The American Cancer Society reports that nearly 140,000 Americans are diagnosed with colorectal cancer each year, and half of those patients may see the cancer spread to their liver. Dr. Patrick Robbins, Interventional Radiologist with interest in Interventional Oncology at Anderson Regional Medical Center, is using an innovative form of radiation therapy called Selective Internal Radiation Therapy (SIRT) or Radioembolization as an alternative treatment for these patients.

SIRT is an option for patients who cannot undergo surgery or ablation because their tumors are too large or too numerous. In this minimally invasive procedure, millions of radioactive particles, each no bigger in diameter than a human hair, are delivered directly to the tumor through the bloodstream. Under X-ray guidance, a catheter is precisely guided into the blood vessels supplying the tumor(s). The particles block blood flow to the tumor(s), destroy the cancer cells, and shrink the tumor, usually leaving the surrounding healthy tissue relatively unharmed. In most cases, the procedure is well-tolerated and patients go home the next day.

Dr. Robbins, Interventional Radiologist, said, “Over the last 10 to 15 years, radioembolization for advanced disease such as metastatic colorectal cancer has given patients a viable treatment option — where very few options previously existed. Recently, the National Comprehensive Cancer Network (NCCN) guidelines have been updated to show the widespread nationwide support for this therapy, and research over the next few years will focus on Radioembolization for multiple other types of tumors that have spread to the liver. I chose to come to Meridian to build on the foundation of excellent cancer care already established and I am happy to now offer this advanced therapy to patients in this area.”

John G. Anderson, President and CEO of Anderson Regional Health System, said, “We are always looking for new technologies and advanced medical procedures that will benefit our patients. Radioembolization serves as another example of that commitment. We are grateful to Dr. Robbins for bringing his expertise in interventional radiology from the University of Alabama-Birmingham to Meridian and helping to increase the quality of life for patients.”
Anderson Regional Sleep Disorders Center is now offering Inspire Upper Airway Stimulation (UAS) Therapy®, a breakthrough treatment option for obstructive sleep apnea (OSA) for those who cannot use Continuous Positive Airway Pressure (CPAP) therapy.

More than 18 million Americans have sleep apnea. Depending on the degree of severity, OSA can be a potentially life-threatening condition. Recent research shows that a person with poorly managed sleep apnea is at increased risk for heart attack, stroke, weight gain, high blood pressure and heart failure. While CPAP is often successful, studies show that roughly half of all patients that start CPAP eventually become non-compliant.

“Until now, Mississippi’s only provider of Inspire Therapy® was University of Mississippi Medical Center in Jackson,” said John G. Anderson, President and CEO of Anderson Regional Health System. Patients were traveling to Jackson or possibly Birmingham to receive treatment that is now available close to home. We are committed to continue providing our patients with new treatment options that improve their quality of life.”

Inspire therapy is the first implantable device for treating OSA. In contrast to CPAP, Inspire therapy works from inside the body and with a patient’s natural breathing process. The implantable system includes a small generator, a sensing lead and a stimulation lead. Turned on by a handheld remote, it delivers mild stimulation to key airway muscles, which keeps the airway open during sleep.

“In our practice we see many patients who have stopped using or are unable to tolerate CPAP,” said Dr. Kary Whitehead, Sleep Medicine Specialist at Anderson Regional Sleep Disorders Center. “Inspire therapy represents a significant advance in sleep apnea treatment. It is clinically proven to reduce sleep apnea events and also has a high level of patient satisfaction and therapy adherence. We are excited to now offer this promising therapy to sleep apnea patients who struggle with CPAP.”

Dr. Whitehead is working closely with Dr. Cody Aull, Otolaryngologist at Anderson Ear, Nose and Throat Center, who implants the Inspire Therapy neurostimulator in an outpatient setting at Anderson Regional Medical Center.

