

FALL 2017

healthy

PERSPECTIVES



**3D Mammography
Improves Breast
Cancer Detection**

**Home to Highly Skilled
Surgeons and Robotic
Technology**

Roadmap for the Future

Scotland Health Care plans to
invest millions in new equipment
and renovations

**SAVE
THE DATE!**

Putting on the Ritz—
A Gala of Giving
November 4, 2017

Details on page 13.

Jenna Freeman
with daughter,
Grace. Read their
story on page 15.



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healthy PERSPECTIVES

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FROM THE PRESIDENT AND CEO

Scotland Health Care System Is In Charge

As I write this, federal officials continue to wrestle with how to make the Affordable Care Act (Obamacare) less expensive and more accessible without reducing those covered or the benefits covered. Truly not an easy task.

Fortunately, our Board of Trustees, physician leaders, and management team have chosen to focus on what we can control at home, not in Washington. As 2017 comes to an end, we are proud to say that attention has allowed us to have another strong year internally, and more importantly, advance our ability to serve our patients and communities.

In this issue, you'll read how we meet your high expectations and our responsibility as the region's health care system despite looming, external factors. Technical advancements confirm our new image of **Closer Care. Better By Far.** With our 3D mammography and enhanced Orthopedic Robotic Arm, you can receive state-of-the-art care without traveling far. The quality of our new physicians and advanced practitioners ensure you and your family benefit from the most current clinical treatments, education, and knowledge.

Lastly, we are proud to be a community-owned health care system, benefiting from community support, as well as paying back our community. Our partnership with OrthoCarolina to serve UNC Pembroke as their athletic providers admittedly benefits us, but helps support that rapidly growing and highly regarded university.

We have thrived in 2017, choosing not to react to uncontrollable forces. Instead, we have focused on opportunities to provide the communities we serve with the finest care, technology, and professionals possible. I encourage you to do the same. Take opportunities to enhance the quality of your life regardless of the external uncontrollable factors.

Greg Wood
President and Chief
Executive Officer





3D Mammography: By the Numbers

Just a few benefits of our new technology are:

41%
increase
in the
detection
of invasive
breast cancers

40%
reduction
in the
number of
callbacks

15
months
earlier
detection
of breast
cancer

It's More Than a Mammo — Because You Deserve the Best

Scotland Health Care is first in the region to offer better and earlier breast cancer detection with 3D mammography

Scotland Health Care System is committed to the fight against breast cancer. That's why we are pleased to offer 3D mammography, a new state-of-the-art breast imaging technology that provides a more accurate tool for breast cancer screening.

Scotland Health Care System is the first in the region to introduce this new technology to improve breast cancer detection, reduce false-positive findings, and lessen the need for patient callbacks.

MORE PRECISE IMAGING

In conventional 2D mammography, overlapping tissue is a leading reason why small breast cancers may be missed and normal tissue may appear abnormal, leading to unnecessary callbacks. The new mammogram includes a three-

dimensional method of imaging that can greatly reduce the tissue overlap effect.

The exam requires no additional compression and takes just a few seconds longer than a conventional 2D breast cancer screening exam.

FEWER FALSE POSITIVES

Any woman who needs breast screening should consider 3D mammography. It is especially beneficial to women with dense breast tissue or risk factors, like a

family history of breast cancer, because it provides a clearer picture.

While insurance coverage for mammograms may vary, the ACR (American College of Radiology) recommends a baseline screening between the ages of 35 to 39 and yearly screening beginning at age 40.

"We are very excited to bring this advanced, cutting-edge technology that allows for earlier detection of breast cancer with fewer false-positive findings, further improving the care available to the communities that we serve," says Chris Hogan, Imaging Director at Scotland Health Care System. "In addition to providing state-of-the-art technology, we have highly skilled registered mammography technologists. Our wish is for all women to be familiar with the recommended guidelines for breast cancer screenings and to schedule their mammograms accordingly."



Is It Time for Your Mammogram?

To make an appointment for conventional or 3D mammography at the Outpatient Imaging Center on the campus of Scotland Memorial Hospital, please call Scotland Health Care System's scheduling department at **910-291-7243**. Visit scotlandhealth.org/3dmammogram to learn more about the 3D imaging system. Physician referral is required.

LEADERSHIP UPDATE

Mike Vinson, immediate past Chairman of the Board of Trustees at Scotland Health Care System, was honored as a recipient of the 2017 North Carolina Hospital Association (NCHA) Trustee Service Award. The Trustee Service Award recognizes trustees who have made significant and unique contributions to their hospitals and the communities they serve.

