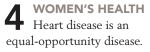


# WINTER 2016







10 | A BIG THANKS! Lights of Love shone bright in 2015.



13 | TOUCHSTONE Our members drive innovation in the region.

**MOM AND BABY** Why Katie Svela Crews is back at Jackson.

> 15 | DOCTORS' DAY You help us acknowledge our excellent physicians.

# Here's to a healthy 2016!



**DEAR FRIENDS:** 

A new year brings forth growth, change and new beginnings. That's definitely the case at Jackson. We have a wonderful newly renovated Family Birth Center to welcome many new lives into the world. Funded completely by the Jackson Hospital Foundation, the \$3 million renovations integrate comfort and convenience and feature state-of-theart construction and equipment to make your birthing experience the best it can be.

We have more reasons to celebrate as Blue Cross Blue Shield recognized Jackson Hospital as a Blue Distinction Center+ for hip and knee replacements, maternity care, and spine surgery. Blue Distinction Centers have a proven track record for delivering better results including fewer complications and readmissions—than facilities without these recognitions.

Don't forget: March 30 is National Doctors' Day. Please consider showing your appreciation with a gift to the Jackson Hospital Foundation in honor of your doctor.

Thank you for entrusting your family's health to Jackson Hospital. We look forward to sharing our new facilities and services with you in 2016.

# Joe B. Riley

President and CEO

# Next time you're online

Check out www.facebook.com/jacksonhospital, www.twitter.com/jacksonhospital and www.youtube.com/jacksonhospital.

Also be sure to visit Jackson at www.jackson.org.



Find us on **f** 





PARTNERS is published 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

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For address changes, comments or suggestions 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 com 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 VASCULAR SURGERY RECEIVES VASCULAR TESTING ACCREDITATION BY THE IAC

Cardiovascular diseases—disorders of the heart and blood vessels—are the No. 1 cause of death in the United States. On average, every 39 seconds, an American dies of cardiovascular disease. Early detection of life-threatening heart disorders, stroke and other diseases is possible through the use of vascular testing procedures performed in hospitals, outpatient centers and physicians' offices. There are many factors that contribute to an accurate diagnosis based on vascular testing, among them the skill of the technologist(s) and the interpret-

ing physician(s), the type of instrument used, and quality assurance measures.

The Jackson Clinic Vascular Surgery has been granted a three-year term of accreditation in vascular testing in the areas of peripheral venous testing by the Intersocietal Accreditation Commission (IAC). This means that the Jackson Clinic Vascular Surgery has undergone a thorough review of its operational and technical components by a panel of experts. The IAC grants accreditation only to those facilities that are found providing high-quality

# TIDBITS



# March 30 is National Doctors' Day.

Show your appreciation with a gift to the Jackson Hospital Foundation in honor of your doctor. See the enclosed envelope.

patient care in compliance with national standards through a comprehensive application process, including detailed case study review.



# SKILLED HANDS

The Jackson Clinic Vascular Specialists—Brian Sellers, DO, and Gino Castaneda, MD—performed an endovascular repair of a thoracic aortic aneurysm, a first at Jackson Hospital, in late 2015. A thoracic aortic aneurysm, an abnormal bulge in a weakened wall of the aorta in the chest area, can cause a variety of symptoms and often life-threatening complications. Due to the serious risks it presents, timely diagnosis and treatment of a thoracic aneurysm are crucial. Endovascular repair of thoracic aneurysms is generally less painful and has a lower risk of complications than traditional surgery because the incisions are smaller. Endovascular aortic aneurysm procedures also allow you to leave the hospital sooner and recover more quickly after your aorta repair. Dr. Sellers' recent patient now has a great life-expectancy since having this successful procedure. The Jackson Clinic Vascular Specialists continue to strive for excellence.

# DISTINGUISHED IN YOUR SERVICE

Blue Cross Blue Shield has recognized Jackson Hospital as a Blue Distinction Center+ for Hip and Knee Replacements, Maternity Care, and Spine Surgery.

