

Physician FOCUS



News for South County Health Medical Staff

May 2017

WILLIAM H. SABINA, MD, NAMED PHYSICIAN OF THE YEAR



Chief of Emergency Medicine, Dr. William Sabina, is South County Health's 2016 Physician of the Year. The recognition was announced by Lou Giancola, president and CEO of South County Health at the Annual Meeting held on Monday, April 24, 2017 at The Towers in Narragansett.

Over the years, Dr. Sabina has made a positive impact on South County Health, as chief of the Emergency Department, past president of the Medical Staff, chairman of the Utilization Review Committee and as a former member of the Board of Trustees.

"Bill takes on a lot of roles," Lou said in presenting the award, describing the physician as "incredibly dedicated."

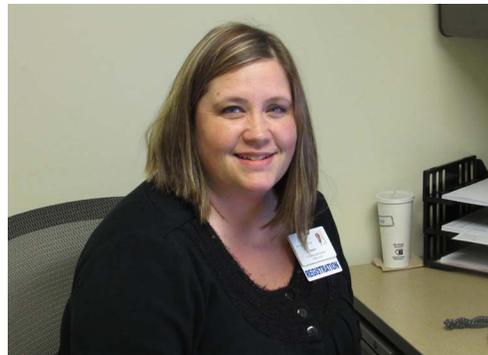
Lou noted that the Hospital's Emergency Department is sometimes the only point of contact for the 27,000 patients who seek medical assistance each year, many of whom are treated without the need for inpatient care.

"A lot of people never make it beyond the Emergency Department. (Dr. Sabina) and his colleagues are the face of South County Health. Mostly we get compliments and that doesn't happen without his leadership."

Dr. Sabina accepted the honor crediting his parents, his wife, Tricia, who also works in the ER, his colleagues and the entire Emergency Room staff for their roles in his success.

"Without them my job would be ten times harder," Dr. Sabina said.

PRESIDENT'S AWARD



Also recognized at this year's Annual Meeting was Nicole Pike, senior admitting representative, who received the President's Award. The award is presented annually to a South County Health employee who, over a sustained period of time, makes substantial contributions to the organization.

"She is an employee who carries with her all of South County Health's values," Mr. Giancola said. "She has developed into a dedicated employee and strong leader."

Ms. Pike was selected by leadership staff from a group of nominees.

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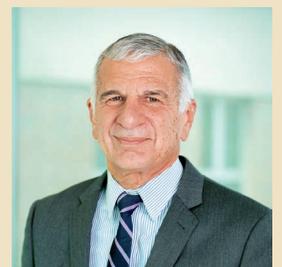
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Lou's Health Wave





Few issues in medicine today are as contentious as board recertification. A thoughtful examination of the subject requires a bit of history.

In the early 20th century, physicians established independent specialty boards to establish standards which, once met, qualified an individual to practice medicine. For the first 50 years or so, the certification exams overseen by the American Board of Medical Specialties (ABMS) and the American Osteopathic Association (AOA) were the principle measures used to assess competence. Passage of the exam conferred a lifetime stamp of approval.

Responding to rapid advances and an ever-growing body of medical knowledge, these organizations began to move away from lifetime certification around 1990 and started to require recertification, typically at 10-year intervals. This process is now referred to generally as maintenance of certification (MOC).

Over the past 27 years, the fees and time required to participate in MOC have grown considerably and many physicians consider them unduly burdensome. In the past two years, opponents of these burgeoning requirements have organized and even created alternative boards with fewer fees and no examination required for membership. Medical staff leadership here at South County Hospital, as is the case around the state and country, is wrestling with how to approach board recertification.

Some members of our medical staff have expressed an intention not to recertify, citing several arguments for

not taking the exam. Some plan to retire within a few years, while others note that the content of, and performance on, the recertification exam correlates poorly with day-to-day practice. Though these points may be valid, for the time being board recertification via the MOC process remains the predominant national standard. As such, our medical staff bylaws still require all staff members to remain board certified through the ABMS or the AOA.

In recognition of the changing landscape of practice and the increasing cost of recertifying, we have created a task force to examine the issue under the leadership of Dr. Jim Griffin, chairman of the credentials committee. This group is charged with investigating how other hospitals both locally and nationally are addressing the issue.

