



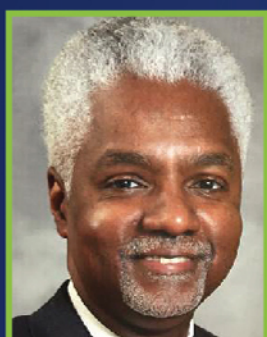
## GROWING FORWARD

# HEALTHY FOCUS

NEWSLETTER

## NEW TECHNOLOGY BOOSTS HCMC CARDIOLOGY PROGRAM

With the arrival of Saint Thomas Heart Cardiologist Dr. Wayne Gibson, our Cardiology program at Henry County Medical Center has thrived. And, we continue to do so with further enhancements and additions of the latest diagnostic technology.



DR. WAYNE GIBSON

Along with the arrival of Dr. Gibson, who practices full-time at HCMC and is still affiliated with Saint Thomas Heart, the hospital purchased a new ultrasound machine with the capability to perform transesophageal echocardiograms (TEE) to assist him in providing the most up-to-date care possible.

Unlike a traditional echocardiogram, the TEE provides a much clearer image of the heart, which enables Dr. Gibson to assess certain structures within the heart. The outpatient and/or inpatient procedure is performed by Dr. Gibson in the operating room at HCMC while the patient is sedated.

Dolores Farmer, RDCS AE, a registered echo technologist with over a decade of echocardiography experience, assists Dr. Gibson during the procedure. According to Farmer, the transesophageal echocardiogram (TEE) procedure at Henry County Medical Center is an important diagnostic tool for Dr. Gibson and offers greater benefits to the patients of the local community and the region.

“Typically, patient would have to travel to Nashville, Memphis or Paducah (KY) for this procedure,” said Farmer. “Patients prefer to stay close to home as much as possible, now more than ever. HCMC helps them to do so by offering this essential diagnostic tool by providing excellent patient care and get them on their road to recovery.”

Patients who are candidates for TEE are: stroke patients, patients in atrial fibrillation and patients with valvular diseases, amongst other conditions.



TRANSESOPHAGEAL ECHOCARDIOGRAMS (TEE)

HCMC helps patients *stay close to home* by offering this essential diagnostic tool to provide excellent patient care and get them on their road to recovery.

HCMC is continuing to look at ways to add enhancements and technology to our Cardiology program to better serve our community and continue to grow forward. For more information about Henry County Medical Center and our services, go to our website at [www.hcmc-tn.org](http://www.hcmc-tn.org).



Scan for More Information  
or go to our  
YouTube Channel at  
[youtube.com/henrycomedcenter](https://www.youtube.com/henrycomedcenter)



## MOTHER OF TWINS THANKFUL FOR HCMC, PED FOR ALL

Pregnant with twins, Sarah Rowlett knew her pregnancy could get complicated at some point, which is why choosing the right provider and the right hospital was crucial.

The Henry County native found the right physician in Dr. Pamela Evans, an OB/GYN at Paris Women's Center. "You could tell that Dr. Evans really cared about her patients and she was genuinely excited to take me on as a patient," said Rowlett, a first-time mother.

At the 19-week mark, Rowlett had some complications, Evans referred her to a high-risk pregnancy specialist at Centennial Medical Center in Nashville. Every week for six weeks, Rowlett would travel to Nashville to see the specialists, who coordinated her care with Dr. Evans. Finally, after a month and a half, the physicians at Centennial determined it was safe for Rowlett to deliver the twins in Paris because Henry County Medical Center had just begun its partnership with Ped For All.



Ped For All is an independent neonatal group which provides pediatric coverage for hospitals in Tennessee, including Centennial Medical Center. Arriving at HCMC in the spring of 2019, Ped For All specializes in newborns who need special care.

"My goal was to make it to May and on May 1, 2019 Dr. Evans delivered my babies," said Rowlett, noting that one baby stayed in the hospital for 12 days, the other 24 days. "I was only able to have my babies here at Henry County Medical Center because of the Ped For All program."

Ped For All providers round on all newborns who have been birthed in the Women's Center at Henry County Medical Center and are trained to provide care in neonatal emergencies.

As a first-time mother, Rowlett had no hesitation when offering an endorsement of the care received at HCMC.

"I don't think we could have gotten any better care anywhere else," she said. "To know that we could be home where our house is, where our family is, and our friends are was a relief. A weight was lifted off our shoulders. When Dr. Evans and Ped For All staff cry when your babies check out – that means something."



Scan for More Information  
or go to our  
YouTube Channel at  
[youtube.com/henrycomedcenter](https://youtube.com/henrycomedcenter)

A pediatrician or neonatal nurse practitioner is on-site 24 hours per day, which is an improvement from the past where a provider was on call, but perhaps 30 minutes away from the hospital. When a pediatrician is not physically on-site, the physician can evaluate newborns through telemedicine, which is enhanced further by the use of a Bluetooth-equipped stethoscope so the physician can listen to a heartbeat remotely.