Sonja Frye recently achieved the Certified Patient Experience Professional (CPXP) certification. Frye currently serves as the Director of Patient Experience at Scotland Health Care System. This achievement of certification highlights a commitment to the profession and to maintaining current skills and knowledge in supporting and expanding the field of patient experience.

Calendar of Events



For dates, times, and locations, call the Marketing Department at **910-291-7550** or visit scotlandhealth.org and click on “Events.”

COMMUNITY EVENTS

Ladies Night Out

October 17, 2017, 6 p.m.,
The Highlands

Join us during Breast Cancer Awareness Month and learn more about 3D Mammography and general breast health.

Putting on the Ritz— a Gala of Giving

November 4, 2017, WRDCC
Come out for an evening of fine dining, dancing, entertainment, and exciting silent and live auctions at the annual Putting on the Ritz fundraising event. Tickets can be purchased by calling the Foundation Office at **910-291-7543**. See page 13 for more details.

Lighting Ceremony for Lung Cancer Survivors

November 14, 2017, 5 p.m.,
WRDCC

An evening of light celebrating lung cancer survivors. Join your health care team for a meal and hear from local lung cancer survivors. The evening will conclude with a special candle lighting service for all lung cancer survivors who are present.

Diabetes Health Fair

November 16, 2017, WRDCC
Scotland Memorial Foundation's annual Diabetes Health Fair is an educational, interactive event for people living with diabetes or those

who have relatives with diabetes. FREE health screenings include: Hb A1c blood work, blood pressure, weight, and body-fat analysis. A variety of exhibitors provides information on topics from exercise to footwear. Register by calling Patrick Bines at **910-291-6933**.

Great American Smokeout

November 16, 2017, 10 a.m. to 2 p.m., main lobby of Scotland Memorial Hospital
Hospital staff will provide support to tobacco users who are ready to quit as part of the American Cancer Society's Great American Smokeout®.

Annual Community Meeting

January 18, 2018, 6:30 p.m.,
Scotia Village

Please join Scotland Health Care System Board Members and staff as they present the annual report.

Women's Health Event

February 3, 2018
Scotland Memorial Foundation's Women's Health Event offers FREE health screenings, breakout sessions, a keynote address, and lunch. Registration is required, and

space is limited, so don't delay. Call **910-291-6933** for a registration brochure or visit the “Events” page at scotlandhealth.org.

Jersey Mike's Day of Giving March 28, 2018

Would you like to help someone touched by cancer? In March, Jersey Mike's Subs partners with Scotland Memorial Foundation to raise money for the patients of Scotland Cancer Treatment Center. Donations can be made at Jersey Mike's throughout the month, and on March 28, 100 percent of Jersey Mike's sales will be donated to the Foundation. These funds will help provide wigs, personal care items, and transportation for our cancer patients.

FUNd Run-4-Life April 28, 2018, CHRC

Scotland Memorial Foundations annual FUNd Run-4-Life offers a half-marathon, 5K, and one-mile walk/run. For registration information, call **910-291-7543** or visit the “Foundation” page at scotlandhealth.org.



LEGEND

CHRC= Community Health and Rehabilitation Center
LPC= Laurinburg Presbyterian Church
OWR= Outpatient Waiting Room
SMCC= Scotch Meadows Country Club
SCTC= Scotland Cancer Treatment Center
SDC= Staff Development Center
WRDCC= WR Dulin Conference Center

< SUPPORT GROUPS >

- Alzheimer's
- Caregivers
- Circle of Hope Women's Cancer
- Diabetes
- Parkinson's disease

THE WOMEN'S CENTER OF SCOTLAND MEMORIAL



Call 910-291-7810 for information or to register for the following FREE programs:

Preview Night: We roll out the red carpet for expectant mothers. Come hear talks by our anesthesiologists and pediatricians, and receive information about the delivery of your baby, what to bring to the hospital, breastfeeding, and child care agencies. Start your registration process. Tours of The Women's Center and refreshments provided.

Breastfeeding Class:

A how-to breastfeeding class for moms planning to breastfeed or those not yet decided.

Childbirth Education

Program: A four-session educational program for mothers and their support person. Preparing for childbirth will lead to a more satisfying birth experience. This class covers:

- Labor and the birth process
- Comfort measures
- Relaxation and breathing techniques
- Role of the support person
- Newborn care
- Breastfeeding

For information on classes provided by The Women's Center, call 910-291-7820 or visit scotlandhealth.org/womens-center.