Blue Cross Blue Shield's evaluation criteria are based on what impacts you and your care the most, including:

- The expertise of the medical team
- The number of times the facility has performed the procedure
- The facility's track record for procedure results
   Quality remains key. Only those facilities that first meet

Quality remains key. Only those facilities that first meet nationally established, objective quality measures for Blue Distinction Centers will be considered for designation as a Blue Distinction Center+.

Blue Distinction Centers have a proven track record for delivering better results—including fewer complications and readmissions—than facilities without these recognitions.



BlueDistinction®
Center+
Knee and Hip Replacement



Designated
BlueDistinction
Center+
Maternity Care



BlueDistinction®
Center+
Spine Surgery

Blue Distinction Centers (BDC) met overall quality measures for patient safety and outcomes, developed with input from the medical community. A Local Blue Plan may require additional criteria for facilities located in its own service area; for details, contact your Local Blue Plan. Blue Distinction Centers+ (BDC+) also met cost measures that address consumers' need for affordable healthcare. Each facility's cost of care is evaluated using data from its Local Blue Plan. Facilities in CA, ID, NY, PA, and WA may lie in two Local Blue Plans' areas, resulting in two evaluations for cost of care; and their own Local Blue Plans decide whether one or both cost of care evaluation(s) must meet BDC+ national criteria. National criteria for BDC and BDC+ are displayed on www.bcbs.com. Individual outcomes may vary. For details on a provider in-network status or your own policy's coverage, contact your Local Blue Plan and ask your provider before making an appointment. Neither Blue Cross and Blue Shield Association nor any Blue Plans are responsible for non-covered charges or other losses or damages resulting from Blue Distinction or other providers.

# Women and heart attacks



# BE AWARE of subtler

If your dad said, "It feels like there's an elephant sitting on my chest," chances are you'd dial 911 and tell the operator, "We think it's a heart attack." But what if your mom said, "I'm totally exhausted, and I feel sick to my stomach" would you consider her wise to take some stomachsettling medicine and a nap?

Would you know that her nausea and extreme fatigue could be signs she's having a heart attack?

Even though every 90 seconds a woman in the U.S. has a heart attack, many people don't know a woman's symptoms can sometimes be different and more subtle than a man's. And when a woman doesn't realize she's having a heart attack, she may not get the emergency care she needs to prevent possibly fatal damage to her heart.

# Know the symptoms

For both men and women, the most common signs of a heart attack are:

- Pain, pressure, squeezing or discomfort in the chest
- Sudden cold sweats
- Fatigue for no reason
- Sudden dizziness or lightheadedness
- Shortness of breath for no apparent reason
- Nausea or vomiting

Of these, the last three tend to be more common for women than for men. Women are actually twice as likely as men to vomit or be nauseated during a heart attack. They might also:

- Have pain or pressure in the lower chest, stomach and upper abdomen
- Feel really tired
- Experience sudden dizziness, with or without fainting

Wynne Crawford, MD, of Montgomery Cardiovascular Associates, PC, says: "Heart disease is an equal opportunity disease. Women just happen to get it about 10 years later than men."

More than half of women having a heart attack report generalized weakness that's not related to exercising. For some, extreme breathlessnessalso without exertion—is the only sign they're having a heart attack.

According to a survey by the American Heart Association, many women would be reluctant to call for emergency medical help if they thought they were having a heart attack. Yet it's vital to get immediate help. Treatment is most effective if given within one hour after symptoms start.

So if you or anyone you know has one or more symptoms of a heart attack, call 911 right away. Don't wait more than five minutes to get help.

CERTIFICATION NOT THE

The Joint Commission has awarded Jackson Hospital with



Jackson Hospital understands women's hearts and women's heart attacks. Trust us with yours.

# **SYMPTOMS**





# LOVE YOUR HEART!

Women's Heart Health Seminar and Screening

- Wednesday, Feb. 24, 11am (screening), noon (lunch and seminar)
- \$5 (free for My Hospital Card members)
- Goode Building, 11th floor Learn more about women's heart health and living with heart disease at this seminar from Wynne Crawford, MD, of Montgomery Cardiovascular Associates, PC.