Ped For All providers round on all newborns who have been birthed in the Women's Center at Henry County Medical Center and are trained to provide care in neonatal emergencies. To watch the patient testimonial provided by Sarah Rowlett, you can check it out on our YouTube Channel here: <https://youtu.be/gDFWis9T67s> To watch a video on the program, check it out on our YouTube channel: <https://youtu.be/bnRWF4Z88N0>

The HCMC Women's Center is state-of-the-art in the birthing experience. From pre-natal to post-natal, we will meet your needs:

- Individual labor support
- Breast feeding support
- Infant security
- Centralized monitoring of mother in labor
- Private birthing/after births rooms and Jacuzzi-tubs
- Special gifts and baby billboard announcement
- Family friendly environment
- After surgery care



The Women's Center also offers gynecological surgery post-op care to women. And, HCMC now offers a Special Care Nursery and neonatology services through Ped For All.

For more information on our services as well as the OB/GYNs at HCMC, check out our website at [www.hcmc-tn.org](http://www.hcmc-tn.org) or call us 731-644-3463.

# HCMC IS FIRST TO OFFER NEW MEDICAL TECHNOLOGY FROM MEDTRONIC TO TREAT PEOPLE SUFFERING FROM INCONTINENCE

Henry County Medical Center is one of the first medical providers in Tennessee to offer new solutions to the millions of people who suffer from incontinence thanks to technology advancements from Medtronic — the world's leading provider of therapy for bladder and bowel control issues.

More than 37 million adults in the United States – almost one in six – suffer from overactive bladder (OAB) and nearly 18 million Americans – about one in 12 – have fecal incontinence (FI). It is life-altering because many sufferers limit their lives socially, professionally, and personally, but it is treatable.

The new InterStim™ II and InterStim Micro systems provide patients with safe, effective relief from OAB and FI. The InterStim™ II recharge-free system offers patients freedom from a recharging routine, the hassle of recharging components, and a reminder they have a disease. The rechargeable InterStim™ Micro system, the smallest device available in the sacral neuromodulation (SNM) market, benefits patients who want a smaller, longer lasting device. Both systems are full-body\* conditional MRI and deliver the same therapy with long-term relief.

Drs. Joe Mobley, III and John Beddies of Kentucky Lake Urologic Associates are both now offering this new technology for treatment of incontinence. Dr. Mobley was the first to implant an InterStim MRI SureScan lead and battery in West TN and Western KY. Dr. Beddies was the first in the state to implant the first MRI compatible lead.

“By partnering with Medtronic, the trusted leader in SNM therapy, my goal is to help give patients a life without limits.”



"Effective long-term bladder and bowel control is an unmet medical need by many in the West TN area who experience regular accidents and/or frequency issues associated with OAB and FI. It can significantly impact all aspects of a person's quality of life – self-confidence, exercise, activities and even intimacy," said Joe Mobley, III, MD. "By partnering with Medtronic, the trusted leader in SNM therapy, my goal is to help give patients a life without limits."

Not every patient receives the same benefit, and there are potential risks, which may include surgical, device and stimulation risks. Kentucky Lake Urologic Associates will explain the benefits and risks and help each patient find their best treatment.

Watch a video describing the new technology by Drs. Mobley and Beddies:  
<https://youtu.be/HbhNTgA7XBs>.



 **1 in 6**  
Suffer from **OVERACTIVE BLADDER**

 **1 in 12**  
Have **FECAL INCONTINENCE**

Kentucky Lake Urologic Associates, located in Paris, Tennessee is a professional group of urologic surgeons and staff dedicated to the delivery of the highest quality urologic care. We offer a full range of urologic tests and procedures, designed with your comfort and health in mind.

Some of the services offered and conditions we treat include:

- Robotic Procedures
- In-office Vasectomies
- Prostate Screenings
- Urinary and Fecal Incontinence
- Urodynamics Testing
- UTI's
- Urologic Cancers
- Erectile Dysfunction
- Kidney and Bladder Stones
- Enlarged Prostate/Prostate Infections



To learn more, go to our website at [www.hcmc-tn.org](http://www.hcmc-tn.org) or call Kentucky Lake Urologic Associates at 731-642-8884. Also check us out on Facebook at <https://www.facebook.com/KentuckyLakeUrologicAssociates>.



## HEALTHY GROCERY SHOPPING CAN BE ACCOMPLISHED WITH THESE TIPS

Americans have been forced to adjust their lifestyles due to COVID-19 and those adjustments include our eating habits. Restaurant closures or seating limits have forced families to eat more meals at home in 2020. According to Kim Dempsey, MS, RDN, LDN, CDCES, registered dietitian and certified diabetes care and education specialist at Henry County Medical Center, healthy eating at home starts at the grocery store.

