A New Year, a new shoulder

John Ingraham has a new and improved right shoulder thanks to Dosher Memorial Hospital and board-certified orthopedic surgeon Thomas B. Kelso, MD, PhD.

John, of Ocean Isle Beach, is a financial advisor who travels the state and beyond hosting seminars on topics of investing, estate planning and filing taxes.

“People depend on me for information. I stand and give presentations with a pointer. It got to where I couldn’t even hold the pointer anymore,” John said.

Excruciating pain in his right shoulder due to extended rotator cuff damage became so elevated, he contemplated canceling all 19 workshops planned for this year.

What John needed was a “reverse total shoulder replacement.” Unlike standard shoulder replacements, in a ‘reverse,’ the ball and socket parts of the shoulder joint switch sides. This allows other muscles, such as the deltoid, to do the work of the damaged rotator cuff tendons.

“I had my left shoulder done elsewhere seven years ago. It was not a good experience, so I was apprehensive,” John said.

This time he went to Dosher where Dr. Kelso, with EmergeOrtho, performed the replacement the last week of December.

“It went extremely well. I had little pain and I didn’t even take any pain medication. It will be three weeks tomorrow and I’m feeling pretty doggone good,” John said on January 10.

He said Dosher’s “superior patient care,” is what makes the hospital’s total joint replacement program stand out above the rest. John attributed his speedy recovery and little to no post-surgery pain to the ice compression wrap that Dosher sent home with him.

“The ice treatment was the real big deal. They taught me how to use it, and it compressed my recovery time. The goal is to use it often. I’d recommend anyone to use as much ice as you can,” John said.

Dosher strives to educate their patients on all aspects of recovery.

Our surgical team

Other board-certified orthopedic surgeons who perform total joint replacements at Dosher are:

- Craig N. Lippe, MD, and Chad M. Fortun, MD, MS, Carolina Sports Medicine and Orthopedics, 910-799-0110.
Novant surgeons relocate Southport office to Dosher campus

As part of the partnership between Dosher and Novant Health Brunswick Medical Center announced last year, the five board-certified general surgeons from Novant are now seeing patients at 819 N. Atlantic Ave., one block south of Dosher Memorial Hospital. On Jan. 17 they held an open house attended by dozens of members of the Dosher Medical Staff, Hospital Board, employees of both organizations, and the public. For an appointment, call 910-721-4000.

of any joint replacement surgery to ensure a positive experience. At Dosher, patients needing joint replacements are invited to attend free informational sessions that include lunch and reserved parking.

“I am in awe of the highly trained medical professionals who support the doctors. The fact that we can all get mammograms, CT scans, MRI testing, blood work, rehab, and more done here is amazing. I am excited to share with everyone that we have a fabulous, award-winning Wound Care Center and a new, state-of-the-art MRI suite. It makes me proud to be associated with Dosher and the doctors in our wonderful community. Please join me in celebrating on March 30 and every day. Next time you meet physicians in the community or see them during exams, please thank them for their service and dedication to the profession. We are lucky to have this many with this much talent in our rural community. Read more about members of the Dosher Medical Staff at Dosher.org/Doctors.” — Linda Pukenas, Dosher Memorial Hospital Board of Trustees

Volunteers reach $2 million

Dosher Volunteers recently passed the $2-million mark in support to the hospital. This is from the hospital Gift Shop and sales of furniture and other donated items at the Flea Market at 129 N. Moore Street. The equipment that helped reach this milestone was a $90,000 ultrasound machine purchased last year. Several dozen staff, physicians, and board members recognized the accomplishment at the Volunteers’ monthly meeting on Jan. 21.

BCC students earn Foundation scholarships

Posing with a check representing each of four scholarships are Elizabeth Wassum, assistant director of Resource Development at Brunswick Community College, scholarship recipients Alexa Davis and Mary Stevens-Moody, and Dosher Foundation President Lynda Stanley. Not present were recipients Corinne Genovese and Jessica Klock. The funds were made available through the Brunswick Community College Foundation, a private foundation focused on education. Surrounding the scholarship presenters and recipients are members of the Dosher Foundation Board to show their support for the students pursuing careers in various healthcare fields.