Fee includes glucose and blood pressure testing and a heart-healthy lunch!

Registration is required. Visit jackson.org/events, or call 334-293-8805.

# 5555

# TO-DO LIST FOR UMBILICAL CORD DONOR MOMS:

- Let your doctor or midwife know that you want to donate your cord.
- If possible, register with LifeCord staff.
- Make sure that all of your registration forms have been filled out completely:
  - Maternal Demographic Information Form
  - Family Medical History Questionnaire
  - Maternal Risk Questionnaire
- Fill out your consent form.
- On the day of your delivery, remind your delivery team that you want to donate your cord.

CORD-IAL YOURS

The umbilical cord, the placenta and the blood they contain are usually discarded after birth.

But they can be lifesaving.

Have you considered donating cord blood? It's simple and painless; it's free; and it will not affect you, the baby or the birthing process.

### What is cord blood?

Cord blood is the blood remaining in the umbilical cord and placenta after a baby is born. Cord blood is rich in blood-forming cells.

### How is cord blood used?

Each year, thousands of people are diagnosed with cancer and other life-threatening diseases, such as leukemia or sickle cell disease. These can be treated with a cord blood transplant. Cord blood transplants replace diseased blood-forming cells with healthy cells.

The treatment process is similar to a bone marrow transplant. Like marrow, cord blood is rich in stem cells, which generate red blood cells to resist disease. A cord blood unit does not have to match a patient's tissue type as closely as donated marrow does. This means more patients are able to receive transplants.

# Who needs a cord blood transplant?

- Patients in need of a transplant quickly.
   Cord blood units are stored and ready to use immediately.
- Patients who have a hard time finding a matched bone marrow donor.
  - Patients from racially or ethnically diverse communities, who often have uncommon tissue types. Because cord blood does not have to match the patient as closely as bone marrow, it may offer more people from diverse racial and ethnic communities a second chance at life.

# Is there any cost for donation?

There is no cost for donating cord blood to a public cord bank, such as LifeCord. LifeCord incurs the cost of collecting, testing, processing and storing the cord blood.

# How is cord blood donated?

Donating cord blood to a public

cord blood bank involves talking with your doctor or midwife about your decision to donate. If possible, register with LifeCord staff. Upon arriving at the hospital, remind the labor and delivery team that you are donating your umbilical cord blood. After the delivery of your baby, the blood remaining in the umbilical cord will be collected and tested.

# **ABOUT LIFECORD**

LifeCord, a program of LifeSouth Community Blood Centers, performs community and donor education, cord blood collection and processing, distribution of the cord blood units, and evaluation of transplant outcomes.

Phone: 1-888-795-2707,

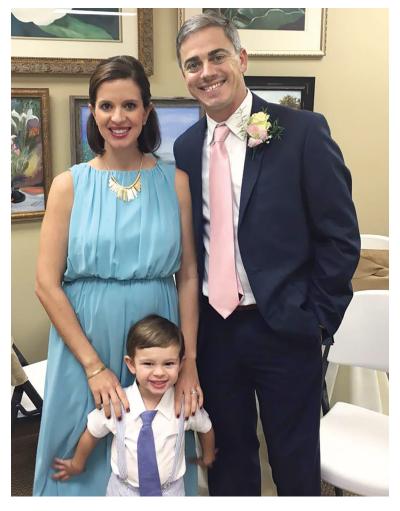
ext. **41738** 

Email: lifecord@

lifesouth.org



# STEPPING RIGHT INTO THE GARDEN



Thomas and Katie Svela Crews, with their son, George, who was born at Jackson in 2012. Katie will deliver her newest addition in early 2016 at the Family Birth Center at Jackson Hospital.



# THANKS TO YOU!

Special thanks to our generous donors for making this beautiful birth center a reality. Visit our donation page for more opportunities to give at www.jackson.org/onlinegiving.

Housed on the fourth floor in Jackson Hospital's north wing, the Family Birth Center at Jackson Hospital is the ideal place to have your baby. Funded completely by the Jackson Hospital Foundation, the renovations integrate comfort and convenience and feature state-of-theart construction and equipment to make your birthing experience the best it can be.

