

















### **JACKSON**

























## 35 Providers

## 11 Specialties

## **Medical Record**



CARDIOLOGY

**ENDOCRINOLOGY** 

FAMILY MEDICINE

**GENERAL SURGERY** 

**INFECTIOUS DISEASE** 

INTERNAL MEDICINE

**NEUROLOGY** 

OB/GYN

OCCUPATIONAL MEDICINE

**UROLOGY** 

VASCULAR SURGERY

#### Whether you need to update your vaccinations or need to have vascular surgery, we've got you covered.

The Jackson Clinic is the area's largest multi-specialty clinic. With more providers and specialties, we provide care that's both exceptional and accessible. Need a routine checkup? We make it quick and convenient. If you need to see a specialist, ours are right here. And with a single electronic medical record, your care is better coordinated at every step. Better care and more convenience.

#### THAT'S THE **POWER OF THE JACKSON CLINIC.**

#### THE JACKSON CLINIC



To schedule an appointment, please call 334-293-8888.

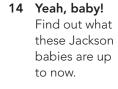
JacksonClinic.org

#### WELCOME

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#### **ONLINE**

#### **OUR NEW WEBSITE FEATURES:**

- Easy navigation
- Beautiful design
- Helpful information And it's mobile-friendly!

COME VISIT US AT WWW.JACKSON.ORG



#### **Check out Jackson Hospital's** new website!



#### **MORE JACKSON:**

### www.jackson.org



www.facebook.com/jacksonhospital www.twitter.com/jacksonhospital



#### Summer 2016

PARTNERS is published quarterly as a community service for the friends and patrons of JACKSON HOSPITAL 1725 Pine St.

Montgomery, AL 36106-1117 334-293-8000 | www.jackson.org PETER FROHMADER

MARY TYLER SPIVEY

tions about PARTNERS, please contact us at partners@jackson.org or 334-293-8805.

Founded in 1946, Jackson Hospital is a community not-for-profit hospital serving Montgomery and the Alabama River Region. Our comprehensive healthcare services include cardiac, cancer, neurosciences, orthopedics, surgical care, and women's and children's care, along with 24-hour emergency services.

Information in PARTNERS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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#### **JACKSON** IS PUTTING **PATIENTS FIRST!**

#### DEAR FRIENDS.

I am extremely proud of our healthcare team at Jackson Hospital. Looking back at our history, I have realized the hometown heroes who came before us made this hospital what it is today: the longest-standing privately owned community hospital in Montgomery.

This year we are marking three very significant milestones: Jackson Hospital will celebrate 70 years of operation, Jackson Hospital Foundation will celebrate 40 years, and The Jackson Clinic will celebrate 10 years.

The highest priority at Jackson Hospital is putting our patients first and treating them with compassion. This is what Jackson Hospital is known and respected for. You have our commitment to faithfully serve the community, and we are confident that our mission is clear and will be accomplished at Jackson Hospital and The Jackson Clinic.

For those of you who have made Jackson your hospital of choice, we thank you.

Joe B. Riley President and CEO



Rebecca Crumpton needed some answers.

"In October 2015, I had a strange tingling feeling in my pinky finger on my right hand," says Crumpton. "My muscles had been really tense, so I just wrote it off as a strange side effect from overworked muscles, and it faded within a week or so. It came back in December and gradually grew to a numbness that spread into the bottom half of my hand and up the bottom of my right arm to my shoulder. I also had occasional joint discomfort."

#### Tracking down the truth

Crumpton has a family history of rheumatoid arthritis, and after an exam with a rheumatologist, she was referred to

neurologist Larry Epperson, MD. "He looked at my hand, asked lots of questions, and eventually I had a nerve test to check the activity and response of the nerves in my arm.

"The results from the nerve test didn't show any problems; however, there was apparently something wrong. Dr. Epperson continued to ask the same questions: are you experiencing neck pain; does your eyesight seem to be giving you any problems; do you have a family history of MS? All of which I could give the answer 'no.'"

Dr. Epperson suggested Crumpton get an MRI to see if she had a pinched nerve in her neck, which would cause the numbness and tingling sensation.