Paying for Care Made Easier with AccessOne®

When you need medical care, it can be a time of stress. The last thing you need to worry about is how you'll pay for it.

Scotland Health Care System has partnered with AccessOne® to offer all our patients compassionate financing solutions. This company offers no-interest and flexible low-interest monthly payment plans that are tailored to your health and financial situation.

AccessOne is not a traditional credit card, and it's not a collection agency. The program covers all patients regardless of credit balance or credit history, and reports are never sent to credit bureaus. The customized payment options offer many benefits:

- Everyone is accepted, and it's easy to enroll
- No credit reporting
- No application, annual, or hidden fees
- Easy payment methods: online, phone, check, auto-pay
- Combine statements and add other medical bills and family members as needed

"Having these payment options provides our patients the flexibility to make affordable payments over the life of their account," said Ruth Anne Bland, Senior Director of Patient Financial Services at Scotland Health Care System. "We are excited to be partnered with AccessOne."



Get Started

Patient advocates will work with you to determine the right plan for your situation, helping you pay in regular low-monthly installments you can realistically manage. To learn more, speak to one of their Patient Advocates by calling 888-458-6272 or visit myaccessone.com/scotland. You can also speak to the Patient Financial Services Department at Scotland Health Care System.

Hospitalists: *Specialists in Hospital Care*

The next time you or a loved one has to spend time in Scotland Memorial Hospital, you may encounter a different kind of physician: a hospitalist.

INPATIENT EXPERTS

Hospitalists are physicians who specialize in the general medical care of hospitalized patients. They may work for hospitals, physicians' groups, or managed care organizations. Hospitalists typically have limited or no outpatient

responsibilities and can devote their full time and attention to patients who are in the hospital.

Once patients are admitted, the hospitalist takes on responsibility for their care for the entirety of the patients' stay. After discharge, care reverts back to patients' personal physicians.

Although you may not be familiar with the term "hospitalist," the concept itself is not new. Doctors specializing in critical care medicine have often limited their practice to hospitalized patients.

However, most hospitalists are trained in general internal medicine. And whereas critical care physicians typically spend most of their time in intensive care units and trauma centers, hospitalists care for patients in all areas of the hospital.

IMPROVING QUALITY OF CARE

The hospitalist role is based on the concept that the more experience a physician has with in-hospital care, the better the quality of care. Some research has proven this to be true:

- They do tend to offer increased experience with inpatient conditions and procedures.
- They don't have to juggle a busy office schedule with hospital rounds. The hospital is, in effect, their office. This often results in shorter hospital stays because hospitalists are on hand full-time to order tests and approve discharges.

Hospitalists can also improve the quality of care and patient satisfaction in physicians' offices. Office-based physicians who work with hospitalists don't have to make frequent trips to the hospital, so they can instead concentrate more fully on their office appointments and calls.

Patients who may be a little uncomfortable at the prospect of seeing a different doctor while they are in the hospital can rest assured: Their personal physician will not be kept out of the loop. Hospitalists inform patients' personal physicians of all major decisions made in the hospital and send them complete discharge summaries. In fact, surveys have shown that most patients are happy with the care they receive from hospitalists.



Dr. Sohail Lateef

Hospitalists are Here

Dr. Sohail Lateef is the Medical Director of the Hospitalist Program at Scotland Memorial Hospital. Meet a new member of the team on page 10.

Nourishing Your Emotional Health During Breast Cancer

by Dr. Linda M. Sutton and Dr. Donette W. Vicente

There's no doubt about it: A cancer diagnosis—of any kind—has a way of challenging your emotional well-being. For breast cancer survivors, in particular, the emotional journey can feel like a roller coaster, with many expected highs and lows, as well as unexpected twists and turns.

Your sense of well-being can be threatened by sadness, fear, and grief—emotions that at times can seem overwhelming in the midst of a whirlwind of tests, appointments, and treatments. During this time, it's important to remember that your emotional health requires as much care and nourishment as your physical health.

KNOWLEDGE IS POWER

After a breast cancer diagnosis, information comes at a very fast pace. The number of things you need to understand—and make decisions about—can be daunting. But knowledge is truly power. Don't be afraid to speak up and ask questions.

WRITE TO HEAL

Writing can help keep you centered during these emotionally tumultuous times. By creating a journal, you create a safe space for your fears and concerns, a forum where you can give voice to your thoughts, without judgement.