In the STAR (Stimulation Therapy for Apnea Reduction) trial, a pivotal clinical trial that tested the safety and efficacy of Inspire therapy, patients experienced a significant reduction in sleep apnea events and significant improvement in quality of life measures. These results were published in the January 9, 2014 issue of the New England Journal of Medicine.

Patients who are interested in learning more should call 601.553.6366 to set up an evaluation with Dr. Whitehead at Anderson Regional Sleep Disorders Center.

For more information on how Inspire therapy works, please visit: AndersonRegional.org/InspireTherapy.
Volunteers Honored — Anderson gave thanks to its volunteers during the annual Volunteer Appreciation Lunch. Front row, from left: Ruth Sims; Barbara Holmes, Secretary; Dorothy Stovall, Vice President; Pat Branning, President; Rick Fazel; Dot Hogan; Patricia Maloney; Helen Shannon; Denise Lewis; and Volunteer of the Year; Marcella Rowe. Second row, from left: Carolyn Jones; Teresa Lisenbe, Treasurer; Ann Maynor; and Clara Moncrief. Third row, from left: Betty G. Newell, Wilfried Ortlepp, Linda Crews and Jean Willis. Fourth row, from left: Billy Glover, Ruth Sanders and Laura Jordan. Back from left: Sarah Crenshaw and Sandy Green.

Anderson Volunteer Auxiliary members make a tremendous contribution to our hospital each year — with time, money and compassion. We wanted to take this opportunity to recognize the hard work and generosity provided during 2016. All totaled, our volunteers donated nearly $2,400 in 2016 and:

- Donated 2 TVs for the Wound Care
- Donated 19 DVDs for The Rolling Library for the Pediatric Center
- Collected 1822 stamps for the Stamp Ministry
- Collected 791 cards for the St. Jude Children’s Ranch
- Collected 8,400 folders for inpatients
- Donated $500 to the Cancer Center Benevolent Fund
- Donated 7 scales for the CHF Clinic
- Donated 2 TVs for the Admissions/ER Waiting Area
- Donated 2 diabetic monitors with supplies to the Anderson Diabetes Center
- Donated 1 5 x 8 American flag and case to Nursing Service
- Purchased coloring books, crayons, stickers and a bag of suckers for ED Pediatric patients
- Purchased 20 American Heart Stroke Booklets to Tom C. Maynor Rehab

And so far this year, volunteers have:

- Donated $500 to the Cancer Center Benevolent Fund
- Donated $300 to the Cancer Center Resource Room
- Purchased crowd control stand with retractable lines for Admissions Area at North Campus
- Purchased 20 cell phone chargers for the ICU/CCU Waiting Area and the Admissions Area
- Donated $50 per loved one to the Cancer Benevolent Fund in memory of Maxine Walker and Dr. Reid Whittington
- Collected 146 stamps for the Stamp Ministry
- Donated 5 diabetic monitors with supplies to the Anderson Diabetes Center
- Collected 1,056 cards for the St. Jude Children’s Ranch
- Donated 5 pairs of eye glasses to The Lions Club
- Put together 800 folders for inpatients
- Sponsored the ED Clothing Drive
Celebrating 2017 Doctors’ Day

Words from well-wishers on Doctors’ Day
Celebrating 2017 Doctors’ Day
Casey May, Benefits Analyst Manager at Anderson, was the first Mississippi State University-Meridian student to become a finalist at the international DECA competition held in Anaheim, CA, in April. She was one of two students who represented Mississippi in international competition. Both Casey and Accounts Payable Manager Lynette Cockrell took top honors at the DECA state competition.

Casey took first place in the business research category. She is pursuing a Bachelor of Applied Technology degree in healthcare services at MSU-Meridian as she works at Anderson.

Lynette took first place in the business ethics category. She will be graduating from MSU-Meridian with a bachelors in Business Administration, with a concentration on management.

“I was one of 12 finalists in the Business Research category at the Collegiate DECA International Career Development Conference, which was held in Anaheim,” Casey said. “I’m the first student at MSU to ever become a finalist. I will graduate Magna Cum Laude.”