"I was able to be worked into the

technology led to a timely MS diagnosis

schedule for the same afternoon at the Jackson Imaging Center. They prepared me for the MRI and set up music to listen to, which was a nice and easy way to occupy my mind while laying perfectly still." After the first scan, Rebecca's radiologist wanted to run a second scan with MRI contrast, which is when a special dye is injected to enhance certain abnormalities. After a couple of days, Dr. Epperson's office called Rebecca with the results of her scans—they showed signs indicative of multiple sclerosis.

#### 2 TIMES THE CLARITY. COMFORT

The new state of the art technology with the 3 tesla (3T) MRI is changing the way staff are able to help patients at The Jackson Imaging Center. Radiologist Brad Thomas, MD, says, "It's almost like doubling the megapixels on a camera, so we are able to find more clarity and see smaller structure and so it can detect disease earlier and also make a more accurate diagnosis, from prostate to breast imaging and more. In addition to diagnosis, we also have some advanced neuroimaging protocols that we are using to detect multiple sclerosis plaques earlier and also do some advanced imaging of the brain stem with disorders such as Parkinson's disease."

As for the actual patient experience, patients may notice more room while getting the MRI. The open bore on this magnet cuts down on the claustrophobia, and a window in the room helps patients feel at ease. Patients can also listen to music while they are having the MRI, and it can even scan faster if needed, cutting the patients' scan time in half.

> All of these features are part of an effort to make the experience a little more comfortable, with more accurate results. Jackson Hospital still has the 1.5-strength MRI in case a patient has an implant that may interfere with the 3T imaging. Patients can request to go to the Jackson Imaging Center even if a doctor refers them to another place for an MRI.



See the 3T MRI in action. Go to jackson.org/3TMRI.

"A week after my initial appointment and MRI, I went back into Dr. Epperson's office for a lumbar puncture and an eye test, or a Visually Evoked Potential (VEP) test, and scheduled a follow-up appointment. March 31 was the day I received my diagnosis."

Dr. Epperson reported there were lesions found in Rebecca's C-spine and multiple lesions in her brain. He said that Rebecca's VEP test looked fairly normal, and that her immunoglobulin G levels were not elevated as is typical in MS patients. However, there was a high level of oligoclonal bands, something found in MS patients.

#### Catching MS early

Dr. Epperson was able to diagnose Crumpton's MS—specifically, relapsingremitting MS—at an early stage.

Crumpton's medication will not cure her MS or solve any permanent damage, but her doctors are expecting it to slow down the process and cause exacerbations to be much further apart.

Crumpton wants to be an example for

others who simply brush off symptoms. "My mentality has always been 'Life doesn't stop. Those in it are more important. Take time for yourself when circumstances slow down.' I finally took a step for myself that eventually led me to this very early diagnosis, which in turn led to the possibility of a longer, fuller life due to earlier treatment.

"It also makes me very thankful the new 3 tesla MRI was at the Jackson Imaging Center," Crumpton says. "It is possible that an older machine may not have detected much of what was

seen on my scans. Had I not had the wonderful care and latest technology at the Jackson Imaging Center, I could still be searching for answers."



family are thankful her MS was caught early.

## Caring for our student athletes















To learn more about our sports medicine services, visit jackson.org/sportsmedicine.

Jackson Hospital's sports medicine program provided 1,855 free physicals to student athletes on Saturday, May 14. The annual event gives student athletes the opportunity to receive a free physical so they are eligible to participate in school athletics during the upcoming academic year.

Nine doctors, eight medical students, 35 clinical volunteers and 80 nonclinical volunteers assisted with providing physicals to 744 female athletes and 1,111 male athletes at the event, held at Saint James School.

"This is an excellent service to our community that Jackson Hospital has been providing for many years," says Charles Lee, director of sports medicine at Jackson Hospital. "Schools require that students have a sports physical in order to compete in athletics during the following year. We partnered with 26 area schools to provide this

For area schools, the service is a valuable asset to athletic programs. "Many athletes do not have the means to obtain a physical exam,

and Jackson Hospital does a great service by offering the annual free physicals," says Jerry Browning, athletic director at St. James School. "We are very appreciative of Jackson Hospital and Rehab Associates for doing this for our kids each year and are glad to host it at the school. It is great to have this opportunity for these kids to come to one location. With the large volume of student athletes, it's a community effort to get this done. It could never happen without the volunteers and doctors giving up their time."

