Maury Regional recognized “BEST for Babies”

New surgical technology implemented

COVID-19 vaccination: Why it’s so important
The Tennessee Department of Health and the Tennessee Hospital Association recognized Maury Regional Medical Center (MRMC) as one of 14 birthing hospitals in the state to receive the “BEST for Babies” award designation for efforts to reduce infant deaths in 2020. This is the second year MRMC has earned this distinction.

The Tennessee Department of Health has partnered with state birthing hospitals since 2014 to promote safe sleep for infants and to help give Tennessee babies a great start to life. The “BEST” award is an acronym for: breastfeeding, early elective delivery reduction and safe sleep for Tennessee babies. To receive the award designation, recognized hospitals must have implemented breastfeeding safety and education initiatives, reduced elective deliveries and promoted safe sleeping practices for babies to reduce infant deaths.

“The physicians, nurses and lactation specialists on our childbirth floor go above and beyond to provide exemplary care, education and support for the families and babies we serve,” said Maury Regional Health CEO Alan Watson. “I am grateful to our team for their ongoing commitment to outstanding care and safety.”

In addition to its recognition as a “BEST for Babies” hospital, Maury Regional Medical Center is also a designated Baby-Friendly facility by the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF) for efforts to provide breastfeeding mothers the information, confidence and skills needed to initiate and continue breastfeeding their babies successfully.

The medical center offers an entire floor dedicated to childbirth and gynecological care. Services at MRMC include a neonatal intensive care unit (NICU), inpatient and outpatient breastfeeding support services, newborn care and expectant parent education. Learn more at Childbirth.MauryRegional.com.
Maury Regional Medical Center (MRMC) is the first hospital in Tennessee to offer new state-of-the-art surgical technology for spinal and cranial procedures utilizing the 7D Surgical Flash™ Navigation System, a fast, accurate and radiation-free surgical tool.

“At Maury Regional, we are committed to continuously making technological strides to deliver optimal outcomes and experiences for our patients,” said Maury Regional Health CEO Alan Watson. “This investment further highlights that commitment to providing our community with outstanding health care.”

The 7D Surgical Flash™ Navigation System utilizes Machine-Vision Image Guided Surgery (MvIGS) technology to help spinal and cranial surgeons guide their tools. The new navigation system features sophisticated camera technology linked to a computer in the operating room that serves as a “GPS for the brain and spine,” improving precision. Unlike conventional image-guided surgery systems, this new MvIGS technology can reduce operative time for patients and eliminate unnecessary radiation exposure.

Surgeons on the medical staff at MRMC who utilize the 7D Surgical Flash™ Navigation System include Mark Cobb, M.D., M.S., a board-certified specialist in neurological surgery, and Erion Qamirani, M.D., Ph.D., a board-certified specialist in orthopedic surgery who performs spinal surgeries.

Dr. Cobb utilizes the technology for both spinal and cranial procedures, including brain tumor excisions and fusions of the cervical, thoracic and lumbar spine. Dr. Qamirani uses the 7D system to perform posterior cervical, thoracic and lumbar fusions.

“The 7D is a state-of-the-art technology which will support our continued effort to advance the quality and safety of complex surgical procedures at Maury Regional,” Dr. Cobb said.

“I am pleased to offer my patients the very latest in spine surgery,” Dr. Qamirani added. “This technology will further enhance our surgical procedures while continuing to prioritize patient safety and outcomes.”

Maury Regional Medical Center offers 16 surgical suites, on-site pathology capabilities, an endovascular lab and a digital imaging system that enables physicians to view diagnostic images, such as MRIs, during surgical procedures. In addition to surgical services available at MRMC, Maury Regional Health offers outpatient surgical locations in Columbia, Lewisburg, Spring Hill and Waynesboro. Learn more at MauryRegional.com/Surgery.
COVID-19 vaccination:

In a world flooded with information — and misinformation — about COVID-19 vaccines, some people may still be apprehensive about getting vaccinated. Health Matters (HM) spoke with Martin Chaney, M.D., chief medical officer at Maury Regional Health, for more information about why vaccination is so important. Below are some key takeaways from our interview with Dr. Chaney.

HM: Are the vaccines safe?

**Dr. Chaney:** Pfizer/BioNTech and Moderna vaccines were administered to thousands of individuals in clinical trials. As of May 11, 2021, more than 250 million individuals have been administered one of these two vaccines with only a few causing adverse reactions, typically from those who have an existing food or drug allergy. More recently, Janssen/Johnson & Johnson manufactured a vaccine. While its use was temporarily “paused” due to a very rare adverse reaction, it has been authorized again for use and has been administered to more than 9 million individuals. (Updated from 4/20/21 print version.)