Since it was founded in 1946, DECA has impacted millions of students, educators, school administrators and business professionals by preparing emerging leaders and entrepreneurs for careers in marketing, finance, hospitality and management in high schools and colleges around the world. For more, visit www.deca.org.

“I’m extremely proud of our students for all earning a first place designation,” said Natasha Randle, associate professor of management and DECA adviser. “This is a true testament of their hard work, determination, preparation and their ability to effectively synthesize concepts learned in the classroom with real-world practical experiences, as well as good old-fashioned critical thinking.”

Nearly 5,000 DECA students competed in the international competition in April at the Hilton Anaheim Hotel. This is the second year the MSU-Meridian organization has been represented at the international competition.
Anderson has graduated the first class of Patient Care Technicians. Each graduate was introduced to the concept of team nursing for patient care — a method of providing care to inpatients in which the responsibility for planning and carrying out care is shared by members of a team, including registered nurses, licensed practical nurses and patient care technicians. These graduates were prepared for positions as a Patient Care Technician – Phlebotomist.

Two Inducted to Sigma Theta Tau International Honor Society

Vicki Smith, RN, CEN, and Krystal Palmer, RN, were honored to be invited to join the Sigma Theta Tau International Honor Society of Nursing and attended the induction ceremony in April at the Nissan Auditorium on the Mississippi University for Women campus.

Established 90 years ago by six nursing students in Indianapolis, IN, STTI has more than 135,000 active members and 500 chapters with members in 90 countries. To be asked to join the member must have at least a GPA of 3.0 or higher and rank in the top 35 percent of their graduating class. STTI offers scholarships, a lifetime of CEU’s, 50+ Career Advisors, Face to Face networking, and free journals and member publications.

First Patient Care Tech Class Graduates

Above, from left, front row: Stacey Correa, PCT-P; Precious Jenkins, PCT-P; and Heather Walters, PCT-P. Back row, from left: Gail Gunn, RN, Clinical Resource Manager; McKalley Keech, PCT-P; Carmen Williams, PCT-P; Melissa Mason, BSN, RN, Critical Care Educator; Derrick Gaston, PCT-P; Kiya Grace, PCT-P; Kimberly McGrew, PCT-P; and Jason Cain, BSN, RN, Director of Nursing.
2017 Anderson Cup Road Race

This yearly event brings in athletes of all ages and speeds with a 5K race, 2M walk and 1M fun run. Proceeds from the event went to The Meridian Freedom Project, a leadership program for high school students.
Congratulations to Brenda Viverette, LSW, who has been appointed to the Mississippi State Board of Examiners for Social Workers and Marriage and Family Therapists.

Brenda went back to school after retiring from Bellsouth to become a Licensed Social Worker and she has been with Anderson since 2011.

In 2016, she was appointed to the State Board of Examiners for Social Workers by Gov. Phil Bryant, and was confirmed by the Mississippi Senate in March.

Brenda was part of a small group that formed the Lauderdale County Chapter of Mothers Against Drunk Driving in 1991. In addition to being an active member, she served as a Victim Advocate and Court Monitor, and she facilitated the Lauderdale County Victim Impact Panel until 2015. Brenda speaks at law enforcement meetings and civic organizations as an advocate for victims of drunk driving and their families.

Art for Anderson
Meridian Museum of Art board members frame works by the young winners of the 2017 Threefoot Arts Festival Art Contest to display at Anderson. Above, right photo, from left, Cary Haycox, Kris Gianakos and Trish Frazier. At left, David Barr hangs the artwork in the long hall between the main entrance and the North Lobby.

The annual Patient Safety and Education Fair at Anderson features up-to-date information and facts that help all employees. Alex Stuart, RN, is one of many who took in the presentations on both the North and South campuses.
Betty Cryer (left) honors Wanda Dean on more than 27 years of service to Anderson. Congratulations, Wanda!