Jackson Hospital Sports Medicine is a partnership between Jackson Hospital, Rehab Associates and Alabama Orthopaedic Specialists.

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## 80

#### JACKSON HOSPITAL SPORTS MEDICINE

The fall sports season is here, and that means Jackson Hospital Sports Medicine kicks into high gear to be there when your student athletes need us. Our board-certified and fellowship-trained physicians and certified athletic trainers cover more than 40 schools in the tri-county area. Working together with the resources of Jackson Hospital, they provide the most comprehensive sports medicine program in Central Alabama.



G. Dexter Walcott Jr., MD Sports Medicine, General Orthopaedics



Charles W. Hartzog Jr., MD Sports Medicine, General Orthopaedics



#### PROGRAM BENEFITS

- 24-hour sports injury physician care
- Board-certified orthopedic surgeons from Alabama Orthopaedic Specialists, fellowship-trained in sports

1,855 free physicals to student athletes

- Football Friday injury clinic at the Jackson Hospital emergency room
- Sideline coverage from certified athletic trainers
- Sports medicine injury clinics each Saturday during football season
- · Sports rehabilitation program from Rehab Associates to get back in the game quickly
- CPR instruction and taping clinics



#### **HONORING** A GREAT NURSE

Jackson Hospital nurse Lindsey Ryll, RN, BSN, was honored with the Pam Wolfe Award at the Medical Society of Montgomery County awards banquet held May 16.

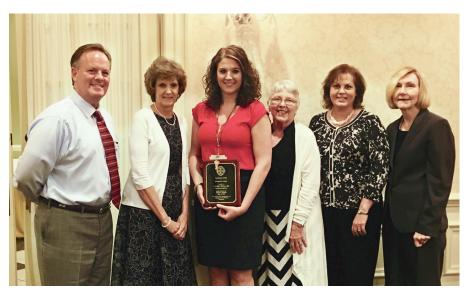
Ryll is a nurse educator in the education department at Jackson Hospital. She began her nursing career at Jackson Hospital as a new graduate. She is one of several key educators that worked to develop our nurse residency program.

#### A HEART FOR OTHERS

Ryll decided to be a nurse after a mission trip to Africa and has traveled on international mission trips through her church annually. She is a Troy University graduate, and is currently pursuing a master's degree in nursing education from Chamberlain College. She is married to the administrative pastor of Montgomery First Assembly of God Church. Ryll lives in Pike Road and enjoys time with her two dogs.

#### A LISTENING EAR

"Lindsay has been instrumental in developing and presenting the majority of classes for Jackson's nurse residency



Pictured left to right: Joe Riley, President and CEO; Dawn Cox, Nursing Orientation Educator; Lindsey Ryll, RN, BSN, Academic and Residency Program Coordinator; Elizabeth Conway, AHA Training Coordinator; Linda Hill, Director of Nurse Recruitment; and Sharon Goodison, Vice President and Chief Nursing Officer.

program," says Sharon Goodison, vice president and chief nursing officer. "She frequently checks on our new nurses and is a listening ear for them. She accompanies our nurse recruiter Linda Hill to local schools of nursing and actively recruits for our nurse residency program."

The Pam Wolfe award is a service award dedicated to the memory of

Pam Wolfe, RN, who served as nurse manager at a Montgomery hospital. She was recognized by her peers and faculty for her leadership and devotion to nursing. Pam exemplified true leadership, a strong work ethic, positive attitude and devotion to her patients.

The annual award ceremony is sponsored by the Medical Society of Montgomery County.



Considering being a nurse? Do you want a career that makes a difference? See our current openings at www.jobsatjackson.org



Hear April Lightfoot's story—how Jackson Hospital helps her thrive and grow as a nurse. www.jackson.org/lightfoot.



At Jackson Hospital, care and compassion is a vocation. Watch our nurses at work. www.jackson.org/ryll.

