A message from the Board

Welcome Dr. Alex Newsom

Here in Brunswick County, as in most rural communities, there is a desperate shortage of primary care physicians (PCPs). There are fewer PCPs in Smithville Township today than 10 years ago, and with the changing landscape of medicine, the arrival of a talented, young PCP to our community is a big deal.

Dr. Newsom earned his Medical Diploma at Tulane University School of Medicine and completed an internal medicine residency at Wake Forest University Baptist Medical Center. He is board certified in internal medicine.

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Foundation Gala raises $70K

A record crowd of more than 240 guests at the Gala in April helped the Foundation raise more than $70,000 toward health and wellness programs and services at the hospital.

“Our eighth annual gala was an elegant event and grand evening. We are grateful to our many sponsors, which included Duke Energy and 75 other businesses, organizations, and individuals who helped to make this year’s gala such a rousing success,” Gala Co-chair Tish Hatem says.

“We are grateful for the vision, hard work and commitment to the Dosher Gala of Dr. and Mrs. Hatem and their committee for the past eight years,” Foundation President Lynda Stanley says.

Photos from the 2018 Gala can be viewed at www.DosherGala.com.

New knees, the more the merrier

“Like father, like son,” and, if you are a Rollins, that saying could include “like brother and like uncle.” The need for knee replacement surgery, that is.

“It runs in our family,” laughs Dosher Director of Plant Operations, Mark Rollins, referring to his uncle and brother who’ve had four knee replacement surgeries between them. Now Mark and his father, Charlie, have joined the family new-knee club. They recently had their own successful knee replacement surgeries within a few months of each other. Both were at Dosher’s award-winning OR and performed by the same physician, Michael Marushack, MD.

“He did an excellent job. It was the first time for both of us. It was a quick recovery and we are doing great,” Mark says.

Mark and Charlie chose to have total knee replacements rather than “partial knee” procedures. Replacement is pursued only when all other options such as medications, pain injections, and supportive devices stop working.

“We waited too long. We were both in quite a bit of pain. When it starts affecting your lifestyle, that’s the time to really get serious about it,” Mark says.

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Charlie Rollins and son Mark Rollins with dog Sydney on a health ride at Oak Island.
From housekeeper to social worker, how this single mom achieved a Master’s Degree and her dream job

In 2011, Tandria Gory’s life took a turn when the young, single-mother and college grad found herself homeless with her parents and take a job in housekeeping at Doshier to make ends meet.

“I was going through a rough time. I already had a bachelor’s degree in criminal justice, but I knew that wasn’t what I wanted to do. I like helping people. I like getting them a better outcome in life,” Tandria says.

One night while cleaning the Emergency Department (ED), Tandria heard about an opening for a CNA (certified nurse assistant, now called PCT, patient care technician), so she earned her CNA license and applied for the job.

“She’s a go-getter, a real hard worker. We felt she would be a good fit for the Emergency Department,” Patient Care Director John Turner-Consommo, RN, says about hiring Tandria.

But what Tandria saw in her new role in that department broke her heart.

“There were a lot of older people neglected by their families and having to stay in the emergency room for long lengths of time. That started making me want to do something to help,” Tandria says.

She decided to become a social worker, which wasn’t easy. It meant going back to school while full-time working full time and doing it all as a single mom.

“There were a lot of times I wanted to quit, but my mother and my son would say, ‘you can do it. That’s what motivated me,’ Tandria says.

Today she still is working in the Doshier Emergency Department (ED), but as a Master’s Degree-holding social worker and PCT.

“Tandria has a huge heart and she’s on top of everything, keeping things organized and making sure things are running smoothly. She’s a real asset to the department,” ED Team Leader Nancy Miller says.

“It’s hard going to school full time and working, but if it’s something you are striving to do and you want to do…in the end it will pay off tremendously,” Tandria says.

“We are all so proud of her, she did it all on her own,” Joann says.

Beach tips from Doshier Medical-Urgent Care

By Dawn Sampson, PA-C

Sunburn Prevention

Prevention of sunburn includes sunscreen, seeking shade, reducing sun exposure, and wearing a wide-brimmed hat with skin protective clothing. These are especially important between 10 a.m. and 4 p.m., when sunlight is at the greatest intensity.

A sunscreen with SPF 30 or higher should be applied 15 to 30 minutes before sun exposure. Reapply at least every two hours and after swimming even if the sunscreen is labeled water resistant.

Sunburn can result in sunburns, swelling, cysts, swelling, and excessive irritation if not treated. A pain reliever such as ibuprofen or naproxen can be helpful with the discomfort and inflammation from the burn (unless unable to take these medications). Seek medical care if the symptoms are severe. Doshier Urgent Care is open Independence Day and Labor Day 8 a.m.-2 p.m.

Swimmer’s ear prevention

Prevention can be attempted by:

• Wearing ear plugs.
• Tipping your head to the side to allow water to drain out of the ear while swimming. Then use a towel to dry the ear.
• Placing a blow dryer on the lowest setting, and hold it approximately 12 inches away to dry inside your ear canal.
• If you do not have a}

In the community

Women’s Health Fair

Adult Nurse Practitioner Sally DeSalustro, left, and Braddock Wellness Coalition Executive Director Lindsay Maher address the Cape Fear Yacht Club women’s morning club on Friday after discussing the risks of cardiovascular disease in women. Maher spoke on preventative strategies to promote health and reduce risk of chronic disease. More than 40 women attended the event.