Babies are born every day, but at the Family Birth Center at Jackson Hospital, we don't treat childbirth like an everyday event. From expert care teams to comfortable labor, delivery and recovery suites to our special care nursery, the experience is exceptional for mom and baby.

# A moment of beauty

The main entry is made beautiful by a mosaic, "Nightingale of Paradise," created and installed by local artist

# BENEFITS TO FAMILY-CENTERED MATERNITY CARE

- Smoother adjustment
- Better communication
- More confidence through better education
- Peace of mind
- Easier and more successful breastfeeding
- A happier, more stable baby
- Family bonding

# MEET THE ARTIST









# CALLING ALL JACKSON BABIES!

Were you born at Jackson? Did you have your baby at Jackson?

We want to hear from you.
Send us your baby photo or tell
us your story—and get a chance
to win a special gift.
Simply email us at
Partners@jackson.org.

Enid Probst and her assistant, Celeen Robertson. The mosaic was designed to uplift the spirits of the patients, families and staff of the Family Birth Center. It is like stepping into a flower garden full of life and transformation—a beautiful place because of its vibrant diversity of life forms and colors. The whole garden lifts up its voice to sing with the nightingale, which is warbling its melody of joy.

The details of the mosaic are concentrated on its lower third. That is intentional, considering the many children that pass through the hallway. Take a minute to identify the flowers and search for the bees, ladybugs, frog, rabbit, butterflies and other creatures featured!

The overall color scheme is light, balanced by cheerful accents of orchid, fresh green, rouge, sky blue and aqua. The Jackson Hospital Foundation and Total Image by Capitol Filmworks hosted a River Region photography contest to provide unique nature imagery for the Family Birth Center that shows new life.

"The first impression for visitors is that they have arrived at a special place," says Janet McQueen, Vice President of Marketing and Development.

Colorful images display selected works by local amateur photographers, Jackson Hospital employees and photography students at Booker T. Washington Magnet High School. The collection is presented free-floating on specially coated aluminum plates that take on a magical luminescence with an almost three-dimensional effect.

# Right at home

Rooms have a family zone with comfortable sleeping and seating accommodations. Safety is a priority. We use quality materials and design details to prevent infection.

"Welcoming a new baby is such an exciting time for families, and we want our Family Birth Center to reflect the joy that comes with new life," McQueen says. "These renovations give our new moms spacious labor and delivery rooms doubling as recovery suites, while giving our physicians new state-of-the-art equipment they need to make Jackson Hospital a premier location for labor and delivery in the River Region."

# PHYSICIANS WITH PRIVILEGES AT JACKSON BIRTH CENTER

Winston M. Ashurst, MD
Winston "McCain" Ashurst II, MD
Latoya S. Clark, MD
Joseph A. Desautels, MD
Christopher R. Duggar, MD
Roger S. Duggar, MD
Allen R. Dupre, MD
Joseph A. Ferlisi, MD
Jason K. Gentry, MD
Benjamin C. Griggs, MD

Henry G. Johnson, MD Gregory P. Jones, DO David L. Kouri, MD Byron P. Lawhon, MD Jennifer J. Logan, MD Keith C. Martin, MD Roosevelt McCorvey, MD Julian E. McIntyre, MD Natalie R. Needham, MD William A. Newman III, MD

Victor E. Pena, MD
Matthew E. Phillips, MD
Edward W. Reed, MD
Glenn J. Saucer, MD
Paula J. Sullivan, DO
William E. Thomas, MD
Gregory A. Waller, MD
Frankie K. Whittington, MD
Charles D. Williams Jr., MD
Cheryl A. Zimmerman, MD







This project was made possible by grants from the Alabama State Counci on the Arts, National Endowment for the Arts and community donors. Custom mosaic "Nightingale of Paradise" created and installed by local artist Enid Probst and assistant

# Meet a Jackson mom!

Katie Svela Crews is no stranger to Jackson Hospital. In 2012, she chose Jackson as the place to deliver her first-born, George. Now that the Family Birth Center is open, she is returning to have her second child. We asked her about her past experience as well as her hopes for her new bundle of joy, who is expected to arrive in March.

