Neck surgery eliminates Robert Paul’s pain in time for holiday season.
**My Thoughts**

**New Beginnings**

**Happy Holidays!** January marks the beginning of a new calendar year and the opportunity to set new health goals. Befitting the season, Augusta Health is starting anew in several ways. This issue we introduce the new name of our cancer center, the Augusta Health Center for Cancer and Blood Disorders. As we explain on page 6, the new name is not due to changing services but rather to more aptly describe the range of clinical conditions that the center treats.

We are also pleased to formally introduce the Heart Failure Clinic, which opened in July 2018. (See page 5.) The clinic provides education, resources and support for heart-failure patients. We are thrilled to be able to help discharged patients feel more comfortable and better able to manage their condition at home.

In addition, in this issue we talk about our telehealth program and the ways in which it is growing and changing to serve our patients’ needs. Learn more about this dynamic program and patient Peggy Spinks’ experience with telemedicine on page 8.

Also at this time of year, we think of people who need extra help. See page 18 to find out what Augusta Health is doing to assist people in the community.

It is because of all of our patients that Augusta Health continues to push the envelope in terms of what we offer and who we can help. Take Teresa Layne (page 22), who brings joy to other chemotherapy patients with her fun hats. Then there is Karen Quick, who is back to the challenging CrossFit exercise program following her anterior hip replacement (page 14). And Gary Greer ventured 75 miles to undergo back surgery here at Augusta Health (page 19). Finally, Robert Paul, with his signature white beard, spreads happiness throughout the holiday season. Read about his act of generosity on page 31 — a page that had been reserved for exceptional employee stories but now features inspirational patient stories as well.

There is more inside, including stories on sepsis (page 10), diabetes (page 12), lung cancer screening (page 20) and sleep (page 24). Be sure to take a look.

Best wishes, and have a wonderful, healthy start to the New Year!

Mary N. Mannix, FACHE
President and Chief Executive Officer
Augusta Health

It is because of all of our patients that Augusta Health continues to push the envelope in terms of what we offer and who we can help.
community first

UPDATES TO AUGUSTA HEALTH FACILITIES MAKE THE PATIENT EXPERIENCE A PRIORITY

Augusta Health’s two-year Emergency Department (ED) renovation project continues, with 2019 involving Phase 2 of the project. This phase will include renovation of approximately one-third of the original ED space. Phase 1, which was completed in July 2018, involved doubling the size of the original ED with new construction.

Because this new space is now being used, the construction team can begin working on the old space. (The remaining two-thirds of the original ED will still remain in use and will be renovated in two additional phases later in 2019.)

The overall goal of Phase 2 is to renovate the old ED to look and function like the new ED. In addition, more patient rooms are being added.

“This phase involves a lot of what we call infrastructure work,” says Francis Caruccio, administrative director of Engineering, Facilities and Grounds at Augusta Health. “As we knit the new ED to the old, there is a lot of activity taking place behind the walls, such as piping, mechanical duct work and electrical systems improvements.”

The two-year project is expected to wrap up by September, 2019, Caruccio says. (For more on the ED project, see page 16.)

OFF-SITE RENOVATIONS
Augusta Health is also currently renovating a handful of its off-site facilities. The construction team is remodeling the surgery practice and outpatient surgery office spaces, and is modifying the occupational health office space to include both employee health and occupational health, Caruccio says. In addition, it is relocating certain pulmonology services to other office spaces.

HOSPITAL RENOVATIONS
In the coming months, community members can also expect to see continuing updates to flooring in the main hospital. Caruccio says this has been an ongoing project that involves several thousand square feet of flooring and finishes being upgraded.

As construction causes inconvenience, Caruccio wants to thank patients for their understanding while the various projects are under way on the campus. “We know that construction causes some confusion with wayfinding and other challenges. We want to thank visitors for their patience. Hopefully, the end result will be a hospital that is much more up-to-date, easy to navigate and comfortable for everyone.”
A HEARTBEAT AWAY

HEART FAILURE CLINIC OPENS

It can be difficult to manage the symptoms of heart failure and live with this chronic condition on your own. Almost half of people with heart failure are at risk for readmission to the hospital within six months of their diagnosis due to worsening or new symptoms. To better help patients with this condition, Augusta Health opened the Heart Failure Clinic in July 2018.

The Heart Failure Clinic provides education, resources and support for those with heart failure, whether at the time of diagnosis or when extra help is needed. Tami Collins, a board-certified nurse practitioner who specializes in heart failure, meets with patients one-on-one while they’re in the hospital to tell them about the clinic.

“Physicians place a consult for me to see the patient before they leave the hospital and make that connection,” says Collins. “We ask if they’d [the patient] be interested in following up with us when they’re out of the hospital, and if agreeable, we arrange an appointment in our clinic.”

Upon the first visit to the clinic, patients receive a welcome packet that includes a daily weight tracker, heart failure symptom tracker, contact information for the clinic, how to recognize a heart failure emergency, and other helpful educational resources. Collins also evaluates patients, their records and history, as well as discusses any concerns or questions. After the first visit, Collins follows up with patients weekly for 30 days to help reinforce the different areas of heart failure management.

“I closely monitor them,” she says. “We review their medications and their lab work. We go over detailed heart failure education — signs and symptoms of heart failure, recognition of those symptoms, daily weight, fluid and sodium restrictions, and their diet. Hopefully, they got some education in the hospital, but it can be hard to remember things, especially if you’re feeling sick or it’s a new diagnosis of heart failure. So this is how we help reinforce it.”

Patients can choose to have Collins and Emily Back, RN, the nurse in the clinic and Collins’ self-described “right hand,” continue to follow up with them after their 30 days as often as needed. Collins always encourages patients to call the clinic with any concern. “We work closely with patients’ continuing providers,” she says. “We are lucky that physicians in the cardiology office are particularly supportive of us.”

The clinic plans to continue to offer more services, such as IV diuresis, which helps relieve congestion in patients with difficulty breathing, so they do not have to turn to the emergency room for treatment. Collins hopes that expanding services and support will help the clinic devote more time to even more patients and continuing education at Augusta Health.

“Patients absolutely love us,” says Collins. “Patients and families seem very satisfied with how much time we spend [with them].]

“I do see this service growing significantly within the next six months,” she adds. “I absolutely believe we are making a difference.”

insurance update

AUGUSTA HEALTH IS BACK IN ANTHEM NETWORK

In case you missed it, Augusta Health and Anthem Blue Cross and Blue Shield have reached a new four-year agreement. This means that Augusta Health and Augusta Medical Group patients with Anthem insurance have in-network access to Augusta Health services, programs and facilities.

Augusta Health’s contract with Anthem expired at the end of 2017, following months of negotiations. That resulted in many patients losing in-network coverage for Augusta Health services. Also, some patients did not have any out-of-network benefits. This changed as of July 1, 2018, when the two entities came to an agreement about a new contract.

If you have been affected by the Anthem changes or have questions about your hospital or physician bill moving forward, please contact the Augusta Health Patient Accounting Office at (540) 332-5925.
Even as the days got shorter and colder, the staff and volunteers at the Allegheny Mountain Institute (AMI) Farm at Augusta Health still had plenty to keep them busy. The late fall harvest of carrots and broccoli continued into November, just as the staff enjoyed the news that they had bumper crops of all their vegetables this year.

“We brought in 15,000 pounds of produce, far exceeding our goal of 8,000–10,000 pounds for the year,” notes Sue Erhardt, AMI executive director.

All this terrific production is in service to Augusta Health’s goal of helping people in the community learn about and have access to locally produced, farm-fresh vegetables that are high in nutrients. Their main program at the farm is the Food Farmacy, which teaches participants how to manage chronic diseases, such as type 2 diabetes, with the help of Augusta Health dietitians. Grayson Shelor, AMI education coordinator, says that the program has received wonderful feedback from the participants. “Many visited the farm itself,” she says, “and were excited to match the produce being harvested with the recipes that they were learning to make.”