The task force is considering amending the bylaws to accommodate, under certain circumstances, physicians who do not plan to recertify. The group plans to work with hospital administration to discuss potential ways the institution could assist physicians who wish to recertify but find the process challenging. Based on our initial discussions, I am optimistic that by working jointly with administration and the board of trustees, we can find practical solutions to this ongoing issue.

Aaron Weisbord, MD
President, South County Health Medical Staff

Dr. Weisbord can be reached at South County Cardiology, 401-471-6440 or via e-mail: aweisbord@southcountyhealth.org.

Physician Focus is a publication for the medical staff of South County Health. Questions or comments should be directed to [Eric Dickervitz](mailto:Eric.Dickervitz@southcountyhealth.org) at 401 788-1137.

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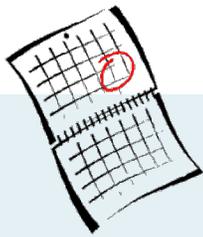
VIDEO OF THE MONTH

[South County Health Cancer Center](#)



The South County Health Cancer Center, located on Read 1, was created to give patients an opportunity to receive their cancer care – from diagnosis to treatment – close to home. If you haven't taken the opportunity to visit the Center, this video offers a glimpse into the high-quality care offered here.





MAY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Ob/Gyn Dept. 1 6 – 7:30 pm Potter	Cancer 2 Conference (formerly Tumor Board) 7 – 8 am Potter	Admissions 3 Review Committee 7 – 8 am Med Staff Library	4	5	6
7	8	Cancer 9 Conference 7 – 8 am Potter Credentials Committee 7 – 9 am Potter A P&T Committee 7:30 – 8:30 am DI Conference Room	M&M 10 Conference Noon – 1 pm Potter B&C	Leadership 11 Council 7 – 8:30 am Med Staff Library Utilization Review Committee Noon – 1:30 pm Potter	12	13
Mother's 14 Day	15	Cancer 16 Conference 7 – 8 am Potter Medical Executive Committee 7 – 9 am Potter A	Dept. of 17 Medicine 7:15 – 9:15 am Potter	Dept. of 18 Emergency Medicine 7:15 – 9:15 am DI Conference Room	Anesthesia 19 Department 7 – 8 am Anes. Dept. Tissue and Transfusion 1 pm Pathology Conference Room	20
21	22	Cancer 23 Conference 7 – 8 am Potter	Medical 24 Records Committee 7 – 9 am Med Staff Library	Dept. of 25 Emergency Medicine 7:15– 9:15 am DI Conf. Room	Anesthesia 26 Department 7 – 8 am Anes. Dept. Tissue and Transfusion Pathology 1 pm Conference Room	27
28	Memorial 29 Day	Cancer 30 Conference 7 – 8 am Potter Board Meeting 5 pm Potter	Shavuot 31			



Russ Corcoran, MD

APPRECIATION IS INVALUABLE

Once again I am writing my monthly column with a deadline fast approaching.

There are multiple topics I wish to discuss and often have a hard time deciding which is the most pressing. As I've been walking around the hospital this month, I have noticed a few posters announcing special days. Most recently, I noticed GI Nurses Day. If you've ever had an endoscopy, you know that GI nurses are special and helpful. During the springtime, we recognize Doctors Day, Administrative Assistants Day, Volunteer Week, Nurses Day and Employee Week. This only scratches the surface of special days in healthcare that occur throughout the year.

These signs got me thinking about these special days and the changing healthcare landscape. We, the physicians of South County Health, are going to need to pay attention over the coming months – and years – to the need for positive reinforcement and support for all of our colleagues, nurses and all staff. Showing appreciation to our colleagues and staff costs nothing, but pays enormous dividends, particularly as we attempt to control costs and figure out where we fit in the greater healthcare system of our state. It doesn't take much from our end. Take the time to say "thank you" when someone helps you with a procedure. Recognize special efforts and initiatives made by staff. As we have been learning in our HRO journey, a 5:1 ratio of compliments to criticisms makes all the difference. Don't wait for that



"Special Day" to acknowledge your coworkers and staff.