East Central Mississippi Trauma Care Region (ECMTCR) recognized Anderson Regional Medical Center, Rush Hospital, Teleflex and Meridian Community College for sponsoring the Rural Clinician Airway Management Course at MCC’s Workforce Development Center. Pictured, from left, representing Anderson are: Wanda Cooper; Jason Cain, RN; Brandye Vance, RN; and Janet Terrell, RN.

Dusty Culpepper has been named Pacesetter Chairman for United Way of East Mississippi.

Congratulations to Anderson Children’s Medical Clinic, which recently finished its yearly EPSDT audit with Medicaid and passed with a 94 percent accuracy rate.
Thanks to ACL reconstruction and rehabilitation at Anderson, top athlete Jasmine Brown is back on the basketball court at Meridian High School. Jasmine was playing basketball for Meridian High School when she tore her left ACL during a game in November of 2015. After being evaluated by a member of the Anderson Sports Medicine team, she was referred to Dr. Michael Chamblee, Orthopedic Surgeon, for ACL reconstruction surgery. Jasmine had surgery in December of 2015 and she began physical therapy that same month, just 13 days after surgery. She had to miss the remainder of the 2016-2017 basketball season as a junior, but she made a goal to return to the court for her senior year at Meridian High School.

When Jasmine started physical therapy, she was on crutches and allowed weight-bearing activities as tolerated. The goals early in therapy focused on improving the knee range of motion and reducing swelling and pain. Jasmine also underwent gait training to slowly return to walking normally without crutches. After significant improvement in her range of motion, physical therapy exercises focused more on strengthening and proprioceptive activities to help her return to independence with normal daily activities. During the last month of rehab, the focus shifted more to agility training, strengthening and endurance exercises. Jasmine faithfully participated in physical therapy until she was discharged in March 2016, and rejoined her teammates to prepare for a winning senior year.
Balloons fly high to celebrate MORA/Donate Life Mississippi. MORA is a not-for-profit organization with a mission to inspire all Mississippians to save and enhance lives through organ, eye and tissue donation. At left, Betty Cryer and Wanda Cooper (4th and 5th from left) join Meridian Mayor Percy Bland (2nd from left) in planting a tree in honor of Donate Life Mississippi at Dumont Plaza.

Congratulations to Kimberly Garner, LBSW, who received her Masters in Health Administration from Columbia Southern University in Alabama.
Volunteers Jean Willis and Teresa Lisenbe help staff the spring Masquerade Jewelry Sale. The Volunteers raised $1,800 to assist with their projects and activities. The next sale is set for October 5-6.

Christy Napp and Becky Butler staff the Anderson display at the recent East Mississippi Business Development Corporation’s Home & Garden Show. Attendees had the chance to hear Clint Harp of TV show “Fixer Upper” fame at the event.

Dear Patches & all nurses who helped me,

Your special ways and generous heart make a beautiful difference.

Thank you so much.

My 2 almost completely blocked arteries were very scary for me & my wife prior to my triple bypass on 12-5-16. Thank you so much for your kind care during my stay.

May God bless you,
Don McLeod
Back home & feeling so much better.

High Praise for Telemetry
Good Friday Services Usher in Easter Weekend

Above left, George Parks, PCT, leads everyone in Scripture reading and prayer. Dr. Joe Anderson, above right, gives a message of hope. Final photo, Niki Denton, RN, leads a song.
These monthly awards honor departments that showed the greatest increase in their “rate this hospital” score from the prior month.