That isn’t the only educational program offered at the farm. The Healthy Holiday Eating class took place in early December. Augusta Health dietitians helped participants face the challenges of maintaining a healthy lifestyle over the holidays, when it can be easy to overindulge.

Throughout November and early December, the staff and volunteers were busy putting the farm to bed, making sure that the soil is turned for a winter nap. In the meantime, the staff will make use of the high-tunnel greenhouse they built themselves this year. “It’s an extension tool that lets us get an early start on spring planting,” says Erhardt.

CANCER CENTER REBRANDS TO MAKE ALL PATIENTS FEEL WELCOME

The Cancer Center at Augusta Health recently changed its name to the Augusta Health Center for Cancer and Blood Disorders. John Girard, director of cancer services at Augusta Health, says this name change was made to reflect the work that is already being done at the center.

“Why are we changing the name? It’s not that we’re doing anything differently,” he says. “It’s because we’re more aptly describing the work that we already do.”

Physicians at the center have always seen both oncology and hematology patients. In fact, around 40 to 50 percent of the patients seen at what was previously called the Cancer Center were patients with blood disorders such as anemia and blood-clotting conditions, Girard says.

“Not everybody who comes to the Cancer Center has cancer,” Girard says. “They could have a non-life-threatening blood disorder unrelated to cancer. It doesn’t make sense for them to go to a cancer center for treatment. But it does make sense for them to go to a center for blood disorders.”

Girard says he hopes the name change will eliminate any confusion and make patients feel more welcome and comfortable when receiving medical treatment. “We want them to feel like they’re at the right place at the right time and getting the right treatment,” he says.
**how effective is the flu vaccine?**

The flu vaccine is not 100 percent effective, and its impact varies depending on the person's age and health status. But it continues to be the best protection against the flu virus, which can be severe. Also, the flu vaccine does not always prevent the flu. However, it is good at preventing death and hospitalizations due to the flu and complications of the flu.

The Centers for Disease Control and Prevention (CDC) estimates that 36,000 Americans die and more than 200,000 are hospitalized each year due to complications from the flu. The virus causes high fever, headaches, body pains, extreme fatigue, sore throat, cough and other unpleasant symptoms. While some cases of flu are mild, others can be more serious and even life-threatening.

As there are different strains of flu every year, there is an update to the flu shot each year to defend against the dominant strains. Vaccines help to teach our bodies to identify the virus and then defend against it. When more people get vaccinated, less flu infection can spread throughout the community.

The CDC estimates that the flu vaccine reduces people's chances of getting the flu by around 60 percent. Healthy adults have the best response to the vaccine. Immunity weakens as we age. Because the flu is more dangerous in older adults, it's critical that older people — adults over age 65 and those with compromised immune systems — receive the vaccine.

The CDC recommends that others with compromised immune systems receive the vaccine. This includes children younger than 5; pregnant women; and people with various medical conditions, such as asthma, chronic lung disease and heart disease. These groups are at higher risk of developing complications from the flu. The CDC recommends that everybody over 6 months of age receive the vaccine. Vaccinating healthy people can prevent it from spreading to those who cannot fight the flu, since it is very contagious.

As the flu season peaks in February or even later, it's a good idea for everyone to get a flu shot, even in January.

In addition to receiving the flu vaccine, follow these tips to help prevent the spread of the flu:

- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer.
- Don't touch your eyes, nose or mouth unless you have just washed your hands.
- Eat well, exercise, drink lots of water and get enough sleep.
- Try to avoid close contact with people who are sick.
- Cover your nose and mouth when you cough or sneeze.

To make an appointment, call (540) 213-2630.

Allison Baroco, MD, is on staff at Augusta Health Infectious Disease.
When 78-year-old Waynesboro resident Peggy Spinks was ready to be released from the hospital for anemia, she didn’t fret for a second about her post-hospital level of care. That’s because, in some ways, she felt like the nurses would be home with her.

A few years ago, after Spinks had a heart attack, she was concerned about her daily care because she lived alone. But then she was set up with a telehealth device that allowed for daily monitoring. The worries vanished.

“It’s very easy to use, and it’s a wonderful feeling to know that even though I’m here by myself, they’re checking in on me,” she says. “If anything is wrong, I know they’ll contact me right away.”

The telehealth setup from Augusta Health Home Health that Spinks has is...
a device that attaches to her telephone line, and measures weight, blood pressure and oxygen level. Similar devices for other patients might record additional measurements like blood sugar.

Spinks uses the device and its attachments to send in her readings every morning. If she were to skip it, a nurse would contact her — another comfort for someone who lives alone and struggles with weakness that could make her a fall risk. If anything looks like a possible threat with her readings, that would also trigger a call or visit.

“I’m very happy with this option,” she says. “I feel like someone is keeping track of me, and that’s a great feeling.”

EXPANDING PROGRAM
In addition to offering telehealth to chronic heart failure patients like Spinks, the Home Health Department also recommends telehealth for some patients who have COPD and diabetes, according to the department’s director, Doug Jena.

The telehealth program has been in place for more than a decade, but it’s about to start expanding in terms of services and patient reach. Recently, the department put a set of best practices and protocols in place that will allow it to drive even more focus on improving patient outcomes of care, Jena says. The major goal is to increase the safety and reduce the number of re-hospitalizations for these patients.

“For many people with these chronic conditions, they tend to go in and out of the hospital when they experience changes that are a concern,” he says. “That’s frustrating for them, especially if those changes could have been managed at home.”

“Still, that’s frustrating for them, especially if those changes could have been managed at home.”

— Doug Jena

For example, Shafer notes, someone with COPD can send in data on oxygen levels, and a nurse will be able to see that patient face-to-face through a video call. “That allows us to keep tabs on how well someone is actually breathing,” she says. “A patient might say he’s a little short of breath, but the video connection will let us see his color and how hard he’s working at breathing. That might warrant an immediate visit.”

BETTER FOR PATIENTS, STAFF
Right now, about 30 Augusta Health patients use the telehealth service, but Jena anticipates that with the expanded scope, that number will likely be closer to 100 in another year.

The expansion will also be beneficial for the agency’s therapists and nurses, he adds. It will allow them to fit unplanned “visits” through telehealth into the day without having to travel unnecessarily to patients’ homes — a considerable difference at times, considering that some patients live in hard-to-reach areas.

Nurses and therapists also will be able to see patient data through their iPhones, which means they can access measurements and video calls from anywhere, ensuring fast response times.

More patients like Spinks will benefit from in-home care, even when she’s alone. “I do feel like they’re right here,” she says. “I don’t worry about having to deal with my health issues on my own at home anymore.”

Learn more at augustahealth.com/home-health/telehealth. Contact Home Health toll free at (800) 543-4789.
Nearly half of the country has never heard of sepsis, even though it’s one of the leading causes of death in U.S. hospitals. Sepsis is a severe inflammatory response to an infection that can lead to tissue damage, organ failure and even death, says Amy Markham, RN, quality coordinator for neurology, sepsis and emergency medicine at Augusta Health.

Although sepsis can occur in anyone, certain populations are more vulnerable to contracting bacterial infections. “We see sepsis more often in the elderly or in people who have poor immune systems,” says David A. Rylak, MD, an emergency medicine physician at Augusta Health. “But sepsis can even affect healthy children and adults.”

Dr. Rylak says the best way to prevent sepsis is through immunizations, regular checkups with your doctor and good hand hygiene.

**THE SEPSIS TEAM AT AUGUSTA HEALTH**

Augusta Health has a comprehensive sepsis team consisting of doctors, pharmacists, nurses, data scientists, phlebotomists and other members of the hospital staff. If a medical professional at Augusta Health suspects a patient has sepsis, an alert will get sent out overhead. “The goal is to rapidly assess patients who might be septic and start antibiotics quickly,” Dr. Rylak says. “We want to intervene quickly to lower mortality.”