Just a couple of notes of appreciation:

Celeste Corcoran, MD, (my wife) is transitioning from her Pediatric practice of 32 years. She has been an asset to her patients, our Hospital and our community. Celeste will be working in obesity treatment for children and continuing her volunteer work in South County. I am proud of her and appreciate all of the hard work she has done these last 32 years.

Steven Fera, MD, is being honored this month by the Frances McGillivray Tribute Campaign. Steve has been a valued contributor to our cardiac program and a valued member of our Medical Staff. Please congratulate Steve and consider making a donation to the [Tribute Fund](#) that supports cardiopulmonary services.

William Sabina, MD – Congratulations for being named Physician of the Year – a much deserved honor. Thank you, Bill, for your hard work and advice you gave me during my first two years as CMO. Please join me in congratulating Bill.

I appreciate all that you do for our patients and the staff at South County Health.

J. Russell Corcoran M.D. VPMA/CMO
rcorcoran@southcountyhealth.org

NEW PROVIDERS

WELCOME TO SOUTH COUNTY HEALTH

The following professionals were appointed to the South County Health Medical Staff in April 2017:

Henry Korzeniowski, Jr., DO

Anesthesia

Dr. Henry Korzeniowski, Jr. received his Doctorate of Osteopathic Medicine from the University of New England in Biddeford, ME while serving in the U.S. Air Force Medical Corps. Earning the rank of Major, Dr. Korzeniowski served in the Expeditionary Medical Group's Mobile Forward Surgical Team, stationed in Kirkuk, Iraq and Al Udeid, Qatar, and received numerous decorations for his service. Most recently, Dr. Korzeniowski was employed by Narragansett Bay Anesthesia, providing

service to Southern New England Surgery Center in Attleboro where he was the medical director.

George F. Brinius, CRNA, MSN

Anesthesia

A graduate of Central Connecticut State University – New Britain School of Nurse Anesthesia, George Brinius holds a master of arts in Nurse Anesthesia. He is experienced in areas of neuro, trauma, vascular, thoracic, ortho, gyn, OB emergent C-sections, spinals, endoscopy and general surgery, with extensive experience in level 2 trauma.

STILL TIME TO ADD A NAME THROUGH THE TRIBUTE CAMPAIGN

The *Frances McGillivray Tribute Campaign* provides an opportunity for you to recognize a special person who made a positive impact in your life. At the same time, your donation will make a positive impact in the life of someone else.

With your donation, the name of the person you wish to honor or remember will be displayed in the Hospital's main lobby. In turn, the funds raised support South County Hospital's cardiopulmonary services, which help cardiac patients improve their quality of life every day.

All donors to the 2017 Tribute Campaign are invited to a special dedication ceremony and reception on Thursday, May 11, 2017 from 5:30 – 7 p.m. held in the Hospital's main lobby.

In addition to individual honorees, Steven Fera,

MD, will be recognized as the overall 2017 *Frances McGillivray Tribute Campaign* honoree. Over the past 30 years, Dr. Fera has demonstrated the spirit of and dedication to South County Health's mission and vision, as well as making significant contributions to improving cardiac care.



Past Honorees include:

- 2016 In Memory of Andrew J. Dowd, MD
- 2015 In Memory of Reverend Doctor Paul F. Bliss
- 2014 In Memory of Archibald Douglas III
- 2013 In Memory of Leonard M. Friel, Jr.

To honor someone through the Tribute Campaign today, contact the Development Department at ext.1492 or developmentoffice@southcountyhealth.org.

HOME HEALTH NEWS

STAFF RECOGNIZED FOR OUTSTANDING SERVICE

South County Home Health held its annual Service Recognition Banquet on April 12, 2017, where 25 staff who have been employed for 5, 10, 15, 20, 25 and 35 years were honored.

Mary Lou Rhodes, President and CEO of South County Home Health, offered the welcome address. Honored guests included **Louis Giancola**, President & CEO, South County Health; **Eve Kennan**, Chairperson, Board of Trustees; **Anne Schmidt**, Vice President Patient Care Services & CNO; **Maggie Thomas**, AVP & Chief Human Resources Officer; **Norm Campbell**, former VNS Chairman; **Meg Sisco**, former VNS Board Chairperson; **Joe Mathews**, former VNS Chairman; and **William Wallace**, former VNS Board of Directors.