## Ne've got spirit,

#### Celebrating 70 years of community at Jackson

Jackson Hospital is a community hospital in the truest sense of the word. Community spirit has been part of our DNA for 70 years. Jackson Hospital's history is integral to the history of medicine in Central Alabama. The hospital's origin dates back to 1894, when Watkins Infirmary received its first patients at the hospital's present location.

#### A man with a vision

Benjamin Franklin Jackson, II, MD, had a vision of forming a community hospital that would furnish medical care in the community with no restrictions. This was going to be a difficult task, considering the state of the economy following World War II, but he didn't give up.

In 1946, he purchased the south half of the Forest Avenue block ending at Pine Street from T. Brannon Hubbard, MD. for \$25,000. Dr. Frank was able to secure the money with the assistance of the late A.J. Price, a Montgomery pharmacist and owner of Price's Drugs.

On September 16, 1946, Jackson Hospital opened with 37 patient beds and five attending physicians. Along with Dr. Frank Jackson, who organized the

daily affairs of the hospital, those physicians included his father, Benjamin Franklin Jackson, Sr., MD; his brother, Truett Jackson, MD; Claude Johnson, MD; Hugh MacGuire, MD; and J.R. Penton, Sr., MD.

During the summer of 1947, Dr. Frank persuaded his friend, Douglas Goode, an electrical engineer by trade, to become the first administrator of the hospital. Shortly after, in 1949, Jackson Hospital was granted not-for-profit status and became officially known as Jackson Hospital & Clinic, Inc.

#### Honored for excellence

Then in 1955 it was accredited by the Joint Commission on Accreditation for Healthcare Organizations (now The Joint Commission). Since then the hospital has maintained its high standard of quality by successfully passing all subsequent national and state accreditation surveys.

Over the years Jackson Hospital has embraced countless advancements in medicine and technology. Changes in the cardiac catheterization lab, endoscopy and outpatient areas, as well as the construction of the Jackson Surgery Center and the Jackson Imaging Center in 2008,

enhanced patient care and experience.

Today, licensed for 344 beds, Jackson Hospital ranks among the largest hospitals in Alabama and is nationally recognized for the excellence in care it has traditionally provided to all who use its services. Jackson has earned the Gold Seal of Certification from The Joint Commission for Spine Surgery, Heart Attack Care and Stroke Care. Jackson has also earned the Blue Cross Blue Shield Distinction for Maternity Care, Knee and Hip Replacement and Spine Surgery. Even with the latest technology and facilities, we remain true to our mission of providing superior healthcare in a safe, compassionate environment.

#### Thanks to you

It certainly takes a village to maintain a hospital, and we wish to acknowledge our community's continued support, especially the contributions of our physicians, administration and staff, volunteers, board of trustees and foundation board members, and of course our many donors. Our deepest thanks for all that you continue to do to make ours a model community hospital.





**President** and CEO: Joe Riley

More than 13,000 hospital admissions



More than **87,000** outpatient visits More than **23,274** surgeries



More than **47,000** emergency room visits





Information from 2015



### **JACKSON HOSPITAL'S**

**MILESTONES** 



1946 Jackson Hospital is founded

1949 Jackson Hospital becomes a not-for-profit organization



1950 Three-story East Wing is built

1955 Fourth floor is added to East Wing

1958 Four-story West Wing is built

1962 South Wing is built

1964 Pont Rouge restaurant opens

**1970** Two additional floors are added to the West Wing

1970 Five-story Goode **Medical Building** is built

1976 Jackson Hospital Foundation is established

1976 Six additional floors are added to Goode Building

1978 North Wing is built

CELEBRATING



1987 Radiation Therapy Building is built

1987 Materiel Management Warehouse is built

**1990** 1801 Professional Office Building is built

1991 MRI Building is built









1996 Groundbreaking ceremony for current hospital tower

1998 The Pine Street Café opens

1999 Construction of current hospital tower completed

2006 Formation of The Jackson Clinic

2007 Jackson Hospital implements electronic health record

2008 The Jackson Imaging Center opens

2008 The Jackson Surgery Center opens

2008 First da Vinci robotic surgery is performed

2008 Heart Center expansion

2011 The Jackson Family Medicine Center opens

2013 The Jackson Clinic, Prattville location opens

2013 Addition of integrated operating room suites

2013 128 Slice CT Scanner installed at The Jackson Imaging Center

2014 Installation of Stryker iSuites for neurosurgery

2014 The Jackson Clinic, Pike Road location opens

2016 The Family Birth Center opens

2016 3T MRI installed at The Jackson **Imaging Center** 





















#### Prostate cancer

## NEW TECH, faster detection

Prostate cancer continues to be a major health concern for men, and especially men in Alabama. It remains the second leading cause of cancer-related death in men. About

1 in 39 men will die from the disease. Recent studies have suggested that more men are diagnosed with advanced or metastatic prostate cancer, and this may be related to an overall decline in prostate cancer screening.