In fact, Augusta Health has lowered sepsis mortality drastically in the past two years through its sepsis protocol. The sepsis mortality rate for the first quarter of 2016 was 17.65 percent, which Augusta Health lowered to 4.76 percent by the end of 2017, a rate that is 8 percent lower than the statewide average of 12.7 percent.

This mortality rate drop resulted in 64 lives saved at Augusta Health over two years, Markham says.

**LEARN ABOUT THE SYMPTOMS**

The best way to remember the symptoms associated with sepsis, Markham says, is through the Sepsis Alliance’s “It’s About TIME” acronym:

- **T**: Temperature (higher than 100 or lower than 95)
- **I**: Infection (signs of an infection, like a urinary tract infection or pneumonia)
- **M**: Mental status (confusion, sleepiness or disorientation)
- **E**: Extremely ill (severe pain or discomfort)

Additional symptoms include rapid heart rate and rapid breathing.

There are three different stages of sepsis: generalized sepsis, severe sepsis and septic shock. Most patients who present to the Emergency Department are already in the severe sepsis stage, Markham says.

The most important thing when treating sepsis is early intervention. A patient’s mortality increases by 8 percent with every hour that passes without diagnosis and treatment.

“Sepsis is a medical emergency that needs immediate attention and treatment,” Markham says. “If it goes undetected, it can be deadly. The earlier people get treatment, the better off they will be.”

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**“The goal is to rapidly assess patients who might be septic and start antibiotics quickly. We want to intervene quickly to lower mortality.”**

— David A. Rylak, MD
It may come as a surprise that women are not the only ones at risk for breast cancer. “We traditionally think of hereditary breast and ovarian cancer as related to women,” explains Donna W. Markey, RN, MSN, ACNP-CS, a nurse practitioner at the Augusta Health Center for Cancer and Blood Disorders. However, men in an affected family have a 50 percent chance of carrying the same pathogenic variant.”

This rationale recently compelled a 52-year-old man to visit Augusta Health’s genetic risks program. Because his sister had tested positive for a variant of the BRCA2 gene that can lead to hereditary breast cancer, she urged him to get tested.

The results came back positive. He had the same variant of the BRCA2 gene as his sister, meaning he has an increased risk of breast cancer, prostate cancer, pancreatic cancer and certain skin cancers. His healthcare team has since created a surveillance plan for him that involves regular clinical exams, lab testing, dermatologic exams and pancreatic cancer screening.

These exams, screenings and tests could one day save his life. But without genetic testing, he never would have considered them.

**EARLY DETECTION**
Traditionally, the Center for Cancer and Blood Disorders, which houses the genetic risks program, would trace a patient’s family history and genetic risk once a cancer diagnosis had already been made. But recently, the center has increased its efforts to work with healthcare practitioners throughout the Augusta Health system to identify patients who might be good candidates for genetic testing before a cancer diagnosis is made.

“If a doctor takes a family history that shows a high risk for an individual who’s never had cancer, they refer them to us for risk assessment and screening because that’s the essence of prevention — getting to people before they ever have cancer to try to prevent them from having it,” Markey says.

**TAKING ACTION**
If a patient’s family history indicates a high risk for a certain cancer, the program will work with him or her to do screening that is based on standardized national guidelines. If someone tests positive for a genetic mutation, he or she can then work with the program to take the recommended preventive action.

If someone has a genetic mutation that increases his or her risk for developing a particular cancer, Markey says taking appropriate preventive action can significantly lower one’s future risk of developing that cancer. With a BRCA2 mutation, for example, a patient’s lifetime survival can almost approach that of someone without the genetic mutation if certain proactive measures, such as a mastectomy, are taken.

“The impact of testing is really significant in the lives of individuals who have these gene mutations because it really, truly prevents them from getting a life-threatening cancer,” Markey says. HM
Despite the fact that more than 100 million people in the United States have diabetes or prediabetes, there are many misconceptions about the disease. That’s why Augusta Health is proud to offer the Diabetes Self Management Education Program.

Kara Meeks, MS, RDN, CDE, a registered dietitian and diabetes educator, recalls how one woman with diabetes recently came into the program and sat down and cried. The woman was under the assumption that because of her diagnosis, she couldn’t eat any starches or sugars.

“She was this teeny-tiny lady, and all she was eating was veggies and a little bit of meat,” Meeks says. “She was just terrified to eat. We’re the people who can help fix that. We can advocate for the patient and teach them about their condition. We dig a little deeper.”

A COMPREHENSIVE PROGRAM

The Diabetes Self Management Education Program at Augusta Health is a program accredited by the American Diabetes Association that brings educational services to diabetic patients in the community. The program involves 30–60-minute individual sessions with diabetes educators, as well as classes called Diabetes 101 and Meal Planning for Diabetes.

The program is located in the Heart and Vascular Center of the main hospital, but diabetes educators also visit patients at the Diabetes & Endocrinology Clinic, the Lexington Multispecialty Clinic and the Primary Care clinic in Fishersville.
The classes and individual sessions cover seven important healthcare behaviors related to living with diabetes:
> Healthy eating
> Maintaining an active lifestyle
> Monitoring (blood sugar and keeping a food diary)
> Taking medication
> Problem-solving and overcoming barriers
> Healthy coping and getting support
> Reducing your risk through regular checkups

The Diabetes Self Management Education Program is for people who have been diagnosed with type 1 or type 2 diabetes. All patients must have a healthcare provider referral to participate in the program.

Participants can be recently diagnosed patients or those who have lived with the condition for years. “If you’ve had diabetes for several years and you just need a refresher, you can get a referral and we can see you,” Meeks says.

IMPRESSIONS RESULTS
One of the components of the program is monitoring a patient’s A1C level, which is a two- to three-month average of a patient’s blood sugar. “Patients who completed our outpatient program in 2017 reduced their A1C on average by two points,” says Jean Magee, MEd, RDH, CDE, a diabetes educator at Augusta Health. “That’s a significant drop in blood sugar.”

In addition, Magee says that of the patients who completed the outpatient education program in 2017, none was readmitted to the hospital with diabetic emergencies, worsening of their condition or complications due to their diabetes.

Over 631,000 Virginians have diabetes, or 1 in every 11 people in the state. Meeks says a community health needs assessment was completed in 2016, and over 50 percent of respondents said they believed diabetes was a major problem in the community.

Helping this patient population is a crucial mission at Augusta Health. “We provide high-quality, evidence-based education services to diabetic patients in our area,” Meeks says.

additional support
Patients who have been diagnosed with prediabetes or have high risk for diabetes can participate in the Blue Ridge Healthy U Diabetes Prevention Program offered by Augusta Health. This intensive, 16-week program, designed by the Centers for Disease Control and Prevention, helps individuals make lifestyle changes that reduce their risk for developing diabetes. It also includes a maintenance program for continued support.

Blue Ridge Healthy U will begin in January at three locations: Staunton YMCA, and Augusta Health Fitness Center in Fishersville and in the Churchville area. A program is also being scheduled in Waynesboro for the Spanish-speaking community. There is no fee to participate in the program, as all materials have been made possible through the Augusta Health Foundation. For more information about this proven lifestyle change program or to register, call Jean Magee, diabetes educator, at (540) 213-2538.

In addition, Augusta Health holds a support group for people with type 1 and type 2 diabetes on the third Thursday of every month. The support group is held in the Mannix Conference Room in the Heart and Vascular Center from 5:30 to 6:30 p.m. (Learn more in the Calendar section of this magazine.)
Finishing the Richmond Half Marathon in 2016 should have brought a thrill of accomplishment for Karen Quick. Instead, it confirmed one of her fears: Something was terribly wrong with her hip.

“I’d had a nagging feeling that something wasn’t quite right,” she recalls. “But after the race, I had such pain that I had severe difficulty even walking.”

After trying nonsurgical options like physical therapy, she finally saw an orthopedist and was told that a hip replacement was her best chance at...
getting back to the athletic and professional life she loved.

An avid CrossFit gymgoer and frequent runner, 49-year-old Quick was also on her feet all day as a nurse — and was finding it more and more challenging to get through a shift or even to go grocery shopping or run errands without limping and pain.