Those receiving service awards were:

35 Years

Karen Hockhousen, Director of Clinical Services
Valerie Hayes, Certified Nursing Assistant

25 Years

Debra Olivier, Executive Administrative Assistant
Karen Rockwell, Communications
Rhonda Brunero, Community Health Nurse

20 Years

Jean Labriola, Utilization Management
Rhonda Gillette, Registered Nurse

15 Years

Helen Shannon, Registered Dietitian
Vivian Quinn, Registered Dietitian
Debra Poitras, Registered Nurse

10 Years

Karen Dolan, Pediatric Registered Nurse
Sheila Sweeney, Occupational Therapist
Carol O'Brien, Telemed Registered Nurse
Kay Whitford, Licensed Practical Nurse

5 Years

Michele Bobola, Registered Nurse
Marybeth Butler, West Team Manager
Michael Dauphinais, Speech Pathologist
Johanne Disalvo, Registered Nurse
Rebecca Gilbert, Registered Nurse
Kathleen Graichen, Utilization Management
Patricia Harrington, Physical Therapist Assistant
Barbara Lamontagne, Registered Nurse
Charles Marshall, Facilities
Debra Tetreault, Registered Nurse
Sara Vogelpohl, Occupational Therapist Assistant

BOARD OF TRUSTEES TRANSITIONS



The South County Health Board of Trustees said farewell to one of its long-standing members, while welcoming two new members to the board.

After nine years of service, trustee Ed Cimiluca reached the maximum of three 3-year terms as a board member.

Among the outstanding contributions he has made to the organization, Mr. Cimiluca chaired the Investment Committee that guides South County Health's investment of pension funds, the self-insurance trust and the system's endowment. The value of these funds has grown considerably under his able leadership, while avoiding significant risk. As with all trustees, Mr. Cimiluca devoted many hours to supporting the well-being of South County Health.

WELCOME NEW TRUSTEES VICTORIA WICKES AND BETTY RAMBUR

Ms. Wickes is a resident of Charlestown who brings a wealth of experience as a health insurance executive, serving as chair of a quality committee for a New Jersey-based hospital.

Dr. Rambur is a faculty member at the URI College of Nursing. Her academic and public service experience focuses on healthcare policy. She served on the Green Mountain Care Board that regulates hospitals in Vermont and develops overall healthcare policy for that state.

We are fortunate to have these extremely qualified individuals helping to guide our organization.

NEWS

OF INTEREST...

[Breaking Down the Barriers to a Second Opinion](#)

In certain situations, patients may wonder if they should seek a second opinion. A recent study by Mayo Clinic researchers suggests that patients who do get second opinions frequently end up with different diagnoses. While most physicians are very supportive of their patients seeking second opinions, there still may be intangible, and often emotional, reasons why patients are reluctant to ask for one. This article addresses second opinions and offers suggestions to health care providers that may help patients be more comfortable asking for a second opinion.

[What Any Caregiver Can Do to Support a 'Second Victim'](#)

When a colleague is involved in a medication or other error that puts a patient at risk, how do you help that person deal with the feelings and emotions evoked by the mistake and the investigation that follows? While it may be tempting

to try to "fix" the problem, too often the responses that naturally follow when a colleague is upset may serve our own interests more than theirs. This article offers some 'do's' and 'don'ts' when faced with this situation.

[Patient Safety Perils at 36,000 Feet](#)

There are more than 50 in-flight medical emergencies a day on commercial airlines — or one for every 604 flights, according to a study published in 2013. While much work has focused on designing safer systems for health care in hospitals, there are other situations in need of a process change. Such populated places include airlines, where language differences, methods of stocking and labeling emergency kits and other procedural systems could become a hazard in a medical emergency situation. While healthcare systems use high-risk industries such as airlines to model a High Reliability Organization, this article describes a situation where the airline industry could benefit from the standards used in healthcare.

CME OPPORTUNITIES

[Endocrinology: Diabetes and Obesity for Primary Care](#)

(See website for CME credit information.)

Washington D.C. – Fairmont at Georgetown
June 2 – 4, 2017

This CME program provides primary care healthcare professionals with knowledge and skills, to be effective in helping reduce and manage obesity and diabetes in patients.

[The Summit in Neurology & Psychiatry Brain/Mind/Body](#)

(See website for CME credit information.)