POWER OF MOVEMENT

There are few things in life as powerful as exercise. A short walk can boost both your physical and mental health. Now more than ever, it is important to make time in your schedule for physical activity.

QUIET MOMENTS OF REFLECTION

While going through cancer treatment, you'll wait a lot—for test results, chemo, or a therapist appointment. Use this time to read. Once you become an avid reader, it's harder to get stuck in waiting mode. Plus, many people take comfort in reading stories by and about other cancer survivors.

YOUR SUPPORT SYSTEM

Knowing that you are not alone on this journey is vital to your emotional well-being. Loved ones can help you manage everyday tasks and offer encouragement. Not only does this take away some of those external stressors, but it also strengthens your social network.

You may also find it helpful to reach out to other survivors. Scotland Health Care offers "Circle of Hope—Women's Cancer" support group. Log on to scotlandhealth.org and click "Events" for upcoming times and dates.

Remember that when it comes to nourishing your emotional health, not all coping methods work the same for everyone. The most important thing is to implement the strategies that work best for you.



Duke Cancer Care at Scotland

Doctors with Duke Cancer Network—Dr. Ivy Altamore, Dr. Sireeha Datla, Dr. Chip Helm, Dr. Jeffrey Klotz, Dr. Beth Lindsay, and Dr. Andrea Sitlinger—provide care at Scotland Cancer Treatment Center. For more information, call **910-291-7630**.

This article was first published in *Coping® with Cancer* magazine, May/June 2017. It was reprinted with permission. To read the full article, log on to <http://bit.ly/2vjy5L>.



Scotland Health Care System Outlines Big Plans for

Scotland Health Care System plans expansive growth over the next few years. The system has experienced financial gains over the past few years and now has the opportunity to reinvest the system's proceeds back into their facility.

In summary, Scotland Health Care has spent more than \$12 million on new equipment and construction over the past couple years and still plans to spend another \$10 million to \$20 million in the coming years.

"It has been a busy couple years for Scotland Health Care System," says Pat Phillips, Senior VP of Operations at SHCS. "Thanks to our CEO and Board Members, Scotland Health Care has created a plan, or 'road map,' for the coming years, which is built on sustainability. The plan is intended to define the direction for the ongoing development of the health care system as we move into the future, in both the short and long term."

>> PAST PROJECTS

Completed projects over the past couple of years include:

- The groundbreaking of Marlboro Medical Complex in Bennettsville, South Carolina, which provides primary care, urgent care, and specialty services to the residents of Marlboro County.
- Renovations to Scotland Memorial Hospital, including a new nurse call system, the Ready Care Unit in the Emergency Room, the entire second floor, and upgrades to various waiting rooms throughout the hospital.

>> COMPLETED THIS YEAR

Recent completed initiatives in June 2017 include moving Scotland Surgical and the Pain and Vascular Clinics. Both moves will improve patient flow and allow for additional capacity:

- Scotland Surgical & GI is now located in the Outpatient Imaging Center, at the corner of Scotland Memorial Hospital beside the Community Health and Rehabilitation Building.
- Carolina Vascular Associates and Pain Management Clinic moved into the space vacated by Surgical & GI at 1600 Medical Drive behind OrthoCarolina-Scotland.

>> INVESTMENTS IN TECHNOLOGY

- In July, Scotland Health Care System started providing 3D mammography. Scotland Health Care System is the first in the region to offer this state-of-the-art screening. Read more about this technology on page 3.
- Scotland Health Care System also joined the Carolinas Stroke Network, the largest stroke network in the Carolinas. This partnership with Carolinas HealthCare System allows patients with known stroke symptoms to get care through telemedicine services. Teleneurologists off site can work with doctors in the Scotland Memorial Emergency Center to provide expert stroke care.

the Future

Learn more about
Scotland Health
Care System at
scotlandhealth.org.

>> TO DEBUT IN 2018

Renovations to the Inpatient Women's Center, located on the second floor of Scotland Memorial Hospital, should be completed by January. Construction to this unit includes upgrades to the patient rooms, labor and delivery, and the special care nursery.

>> CHANGES ON THE HORIZON

An upcoming project includes a facelift to Pembroke Family Practice, renovations to Scotland Memorial Hospital's Emergency Center and Operating Room, and enhancements to the Imaging and Cancer Center.

The Pembroke Family Practice renovation includes additional space to accommodate a new physician. A retail pharmacy will also be part of these renovations, which is expected to open around the New Year.