A message from the board:
National Doctor’s Day

primary care physicians and from the specialists who have cared for us. I hear the same positive feedback from friends and neighbors who are also patients receiving good, strong medical support. It’s great to have a full-service medical team here in our neighborhood. In addition to the physicians, I am in awe of the highly trained medical professionals who support the doctors. The fact that we can all get mammograms, CT scans, MRI testing, blood work, rehab, and more done here is amazing. I am excited to share with everyone that we have a fabulous, award-winning Wound Care Center and a new, state-of-the-art MRI suite. It makes me proud to be associated with Dosher and the doctors in our wonderful community. Please join me in celebrating on March 30 and every day. Next time you meet physicians in the community or see them during exams, please thank them for their service and dedication to the profession. We are lucky to have this many with this much talent in our rural community. Read more about members of the Dosher Medical Staff at Dosher.org/Doctors.” — Linda Pukenas, Dosher Memorial Hospital Board of Trustees

Meet the BWC Board

Newly elected executive committee officers of Brunswick Wellness Coalition for 2019 are from left Secretary Allison Campbell, Brunswick County Health Services; Christy Spivey, RN, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastern North Carolina; President Sheila Roberts, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastern North Carolina; President Sheila Roberts, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastern North Carolina; President Sheila Roberts, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastern North Carolina; President Sheila Roberts, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastern North Carolina; President Sheila Roberts, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastern North Carolina; President Sheila Roberts, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastern North Carolina; President Sheila Roberts, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastern North Carolina; President Sheila Roberts, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastern North Carolina; President Sheila Roberts, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastern North Carolina; President Sheila Roberts, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastern North Carolina; President Sheila Roberts, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastern North Carolina; President Sheila Roberts, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastern North Carolina; President Sheila Roberts, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastern North Carolina; President Sheila Roberts, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastern North Carolina; President Sheila Roberts, New Hanover Regional Medical Center; Aileen Sutton, YMCA of Southeastera
Thursday, March 7, 4-7 p.m. – Dosher is a sponsor of the Southport-Oak Island Area Chamber of Commerce Coastal Consumer Showcase at St. James Community Center. For more on this free event, contact the Chamber at 910-457-6964.

Tuesday, Mar. 12, 6 p.m. – “Celebrating something green,” healthy cooking demonstration by Chef Lucas Smith, Oliver’s on the Cape Fear. 2nd floor conference room at the hospital. Free, although reservations are required to reserve a seat, 910-454-4731. Additional guest chef lectures are planned on April 9 and May 14.

Saturday, March 23, 9 a.m. – Brunswick Wellness Coalition holds its 2nd annual Spring Into Health 5K/1M run/walk in downtown Southport. Register for $20; children under 13 free: BrunswickWellness.org/spring-into-health.

Saturday, Mar. 30 – National Doctor’s Day.

Friday, April 26, 6 p.m. – Dosher Foundation’s 9th annual Gala at St. James Community Center. For tickets and sponsorship information, call 910-457-3850 or email lyndastanley@Dosher.org. Read about all our programs at Dosher.org/Calendar.

Heart to Heart

More than 200 guests attended Dosher Foundation’s 5th annual Heart to Heart women’s heart health event on Feb. 7. Speakers were board-certified cardiologist Dr. Meena Rao, NHRMC Physician Group-Cape Fear Heart Associates (left), Dosher Cardiac Rehabilitation patient Shirley Desnoyers (center), and Brunswick Wellness Coalition Executive Director Lindsay Maher (3rd photo). Funds raised through the educational event will benefit cardiac rehab programs at Dosher Wellness Center. For more information on Foundation programs, call 910-457-3850. For more information on Dosher heart health programs, call 910-457-3871.