Washington, DC – Renaissance Hotel
June 23 – 24, 2017

The Summit in Neurology & Psychiatry-Brain/Mind/Body provides an integrated neuropsychiatric approach for primary care physicians, neurologists and psychiatrists. Nationally known leaders in the field will present recent advances and emerging trends in the treatment and monitoring of patients with neurologic and psychiatric disorders and diseases. This highly scientific, two-day CME/CE conference features key clinical topics such as depression, headache and migraine, sleep disorders, multiple sclerosis, bipolar disorder, schizophrenia, stroke, epilepsy, concussion and more.

[Clinician and Patient Wellness Program Series](#)

(See website for CME credit information.)

Destin, Florida – Sandestin Golf and Beach Resort
July 21 – 23, 2017

This conference is designed to provide primary care practitioners with evidence-based information on commonly encountered clinician and patient wellness issues, while suggesting pragmatic approaches to clinical management. The conference is designed with audience participation and hands-on workshops. The successful completion of this interactive program should improve attendees' confidence in diagnosing, treating and prescribing the most effective courses of treatment, with the ultimate goal of improving clinician and patient outcomes.

[Internal Medicine Update](#)

(See website for CME credit information.)

New Orleans, Louisiana – Omni Royal Orleans French Quarter
October 13 – October 15, 2017

The Internal Medicine conference is designed to provide physicians, nurse practitioners, nurses and physician assistants involved in Primary Care with evidence-based information on commonly encountered office dilemmas and suggest current approaches to clinical management. The conference will present and critically assess recent advances and key topics in Internal Medicine to enhance the knowledge and competence of Primary Care attendees.

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GOT AN IDEA?

Do you want to submit an idea or story for the next issue of *Physician Focus*? Contact

[Eric Dickervitz](mailto:Eric.Dickervitz@scortho.org) at 401 788-1137.

Yield: 6 servings | Heart Healthy Recipe | Diabetes Recipe



© Baldwin Publishing, Inc.

An easy side dish, this tomato-based risotto uses barley instead of rice. This hearty tomato barley risotto is a perfect accompaniment to any chicken or meat entrée.

INGREDIENTS

1/2 cup chopped onion
1 cup dry pearl barley
1 can (15 oz) diced stewed tomatoes, no salt added
1 can (6 oz) tomato paste, no salt added
1 1/2 cups water
1 can (15 oz) low fat, reduced sodium chicken broth
1/2 Tbsp garlic powder
1/2 Tbsp dried oregano
1/2 Tbsp dried basil
Black pepper, to taste
1/4 cup grated fresh Parmesan cheese
2 Tbsp chopped fresh parsley

PREPARATION

- In a large saucepan, combine all ingredients except Parmesan and bring to a boil.
- Reduce heat, cover and simmer for 30 to 40 minutes, stirring occasionally, until barley is tender and most of the liquid has evaporated.
- Sprinkle with Parmesan cheese and fresh parsley. Serve immediately.

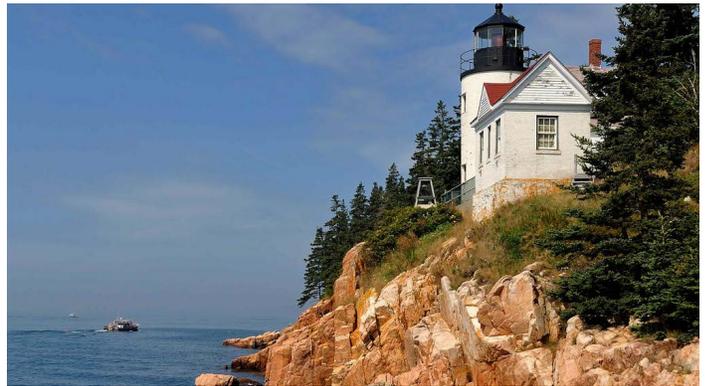
NUTRITION FACTS

Serving size: about 1 cup
Per Serving – Calories: 128; Fat: 1g; Saturated Fat: 1g;
Cholesterol: 3mg; Sodium: 235mg; Carbohydrates: 36g;
Fiber: 8g; Protein: 6g

Recipe courtesy of:
<http://www.webhealthyrecipes.com>

View this and more Health eCooking recipes:
[Tomato Barley Risotto](#)

BAR HARBOR & ACADIA NATIONAL PARK, MAINE



As the weather warms and South County's roads become heavily travelled by visitors who flock to the area, you may want to consider a getaway farther north to Down East. Bar Harbor, Maine and the 49,000-acre Acadia National Park is the perfect place to get away from it all and get back to nature.