Brian Richardson, MD

"Recent advances in technology have allowed for better screening and better assessment of prostate cancer risk," says Brian Richardson, MD, urologist at The Jackson Clinic. "Jackson Hospital offers some of the most advanced technology available to improve the ability to diagnose, stage and treat prostate cancer."

The new tests include:

- Advanced prostate imaging with the region's only 3T MRI, which allows for more accurate diagnosis and targeted prostate biopsies.
- Simple blood testing called the 4Kscore that improves the sensitivity

- of PSA testing and more accurately predicts high-grade prostate cancer, reducing the need for unnecessary procedures.
- Molecular testing. After a diagnosis of prostate cancer, we are now able to further test the prostate cancer cells at the molecular and cellular level to determine if the cancer is indolent (slow-growing) or aggressive.

The urology specialists at Jackson use the latest tools to better diagnose prostate cancer and determine the best course of action, whether through continued monitoring or other treatment.

#### KEY STATISTICS FOR PROSTATE CANCER

#### **HOW COMMON IS PROSTATE CANCER?**

Other than skin cancer, prostate cancer is the most common cancer in American men.



#### Survival rates For all stages of

prostate cancer, the 5-year relative survival rate is almost 100%.

#### **PROSTATE CANCER**

About 1 man in 7 will be diagnosed with prostate cancer during his lifetime.

Talk to your provider about your prostate cancer risk factors and screening options. Visit jackson.org/prostate to learn more about the disease.



## Nightingale of paradise

Jackson Hospital mosaic mural designed to bring peace



#### Critters

- O 1 caterpillar
- O 3 bees feeding at flowers
- O 1 bee resting
- O 1 grasshopper
- O 2 lady bugs
- O 1 frog
- O 1 rabbit
- O 2 hummingbirds
- O 2 moths
- O 2 dragonflies
- O 4 butterflies
- O 1 nightingale

#### **Flowers**

- O Cosmos
- O Delphinium
- O Dandelion O Echinacea
- O Daisv
- O Gaillardia
- O Iris



O Lily O Tulip The mosaic mural is a point of respite from the hustle and intensity of the day.

It was designed to uplift the spirits of the patients, families and staff in the maternity wing. It is meant to be a place of solace, like stepping into a flower garden full of life and transformation; a beautiful place because of its vibrant diversity of life-forms and color. It's as if the whole garden is lifting up its voice to sing with the nightingale, which is warbling its melody of joy, rejoicing in a new

#### Fun for kids to find

Throughout the mural there are various forms of garden life; however, they are mostly concentrated in the lower third of the mural. This concentration was purposefully placed for the delight of the many children that pass through the hallway. It is hoped that families will take a minute to identify the flowers and search for the bees, ladybugs, frog, rabbit, butterflies and other animals that dwell in this mural (see left).



The "Nightingale of Paradise" mosaic mural by Enid Probst was made possible by grants from the Alabama State Council on the Arts, National Endowment for the Arts and community donors.

Come see why Jackson Hospital is the premier location in the River Region to welcome your new baby. For more information on birthing classes or to schedule a tour of the Family Birth Center at Jackson Hospital, call 334-293-8497.

## Jackson babies

Hunter Shirah was born January 11, 1993, at Jackson and delivered by Roger Duggar, MD. Hunter is a recent graduate of Huntingdon College, where he was an All-American baseball player and graduated with a degree in exercise science. Hunter is a professional bareback rider with the Professional Cowboys Association. He is currently ranked 6th in the world.

Tyler Shirah was delivered at Jackson Hospital April 14, 1993, by Roger Duggar, MD. Tyler is now a police officer with the Montgomery Police Department.