Part of Dempsey's job at HCMC is to counsel patients on healthy eating, including choosing the right foods for their specific medical conditions. When it comes to shopping, she said consumers are more aware of shopping the perimeter of the grocery, but she says that is not a hard and fast rule.

"We can always find unhealthy choices on the perimeter and also some healthy choices on the inside aisles," she said during a recent trip to Lakeway IGA in Paris. "A great goal is to fill about 75 percent of our cart from the healthiest choices from the outside aisles and 25 percent from the inside aisles."

Grocery stores tend to put their produce sections right up front, and Dempsey recommends starting there because fresh fruits and vegetables offer many benefits.

"People who eat more fruits and vegetables tend to have less chronic diseases and have an easier time managing their weight," Dempsey explained. "There are lots of vitamins and minerals that we get specifically from fruits and vegetables."

When it comes to the meat section, Dempsey emphasizes choosing lean cuts of meat, whether it's red meat, chicken or fish. On the bread aisle, Dempsey recommends choosing 100 percent whole grain (or whole wheat) breads.

““““

People who eat more fruits and vegetables tend to have **less chronic diseases** and have an easier time **managing their weight.**

One stop on the perimeter that consumers need to make, according to Dempsey, is the dairy section. But not just for fresh milk.

"A recent article from the Advisory Committee for Dietary Guidelines recognized eggs as an important first food for babies and toddlers," she said. "They also recommended increased egg consumption for pregnant and lactating women because eggs are a great source of the nutrient choline. Choline is important for brain development as well as brain health."

She added that a recent Harvard University publication determined after a review of studies from the last 30 years that dietary cholesterol from eggs is not a dietary concern for adults. "Increased egg consumption does not increase risk of cardiovascular disease", according to the review of research.

As for the rest of the grocery, Dempsey recommends consumers choose beans for an additional protein. "Beans provide budget-friendly proteins. If you choose canned beans opt for beans with no salt added."

Dempsey offers individual nutritional counseling by provider referral, so those individuals interested must talk with their primary care or specialty provider.

To learn more, call Dempsey at 731-644-8575 or go to our website at [www.hcmc-tn.org](http://www.hcmc-tn.org). You can also watch videos on this subject and others on our YouTube channel: <https://www.youtube.com/user/henrycomedcenter>

### Healthier Grocery Shopping:

<https://www.youtube.com/watch?v=CZKlfDCi6w0&t=82s>

### Restricted Eating:

<https://www.youtube.com/watch?v=8xCu7olG3S8&t=7s>

### Prevent T2 Diabetes Prevention Program:

<https://www.youtube.com/watch?v=YyFzQmvj2ik&t=26s>

### Diabetes Education:

<https://www.youtube.com/watch?v=Yd4QBCHRW5M>

There are also some great healthy recipe videos on the channel as well. You can also access them at [www.choosehcmc.org](http://www.choosehcmc.org).



**KIM DEMPSEY, MS, RDN, LDN, CDCES**





## Ped For All Treating HCMC's Tiniest Patients

Henry County Medical Center is committed to “growing forward” by providing the latest technology and expertise in medicine to ensure the best patient care available. That philosophy extends to even the region’s tiniest patients thanks to one of its latest partnerships.

Ped For All is an independent neonatal group which provides pediatric coverage for hospitals in Tennessee and has been covering the nursery at HCMC since the spring of 2019. The Nashville-based company cares for all newborn babies at HCMC, but specializes in newborns that need special care.

A pediatrician or neonatal nurse practitioner is on-site 24 hours per day, which is an improvement from the past where a provider was on call, but perhaps 30 minutes away from the hospital. When a pediatrician is not physically on-site, the physician can evaluate newborns through telemedicine, which is enhanced further by the use of a Bluetooth-equipped stethoscope so the physician can listen to a heartbeat remotely.

“““

Now that we have 24/7 coverage, we can keep them here in our unit. That way, the family can do some bonding with the baby or a mother can still breastfeed, which has such a positive impact on special care babies.

24/7 coverage, we can keep them here in our unit. That way, the family can do some bonding with the baby or a mother can still breastfeed, which has such a positive impact on special care babies.”

Ped For All providers round on all newborns who have been birthed in the Women’s Center at Henry County Medical Center and are trained to provide care in neonatal emergencies. To watch a video on the program, check it out on our YouTube channel: <https://youtu.be/bnRWF4Z88N0>



All of these improvements, from specialists to equipment, mean improved care for the newborn, as well as peace-of-mind for the family, according to Elizabeth Brogdon, NNP, one of several neonatal nurse practitioners who work the HCMC nursery.