The 5½-hour drive from Providence will take you to Maine's natural blend of rocky coastline, glacier-carved mountains, meadows, marshes and dense forests.

WHAT TO DO

Acadia National Park

According to the Bar Harbor website, there are six "[Must Sees](#)" while visiting Bar Harbor. Among the most notable is [Cadillac Mountain](#). To reach the summit of the 1,530-foot mountain, visitors can hike, bike or drive. Once there, you will be treated to a 360-degree view of Bar Harbor, Frenchman Bay and the Cranberry Islands. Early risers who get there before sunrise will be the first in the United States to witness the dawn of a new day.

Shore Path

Similar to the Cliff Walk in Newport, three-quarter mile [Shore Path](#) in Bar Harbor is the perfect spot for a walk along the shore. The scenery consists of beautiful

houses, landscapes and ocean views. With ample parking downtown, the path begins at the Town Pier, and ends at Mount Desert Island. Even if you are not the most "outdoorsy" person in the world, the stroll along the path is easy for all ages.

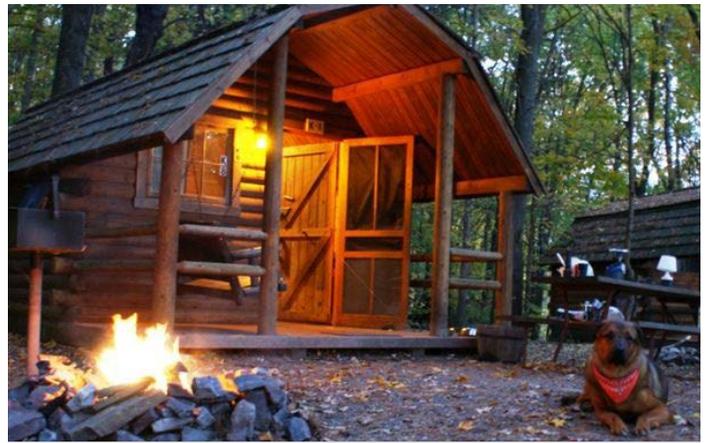
Land Bridge

[The "Bar" of Bar Harbor](#) is actually a sandbar that reveals itself during low tides. The stretch of exposed seabed is used by kayakers to easily launch into the harbor and by hikers who want to explore Bar Island. The gravel and sand surface offers those who explore it an opportunity to collect rocks, dig in the sand, and find shells, seaweed and other organisms that live on the submerged bar. This natural land bridge is accessible as much as two hours before low tide and two hours after low tide. Vehicles are allowed onto the bar, but caution is the word on keeping an eye on the tide.

Lighthouses

One of the most scenic lighthouses in New England is the [Bass Harbor Head Light](#), the only lighthouse on Mount Desert Island. Built in 1858, the fully operational light is a signal to mariners nearing Bass Harbor Bay. Visitors may tour the grounds of the lighthouse, but are not allowed access into the station.

Nearby, there are five other lighthouses, the oldest



[continued from page 9](#)

being Baker Island Light, built in 1828. The best way to view and photograph these structures is from the sea, with boat tours providing views and stories about their history.

Golf

[The Kebo Valley Golf Club](#) is the eighth-oldest golf club in the US. Established in 1888, it is considered a links-style course set on 40 acres of Mount Desert Island. Its famed 17th green is nicknamed “The Taft Hole” after President Taft took 27 strokes to reach the cup.

Shopping

As in most tourist destinations, Bar Harbor’s downtown area is lined with small [shops, boutiques and galleries](#) where visitors can find one-of-a-kind treasures, clothing in a variety of styles and outdoor sporting goods among the finds.

Getting there

The 5½-hour drive from Providence, RI to Bar Harbor, ME, is largely a straightaway north on Rt. 95. Once across the state line from New Hampshire into Maine, follow the more direct road, Rt. 295, until it rejoins Rt. 95. At Bangor/Brewer, ME, merge onto Rt. 395 South before merging onto US Rt. 1A at Exit 6A, which becomes Bar Harbor Road.