If you would like to share your Jackson baby in Partners, please email partners@jackson.org or call 334-293-8977.



#### Find out more online

There's more about these and other classes on Jackson Hospital's website, www.jackson.org/events.

## Health steps

#### WELLNESS AND SAFETY

#### Joint Venture Class

FIRST AND THIRD THURSDAYS, SEPT. 1, SEPT. 15, OCT. 6, OCT. 20

9 TO 11AM

Before total joint surgery, you and a coach are required to attend this class. Schedule at least four weeks before surgery. Jackson Hospital Classroom 1

334-293-8500

#### **AARP Driver Safety Course**

FRIDAY, SEPT. 16 8AM TO 4PM \$15\*/\$20 Jackson Hospital Classroom 1 Reservations required: 334-293-8805 \*Discount for AARP members

#### **Breastfeeding Class**

SATURDAYS, SEPT. 10, OCT. 1 10AM TO NOON Jackson Hospital Classroom 1 334-293-8497

#### **COMMUNITY EVENTS**

#### LifeSouth Blood Drive

WEDNESDAY, OCT. 5 8AM TO 6PM Jackson Hospital Classroom 1

#### Jackson Hospital Foundation's Midtown Goes Downtown

THURSDAY, OCT. 13 Central Restaurant, 129 Coosa St., Montgomery Call The Foundation for reservations at 334-293-6940.

#### Making Strides of Montgomery

SATURDAY, OCT. 15 REGISTRATION AT 7:30AM, WALK AT 9AM Riverwalk Stadium, 200 Coosa St., Montgomery

#### Farmers Market at the Shoppes of Eastchase

SATURDAYS UNTIL OCT. 22 7AM TO NOON 7274 Eastchase Lane, Montgomery



#### Thursday, October 13, at 7pm

The Jackson Hospital Foundation's Midtown Goes Downtown is the event of the season, with live music and delicious local cuisine from Central. Tickets are \$150 per person. Buy tickets online at

www.Jackson.org/midtown.

For more information, call the Foundation office at 334-293-6940.



LIGHTS OF LOVE
Remember or honor your loved one this holiday season with a light on our Lights of Love tree.

Join us for the lighting ceremony: Thursday, Dec. 8
Jackson Hospital lobby

Jackson Hospital & Clinic, Inc. 1725 Pine St. Montgomery, AL 36106

Nonprofit Org. U.S. Postage PAID Jackson Hospital



# "Jackson will always le my hospital"

My first exposure to Jackson Hospital was back in 1965 at the age of 6, when a dog ripped my ear almost completely off. Mom rushed me to the ER, where Dr. Lightfoot skillfully stitched it back up. As a child I was treated by Dr. Brock and Dr. Barnes, who were Jackson staff members. Growing older, I later graduated into the fine care of Dr. John Webb and Dr. Phillip Robinson.

The only time I've ever been hospitalized was for three days in 1997 with some stomach issues, which would be diagnosed as outpatient today. However, I received very fine care from the staff and Drs. Webb and Robinson. In fact, while living in Florida, I drove up here a couple of times with health issues to see Dr. Robinson. He really had a great personality and a wonderful bedside manner.

Unfortunately, my mother was in and out of Jackson several times before she passed away in 2000 from complications involving stroke and diabetes. The care she received at Jackson from the nursing staff was phenomenal. Their attentiveness and expertise was beyond comparison—always there when we needed them with a good attitude and very caring. When mom died just before Christmas, I could not bring the nursing staff enough candy to thank them for their dedication.

Just months after my Mom passed, my Dad's esophagus ruptured. He was rushed to Jackson ER, where Dr. Stephen Kwan called it a "one in a million" thing. He gave Dad about a 30 percent chance of survival prior to surgery. Though I knew the situation was in God's hands, once again the Jackson staff saved him and nursed him back to health.

As with Mom, the staff was super in their treatment. After being diagnosed with diabetes myself, I have been under the fine care of Dr. Glenn Yates. I joke with him that he runs a close second to Dr. Robinson. Though my family has dwindled, "Jackson will always be my hospital."

— Bill Loving Jr.