After getting a second medical opinion and considering other hospitals, she decided on the Augusta Health Joint Center and got an anterior hip replacement — a newer procedure that promised a faster healing time and lower risk of dislocation.

To say the surgery was a success is an understatement. In fewer than two months after the procedure, Quick was back at her CrossFit gym. Although she had to do modified workouts at that point, it took only a few more months before she was jumping, lifting and running just like before — but now without pain.

A major part of her recovery actually came before the surgery. The Joint Center’s dedication to making sure that every patient knows what to expect, and is in the best possible shape going into surgery, helped speed Quick’s post-op progress, she believes.

“As a nurse, I knew generally what I was in for in terms of surgery and recovery,” she says. “But there were so many things I wouldn’t have thought about when it came to adjusting.”

For example, Joint Center staff helped her learn how to walk up stairs after the hip replacement, and how to get in and out of the shower.

PATIENT PREP
Successful joint replacement procedures depend on the skill of Augusta Health surgeons, but the doctors are not the only ones responsible for fueling great outcomes.

The Joint Center, which is now in its fifth year, has a comprehensive range of resources that extend from pre-op classes to post-op occupational therapy and physical therapy in order for patients to be as prepared as possible for what’s ahead, according to Gena Johnson, director of the Joint Center.

One of the most notable examples is the pre-op class in which patients learn everything from how to prepare their homes for post-surgical recovery, to the best options for walkers and compression stockings, to what their meals will be the day after surgery. A similar class is held before discharge to go over information that the patient and patient caregivers will need.

“They know what’s coming, every step of the way,” notes Bonnie Sanner, RN, Joint Center care coordinator. “And by being able to get them home sooner, patients have decreased risk of complications and greater ability to recover faster.”

READY FOR RECOVERY
The extensive way that the Joint Center prepares patients is about much more than physical recovery. Knowing what to expect — right down to what times meals are served or when ice packs are changed — provides a level of comfort and assurance that helps patients have more confidence.

Quick knows that firsthand as a Joint Center patient. “For something like this, your motivation and engagement really do matter,” she notes. “The Joint Center prepares you in every way for what’s ahead, and I feel that’s a big part of a successful recovery.”

“As a nurse, I knew generally what I was in for in terms of surgery and recovery. But there were so many things I wouldn’t have thought about when it came to adjusting.”

—Karen Quick

For more about services at the Joint Center, visit augustahealth.com/joint-center, or call (540) 332-5047 (Staunton) or (540) 932-5047 (Waynesboro).
Setting an ambitious goal is always a motivating, exciting opportunity toward building momentum. But exceeding it? That’s even better.

For Augusta Health’s Moments Matter campaign — which set a target of $2 million for a new Emergency Department — that milestone came recently, with fundraising now totaling $38,000 over that $2 million.

“We’re thrilled to have reached our goal, and to already be going beyond it,” says Foundation Director Tami Radecke. “We are so grateful to members of the Foundation Board and Campaign Committee for their dedication to and support for this effort.”

COMMUNITY NEEDS MET
Moments Matter — launched in 2017 as Augusta Health’s first-ever capital campaign — focuses on emergency services due to a strong community need, says Foundation Philanthropy Manager Sherri Heishman.

Built in 1994 to serve 35,000 patients per year, the ED is often well over capacity, seeing about 62,000 patients annually. The project will double the number of rooms, from 24 treatment rooms to 48, and also double the amount of square footage. Three very small trauma rooms — cramped due to so much life-saving equipment — will be significantly expanded for more patient comfort and treatment efficiency.

Also notable, the expanded and renovated ED will have five dedicated spaces just for behavioral health patients, which is three more than before.

In a community health needs assessment done in 2016, mental health was reported as one of the top three priorities for those in the community. This will help Augusta Health meet that need more comprehensively.

The greater capacity, higher patient comfort and expanded capabilities are all part of what’s driving excitement around Moments Matter, says Heishman. “This is truly about the community,” she notes. “At some point, almost everyone will need the ED, whether for yourself, your family members or friends.”

To learn more about the Augusta Health Foundation, visit augustahealth.com/foundation, call (540) 332-5174 or email ahfoundation@augustahealth.com.
You want an emergency room that’s well equipped to serve your needs when it counts, and that’s what we’ll have.”

EVERY DONATION MATTERS

Just as every minute is crucial in an emergency situation, Radecke emphasizes that every donation — whether it’s $10 or $10,000 — matters in the campaign.

“We are grateful for every single gift,” she says. “And people can feel good about the fact that 100 percent of each donation goes directly to the campaign. There are no administrative costs involved.”

The Moments Matter campaign began with 100 percent participation from Augusta Health, Foundation board members and executive leadership. Those efforts got the Foundation a considerable distance toward its goal. Since then, Radecke says, gifts have come in from Augusta Health executives, businesses, foundations, physicians and employees, as well as community residents.

Food service provider Sodexo offered a challenge grant of $100,000, which means that if Augusta and the community came up with that amount before the close of the campaign, Sodexo would match it. With that as an incentive, donations began coming in even faster, and the grant was secured.

In an additional fundraising effort, a mailer about the project was sent to 10,000 homes in late August, with a considerable amount of positive feedback and support coming back as a result.

“Half of the people who responded are brand-new donors,” says Radecke.

“They’ve never given to the Foundation or the hospital before, and I think that’s an indication of the importance of this project as a critical community resource that so many people are ready to rally behind.”

She added that many Foundation board members and Augusta Health employees who had already donated stepped up to make additional gifts because they felt so passionate about the project’s impact.

The anticipated completion of the ED is August 2019, and there may be some shuffling around before then, as physicians and nurses treat patients in spaces that are partially under construction, Heishman says. Until then, she and Radecke expect the momentum for Moments Matter to keep going strong. HM

women’s giving circle

As part of the expanded and renovated Emergency Department at Augusta Health, there will be a significantly revamped forensics room for victims of sexual assault, according to Augusta Foundation Director Tami Radecke.

That effort has been driven entirely by $50,000 in donations from the Women’s Giving Circle, a group of 23 members formed in 2017. The group holds three events per year to hear about services and programs at Augusta Health. Last year, they listened to a presentation by Augusta Health’s Renee Pullen, RN, coordinator of the Sexual Assault Nurse Examiner program. She talked about how the current forensic area is a small unit used to examine and treat the victim but also to accommodate police officers and social workers.

“There currently isn’t privacy for the patient, especially for someone who’s just been traumatized,” says Radecke. Not only will the expanded forensics area have the equipment necessary for exams, but will also have two additional, adjacent rooms for staff, social workers and police so that patients have more privacy.

“The Women’s Giving Circle is a truly outstanding effort to meet this crucial community need,” Radecke says.
Augusta Health knows that there is more to a healthy community than treating people in the hospital. Because of this, its Community Outreach Department is working with several community organizations on programs that help boost wellness beyond the hospitals and clinics. For instance, Augusta Health is working with six partners, including Valley Mission and Waynesboro Area Refuge Ministry (WARM), on a healthcare for the homeless program. Augusta Health staff visit the residents at these shelters to assess their health needs and provide preventive healthcare.

“We started working with Valley Mission, providing blood pressure and with Valley Community Services Board, providing mental health screenings. We are also partnering with the local Virginia Department of Health to give vaccines for flu, shingles and ‘Tdap,’ explains Krystal Moyers, director of Community Outreach for Augusta Health.

Bus tokens are provided to help participants overcome transportation barriers and connect them with additional resources in the community, such as primary care and mental health specialists.

WALK THE TALK
Augusta Health has been involved in other community health initiatives. In recognition of National Walk to School Week this October, Augusta Health partnered with the Waynesboro Public Schools, Waynesboro City, YMCA and Office on Youth to encourage as many students as possible to walk to school. Each day of the week, a different school had a Walk to School. Parents and teachers were among the community volunteers posted at the middle school and four elementary schools to lead the walking schools’ buses.