Where to stay

The popular tourist destination offers [accommodations](#) as varied as the people who visit. From campgrounds to luxurious resorts, there are ample hotels, cottages, bed & breakfasts and other places to stay.

Bar Harbor’s newest luxury boutique hotel, [West Street Hotel](#), overlooks the waterfront, offering ocean and harbor views. Among its features is a rooftop pool offering panoramic views of Frenchman’s Bay, the outer islands and Acadia National Park.

[The Bayview Hotel](#) is a small, intimate hotel located on Frenchman’s Bay. This hotel offers 26 elegantly appointed rooms with oceanfront balconies in a peaceful setting, with a small outdoor heated pool.

For those who want to seek the wilderness, Bar Harbor’s [campgrounds](#) offer secluded wooded or ocean sites that bring one back to nature while minimizing the impact on the ecology of Acadia. If you are looking for more home comforts, some campgrounds also have a full range of amenities, including electric and water hook ups, swimming pools and stores. Whichever way you choose to go, a camping vacation in Bar Harbor will leave you reflective, rested and relaxed.

LOOKING FOR NEW PATIENTS?

One of the best ways to capture new patients is to get out in front of your target audience with an evening lecture. The South County Health Marketing Department can help make that happen. We can also get you an interview on radio or television. Contact us and we'll get started.

Eric Dickervitz
edickervitz@southcountyhealth.org / ext. 1137
 Marketing Department
marketing@southcountyhealth.org

RECENT COMMUNITY EVENTS

APRIL 20 – Sports Injuries: Prevention is the Best Medicine

Charlotte Moriarty, MD, Ph.D. of Ortho RI – South County gave a presentation on overuse injuries to over a dozen attendees at the Medical & Wellness Center in Westerly.



APRIL 26 – Foot Health
James McCormick, DPM hosted a lecture on foot health and some of the common reasons people experience pain and discomfort. The event drew more

than a dozen people to the Medical & Wellness Center in Westerly for his presentation.



MAY 2 – Lyme Disease
 Infectious disease specialist **Fred Silverblatt, MD** discussed Lyme disease, its transmission, effects and treatments. The

event was held in the Potter Conference Room with 40 people in attendance.

MAY 3 – Neck Pain

Orthopedic spine surgeon **Ian Madom, MD** explained many of the misconceptions of neck pain and available treatment options at the North Kingstown Library. Over 25 people attended.

UPCOMING COMMUNITY LECTURES

South County Health's ongoing free community lectures are a great way for physicians to forge extraordinary connections with our community and increase patient volume. Here's what's coming up. To reserve a seat, please click the highlighted link.

May 24 – [Skin & Sun: Taking Care During Summer Fun](#)

Robert Dyer, MD, Vincent Criscione, MD and Nancy Kate Staley, PA of South County Dermatology will discuss the how's and why's of skin protection. Attendees will learn to identify the warning signs of skin cancer and how to protect skin from cancer and wrinkles. The lecture will take place at the Medical & Wellness Center, Westerly from 6:30 – 8 p.m.

MAY 25 – [Family Preparation](#)

Representatives from the Center for Women's Health will host a community presentation aimed at helping those planning to start – or add to – a family. The panel will discuss the amenities and resources available to them at the South County Health Women and Newborn Care Unit, a renovated space that offers the latest technologies to ensure a positive birth experience. The event will take place at the East Greenwich Free Library, 82 Peirce Street, East Greenwich.