HM: Are the vaccines effective?

**Dr. Chaney:** Both Pfizer and Moderna vaccines are two-dose vaccines. Studies have indicated that they are more than 90% effective in preventing COVID-19. The single-dose Johnson & Johnson vaccine in comparison is 66% effective in preventing one from contracting COVID-19. What is most important is that all three have proven to be nearly 100% effective in reducing hospitalizations and deaths from COVID-19. Individuals are encouraged to take the first vaccine available to them to protect themselves and others and to reduce their chances of hospitalization or death. I have been vaccinated myself and encourage others to do the same.

HM: Can you tell us more about what is referred to as “Long COVID”?

**Dr. Chaney:** While most people infected with COVID-19 will recover within weeks, others can have more long-term health issues. Long COVID is a term used to describe a range of symptoms, including fatigue, shortness of breath, chest pain, heart palpitations, difficulty concentrating, depression, anxiety and other serious health conditions. In addition, post-COVID multi-organ effects can impact body systems, including heart, lung, kidney and brain functions, and may include autoimmune conditions, such as multisystem inflammatory syndrome. Only time and additional scientific studies will reveal how long a person may experience these conditions and whether they may lead to chronic health conditions in the future.

**Martin Chaney, M.D.,** has more than 25 years of experience in clinical care and health care administration. He currently serves as the chief medical officer for Maury Regional Health in Columbia, Tennessee. Dr. Chaney is board certified in internal medicine and pediatrics.
**Why it’s so important**

**HM: Explain virus mutations and the role vaccination plays in slowing that process.**

**Dr. Chaney:** Viruses “hijack” cells from another organism to reproduce. As they multiply, slight changes may occur as new virus RNA (the genetic code of the virus) is being assembled in the host cells. These slight modifications can lead to changes in the virus’ surface proteins or antigens, which sometimes help the virus evade a person’s immune response. These changes can occasionally be so significant that vaccines and treatments are less effective against the new variant virus. This is similar to how the flu virus mutates each year resulting in a new strain or variant. Currently, the most prevalent mutation in the U.S. is the one first identified in the U.K. Other known mutations have been identified in South Africa, Brazil and the latest in California. When people are vaccinated, it slows the spread — or replication rate — and the virus’ ability to mutate. The vaccines currently on the market appear to be fairly effective against these mutations but preliminary data indicates that may vary based on the strain and the vaccine. The best thing we can do to combat these mutations is to get vaccinated as quickly as possible.

**HM: Is there anything else you would like to share?**

**Dr. Chaney:** We are all experiencing pandemic fatigue and we’re eager to resume a normal life, visit our loved ones and take vacations. The most important action that we can take to return to normal is to get vaccinated. However, until an overwhelming majority of the country is vaccinated, we must still wear a mask and avoid large gatherings.

To learn more about vaccination opportunities, visit MauryRegional.com/COVIDvaccine.
Atrial fibrillation — often called AFib — is a serious heart-related condition that affects millions of Americans. AFib causes one’s heart to beat irregularly and often less efficiently. If left uncontrolled, this abnormal heart rhythm can result in serious complications, such as stroke, blood clots and heart failure.

When someone is affected by AFib, they may describe a sensation such as their heart skipping beats, fluttering or beating with an extra intensity. They may also experience shortness of breath, dizziness or weakness. Others have no symptoms whatsoever.

A normal heartbeat consists of steady contractions and relaxations that begin in the upper chambers of the heart and move toward the lower heart chambers that are the main pumps of the heart. A normal heart rhythm is called sinus rhythm, resulting in 60 to 100 beats each minute. This steady heartbeat helps to efficiently push blood from the heart to the lungs and remainder of the body in a controlled manner.

When someone has AFib, the upper chambers of the heart quiver and cause the lower chambers of the heart to beat in a more random and often rapid pattern. This can cause blood to be pumped less efficiently through the lungs and body.

“AFib can occur at any age, but is more common in older adults, as well as those with high blood pressure and/or other heart-related conditions,” said Robert L. Abraham, M.D., a specialist in cardiology and electrophysiology associated with Vanderbilt Heart who performs procedures at Maury Regional Medical Center. “Sleep apnea has also been linked to AFib, so it is important to understand your risk for sleep disorders. Having a family history of AFib can further increase one’s risk. It is important to know that patients whose AFib is managed well can lead normal, healthy lives.”

Diagnosis of AFib typically occurs after an examination by a doctor as well as cardiac testing, such as an EKG. Your doctor will take your entire health into consideration to determine if any underlying conditions may be contributing to the abnormal heart rhythm.