HEALTHY HABITS
Another effort underway is the Get Fresh program, which is being piloted in Waynesboro’s William Perry Elementary School kindergarten classes. The program aims to instill healthy eating habits early, says Moyers. “We have a higher than average rate of diabetes among adults in Staunton, Augusta County and Waynesboro,” she says, “and we want to slow the incidence of type 2 diabetes among youth. Augusta Health will track program outcomes over time to see if the initiative is successful.”

One aspect of the program is food tastings of nutritious locally grown fruits and vegetables provided by Project Grows. There will also be field trips to show where and how food is grown and how it gets to stores, homes and the school cafeteria.

The Virginia Cooperative Extension will lead another part of the program. Its classroom-based curriculum called “Fresh Fruits and Vegetables” features handouts for students that teach about seasonal foods, and why vitamins and minerals are good for the body.

And it’s not just the kids who will benefit. The Virginia Cooperative Extension, Augusta Health and the Blue Ridge Area Food Bank will work together on Families, Food and Fun, a four-week program that teaches families lessons such as how to eat healthy on a budget. Running after school, parents and kids can come by to learn to prepare a nutrient-dense meal they can eat together as a family — with a bag full of groceries to take home for the week. IHM

See more community outreach photos and a list of Augusta Health’s community partners at augustahealthmatters.com. Contact the Community Outreach Department at (540) 332-4190.
Gary Greer, 56, is no stranger to the hospital environment. He has had seven surgeries over the course of his life. When he began experiencing severe lower back pain that radiated down to his left leg, knee and groin around two years ago, he knew something needed to be done.

Greer, who lives in Mathias, West Virginia, sought medical care and discovered he had a pinched nerve. He doesn’t recall injuring himself; he began experiencing the pain one day, and it steadily got worse. Greer had surgery at another hospital in Virginia, but that did not fix his back pain. “The problem progressed and got worse after the surgery,” he says.

He tried back injections, physical therapy and at-home exercises for pain relief, but nothing worked. Still in pain, Greer decided to consult both Johns Hopkins Hospital in Baltimore and the Augusta Health Spine Clinic.

The drive to Augusta Health was only 75 miles one way for Greer, while the drive to Johns Hopkins was around 170 miles. Greer’s wife worried about driving that far following his surgery. The distance, coupled with a handful of other factors, led Greer to choose Augusta Health for his surgery.

TOP-NOTCH CARE
Greer was connected with Clark B. Bernard, MD, a spine surgeon with the Augusta Health Spine Clinic. Dr. Bernard ordered an MRI that showed Greer’s disc was protruding over 12 mm.

“He had a disc herniation,” Dr. Bernard says. “The disc can push on a nerve that goes down the leg, and that nerve can get irritated and cause numbness, tingling, burning, aching, stabbing or throbbing types of pains. Some people are left to tears and basically say, ‘I’m miserable, do something about it.’ It can be very, very distressing for a patient.”

Dr. Bernard completed a procedure on Greer called a lumbar microdiscectomy on Aug. 24, 2018. Now, several months later, Greer finally feels a sense of relief that this time, surgery worked.

“I felt almost immediately better — in a matter of just two days,” Greer says. “I was in the hospital and a couple of hours after I awoke, I was up and walking. Granted I was on medication, but I wasn’t experiencing any pain.”

Greer is confident the procedure fixed his back pain.

“Dr. Bernard has me 65 to 75 percent better at this point, and I’m only about two months out of surgery,” Greer said in the fall. “I’m confident that he did a good job. I don’t feel uneasy when I’m with him — he has a good, respectable bedside manner. He’s just a nice person. He seems like he cares a lot about what he does. I can’t say enough good things about him.”

In addition to herniated discs and pinched nerves, the Augusta Health Spine Clinic treats a variety of conditions, such as degenerative disc disease (arthritis in the spine), myelopathy (a disorder of the nervous system), scoliosis, spinal stenosis and more.

“We use the latest and greatest cutting-edge technologies,” Dr. Bernard says. “We do minimally invasive surgery. We use microscopes. We have essentially any piece of equipment we would ever need to do spine surgery to fix any problem.”

To learn more about the Augusta Health Spine Clinic, visit augustahealth.com/spine-clinic or call (540) 332-4000. Read another story about the clinic on page 31.
Lung cancer is a potentially fatal disease. According to the American Cancer Society, it is the No. 1 cause of cancer death in the United States for both men and women with about 155,000 deaths per year. Approximately 70 percent of patients with lung cancer are diagnosed in Stage 3 or Stage 4 — its latest stages — when the average five-year survival rate is just 16 percent.

If lung cancer is diagnosed in its earliest stage — Stage 1A — the five-year survival rate jumps to between 77 and 92 percent. This difference in survival rate makes the goal of early detection of lung cancer particularly urgent for patients.

LATE-STAGE DIAGNOSIS
Before the availability of screening for lung cancer, most patients were diagnosed after developing symptoms, by which time the cancer was most likely to be quite advanced. Screening tests are meant to find cancer in people in its earliest stages, before they even notice symptoms. Effective screening tests have been developed for many cancers.

For lung cancer, however, until recently, there was no reliable screening exam. That situation changed in 2011 when the National Lung Screening Trial (NLST) study, published in the New England Journal of Medicine, showed that low-dose CT (LDCT) screening of certain individuals resulted in a 20 percent reduction in lung cancer mortality. Guidelines were established, and LDCT became an approved screening test for lung cancer.

SCREENINGS AT AUGUSTA HEALTH
Augusta Health started its Lung Cancer Screening Program in 2014. During the program’s first year, 37 LDCT exams were performed and one lung cancer was detected. To date, more than 1,600 LDCT exams have been performed and 30 lung cancers have been detected. That detection rate is twice what was expected when the program began.

The LDCT exams are conducted by radiologist Matthew Shapiro, MD. Pulmonologist Laura Gonzales, MD, can add further diagnosis and information through navigational bronchoscopy procedures.

Before the program started, 15 percent of the lung cancers diagnosed at Augusta Health were Stage 1A and 73 percent were Stage 3 or Stage 4. The Lung Cancer Screening Program seems to have had the desired result of shifting lung cancer diagnosis to earlier stages. In 2017, about three years into the program, 27 percent of lung cancer diagnoses at Augusta Health were Stage 1A and 58 percent were Stage 3 or Stage 4.
“The 27 percent of Stage 1A lung cancer diagnoses, while significant, is for all patients and includes patients diagnosed with screening as well as those diagnosed without screening,” adds Dr. Shapiro. “When we look at only those patients diagnosed with lung cancer through screening, we see an even greater benefit with 53 percent in Stage 1A and only 7 percent Stage 4. This suggests to me that there are probably more patients in our area who are at high risk for lung cancer but are not being screened.”

**TREATMENT OF LUNG CANCER AT AUGUSTA HEALTH**

After a lung cancer diagnosis, the medical team that treats lung cancer begins its work. Thoracic surgeon Miguel Aguinaga, MD; medical oncologists Kelvin Raybon, MD, Raymond Cruz, MD, Reshma Khetpal, MD, and Naheed Velji, MD; radiation oncologists Robert Kyler, MD, and David Morgan, MD; and lung cancer navigator Megan Howell, RN, BSN, all can become part of the team.

“We’ve seen a dramatic increase in the diagnosis of Stage 1 lung cancer at Augusta Health,” says Dr. Kyler, “and the earlier the stage, the more treatment options we have to offer the patient. Cancer care is very individualized medicine. Each cancer is unique, and its treatment needs to be tailored to the patient. The ability to diagnose patients earlier, combined with the robust medical team we have developed, results in better outcomes for our patients.”

Dr. Raybon agrees that the multi-disciplinary care available at Augusta Health is a great advantage for lung cancer patients. “Lung cancer is complex and often requires the involvement of many different doctors,” he adds. “For diagnosis, we have imaging and radiologists, pathologists and pulmonologists. As we begin to treat, we could have surgery, radiation and medical oncology. Depending on the stage of the cancer and the patient, we may have these modalities running simultaneously. The key is that, since we are all here in the same location, we can meet regularly to discuss each patient’s unique needs and situation. The ability to work together so closely is a huge advantage to the patient.”

