology and can detect blockages in the circulatory system. These screenings can help to reveal peripheral artery disease, stroke and abdominal aortic aneurysm. The cost is \$45 each or \$100 for all three exams.

ORGAN SCREENINGS also use ultrasound technology. These screenings search for stones or abnormal growths—such as cancer—in the gallbladder, kidney, liver, pancreas and thyroid. Organ screenings are \$60 each or \$225 for all five exams.

CT SCREENINGS can scan the lungs, abdominal area and pelvic area for abnormal issues. CT screenings are offered to individuals age 50 and older. You may choose between three exams. The cost is \$250 per exam.

Wellness screenings do not require a physician's order and are designed for individuals who do not have symptoms or who have not been diagnosed with disease. Insurance will not be filed for self-referred screening exams; therefore, payment should be made at the time of service.

Visit the Screening Services page at MauryRegional.com to learn more about wellness screenings at Maury Regional facilities.

Imaging Centers

**MAURY REGIONAL
MEDICAL CENTER**
1224 Trotwood Avenue
Columbia, TN 38401

LEWIS HEALTH CENTER
617 West Main Street
Hohenwald, TN 38462

MARSHALL MEDICAL CENTER
1080 North Ellington Parkway
Lewisburg, TN 37091

WAYNE MEDICAL CENTER
103 J.V. Mangubat Drive
Waynesboro, TN 38485

To schedule a screening, call
931.380.4044.

Maury Regional Health Care Foundation

*Caring. Giving.
Serving.*

Since its formation in 2006, the Maury Regional Health Care Foundation has funded more than \$1.6 million in programs and services benefiting those in need throughout southern Middle Tennessee. These programs include:

- Medication assistance
- Wigs and other assistance for cancer patients
- Food bank
- Transportation assistance
- Educational support
- Community health initiatives
- and much more

Donors can feel confident that their donations help those in need. Administrative salaries and other expenses for the Foundation are funded by Maury Regional Health.

To learn more about the Foundation, visit MauryRegionalFoundation.com or call: 931.380.4075

Maury Regional Health Care Foundation hosts Mule Kick 5K

Hosted by the Maury Regional Health Care Foundation and presented by Community First Bank & Trust, the 17th annual Mule Kick 5K and 1-Mile Trot will be held on Saturday, April 1, 2017 at Riverwalk Park in Columbia. A portion of the proceeds from the

event will assist in establishing a Maury Regional Health mobile clinic.



“While last year’s event was a great success and tremendous fun for all ages, we are excited to take this year’s race to the next level. We are especially excited about race proceeds assisting us in obtaining a mobile health clinic to serve at-risk individuals in our area,” said Maury Regional Health Care Foundation Executive Director Joe Kilgore.

The mobile clinic will be used to provide health care services to at-risk individuals throughout southern Middle Tennessee by providing basic health screenings and education to rural and underserved areas. A portion of the proceeds will also be donated to the Wellness and Aquatic Center Healthy Living Endowment and the City of Columbia Parks and Recreation Department.

On Saturday, April 1, the course will begin at Riverwalk Park next to Riverside Elementary with an 8 a.m. start time for the 5K and a 9 a.m. start time for the 1-Mile Family Trot.

Participants may register online at MuleKick5K.org. For additional information, including sponsorship opportunities, contact the Maury Regional Health Care Foundation at 931.380.4075. Like and share “Mule Kick 5K and 1-Mile Trot” on Facebook!

MAURY REGIONAL MEDICAL CENTER
1224 Trotwood Avenue
Columbia, Tennessee 38401



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