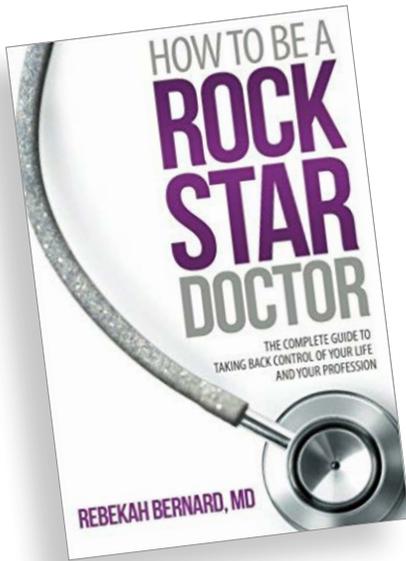
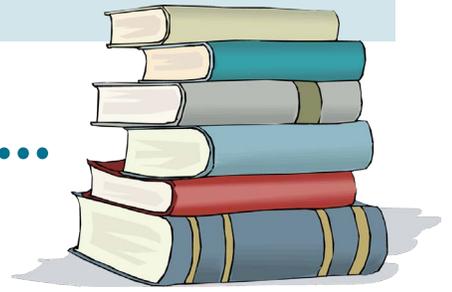
MAY 31 – [Baby Ready Pets](#)

This lecture is designed for families that own pets and are preparing for the arrival of a newborn or toddler into the family. **Jane Deming**, director of education for educateHUMANE!, offers strategies to pet owners on how to prepare their pets for the arrival of a new addition to the family and prevent potentially dangerous interactions between pets and babies. The presentation will take place in the Potter Conference Room from 6:30 – 8 p.m.

May is:

- Asthma Awareness Month
- Better Sleep Month
- Critical Care Awareness and Recognition Month
- Employee Health and Fitness Month
- Hepatitis Awareness Month
- High Blood Pressure Education Month
- Melanoma/Skin Cancer Detection and Prevention Month
- Mental Health Month
- Oncology Nursing Month
- Stroke Awareness Month
- Trauma Awareness Month

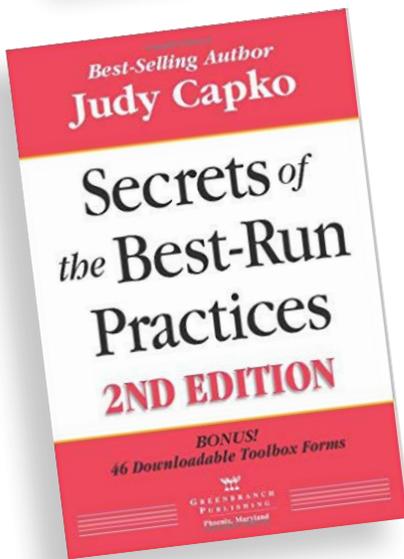
ON THE BOOKSHELF...



[How to Be a Rock Star Doctor: The Complete Guide to Taking Back Control of Your Life and Your Profession](#)

by Rebekah Bernard, MD

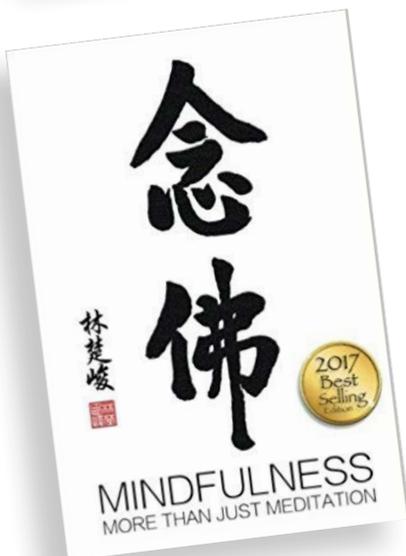
Rebekah Bernard offers Rock Star rules for running a successful practice that delights patients and delivers financial and emotional rewards to the physician. Her rules help physicians to: convey the qualities that are the most important to patients; organize and control the office visit; optimize time management by the use of Evidence-Based-Medicine (EBM); focus on physician-patient “face-to-face” time; overcome the challenges of the Electronic Health Record (EHR); cope with emotionally challenging patients; and use psychology to maintain your mental health and find work-life balance.



[Secrets of the Best-Run Practices, 2nd Edition](#)

by Judy Capko

Noted practice management expert, Judy Capko, maps out simple tactics that the most successful medical practices and ambulatory care centers are using to thrive, despite the myriad obstacles that stand in the way of profitability.



[Mindfulness: More Than Just Meditation](#)

By Frank Lin

The ideology behind mindfulness is rather simple: by achieving a deeper sense of self-awareness, you open yourself up to the ability to have greater control over yourself and over your life in general. However, mindfulness can be deeper than that. This book is based on the Buddhist teachings around mindfulness and all practices of the mind to leverage your inner purification, peace and happiness.