“For us all to be in the same building, where conversations can be immediate and patients’ appointments can be in one convenient location, is a great benefit for our patients,” continues Dr. Kyler. “We can easily discuss options with each other and with our patients. Megan Howell, our lung cancer navigator, is available to go with the patient wherever he or she needs to go, help set up the physician visits and provide any information needed. It’s a much better approach for patients. They aren’t alone in this journey; they have a coordinated team working with them and for them every step of the way.”

In addition to a strong team of providers, lung cancer patients at Augusta Health have access to new and advanced treatments that have not been available until recently, including:

> Less invasive surgical options, including laparoscopic and robotic surgery;
> Stereotactic Body Radiation Therapy (SBRT), a non-invasive alternative to surgery that precisely targets tumors in just three to five outpatient treatments;
> Immune Therapy, which can be combined with chemotherapy for better effectiveness and response; and
> National Clinical Trials, open to patients of Augusta Health Cancer Center through our affiliation with the Duke Oncology Network.

“For decades, there were very few advances in the treatment of lung cancer,” says Dr. Raybon, “but what has happened in the last three years has turned lung cancer treatment upside down with advancement. That is particularly encouraging for patients.”

Adds Dr. Kyler, “Our capacity to diagnose and treat lung cancer at Augusta Health has expanded. The last thing you want to do when you’re sick is travel for care, and that’s clearly not necessary now.”

For more information about Augusta Health’s cancer care programs, please call (540) 332-5960.
The patients and staff in the chemotherapy infusion center of the Augusta Health Cancer Center share feelings of determination, resolve and compassion. One special patient adds a dose of humor.

Teresa Layne, 62, wears funny hats to her chemotherapy sessions — a ritual that began after a friend knitted a wacky one for her. “It started as a joke,” says Layne, “and it made the staff smile and that made me smile, so I try something a little different every time, even if it’s just a headband with cat ears.”

The discovery that Layne of Fishersville had lung cancer was actually somewhat accidental. In 2016, Layne went in for a CT scan because of a problem with her bladder; it was that scan that revealed she had lung cancer. Layne was referred to the head oncologist at Augusta Health and has remained in the hospital’s cancer program ever since. “I wanted the best care I could get,” says Layne, “and I didn’t want to travel over the mountain if I didn’t have to.”

In the time since her diagnosis, Layne has built strong relationships with the clinical staff at the infusion center. “They know their job and they are so wonderful,” says Layne. She also appreciates the fact that she has been seeing the same friendly faces among the nurses for the span of her chemo treatments.

Layne has wonderful things to say about Megan Howell, RN, BSN, lung/colorectal/head and neck cancer nurse navigator. “Megan always comes to see me,” Layne reports, “and she is absolutely great. If I have a question about any weird stuff that happens in between my regular appointments with my oncologist, she can get me an answer fast.”

Howell admires Layne’s spirit as well. “She has a great attitude,” says Howell. “She likes to make the nurses laugh, and it’s fun for the patients and herself.”

Both Layne and Howell agree that getting screening for lung cancer is vitally important. People ages 55–80, especially those with a history of smoking, can be referred for a low-dose CT scan that can detect lesions in the lung before symptoms (like unexplained chronic coughing or bloody sputum) are present. Howell reports that as of September 2018, there have been 47 cancer diagnoses through the screening program.

“I would urge anyone to get that low-dose CT screening,” says Layne. “And do your homework about lung cancer; read up on and get educated on the subject. All you need to get lung cancer is a pair of lungs.”
## Pork Mignons with French Applesauce

### Ingredients
1. 1 pair pork tenderloins (about 2 lb)
2. ¼ tsp salt
3. ½ tsp ground black pepper
4. 2 medium apples, rinsed and cored, but not peeled (try Golden Delicious or Rome)
5. 2 tbsp dark seedless raisins
6. 2 tbsp walnuts, broken into coarse pieces
7. ½ tsp cinnamon
8. Cooking spray

### Directions
1. Preheat oven broiler on high temperature, with the rack 3 inches from heat source.
2. Cover broiler pan with aluminum foil for easy cleanup. Spray foil lightly with cooking spray. Set aside.
3. Cut 8 slices (pork rounds), each 1½ inches thick, from the center of the pair of pork tenderloins. Refrigerate or freeze the ends for another use. Place pork rounds on the foil-covered broiler pan. Sprinkle with salt and pepper. Set aside a few minutes while broiler heats.
4. Meanwhile, heat ½ cup water to boiling in a medium nonstick pan. Slice cored apples from top to bottom in ¼-inch wide pieces. Add apples, raisins, walnuts and cinnamon to boiling water. Reduce heat to medium. Cover. Simmer, stirring occasionally, until apples are soft and easily pierced with a fork. Set aside until pork is cooked. Sauce will be chunky-style.
5. Broil pork tenderloins for 5–10 minutes per side (for a minimum internal temperature of 160°F).
6. To serve, place two pork rounds on each dinner plate. Top with one-fourth of the applesauce. Optional: Garnish with sauteed onions and rosemary.

### Tasty Tip
Ah, comfort food. Not only does a hot meal warm us when the weather is cold, but it may contain ingredients that help us sleep better at night. Walnuts, for example, are one of the best foods to lull us to dreamland. They contain tryptophan, an amino acid, and melatonin, which help to induce slumber. Other foods that promote sleep include milk, chicken, tart cherries, spinach and salmon. Consider these foods at dinnertime. You may be glad you indulged in them come bedtime.
good night

WHY DO WE NEED SLEEP, AND WHAT DOES IT DO FOR OUR BODIES?

Anyone who has had to forego a few hours of sleep, whether for work, family or just a late-night Netflix binge, understands the consequences of missing sleep. While researchers know a lot about what happens when we sleep, what sleep deprivation does to a person and how much sleep we need, no one knows for sure why we sleep.

For better sleep, it helps to prepare your body and mind with a bedtime routine. This can include taking a bath or listening to relaxing music.

Avoid stimulants

We love our coffee and chocolate, but these foods do not always help when it comes to sleep. Avoid these and other stimulants, such as tea and soft drinks, close to bedtime.
WHAT IS SLEEP?
The Division of Sleep Medicine at Harvard Medical School recognizes at least four potential theories as to why we sleep. One theory posits that sleeping provides an evolutionary advantage because it keeps us inactive at night when we would be more vulnerable in nature. Another, based on the fact that our metabolism reduces as we sleep, suggests it’s a way for us to conserve our energy for the daylight hours. And yet another explains sleep as a way for our body and mind to repair themselves from damage done during the day.

However, the most recent — and some argue most compelling — theory about the necessity of sleep is its role in learning and memory. It’s well known that sleep is particularly important for infants and children because it helps their brain develop. Researchers believe it continues to play a similar role as you age, helping people process memories. In fact, recent studies have suggested that certain effects emotional experiences have on your brain are reinforced when you sleep, which is why you remember certain days — your graduation or wedding day — more than another more routine day spent at home or work.

COUNTING HOURS
While there are many reasons for sleep, the bottom line is it is essential. Sleep deprivation can have a host of negative effects: increased stress and anxiety, trouble focusing and reduced hand-eye coordination, just to name a few.

So how much sleep do you need? It differs for each individual, but experts generally recommend seven to nine hours of sleep per night for an adult, and anywhere from eight to 13 hours for children, depending on their age. Newborns require the most sleep, or about 14 to 17 hours, and infants aged 1 to 2 years old need about 10 to 12 hours plus naps.

SOLVING SLEEP ISSUES
Just because you need sleep doesn’t make getting it easy. If you have trouble falling asleep, check out the “Sleep Tight” sidebar for some simple sleep hygiene tips. While those tips can help occasional issues, if you have regular problems getting enough sleep it could be a more serious problem.

