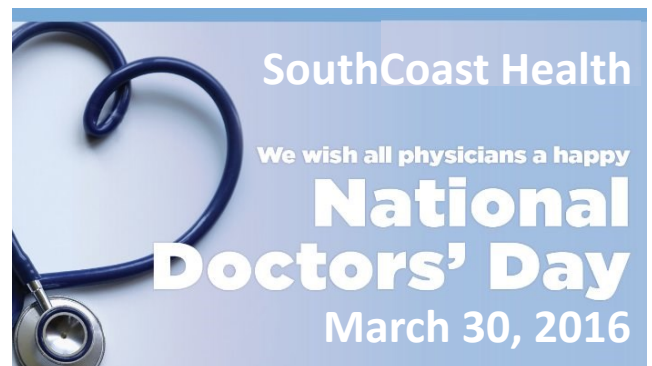


NATIONAL DOCTORS DAY – MARCH 30TH

- | | | | |
|--|---|--|--------------------------------------|
| Dr. Nenad Avramovski– Infectious Disease | Dr. Douglas Hanzel– Pulmonology | Dr. Adam Novack-Eisenhower B2 | Dr. Hiem Thong– Eisenhower B1 |
| Dr. Firas Bannout– Hinesville 201 | Dr. Melanie Helmken-OB | Dr. Eugene Nwosu– Cardiology | Dr. Sabin Tomus-Hinesville 203 |
| Dr. Sidney Bolch, III– Cardiology | Dr. Amanda Hendricks– Rincon Pediatrics | Dr. Neil Odom-OB | Dr. Jules Toraya– OB |
| Dr. Melissa Cobbs-OB | Dr. Stephen Hendrix-Pulmonology | Dr. Christopher Oldfield-Eisenhower B1 | Dr. Kristen Updegraff-Chatham Center |
| Dr. Michael Cohen-Pooler | Dr. Richard Hightower, Jr.– Pooler | Dr. Bhavesh Patel– Eisenhower B2 | Dr. Jules Victor, III-Eisenhower B2 |
| Dr. Ana Concepcion-Eisenhower B2 | Dr. Edward Hoffman– RH 89 | Dr. Douglas Perry– RH 89 | Dr. Andrew Wade– Imaging |
| Dr. Julio Cortes– Eisenhower B1 | Dr. Wallace Holland, Jr.– RH 5A | Dr. Geoffrey Peters– Cardiology | Dr. Benjamin Watson-Eisenhower B2 |
| Dr. Ryann Cowart-Eisenhower B1 | Dr. Christa Jillard-Surgery | Dr. Robert Remler-Eisenhower B1 | Dr. William Webb-RH Pediatrics |
| Dr. Stephanie Croll-Eye Care | Dr. Robert Jones– 310 Pediatrics | Dr. Micah Riegner– 310 Pediatrics | Dr. Robert Weeks– Eisenhower B2 |
| Dr. Leland Dampier-Pooler | Dr. Arthur Kendig-Cardiology | Dr. Victor Rosenfeld-Neurology | Dr. Garrett White-Nephrology |
| Dr. Regina Dandy-RH 89 | Dr. Wasil Khan-Allergy | Dr. Richard Roth-Infectious Disease | Dr. Michelle Wilson– Pooler |
| Dr. David Delnostra-Eisenhower B1 | Dr. Todd Lanier– Imaging | Dr. Edward Sammons-Eye Care | Dr. Leonard Wojnowich– Eisenhower B1 |
| Dr. Harresh Dulamal-Chatham Center | Dr. Lucas Lewin-Eisenhower B1 | Dr. Jami Scanlon-Rincon Pediatrics | Dr. Stephen Yeager– Surgery |
| Dr. Jack Eades-Allergy | Dr. Jeffrey Mandel-Surgery | Dr. Glen Scarbrough-OB | |
| Dr. Nelson Elam– RH Pediatrics | Dr. Margaret McCormack-Eisenhower B1 | Dr. Keith Seibert-RH Pediatrics | |
| Dr. Nizar Eskandar-Nephrology | Dr. Scott McGlynn– Cardiology | Dr. Patricia Shapiro-Imaging | |
| Dr. David Estle– Imaging | Dr. Helen McIntosh– OB | Dr. Craig Skalla-Podiatry | |
| Dr. Nathan Fergus-Imaging | Dr. Peter Miller– Eisenhower B1 | Dr. Russell Sliker-Pooler | |
| Dr. Braxton Fields-Imaging | Dr. Thomas Moriarity– Eisenhower B1 | Dr. Hy Sussman-Hilton Head | |
| Dr. Theodore Geffen-Eisenhower B1 | Dr. David Mozer-310 Pediatrics | | |
| Dr. Robert Grant– Eisenhower B1 | Dr. Troy Murphy– Chatham Center | | |
| Dr. Kenneth Griffin– Eisenhower B1 | | | |

March 30th marks the annual observation of National Doctors Day. This day was established to recognize physicians, their work, and their contributions to society and the community. On National Doctors Day, SCH would like to say “thank you” to our physicians for all that they do for us and for our loved ones.!