If AFib is determined, a cardiologist may recommend treatment to control symptoms and reduce the risk for stroke. Medications, changes in diet or lifestyle or, in some cases, procedures like the placement of a pacemaker or ablation of heart tissue can be helpful. There are now additional procedures to prevent stroke that can eliminate the need for stronger blood thinners.

If you think your heartbeat may be irregular, or you are experiencing symptoms such as fatigue, dizziness and weakness, ask your doctor if AFib could be a concern.
SALMON TACOS WITH RED CABBAGE SLAW

These healthy fish tacos are full of color, great flavor and good-for-you nutrients. They’re a great way to have a high-protein dinner with immune-boosting vitamin C and heart-healthy omega-3 fatty acids.

**Ingredients**

**TACOS**
- 1 1/2 tsp ground coffee
- 1 tsp brown sugar
- 1 tsp ground cumin
- 1 tsp chopped fresh cilantro
- 1/2 tsp chili powder
- 1/8 tsp salt
- Black pepper to taste
- 1 Tbsp olive oil
- 1 1/2 lbs salmon fillet
- 8 corn tacos, warmed

**TOPPINGS**
- 4 cups thinly sliced red cabbage
- Chopped fresh cilantro
- 1 lime, cut into wedges

**Preparation**

**TACOS**
1. Preheat the broiler. In a small bowl, combine the coffee, brown sugar, cumin, cilantro, chili powder, salt and black pepper. Add the olive oil and stir. Brush the coffee mixture over the salmon.
2. Broil the salmon, skin side down, for 8 minutes or until it flakes easily with a fork. Remove from the heat and break the fillets into chunks.

**YOGURT SAUCE**
Meanwhile, in a small bowl, combine the yogurt, garlic, jalapeño, hot sauce, lime juice, lime zest and honey. Add salt and black pepper to taste.

**TOPPINGS**
Fill the taco shells with the salmon. Top the salmon with the yogurt sauce, cabbage and cilantro. Serve with lime wedges.

**Nutrition Facts**

Serving size: 2 tacos
Calories: 500; Fat: 28g; Saturated Fat: 3g; Cholesterol: 102mg; Sodium: 493mg; Carbohydrates: 24g; Fiber: 5g; Protein: 37g

VEGGIE NOODLE BOWL

This vegetarian noodle bowl is low fat, low cholesterol and filled with antioxidants. If you are looking for a gluten-free version, tamari is a good substitute for the soy sauce.

**Ingredients**

- 4 oz rice noodles
- 2 cups low-sodium vegetable broth
- 1 cup water
- 3 garlic cloves, smashed
- 1 tsp finely minced fresh ginger
- 8 oz shiitake mushrooms, sliced
- 1/2 tsp miso paste
- 1/2 tsp rice vinegar
- 1 Tbsp reduced-sodium soy sauce or tamari
- 1 tsp honey
- 1/4 tsp crushed red pepper flakes
- 2 scallions, chopped (reserve some for garnish)
- 1 tsp sesame oil
- 2 cups chopped kale
- Chili pepper slices, for garnish
- Fresh mint leaves, for garnish
- Fresh basil leaves, for garnish

**Preparation**

1. Cook the rice noodles according to package directions. Drain and rinse the noodles. Set aside.
2. In a large saucepan, combine the vegetable broth and the water and bring to a boil. Add the garlic, ginger, mushrooms, miso paste, rice vinegar, soy sauce, honey, crushed red-pepper flakes, scallions and sesame oil. Reduce heat and simmer for 10 minutes.
3. Add the kale and the noodles and continue to cook until warmed through and the kale is softened. Remove smashed garlic.
4. Serve topped with reserved scallions, chili pepper slices, mint leaves and basil leaves.

**Nutrition Facts**

Serving size: 1 1/2 cups
Calories: 338; Fat: 4g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 494mg; Carbohydrates: 68g; Fiber: 4g; Protein: 7g

Find more healthy recipes in our HEALTHfeed blog at MauryRegional.com/Health-Feed.
Make more memories with those you love.

Fears about COVID-19 shouldn’t result in postponing important screenings that could save your life. Finding cancer early means more treatment options and better chances for survival.

Maury Regional Health is committed to providing cancer screenings in a safe environment, so talk to your doctor and don’t delay any longer.

Learn more at MauryRegional.com/Cancer-Types.

Looking for a doctor?

Maury Regional Medical Group has more than 70 primary care providers and specialists who see patients in our southern Middle Tennessee locations.

Find a doctor by visiting: MauryRegional.com