Jim White resigns from Doshier Board

The Doshier Memorial Hospital Board of Trustees accepted the resignation of Dr. Jim White at its meeting on June 4. White is relocating out of Smithville Township where he currently is unable to continue serving on the board. White has been on the board since 2015 and is a former chairman of the Doshier Hospital Foundation Board. The hospital board will be accepting a successor for immediate review and approval by the Brunswick County Board of Commissioners to complete White’s term until 2021.

Doshier Medical-BHI open 9-4 weekdays during summer season.

Public Safety Building
910-457-5252

21 July 2018

Welcome Dr. Newsom

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And was in practice with his father in Cherew, S.C. for six years. When his father retired last year, Dr. Newsom began looking to move closer to his wife’s family here in North Carolina. Learning that Doshier was recruiting primary care physicians, he met with CEO Tom Siemens and Dr. Andre Minor several times before deciding to make the move to practice here in Southport.

Dr. Newsom is joining the dynamic Dr. Minor at the Doshier Medical-North Howe Street clinic, making it a powerhouse internal medicine practice just across the street from a recently renovated, state-of-the-art Doshier Memorial Hospital. Dr. Newsom and his wife arrived this summer and he begins seeing patients on July 9. Call now for an appointment, 910-457-6661, as I know his schedule will fill up rapidly. Check out all of the Doshier PCPs at Doshier.org/Doctors.

Please join me in extending a warm, Southport welcome to Dr. Newsom and his wife—Demetra A. Palagagno, II, DO, Doshier Chief of Staff.

New knees, the more the merrier

(Continued from page 1)

He and his father discovered that getting through surgery and physical therapy was relatively minor compared to the six weeks of physical therapy that followed.

“This is no easy recovery, but they both wanted to get back to work. They both are hard workers and wanted to get back to the things they like to do, and were willing to put in the time to get themselves in therapy,” Doshier Ortho Sport and Spine Therapy’s Tom Siemens says.

Charlie had his left knee replaced; Mark, the right. One of our primary concerns after any joint replacement surgery is the development of scar issues,” Passingham says.

The PT department uses specialized equipment for physical therapy to stretch, strengthen and improve range of motion in the knee to prevent scar tissue from becoming an issue.

PT was a win for Charlie and Mark. Charlie, 89, is back on his bike and kayak, while Mark recently returned from a 2,000-mile motorcycle ride along the east coast with his new knee.

“IT worked great. It’s wonderful to be out of pain,” Mark says.

Doshier is a two-time national award winner for operation room safety and exams consistently high patient satisfaction scores.

The Physical Therapy department is on the second floor of the hospital and is staffed by therapists with post-graduate degrees, a doctorate in physical therapy, and a McKenzie-certified therapist. “I tell every knee replacement patient, ‘You’ve already recovered when you might not be expecting. You have to push through that pain so you can improve your knee,’” Passingham says.

Editor’s note: Other physicians on the Doshier Medical Staff to perform total joint replacements are (alphabetically) Dr. Chad Fortun, Dr. Thomas Kelso, Dr. Eric Lescault, and Dr. Craig Lippe. Read more about them at www.Doshier.org/Doctors.
You're Invited to BWC's Inaugural County
CARE FAIR

Parking Lot of Walmart on:
July 16 in Leland
August 16 in Southport
September 18 in Shallotte

From
5:00 - 8:00pm

Health Services that will be available:
- Immunizations
- Diabetes Screenings
- Dental Consultations
- Hepatitis C Screenings
- Prevention Education
- Eye Glass Adjustments
- Blood Pressure Screenings
- *Mammography Screenings

*Recommended to call 910-721-1485 to schedule mammography screening ahead of time.

Additional Fair Festivities:
- Kid Zone
- Grocery Store Tours
- Giveaways
- Community Dream Board

Thank you to our Contributors:
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Health | Dosher Memorial Hospital | New Hanover Regional Medical Center
New Hope Clinic | Novant Health | Cooperative Extension | Walmart Pharmacy
Walmart Vision Center | YMCA of Southeastern North Carolina

Questions? Contact BWC at 910-444-1872
Stay connected with BWC at facebook.com/brunswickwellness
IG: @Brunswickwellness | Twitter: @BeWellBrunswick

Calendar
Join us for the parade

North Carolina Fourth of July Festival Parade in downtown Southport is on Wednesday, July 4, 11 a.m. Dosher is a sponsor again this year. For more information, contact Southport-Oak Island Area Chamber of Commerce at 910-455-5578, or visit www.nc4thofjuly.com.

Dosher Foundation Golf Classic is set for Friday, Oct. 12. For sponsorship and player information, call 910-457-3850.

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Comments can be sent to Marketing & Community Relations, Dosher Memorial Hospital, 924 N. Howe St., Southport, NC, 28461, 910-457-3500.