Anderson Cardiac Surgical Associates

4-East
February & March 2017 Service Excellence Awards

Cardiopulmonary

Tom C. Maynor Rehabilitation Center
March 2017 Employees of the Month

Lindsey Breckenridge, RN
Lindsey Breckenridge has been a Registered Nurse in the Emergency Department for 15 years, and he currently serves as charge nurse. He is a Certified Emergency Nurse (CEN) and a Certified Healthcare Emergency Professional (CHEP). Lindsey served with the U.S. Army Reserve Nurse Corps from 2001-2009 and spent a year on active duty at Weed Army Community Hospital’s Emergency Room in Fort Irwin, Calif. Lindsey’s coworkers said, “Lindsey handles himself with dignity and professionalism at all times. • He is always thoughtful, kind, compassionate and caring. • Lindsey is unwavering in critical situations and leads by example. • He always places our patients and their families first no matter what stressors are around him. Lindsey is a shining example of what a nurse should be.” In his spare time, Lindsey enjoys traveling, hiking and gardening. He has been married to Jennifer Breckenridge since 2004 and he is a member of Suqualena Volunteer Fire Department.

Ashley Laird, RN
Ashley Laird is a Registered Nurse who works in the Cardiac Care Unit. Her coworkers said, “Ashley goes out of her way to be sure her patients are safe and comfortable. • She listens to the needs of the patient and tries her best to make them smile through their pain. • Ashley is willing to float to any unit, and always has a wonderful attitude and sweet disposition. • Ashley has only been a nurse for a few years, but she is smart as a whip.” In her spare time, she enjoys mud riding in off-road terrain vehicles with her husband, Kyle, and spending time with her three dogs.

Lowery Campbell
Lowery Campbell has worked at Anderson for 36 years. He started in Environmental Services where he worked for 14 years and he has worked in the Plant Operations Department for the past 22 years. Lowery’s coworkers said, “Lowery is always helpful. • When he is asked to do something, he does it as quickly as possible. • Lowery has a strong work ethic and a positive attitude, and he is a joy to work with. • He always has a smile on his face and his infectious laugh lifts people up. • Lowery is truly an asset to the plant operations department.” In his spare time, Lowery enjoys sports and being outside. Lowery is a U.S. Army veteran and he is married with three children.

Debbie Frank
Debbie Frank is Lead Tech in the Chemistry Department of the Lab at Anderson - South where she has worked for 12 years. Her coworkers said, “Debbie treats every patient and employee with respect. • She takes on new challenges with enthusiasm. • Debbie is always available to work extra shifts and it is clear she does this because of how much she cares for her coworkers. • Debbie is the most organized individual that I know. • She is very proactive with problems and responds quickly and appropriately with a solution and she goes out of her way to complete her job in a timely manner. • Debbie has a great attitude and never complains. • She learned new responsibilities in a short time at Anderson - North Lab due to a staff shortage. • Debbie contributed a tremendous amount of energy toward the successful COLA Lab Accreditation earlier this year.” In her spare time, Debbie enjoys spending time with her husband, son and two cats.

Carolina Thomas, CRT
Carolina Thomas is a Certified Respiratory Therapist who has worked at Anderson for 12 years. Her coworkers said, “Carolina goes above and beyond with her job duties. • She is always willing to help in any situation. • Carolina strives to do her best and is excellent with her patients.” In her spare time, Carolina enjoys reading, gardening, cooking and spending time with her husband and three children.

Willie Atterberry
Willie Atterberry has worked at Anderson for five years in the Environmental Services Department. He started as a Floor Tech and was promoted to his current position of Linen Tech. His coworkers said, “Willie is always so friendly and helpful. • He always makes sure we have what we need for our patients. • Willie is cheerful and smiles all the time. • He works so very hard and never complains.” In his spare time, Willie enjoys fishing, watching movies and working in the yard. He has a beautiful wife, three beautiful daughters and a grandson who is the light of his life. Willie is very involved in his church and sings in the choir.
April 2017 Employees of the Month

Mamie Mitchell, RN
Mamie Mitchell is a Registered Nurse who has worked at Anderson for 17 years. She currently serves as Charge Nurse for Horizons Geri-Psych Center at Anderson - South. Her coworkers said, “Mamie was originally an LPN, and she went back to school to become an RN while still working full time. • She has really found her niche at the Geri-Psych center. • Mamie is so good with the patients and they all love her. • She treats each patient with the utmost respect and dignity. Mamie is always thinking of others and never herself. • She is very thorough with her documentation and nursing care.” In her spare time, Mamie enjoys card making, shopping, exercising and baking cakes. She is married and has one daughter, and she is very involved with her church where she is in the early stages of setting up a library.