One common sleep issue is sleep apnea. Sleep apnea causes you to stop breathing periodically while sleeping, which can interrupt and decrease the quality of your sleep. People who are overweight, snore heavily or have diabetes are more likely to have sleep apnea.

We all know getting a good night’s sleep is important. Here are some tips to help you get the rest you need:

› Make it routine: Try to go to bed at the same time every night and get up at the same time every morning.

› Improve your environment: Keep your bedroom quiet, dark and at a temperature that is comfortable to you.

› No-phone zone: Use your bedroom for one thing: sleeping. Keep TVs, phones and other devices elsewhere.

Other sleep disorders include insomnia, which is a chronic inability to fall asleep, and restless legs syndrome, which causes people to move their legs due to tingling, making sleeping more difficult.

The good news is that all of these conditions can be managed, whether that means lifestyle changes, medication or therapeutic treatment. Talk to your doctor about a diagnosis and treatment. HM
Non-members may purchase a 10-class pass for $100. Classes run on an ongoing basis. Other classes not listed here can be found on our website at augustahealth.com/fitness.

**Aquatic Classes**

- **Aqua Power:** Mondays and Wednesdays, 7:45 a.m.; Mondays and Thursdays, 5 p.m.; Tuesdays, 9 a.m.; Saturdays, 9 a.m. (Fitness Pool)
- **Aqua Express:** Fridays, 7:45 a.m.
- **Deep Water Conditioning:** Thursdays, 9 a.m. (Fitness Pool)

**Therapeutic/Rehabilitative Aqua**

- **Aqua Lite:** Mondays and Fridays, 9 a.m.; Tuesdays and Thursdays, 9 a.m. and 10 a.m. (Therapy Pool)
- **Range of Motion (ROM):** Mondays and Fridays, 10 a.m. (Therapy Pool)

Information: Visit augustahealth.com/fitness for updated monthly group fitness schedules. Call Jennifer Klemm at (540) 332-5517 or email her at jklemm@augustahealth.com.

**Cardio/Body Sculpt**

**When:** Tuesdays, 5:30 p.m.

**Chi Kung**

**Intermediate:** Tuesdays, 10:15 a.m.

**Advanced:** Thursdays, 10:15 a.m.

**Core & More**

**When:** Mondays, 9:30 a.m.; Wednesdays, 5:20 p.m.

**Cycling Classes**

- **Endurance Ride:** Fridays, 5:15 a.m.
- **Express Ride:** Fridays, 8:30 a.m.
- **Instructor Choice Ride:** Mondays, 5:15 a.m.; Wednesdays, 8:30 a.m. (Cycle Studio)
- **Les Mills RPM:** Mondays, 8:30 a.m.; alternating Wednesdays, 5:30 p.m. (Cycle Studio)

**HIIT Boot Camp**

**When:** Wednesdays, 4:30 p.m.

**Krave 30X**

**When:** Mondays, 8:45 a.m.; Tuesdays, 12:15 p.m.; Fridays, 12:15 p.m.

**Les Mills Body Combat**

**When:** Mondays, 5:30 p.m.; Wednesdays, 9 a.m.; Thursdays, 6 p.m.; alternating Saturdays, 9 a.m.

**Les Mills Bodypump**

**When:** Mondays, 4:30 p.m.; Tuesdays, 9 a.m.; Thursdays, 5:30 p.m.; alternating Saturdays, 9 a.m.

**Martial Arts**

Extra fee; class passes excluded. **Beginner and Intermediate:** Mondays and Wednesdays, 7 p.m.

**Cost:** $55 a month for members, $85 for non-members.

**Senior Cardio**

**When:** Mondays, Wednesdays and Fridays, 10 a.m.

**Senior Strength**

**When:** Tuesdays and Thursdays, 10 a.m.

**Senior Stretch**

**When:** Wednesdays, 10:45 a.m.

**Step & Core**

**When:** Tuesdays, 4:30 p.m.

**Tai Chi**

Free to cancer recovery patients; sponsored by the Augusta Health Cancer Center.

**Arthritis and Diabetes:** Tuesdays, 11:15 a.m.

**Beginner:** Wednesdays, 11 a.m.

**Intermediate:** Thursdays, 11:15 a.m.

**Multi-Level:** Tuesdays, 7 p.m.

**Yoga**

- **Chair Yoga:** Mondays, 10:30 a.m.
- **Gentle Flow:** Mondays, 5:30 p.m.; Tuesdays, 9 a.m.; Thursdays, 9 a.m.
- **Intermediate/Advanced Vinyasa:** Wednesdays, 9 a.m.
- **Power Vinyasa Flow:** Thursdays, 6:15 a.m., 5:30 p.m.
- **Yoga Express:** Fridays, 9:05 a.m.
- **Yoga Basics:** Saturdays, 9 a.m.

**Zumba**

**When:** Mondays, 9 a.m.; Tuesdays, 4:15 p.m.

Information: Visit augustahealth.com/fitness for updated monthly group fitness schedules. Call Jennifer Klemm at (540) 332-5517 or email her at jklemm@augustahealth.com.

**RxEX Program**

(available on land or in water)

**What:** This monitored medical exercise program at Augusta Health Fitness is by physician referral only. It is an eight-week exercise program with pre- and post-program health evaluations. Participants exercise twice a week with staff and have access to Augusta Health Fitness throughout the eight weeks. Outcome measurements will be sent to the referring physician upon completion of the program.

**Cost:** $80

Information: Call Michael Campbell at (540) 332-5527 or email him at mcampbell@augustahealth.com.
RxEX Cancer Program
What: This monitored medical exercise program at Augusta Health Fitness is for members of the community who have had or currently have cancer. The program is designed to improve a person’s stamina, strength and fitness through monitored exercise. Participants will meet with certified cancer specialists twice a week to be assisted with an individual workout routine. Program outcomes will be sent to the referring physician.
Cost: $80. Note: Fee is waived if patient receives referral from Augusta Health Cancer Center.
Information: Call Michael Campbell at (540) 332-5527 or email him at mcampbell@augustahealth.com.

RxEX Prehab Program
What: This monitored medical exercise program at Augusta Health Fitness is for members of the community who are scheduled for joint replacement surgery. The program is specifically designed to strengthen the joint during the few weeks prior to surgery. Participants will meet with exercise specialists twice a week and work out in a small-group setting of three participants. Program outcomes will be sent to the referring physician.
Cost: $80
Information: Call Michael Campbell at (540) 332-5527 or email him at mcampbell@augustahealth.com.

RxEX Cardiac Program
What: This monitored medical exercise program is a continuation of Cardiac Rehab Phase II, and is available to anyone completing or who has completed Cardiac Rehab within the past three months. The focus of the program is on improving the heart’s function and increasing cardiovascular endurance. The participant’s blood pressure, heart rate and oxygen saturation levels are monitored throughout the program as necessary, and a follow-up appointment with Cardiac Rehab staff is performed upon completion of the program. Program outcomes will be sent to the referring physician.
Cost: $80
Information: Call Michael Campbell at (540) 332-5527 or email him at mcampbell@augustahealth.com.

AUGUSTA HEALTH FITNESS TENNIS PROGRAM SCHEDULE†

Adult Cardio Tennis
What: Adult tennis players have the opportunity to get fit for life while enjoying the sport they love! This unique fitness/tennis clinic is packed with high-energy tennis drills, sport-specific training stations, great music and lots of fun! We recommend that you consult with a physician before participating in Cardio Tennis or any activity that involves a strenuous exercise routine.

Munchkin Tennis
What: Ages 10 and under. A great introduction to tennis for the youngest of players! Smaller court, smaller racquets, slower balls with the same big fun!

Future Stars
What: Ages 10 and under. Kids learn and compete in this unique format that encourages young players to develop rally skills and proper stroke technique as well as keep score and compete on courts and equipment that are size-appropriate to ensure faster learning and more fun!

Rising Stars
What: This class focuses on skill development and learning the tactical side of tennis. It is geared to youths hoping to experience tennis for the first time or raise their game to the next level. Fast-paced drills and games expose students to the many positive exercise benefits of playing tennis.