IN THIS ISSUE:

- Bryan Favorite 2016
- National Kidney Month
- HR Corner
- Health Tips
- Birthdays & Anniversaries
- SCH In The Know



Bryan County News Announces Bryan's Favorites 2016

Each year the readers of the Bryan County News cast their votes for their favorites for just about everything that Richmond Hill and Bryan county have to offer.

Nanci Ahearn was awarded **Bryan's Favorite Nurse Practitioner.**



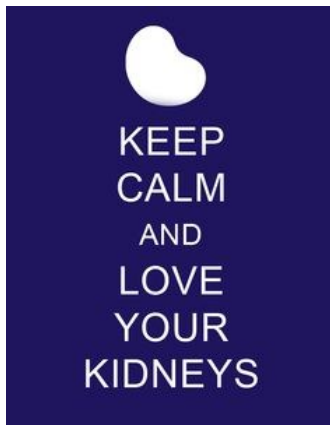
Nanci Ahearn, NP

SouthCoast Health thanks all of the readers who voted for us as well as the staff who work so hard to make these awards so deserved.

Focus on the Kidneys During National Kidney Month in March

March is National Kidney Month and the National Kidney Foundation is urging all Americans to give their kidneys a second thought and a well-deserved checkup.

Kidneys filter 200 liters of blood a day, help regulate blood pressure and direct red blood cell production. But they are also prone to disease; 1 in 3 Americans are at risk for kidney disease due to diabetes, high blood pressure or a family history of kidney failure. There are more than 26 million Americans who already have kidney disease, and most don't know it because there are often no symptoms until the disease has progressed. Kidney disease develops when kidneys lose their ability to remove waste and maintain fluid and chemical balances in the body. The severity of Chronic Kidney Disease depends on how well the kidneys filter wastes from the blood. It can progress quickly or take many years to develop.

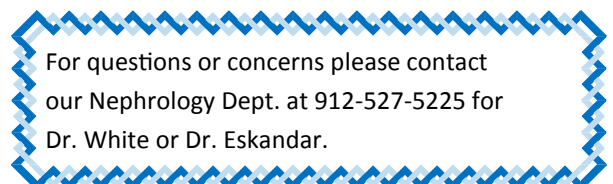


The kidneys are two, fist-sized organs in your lower back. They maintain overall health through the following functions:

- Filtering waste out of 200 liters of blood each day.
- Regulating of the body's salt, potassium and acid content.
- Removing of drugs from the body.
- Balancing the body's fluids.
- Releasing hormones that regulate blood pressure.
- Producing an active form of vitamin D that promotes strong, healthy bones.
- Controlling the production of red blood cells.

Quick Facts on Kidney Disease:

- Kidney disease is the 9th leading cause of death in the country.
- More than 26 million Americans have kidney disease, and most don't know it.
- There are over 95,000 people waiting for kidney transplants.
- More than 590,000 people have kidney failure in the US today.



For questions or concerns please contact our Nephrology Dept. at 912-527-5225 for Dr. White or Dr. Eskandar.

Looking to move up without moving out???

... check out some of the job openings available right here at SCH!

- Front Desk B1 & 2
- SQL Database Admin
- Nurse Practitioner/Peds & Neph
- PACS Administrator
- PRN Optician
- P/T Ophthalmic Tech
- Full-time LPN Rincon
- PRN MA & LPN
- Physician Assistant/Cardio
- MA/LPN Cardio
- Lab Assistant
- Part-time Med Tech
- PRN Pharmacy Tech

SCH Health Tips...

When the weather starts to warm up, people tend to breathe a sigh of relief. Spring typically means a return to outdoor activities and lengthening days. It can also be a time for illnesses and health problems. Being prepared for potential springtime ailments can help you enjoy a healthy start to the season.

Seasonal Allergies

Budding trees, bushes and flowers release pollen into the spring air. Depending on where you live, spring allergies can start as early as February and a rainy spring can promote mold growth, leading to many months of symptoms.

You can combat spring allergies with medicines. But many allergy medicines work best when they are in your system before you're exposed to allergens like pollen. So start your medicines about two weeks before you expect symptoms. You can follow pollen counts online or through your local weather forecast.