“Previously, any baby who might have needed a special care nursery had to be transferred out to another facility in Nashville or Jackson or even Memphis,” Brogdon explained. “Now that we have

## HCMC EAGLE CREEK CLINIC ANNOUNCES DAVIDSON AS NEW PROVIDER

Henry County Medical Center is pleased to announce that Samantha Davidson, PA-C, is the new provider at Eagle Creek Clinic joining Bo Richardson, III, MD.



SAMANTHA DAVIDSON, PA-C

Davidson brings with her over eight years of experience working in family medicine, ER, orthopedics, pediatrics, urgent care, and physician assistant education. Davidson received both her undergraduate degree and her M.S. in Physician Assistant Studies from Bethel University.

Davidson is married to Adam and has a three year old son named Asher. They currently live in Dresden TN. They enjoy family time spent hiking, watching movies, crafting, and cooking. “I look forward to this opportunity with HCMC to serve its employees and patients, to provide compassionate and comprehensive health care,” said Davidson.

HCMC Eagle Creek Clinic has new hours with the change in providers. Their new hours are Monday through Friday, 8 a.m. to 5 p.m. Additionally, walk-ins are now welcome. The clinic is accepting new patients of all ages and provides a comprehensive range of medical services, including, but not limited to:

- Routine Medical Management
- Medicare Annual Wellness Visits
- Sports Physicals
- DOT exams
- Sick/Acute Visits
- Routine Physicals (including well woman exams)
- Office procedures including stapling, fish hook removal, splinting, joint injections, chemotherapy, ingrown nail removal, some skin procedures, etc.

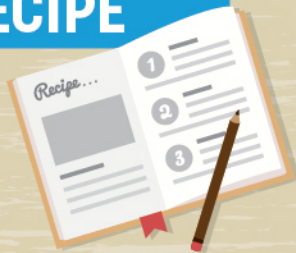
For more information or to make an appointment with Davidson or Dr. Richardson, call them today at 731-407-7013. To learn more about the clinic, go online at [www.hcmc-tn.org](http://www.hcmc-tn.org).





# WELLNESS RECIPE

Want a set of healthy recipe cards delivered to your mailbox?  
Call 731-644-3463 and request yours today!



## Mexican Chopped Salad

This delicious salad contains apples and tomatoes, both of which are high in antioxidants and fiber. They are also an excellent source of vitamin C, which can protect your eyesight and help prevent heart disease.

### INGREDIENTS:

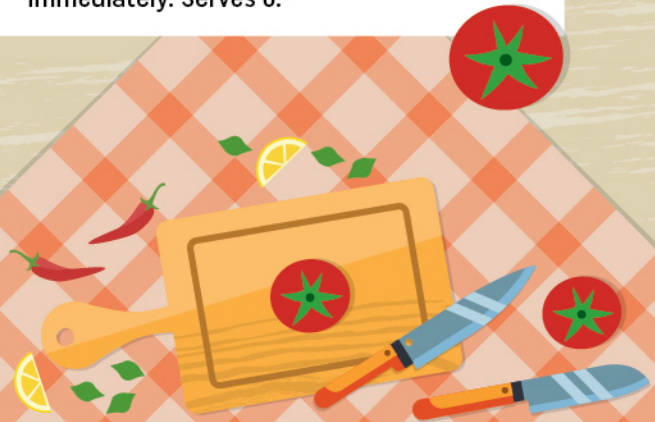
- 1 small head romaine lettuce, cut into 1/2 inch wide crosswise strips
  - 2 medium tomatoes, cored, seeded and diced
  - 1 small red onion, chopped
  - 1 medium green apple, peeled, cored and diced
  - 1/2 cup frozen, thawed corn kernels
  - 1-1/2 cups crushed, baked low-fat tortilla chips
- Dressing:
- 1 small avocado, peeled, seeded and thinly sliced

### Dressing:

- 1/3 cup pine nuts
- 1 teaspoon ground cumin
- Salt to taste (optional)
- Freshly ground pepper to taste
- 1/4 cup red wine vinegar
- 1/2 cup extra-virgin olive oil

### DIRECTIONS:

Combine the lettuce, tomatoes, onion, apple, corn and tortilla chips in a large bowl. Drizzle with 3 tablespoons dressing. Toss gently but well. Top with avocado slices and serve immediately. Serves 6.



Stay up to date by following us:

Sign up for our monthly e-newsletter  
at [www.hcmc-tn.org](http://www.hcmc-tn.org)

Healthy Focus Newsletter  
301 Tyson Ave, PO Box 1030  
Paris, TN 38242

**HIC HENRY COUNTY**  
**MIC MEDICAL CENTER**

PRSRT STD  
US Postage  
PAID  
Paris, TN  
Permit No 81