An expansion of emergency and operating facilities is also one of the top goals for SHCS. Phillips says, "To support our growing volumes, we have contracted with a consultant to help analyze the existing space inside these two areas of our hospital and see what renovations or new space may be needed. We expect a concrete plan to be developed in fall 2017."

>> MORE TECHNOLOGY TO COME

More technological enhancements to the Imaging and Cancer Center include:

- Two new CT machines
- Three new X-ray machines for the Imaging Center
- Updates to the Linear Accelerator for Scotland Cancer Treatment Center

All these improvements will help decrease equipment downtime, improve throughput, lower operating costs, improve outcomes, and keep patients local.

>> BETTER BY FAR

Phillips also notes that the hospital has received recognition for quality of care and hospital safety. Those include being ranked a four-star hospital two years in a row from the Centers for Medicare & Medicaid Services, being named as one of the top 49 safest hospitals in the nation from Becker's Health Care Review, and being recognized as a Blue Distinction Center for Maternity Care from BlueCross BlueShield for demonstrating better overall quality of care and patient results in maternity care.

Welcome Our New Providers

We welcome our new medical professionals to the Scotland Health Care System medical staff

GENERAL SURGERY

Kim Puckett, FNP-C *Scotland Surgical & GI*

Scotland Physicians Network welcomes Nurse Practitioner Kim Puckett to Scotland Surgical & GI. Ms. Puckett graduated from Frontier Nursing University with a Master of Science in Nursing, Family Nurse Practitioner. Ms. Puckett has more than 20 years of nursing experience.

HOSPITALIST

Dr. Tala Parsons Smith Lowery *The Hospitalist Group*

Scotland Health Care System welcomes Dr. Tala Parsons Smith Lowery to Scotland Hospitalist Group. She graduated from The Brody School of Medicine at East Carolina University. She has more than five years of family medicine experience. Dr. Lowery is also a native of Pembroke, where she



Kim Puckett,
FNP-C



Dr. Tala Parsons Smith
Lowery



Dr. Jeffrey Klotz



Dr. Andrea Sitlinger



Haley Cannady,
CPNP



Dr. Mark Sciarra



Dr. Samuel
Cummings



Dr. Patrick
McDonough

graduated summa cum laude from the University of North Carolina at Pembroke with a Bachelor of Science in Biology and Chemistry.

MEDICAL ONCOLOGY

Dr. Jeffrey Klotz *Scotland Cancer Treatment Center*

With Scotland Cancer Treatment Center's affiliation with Duke Health for oncology services, they are pleased to announce that Dr. Jeffrey Klotz has joined as a Medical Oncologist. Dr. Klotz graduated magna cum laude from the University of Notre Dame. He was subsequently commissioned in the U.S. Army, and he attended medical school at the Uniformed Services University

of the Health Sciences. Dr. Klotz is board certified by the American Board of Internal Medicine and is a Diplomate in the disciplines of Internal Medicine, Hematology, and Oncology.

Dr. Andrea Sitlinger *Scotland Cancer Treatment Center*

Scotland Cancer Treatment Center welcomes Dr. Sitlinger as a two-year fellow with Duke University Medical Center. Dr. Andrea Sitlinger is a graduate of the University of Cincinnati College of Medicine.

PEDIATRICS

Haley Cannady, CPNP *The Purcell Clinic* Scotland Health Care System

welcomes Certified Pediatric Nurse Practitioner Haley Cannady, who has joined The Purcell Clinic to provide high-quality children's medical care. Ms. Cannady earned her Master of Nursing, specialization in pediatrics, from Vanderbilt University.

Dr. Elaine Jimenez *The Purcell Clinic*

Scotland Health Care System welcomes Pediatrician Dr. Elaine Jimenez, who has joined The Purcell Clinic to provide high-quality children's medical care. Dr. Jimenez completed both her undergraduate and medical degrees at the University of Puerto Rico and has recently completed her final year of pediatric residency training.

PRIMARY CARE

Dr. Allen Ballew *Carolina Family Clinic*

Scotland Health Care System welcomes Dr. Ballew. He is a graduate of DeBusk College of Osteopathic Medicine. He joins Dr. Marc Sciarra in opening Carolina Family Clinic.



Dr. Elaine Jimenez



Dr. Allen Ballew



Charles Jackson,
FNP-C



Dr. Aaron Locklear



Dr. Moneika Murphy

Charles Jackson, FNP-C Berwick Medical Center

Scotland Health Care System welcomes Nurse Practitioner Charles Jackson, who has joined Berwick Medical Center. Charles received his Master of Nursing (Family Nurse Practitioner) from George Washington University and has more than five years of medical experience.