Asthma

Like seasonal allergies, asthma can flare up in the spring. Common triggers include pollen, air temperature changes, yard fertilizers, and insect repellants. Don't forget potential indoor triggers from spring cleaning, such as dust and cleaning chemicals. Contact your doctor if you have trouble controlling your asthma symptoms or need your rescue inhaler more than twice a week.

Remember to use your peak flow meter to check your asthma control. You can buy a meter at your local pharmacy or drug store.



Common Cold

Many people associate getting a cold with winter, but fall and spring are peak times for rhinovirus infections, and rhinoviruses cause about half of all common colds. These viruses spread easily from person to person. Remember basic prevention strategies—wash your hands often and avoid touching your eyes, nose and mouth.

Lyme Disease

As warmer temperatures lure you outdoors, know that deer ticks also appreciate the change in weather. Deer ticks—which transmit Lyme disease—become active when temperatures rise above 35 degrees Fahrenheit. Remember to avoid tall vegetation, use tick repellent, and perform tick checks after you've been outdoors. If you find a tick, remove it with a pair of fine-tipped tweezers. Then watch for symptoms, such as rash or fever, over the next few weeks.

Sports Injuries

Baseball, tennis, soccer, lacrosse and golf—just to name a few—all start up again in spring. While professional athletes spend weeks in spring training, you probably don't. So use some caution when returning to sports and activities. Try to stay conditioned throughout the year. Give yourself extra time to warm up and cool down. Listen to your body.



March 2016

ANNIVERSARIES

1 Year

Reaquila Scriven
Lawanna Grant
Carisa Elmore
Charles Singleton
Dianna Flagella
Carina Tahmalwash
Olympia Davis
Kendra Seagraves
Yvette Chaplin-Riley
Susan Brown

2 Years

Lakesha Page
Nicole Bonafiglia
Lori Benson
Robert Hill

3 Years

Lacey Thompson

4 Years

Elaine Harn

5 Years

Calvin Thompson

7 Years

Fred Payne
Felicia Scott-Prescott

8 Years

Sarah Warren
Sandra Vranich
Janice Howell
Donna Lewis
Jessica Waters

10 Years

Tammy Lee
LaShonda Bailey

11 Years

Lisa Mew

12 Years

Crystal Brown

13 Years

Pamela Mahnke

14 Years

Mariella Beavers

15 Years

Dawn Calaway

17 Years

Monica Oglesby

BIRTHDAYS

1 Elizabeth	Street	16 Ashley	Shaw
1 Keshia	Vail	19 Dr. Richard	Roth
1 Margaret	Gruber	20 Letha	Brown
2 Shari	Dyal	21 Janice	Howell
2 Nancy	Hanzel	21 Dena	Ayala
4 Tracy	Lanier	21 Dr. Victor	Rosenfeld
5 Elizabeth	Gonzalez	21 Rachael	DeRing
6 Dr. David	Estle	21 Shawn	DeLucia
7 Cara	Martin	21 Megan	Kesner
8 Jennifer	Liloia	23 Laura	Devisscher
8 Khaleelah	Coleman	23 Stephanie	Williams
8 Dr. Eugene	Nwosu	24 Linda	Warner
8 Brittany	Stroud	24 Nikki	Robinson
9 Tiffany	Clay	24 Maureen	Frazier
10 Cherie	Bowers	25 Vanessa	Brown
10 Stephanie	Story	25 Susan	Townsend
10 Sarah	Warren	26 Contina	Williams
11 Brooke	Stubbs	26 Stephanie	Adamson
11 Monique	Jernigan	27 Kelly	Dantis
11 Shunvella	Lee	27 Tara	Green
12 Michelle	Diah	28 Delphine	Kelly
12 Rebecca	Robinson	28 Patricia	Woods
13 Leah	Stanley	28 Calvin	Thompson
14 Jamila	Joshua	28 Lisa	Gaylord
14 Matthew	Marmet	28 Jasmine	Parker
14 Sarah	Holton	29 Crystal	Johnson
14 Qahneisha	Fogle	30 Audrey	Marshall
15 Lindsey	Westendorf	31 Barbara	Lutz
15 JLisia	Thompkins		

SCH In The Know...

Spring Fling Announcement!!!

Based upon employee feedback and low attendance in recent years, SCH is electing not to hold the event this year. The Entertainment Committee will re-evaluate it next year.

Thank you

Customer Service Leaders are planning our monthly activity, which will be an acrostic poem using the word SMILE. The entry should pertain to customer service (communication & patient engagement). This is a TEAM building activity, so please encourage your staff to work together on this activity. All submissions are due by Friday March 4, 2016. Submissions can be sent to Sheleia (Pooler ofc) via email at staylor@southcoastmedical.com or interoffice.