Aces
What: The program is for the most skilled and competitive junior tennis players. With a focus on enhanced skill and tactical development through games-based point value drills and competition, players will be challenged to take their game to new levels.

† Times and fees for tennis classes and programs are subject to change. For more information, call Chad Reed, tennis coordinator/pro, at (540) 332-5280 or email him at creed@augustahealth.com. Registration forms for classes are available at augustahealth.com/fitness/tennis.

SUPPORT GROUPS

Friends Listening to Friends Group
What: For newly diagnosed cancer patients who have fears, questions or concerns. This group also addresses life after cancer treatments.
When: Tuesdays, 11 a.m.–12:30 p.m.
Where: Augusta Community Care Building, Conference Room 1
Information: For more information about any cancer group, call Leigh Anderson at (540) 245-7105.

Shenandoah Valley Stroke Club
What: This support group is for those who have suffered a stroke and their family members, care partners and friends.
When: The first Friday of the month at 12 p.m. Upcoming dates are Jan. 4, Feb. 1, March 1 and April 5.
Information: Call Shelley Payne at (540) 332-4047 or (540) 932-4047.
Heart to Heart Support Group
What: If someone you love has died and you’d like the “heart-to-heart” support of others who have also lost someone, we invite you to attend our support group. We understand this is a very difficult time in your life. Talking and sharing with others going through similar experiences can provide tremendous support and be extremely helpful in learning how to cope and live with your grief. Support groups are open to the community and provided free of charge.
When: New groups begin throughout the year.
Where: Augusta Health Community Care Building
Information: To find out starting dates and to learn more, contact Debbie Brown, bereavement coordinator, Hospice of the Shenandoah, at (540) 932-4911 or at dbrown@augustahealth.com.

Ostomy Support Group
What: In this group meeting, you’ll share ideas and improve your quality of life after ostomy surgery.
When: Second Monday of every other month, 6–8 p.m.
Where: Augusta Health Community Care Building, Room 3
Information: Call (540) 332-4346 for details.

Stronger Together Breast Cancer Support Group
What: Stronger Together offers support for patients diagnosed with breast cancer. This group provides a safe space to share personal stories, celebrate victories, express emotions and be uplifted.
When: Thursdays, 3–4:30 p.m.
Where: Augusta Health Cancer Center Conference Room
Information: Call Leigh Anderson, LCSW, at (540) 245-7105 for details.

DIABETES AND NUTRITION EDUCATION PROGRAM

Diabetes Support Group (Type 1 and Type 2)
What: For all those who are interested in learning more about managing their diabetes. Family, friends and care partners are welcome, too! This group offers guest speakers, a field trip to a local market and lots of educational opportunities.
When: Third Thursday of every month, 5:30–6:30 p.m.
Where: Heart and Vascular Building – Mannix Conference Room or ACC building
Information: Call Jean Magee, MED, at (540) 213-2538 or (540) 941-2538 for confirmation of location and topic.

*Diabetes 101 (Several Dates/Times Available)*
What: In this class, you will learn about how to properly test your blood sugar, take your diabetes medications, reduce your risks for complications from diabetes and solve problems you may have with your diabetes management.
When:
- January: Monday, Jan. 7, 5–7 p.m. OR Wednesday, Jan. 9, 1–3 p.m.
- February: Monday, Feb. 4, 5–7 p.m. OR Wednesday, Feb. 13, 1–3 p.m.
- March: Monday, March 4, 5–7 p.m. OR Wednesday, March 13, 1–3 p.m.
- April: Monday, April 1, 5–7 p.m. OR Wednesday, April 10, 1–3 p.m.

Information/Registration: Please call the Outpatient Diabetes and Nutrition Education Program at (540) 213-2537 or (540) 941-2537 for locations and to register for this class.
*A referral from your physician is required to attend this course.

Diabetes Prevention Class — FREE!
What: This is a single-session program taught by a certified diabetes educator. It is designed for individuals who have been diagnosed with prediabetes. During this session, participants will identify their risk factors and learn how to make lifestyle changes to help delay or even prevent the development of Type 2 diabetes.
When: Thursday, Feb. 7, 6–7:30 p.m.
Information/Registration: Please call the Outpatient Diabetes and Nutrition Education Program at (540) 213-2537 or (540) 941-2537.

CHILD BIRTH PREPARATION SERIES
What: During the final trimester of pregnancy, birthing classes are an ideal way for expectant mothers and their partners to prepare for the “big event.” Classes cover signs, symptoms and stages of labor, body conditioning exercises, breathing and relaxation techniques, vaginal and cesarean births and other medical options, helpful hints for the birth coach, what to expect during recovery, and a video tour of the Birthing Suite.
When: Six classes will be held every other month on four consecutive Mondays, as well as the Baby Basic and CPR class and Breastfeeding class on Thursday nights.
Where: Augusta Health, Community Care Building, Room 3
Information: Sign-up information is available at augustahealth.com/birthing-suite/classes.

Gain Independence From Tobacco (GIFT): Begin Your Journey to Stop Smoking/Stop Using Smokeless Tobacco
What: To quit tobacco, you must first examine how and why you use tobacco. Then you can create an individual quit plan. The GIFT program is provided by a certified tobacco treatment specialist. Evidence-based guidelines and recommendations are given on an individual basis. Don’t let fear keep you from quitting.
Information: Call Catherine Raines, CHES, at (540) 332-4191 for information.
welcome aboard
MEET THE NEW HEALTH PROFESSIONALS ON STAFF

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Waynesboro: (540) 245-7940
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Before Robert Paul, 67, scheduled spine surgery at Augusta Health last summer, he had one request for Clark B. Bernard, MD, neurosurgeon at Augusta Health: “Don’t cut my beard, because I need it to play Santa Claus!”

Paul, who lives in Staunton, Virginia, and is retired from the military, plays Santa Claus each year because of his uncanny resemblance to St. Nick. He dresses up as Santa for various events throughout the Christmas season.

QUICK ACTION
A week after falling in the shower, Paul began feeling a tingly sensation in his hands, and he started to lose his balance when he walked. He visited the Augusta Health Emergency Department and was admitted for testing. An MRI done the following day showed Paul had a massive disc herniation between the C3 and C4 vertebrae.

“He had lost the ability to walk and was beginning to lose sensation and function,” Dr. Bernard notes.

Paul was diagnosed with cervical myelopathy, a condition that can lead to paralysis if not treated in time. Dr. Bernard immediately recognized the gravity of the situation and urgently scheduled Paul for cervical spine surgery.

FAST RELIEF
Paul’s surgery, which took place on Sept. 19, 2018, consisted of a single level discectomy and fusion. “Almost immediately he was back at normal strength,” Dr. Bernard says. “Since the surgery, his recovery has continued and now he is essentially back to normal.”

Dr. Bernard, who has treated many patients with this condition, notes that most are able to return to their normal lives.

“Robert is back to work, back to driving and getting ready to be Santa Claus to help out hundreds of kids,” Dr. Bernard states.

Paul can’t say enough good things about the care he received at the Augusta Health Spine Clinic.

“I was very impressed from the day I walked into the emergency room until the day I left with the overall care I got,” he offers.

The best part?
“Dr. Bernard didn’t even touch my beard,” Paul says. “I was so happy.”

“Robert is back to work, back to driving and getting ready to be Santa Claus to help out hundreds of kids.”

—Clark B. Bernard, MD

The Augusta Health Spine Clinic has offices in Fishersville and Lexington. To learn more about the clinic, visit augustahealth.com/spine-clinic.
we’ve got a website!

Health Matters magazine has its own website. Visit augustahealthmatters.com to read current and past issues as well as web exclusives. See which stories are most popular, send us your feedback, and share the site with your family and friends. Check out augustahealthmatters.com today!

Augusta Health would like to wish all the readers of Health Matters a happy, healthy and peaceful holiday season!

Need an appointment with an Augusta Medical Group provider?

(833) AHC-HLTH

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