Dr. Aaron Locklear Pembroke Family Practice Center

Dr. Locklear, a Maxton native, is a graduate of the University of North Carolina at Pembroke. He has returned home after earning his

medical degree at the Brody School of Medicine at East Carolina University and most recently completing a family medicine residency at Vidant Medical Center in Greenville, North Carolina.

Dr. Moneika Murphy Harris Family Practice

Dr. Murphy earned her undergraduate and medical degrees from the University of North Carolina at Chapel Hill. Dr. Murphy completed her training at Cabarrus Family Medicine Residency Program, where she was a fellow resident with Dr. Mary Catherine Moree and Dr. Katie Notaro from Harris Family Practice.

Dr. Mark Sciarra

Carolina Family Clinic
Scotland Health Care System welcomes Dr. Sciarra to the community. He is a graduate of Rowan University School of Osteopathic Medicine. He joins Dr. Allen Ballew in opening Carolina Family Clinic.

OBSTETRICS AND GYNECOLOGY

Dr. Samuel Cummings Women's Health Center of the Carolinas at Pembroke

Scotland Health Care System welcomes Dr. Samuel Cummings to Scotland Physicians Network.

Pembroke OB/GYN Joins Scotland Physicians Network

Scotland Health Care System is proud to increase access to obstetric and gynecological care to the residents of Robeson County. Scotland Physicians Network is proud to announce Women's Health Center of the Carolinas (formerly Women's Life Center in Pembroke) has joined its physicians group.

The following provider will join Scotland Physicians Network:

- Dr. Samuel Cummings is board certified in obstetrics and gynecology. He earned his medical degree from the University of North Carolina and completed his residency at New Hanover Regional Medical Center. Dr. Cummings has been practicing for more than 30 years.

The practice provides a full range of women's services treating women of all ages, beginning with their first gynecological exam, and continuing through pregnancy, childbirth and also into menopause.

Scotland Physicians Network also includes:

- Harris Family Practice
- Marlboro OB/GYN
- Marlboro Surgical Associates
- Marlboro Family Practice and Urgent Care
- Maxton Family Practice Center
- Pembroke Family Practice Center
- Scotland Surgical & GI
- Wagram Family Practice Center
- Wolonick Family Practice
- Women's Health Center of the Carolinas

UROLOGY

Dr. Patrick McDonough Laurinburg Urology

Scotland Health Care System welcomes Dr. McDonough to Laurinburg Urology. Dr. McDonough received his medical degree from Georgetown University School of Medicine. He also completed his residency and internship from Madigan Army Medical Center.

Highly Skilled Surgeons and Robotic Technology

We call that a joint effort.

Scotland Health Care System is proud to be the first within 100 miles and one of only three hospitals in North Carolina to offer the most advanced technology for knee replacement surgery. Scotland Health Care bought the robotic technology for partial knee and total hip replacements in 2015, but acquired this state-of-the-art technology for total knee replacement surgeries in August.

This technology has changed the way joint replacement surgeries are performed. They're now planned in detail down to fractions of millimeters and degrees from a CT scan prior to their surgery. Using 3D images of the patient's diseased joint, the surgeon "performs" the replacement surgery "virtually" on the computer screen before any incision is made. This custom plan guides the surgeon's hands in the operating room.



The total knee application is a knee replacement treatment option designed to relieve the pain caused by joint degeneration due to osteoarthritis associated with symptoms such as knee pain, knee swelling, and knee locking.

TOP-NOTCH ORTHOPEDICS

This technology will be offered at Scotland Memorial Hospital and led by the four board-certified orthopedic surgeons affiliated with OrthoCarolina-Scotland:

- Dr. Paul Rush
- Dr. John Smid
- Dr. Ralph Carter, III
- Dr. Richard Alexander

Often the most effective treatments for a severely diseased knee or hip is joint replacement, and the experienced doctors of Scotland Health Care's Orthopedic Team are tops in the field. In fact, Drs. Rush, Carter, and Smid pioneered the use of computer-assisted navigational surgery for knee replacements. Additionally, Dr. Alexander is the area's only fellowship-trained sports medicine orthopedic surgeon.

"My partners and I have used the previous generation of precision 'computer navigation' for over a decade, so the transition to the robotic technology is the logical next step and has been smooth," says Dr. Ralph Carter. "The robot doesn't perform the surgery; it is simply a better tool. We are so thankful that our hospital, unlike those around us, continues to lead in support state-of-the-art orthopedics."