# • What did you like most about having your first child at Jackson?

I loved the spacious rooms and the personal attention that I received. David Kouri, MD; my nurse, Karen Bear; and the other staff made my experience flawless. I felt that I was surrounded by professionals who actually care and love their work. Knowing someone is going to do their best to accommodate and take care of you gives you a strong sense of comfort.

# CLASSES FOR MOMMIES-TO-BE



CHILDBIRTH CLASS

April 2, June 4 9am to noon

BREASTFEEDING CLASS

March 5, 10am to noon Register at www.jackson.org.

# What are you looking forward to this time around?

I look forward to the new facility—a new, clean and comfortable place to have my baby. Having room for family and visitors makes it feel more like home instead of a hospital room.

# • What made you choose Jackson again?

The staff, facility and overwhelming sense of security made me choose Jackson again. My past experience gives me hope that I will have another amazing birth at Jackson Hospital. We live on the other side of town, but we choose to drive the extra miles because the quality of care will make it worth our while.

"We live on the other side of town, but we choose to drive the extra miles because the quality of care will make it worth our while."

— Katie

**Svela Crews** 

Katie Svela Crews



# TS & LOVE

In honor or in memory of loved ones and people special to them, many people gave to Lights of Love in 2015. Each gift of \$15 purchased a light for the Lights of Love tree. Gifts of \$100 or more purchased a miniature Moravian star, and gifts of \$500 or more a miniature angel. The tree shone with light, thanks to all of you!

Honorees in black, donors in red

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# WELLNESS AND SAFETY

## Joint Venture Class

FIRST AND THIRD THURSDAYS, 9 TO 10:30AM JACKSON HOSPITAL, CLASSROOM 1 Before your total joint surgery, you and a coach are required to attend this presurgery class. Please schedule at least four weeks before surgery. 334-293-8805

# **CHILDBIRTH** AND PARENTING

Classes require registration. For class dates and times or to register, please visit www.jackson.org/events or call 334-293-8497.

### **Breastfeeding Class**

SATURDAY, MARCH 5, 10AM TO NOON \$15 | JACKSON HOSPITAL, CLASSROOM 1

Breastfeeding and lactation support designed for expectant mothers. Class includes dealing with common problems. 334-293-8497

# Prepared Childbirth Classes

SATURDAYS, APRIL 2, JUNE 4, 9AM TO NOON

\$25 | JACKSON HOSPITAL, CLASSROOM 1

Topics include labor and delivery terminology, stages of labor, the role of a support person, and care after delivery. Register by your fourth month of pregnancy.

334-293-8497

# **COMMUNITY EVENTS**

Love Your Heart! Women's Heart Health Seminar and Screening WEDNESDAY, FEB. 24, 11AM (SCREENING), NOON (SEMINAR)

\$5 (FREE FOR MY HOSPITAL CARD MEMBERS | GOODE BUILDING, 11TH FLOOR

Montgomery Cardiovascular Associates,

With Wynne Crawford, MD, of PC. Fee includes testing and lunch. Registration required at jackson.org/ events or call 334-293-8805.

# National MS Society Walk: MS River Region

SATURDAY, MARCH 19 | RIVERWALK STADIUM, 200 COOSA ST., MONTGOMERY

Registration: 8am Walk starts: 9am

### Walk for Autism

THURSDAY, MARCH 31 \$30 | IDA BELLE YOUNG PARK Online registration ends March 31 Walk starts: 9:30am

### Joy to Life Walk of Life

SATURDAY, APRIL 16 | TALLAPOOSA STREET, BY THE RENAISSANCE HOTEL, DOWNTOWN MONTGOMERY

Walk starts: 8:30am

# American Cancer Society Relay for Life

SATURDAY, MAY 14, 2PM TO 10PM 301 BROWN SPRINGS ROAD, **MONTGOMERY**