Sandra Hardaway, RN
Sandra Hardaway is a Registered Nurse who has worked at Anderson for 39 years. She has served in many different areas during her time at Anderson and she is currently working in the critical care unit. Her coworkers said, “Sandra is an excellent nurse. • She serves as a resource for younger nurses who value her experience. • Sandra is a role model for all of us. She is a hard worker and she is always willing to do more than she is assigned. • Sandra is highly respected by her peers and the physicians.” In her spare time, Sandra enjoys photography, reading, traveling and spending time with her two daughters, two sons-in-law and five grandsons. Sandra is a member of Sunlight Baptist Church, Mississippi Nurses Association and Eliza Pillars Registered Nurses Association. She also volunteers at the Free Clinic of Meridian.

Megan Hatch, PharmD, BCPS
Megan Hatch is a Critical Care Pharmacist who has worked at Anderson for four years. Her coworkers said, “Megan is the pharmacist of the year. • She goes over and above to make sure prescriptions are filled accurately. • Megan is respected by physicians and she often works one-on-one with doctors to ensure patients are getting what they need.” In her spare time, Megan enjoys spending time with family and friends, especially her husband Kevin. She also enjoys traveling. Megan and her husband attend Central United Methodist Church where she is a Small Group Leader for the youth. She serves as secretary on the board of directors for the Free Clinic of Meridian.

Betty Burton
Betty Burton is an Admissions Clerk and Financial Counselor who has worked at Anderson for 20 years. Her coworkers said, “Betty’s demeanor is always pleasant. • She stays poised and professional even when difficult situations arise. • Many of the younger employees look to Betty for guidance and reliability. • Betty’s wisdom and knowledge helps our department run smoothly. • She is very versatile in working different areas, and she is always willing to pitch in to help. • We are very privileged to work alongside Betty.” In her spare time, Betty loves to sing and minister to nursing home patients and younger people by encouraging them. She has been married for 41 years and she has four sons. Betty attends Pine Grove Missionary Baptist where she serves as a minister, adult Sunday School teacher, choir member and she is president of the Women’s Ministry.

Crystal Burford
Crystal Burford has worked in the Revenue Cycle Department as a Business Office Cashier for eight years. Her coworkers said, “Crystal's customer service skills are outstanding. • Recently she was serving a customer, training a new cashier, talking on a headset to obtain information for the customer she was serving, and she never stopped smiling the entire time. • Crystal stays calm, cool and collected under pressure. • She is willing to go the extra mile to help others and always gets the job done right and on time.” In her spare time, Crystal enjoys hiking on trails, paddle boarding, snorkeling for seashells and spending time with family and friends, especially her grand babies. She and her husband, David, are high school sweethearts and have been married for 26 years. They have two sons and two grandchildren.

George Parks Jr., PCT
George Parks has been a Patient Care Tech on the swing bed unit at Anderson - South for six years. He began his career at Riley Hospital 36 years ago as an orderly and ambulance driver before becoming a PCT. His coworkers said, “George demonstrates a caring attitude toward patients and seeks to please others. • George's patients request him by name. • He is a great asset to our department.” In his spare time, George enjoys fishing, going to the movies, walking in the park and surprising his special lady with gifts. He loves to listen to gospel music and praise dance at church and special events. George is a single dad with three daughters and eight grandchildren that he loves spending time with. He is often observed listening to and encouraging youth to do the right thing. George is a minister at New Independent Baptist Church and enjoys visiting nursing homes where he brings smiles and cheer to the patients.