Our orthopedic team has more than 80 years of combined experience, including 36 years in computer-assisted navigation for joint replacement surgery.

Scotland Memorial is also one of the few hospitals to provide Joint Camp—a FREE informational program designed for joint replacement patients to help improve surgical outcomes and to increase patient satisfaction.



Orthopedic surgeons Drs. Paul Rush, John Smid, Ralph Carter, and Richard Alexander of OrthoCarolina-Scotland

Say Goodbye to Joint Pain

The system is designed to relieve pain caused by joint degeneration due to osteoarthritis, as well as other symptoms like knee swelling and locking. With robotic technology in their hands, our highly skilled surgeons are replacing knees and hips with:

- State-of-the-art precision
- Better durability
- Increased range of motion
- More rapid recovery
- Improved function and pain relief

For more information, visit scotlandhealth.org/orthopedics.

Don't Miss Putting on the Ritz— A Gala of Giving

On November 4, Scotland Memorial Foundation will host the 24th annual **Putting on the Ritz—A Gala of Giving**, a black-tie fundraising gala.

You don't want to miss Scotland Memorial Foundation's transformation of a simple parking lot into an elegant 14,800-square-foot ballroom. Join us for a glamorous evening filled with lively competition during the silent and live auctions, followed by dancing to fabulous entertainment provided by BlackWater Rhythm & Blues Band.

Ritz guests enjoy five-star hospitality, including valet parking, coat-check services, professional photographer, and assistance from the mobile bidding team. Taste buds are tempted by the vast array of mouthwatering appetizers, exquisite entrees, and decadent desserts prepared by master chefs.

A PARTY WITH A PURPOSE

The Ritz is so much more than an evening of glitz and glamour. It's a party with a purpose. This amazing evening of giving is made possible by generous donors who support the Ritz year after year. Because of this generosity, more than \$3.44 million has been raised since 1994 to improve the health and wellness throughout the communities served by Scotland Health Care System.

Please join us as we work together to improve the health and wellness throughout the communities served by Scotland Health Care System.

For details about Putting on the Ritz, to make reservations, or a financial contribution, please call Scotland Memorial Foundation at **910-291-7543** or visit scotlandhealth.org/foundation.

Find us on Facebook using **#RitzGala**. You may also visit our exclusive Ritz website at 501auctions.com/ritzgala to preview auction items, meet the band, and even make a donation.

The winner of this year's raffle—sponsored by Nic's Pic Kwik, Southeast Farm Equipment, and Scotland Motors—can choose between three prizes:

- 2017 Nissan Rogue
- John Deere Gator XUV 825i
- \$10,000 in cash

Tickets are \$10. They can be purchased online at 501auctions.com/ritzgala through November 4. Winner does not have to be present to win.

WHAT YOUR SUPPORT HELPED US ACHIEVE

In 2016, your gifts to the Putting on the Ritz event raised \$192,000. That allowed Scotland Memorial Foundation to give financial support for:

- Free 3D mammogram screenings for women with financial concerns
- Free health screenings
- Wigs and personal care items for cancer patients
- Prescription medications, medical supplies, and equipment
- Free athletic physicals to middle and high school students
- Henley's Heart Fund for Cardiopulmonary Rehabilitation
- Charles L. "Chuck" Hicks, Jr. Memorial Fund for Cardiovascular Patients
- Wound Healing Center Patient Assistance Fund
- Community health education programs
- Community support groups
- Scholarships for high school seniors pursuing a career in the health care industry

Your support of Scotland Memorial Foundation means that you can make a significant difference in someone's life ... possibly your own!



Caring for the Braves

Scotland Health Care System Becomes UNCP's Health Care Provider of Choice

Scotland Health Care System is now the official health care provider for the University of North Carolina at Pembroke (UNCP) Athletics.

Scotland Health Care System will provide needs associated with UNCP's intercollegiate sports and athletic training programs for their student athletes. The system expects to serve 16 varsity athletics teams and nearly 400 student athletics under a new exclusive agreement with the university.

"We are very thankful for Scotland Health Care System and its belief in Braves Athletics. I look forward to their work with our students and coaches," says Dick Christy, Athletic Director at UNCP.

Scotland Health Care will provide a primary care physician to oversee the athletic training and an on-site orthopedic physician, Dr. Richard Alexander of OrthoCarolina Scotland, for home football and men's basketball games. Their goal will be to help UNCP athletes prevent sports injuries. They also will provide annual physicals for student athletes, and provide emergency coverage for all home football games and tournaments/special events.

"The partnership with Scotland Health Care System will enable us to expand on the first-class medical services already provided to UNCP's student-athlete," says Michael Blackburn, UNCP Assistant Athletics Director for Sports Medicine. "We are especially excited about having Dr. Alexander serving as our team physician due to an already long-standing relationship that has been cultivated with our athletic training staff."



Dr. Richard Alexander,
OrthoCarolina-Scotland

Scotland Health Care System is pleased to bring high-quality care to the athletics department at UNCP.

"This partnership is a natural fit because of my prior experience in providing excellence in sports medicine for UNCP's collegiate teams and the athletes," Dr. Alexander says. "I am proud to join Scotland Health Care System in extending high-quality care to UNCP's professional athletes."

Grace Came Early

One new mother, two surprises—and the comfort of care close to home

Keeping up with her birthing classes at Scotland Health Care System and going to regular appointments with her OB/GYN, expectant mother Jenna Freeman was making sure her pregnancy went smoothly.

“Dr. Linda Mitchell-Frye and her staff were a pleasure to work with during my pregnancy,” she says. “They answered all of my questions.

“I was very pleased with the birthing classes,” Jenna adds about the free Childbirth Educational Classes she was taking.

At the time, she had no idea how important those classes would be.

AN EARLY DELIVERY

Despite her careful plans, Jenna went into labor early. Her birthing class instructor, Janet, stepped in to help.

“Because of the timing, I ended up being without any family there for Grace’s birth,” says Jenna. “Janet came to support me. She helped me focus and breathe. She was there for me every step of the way. In fact, she even came back to visit Grace and gave her a stuffed animal. The Scotland Women’s Center team went above and beyond in making Grace’s birth a wonderful experience.”

AN UNEXPECTED SURGERY

Several months later, Jenna was in for another surprise. Suffering from intense pain, she made an appointment with Dr. Mitchell-Frye. An MRI showed she had a mass on her ovary.



Jenna Freeman with daughter, Grace

She needed surgery to remove the tumor immediately—not exactly good news for a mother with a newborn at home.

Jenna says the care she got at Scotland Women’s Center eased the stress, as well as helped her get better. “I was so pleased to see familiar faces

taking care of me, some of the same nurses who’d been there for my delivery,” says Jenna.

These days, both she and Grace are doing well. “I could not have asked for better care,” says Jenna. “I would recommend this team to anyone.”



Free Classes for Moms-to-Be

Learn about the stages of labor, comfort measures during labor, caring for your new infant, breastfeeding, and much more at Scotland Health Care System’s FREE classes for expectant parents. A list of classes, including upcoming dates and times, is available at scotlandhealth.org/womens-center. Click on “Educational Opportunities at The Women’s Center.”

Keep In Touch

We want to be here for you.

Call us at **910-291-7000** or visit us on the web at **scotlandhealth.org**

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The Future Starts Here ... with You!

At Scotland Health Care System we provide CLOSER CARE that is BETTER BY FAR to OUR friends, OUR family, and OUR neighbors. We serve as the health care safety net for our communities, and we have become their provider of choice. As the largest employer in Scotland County, we are a critical pillar to sustainability and growth for business and industry throughout the region. We are a community cornerstone—locally owned, reliable, and ready when YOU need us.

Scotland Health Care System relies on generous support from the communities we serve to continually improve our programs, services, and facilities. Our continued commitment to excellence is precisely why Scotland Health Care System has launched a vital \$2.7-million initiative to extensively renovate The Women's Center at Scotland Memorial—the area within the hospital dedicated to the care of women and babies.

From one generation to the next, The Women's Center at Scotland Memorial offers excellent care with a team who is already state-of-the-art. The time has come to complete renovations to improve our facilities to ensure they meet the same level of excellence. These renovations will enhance the experience for all—patients, family, and friends. We want each patient who enters the newly renovated Women's Center to feel welcome and comfortable, safe, and secure with full assurance that care is being provided in an outstanding facility. Together, we can improve the future at Scotland Memorial Hospital.

TO GIVE ONLINE, VISIT: scotlandhealth.org/foundation

MAIL YOUR GIFT TO: Scotland Memorial Foundation,
500 Lauchwood Drive,
Laurinburg, NC 28352

GIVE VIA PHONE: 910-291-7551

Gifts can be made in honor or in memory of a special family member, friend, or caregiver.

Remember, the Future Starts Here ... with You!