We're Growing for Your Future

Our new Emergency Services and Surgical Pavilion is less than a year from opening. 

Introducing our new logo page 11
Physician directory pages 20-31

www.onslowmemorial.org
Committed to the pursuit of excellence

The 2007 Annual Report & Guide to Doctors and Services is provided to give our community current healthcare information about our organization. This unique healthcare reference source consists of our Annual Report and our medical staff directory.

Our healthcare team of dedicated doctors, employees, volunteers and governing board is committed to the pursuit of excellence. Guided by our vision to be the Hospital of Choice, we hold to our mission of providing the people of our community quality medical services delivered in a friendly, safe and caring environment — Where People Care.

Sincerely,

Ed Piper, Ph.D., FACHE
President & Chief Executive Officer

About this publication

We hope our 2007 Annual Report & Guide to Doctors and Services will serve as a handy resource for you in the months to come.

Pages 3 to 19 serve as our organization’s Annual Report. In this portion, you will find information about our major expansion project; our annual financial status and statistical updates; our benefits to the community; various activities by our volunteers; our commitment to clinical advancement; and more.

Page 3 includes a brief guide to healthcare services available at OMH. For more information on these services, please visit www.onslowmemorial.org.

Pages 20 to 31 serve as our annual physician directory. On these pages you will find contact information for the many dedicated local doctors who serve our community in a wide variety of specialties. We are proud of our physician partners and we encourage you to keep this directory with your phone book as a resource to assist you in meeting the healthcare needs of your family.

This is a great time to be here in Onslow County. Like the community we serve, We’re Growing for Your Future.
The following is a partial telephone directory of hospital services. **The hospital's main number is (910) 577-2345.** For more information about OMH or these services, please visit www.onslowmemorial.org.

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Excitement rises with the steel: New wing is just a year away

It’s been called the most significant local healthcare event in over three decades.

The hospital’s new Emergency Services and Surgical Pavilion is slated for completion in the spring or summer of 2008. This long-awaited and much-needed wing, with 93,000 square feet of space, will provide the latest in clinical services for emergency and surgical patients.

The hospital was built for about $6 million back in 1974, with its structure based on a ‘50s and ‘60s model. “People at that time came to an ER only for true trauma, for lifesaving emergencies,” said Ed Piper, President and CEO. “People now demand a 24-hour walk-in clinic” that addresses their healthcare needs in a timely fashion. Currently, “we’re seeing over 120 patients a day in an ER designed for 80. There’s no room in the hospital to expand, so we have to go beyond the walls. And that means we build a new structure.”

Penney Burlingame, Senior Vice President for Clinical Services, said she is excited about the project’s impact on local healthcare. “We are setting the pace for the future. This gets it on a new track.”

She is particularly pleased with the streamlining of services that will occur because of the expansion plan. The design, she says, “addresses patient-flow issues from the time people walk through the door until they leave ... and it starts before they ever get out of their cars.”

“This is the most significant healthcare event in this community in over 30 years.”

~ Ed Piper, Ph.D.
President & CEO
That’s because patients and visitors will be able to park in the area of the service they’re seeking, so they “won’t have to traipse all over the hospital to get to where they need to be.”

“This is the most significant healthcare event in this community in over 30 years,” Dr. Piper said. “We aspire to be a great community hospital. We are our brothers’ and sisters’ keepers – their safety net. We need a state-of-the-art facility for state-of-the-art care. We want to be a place that everyone in the community should be proud of.”

~ Keryn Thompson-Kolar

How will patients benefit from the new hospital wing?

- A new Emergency Room with more than double the current capacity
- Four larger and better-equipped operating rooms
- Separate waiting areas for the ER and outpatient services
- Bedside registration in the ER, to lessen wait times
- An enhanced triage space for major emergencies
- A larger area for treating minor emergencies (clinic-type services)
- Six observation beds in the ER, for monitoring patients up to 23 hours
- A family conference room in the ER for discussing sensitive patient-care issues
- Pre-op and post-op care in the same convenient location
- A central sterile supply area situated so as to increase efficiency and speed up service

Eventually, the old OR and recovery areas could be used for outpatient care, conveniently locating all such services (such as endoscopy) on the first floor. Also, there will be space available to have CT and other radiology services in the ER at some point in the future.
OMH financially responsible

For the fifth year in a row, the Onslow County Hospital Authority has generated revenues in excess of expenses.

Chief Financial Officer Roy Smith is pleased with the figures in the recently released Annual Combined Statement of Revenues and Expenses. “The authority continues to be strong financially and to improve its operating performance,” he said.

Financial performance for 2006 reflected a rise in income of $9.8 million — from $2.5 million in 2005 to $12.3 million in 2006. Approximately $8.4 million of that increase was related to settlements with the North Carolina Medicaid program for the years 1997 to 2002.

“Apart from the impact of this one-time settlement, the hospital authority continues to grow and to generate strong margins while providing care to the citizens of Onslow County,” Smith said.

A greater number of people have been treated at OMH over the past year, both as inpatients and in the Emergency Room. “As patient volumes have continued to increase, there have been corresponding increases in net patient revenue,” Smith said.

That kind of growth is very important for Onslow because the hospital is self-supporting, with its revenues coming solely from patient care.

“The hospital is a stand-alone nonprofit,” said Tim Strickland, OMH PR/Marketing & Foundation Director. “It operates under the auspices of the Onslow County Hospital Authority, but it is not supported by county funds.”

“We believe the citizens of Onslow county can take pride and pleasure in knowing the authority is self-sustaining and receives no financial support from taxpayers,” Smith said.

The category termed “Other Revenue” in the annual report also showed improvement. According to Smith, this was primarily from a gain on the sale of property the Authority had owned in Richlands.

As for operating expenses, they are up slightly as well, “reflecting continued increases in salaries and employee benefits to remain competitive; the addition of contract personnel to meet the needs of the organization; and increases in medical supplies and other costs due to inflation,” he said.

Even though it receives no tax funding, patients are not denied care at OMH because of an inability to pay. Onslow is a public hospital, with its board appointed by county commissioners.

Any leftover money at the end of the fiscal year is reinvested in the hospital. This is done by adding the latest medical equipment, hiring well-qualified staff and improving the facilities structurally.

Major structural changes are now taking place on the Onslow Memorial Hospital grounds. On June 1, the final steel beam was placed by the construction team that is building the new Emergency Services and Surgical Pavilion. Set to open next spring or summer, it’s part of a $40 million construction project that is expected to triple capacity at the hospital. (See construction update on pages 4-5.) Financing is coming from the sale of tax-exempt revenue bonds and an FHA-insured loan.
Clinical partnerships: a win-win combination

Through its clinical partnerships with University Health Systems Pitt County Memorial Hospital, OMH provides at-risk newborns, pediatric cardiology patients and stroke patients with a high level of adjunct specialized care. In addition, the contractual agreements benefit OMH physicians, nurses and technicians through visiting clinician programs, external peer review, consultation and opportunities for education and recruitment.

Penney Burlingame, Senior Vice President of Nursing and Clinical Services, describes the longstanding relationship as “quite synergistic.”

PCMH gains the opportunity to care for patients from Onslow County, while OMH patients are assured, says Burlingame, “that we have established relationships to get them where they need to be for the appropriate care.”

Located in Greenville, PCMH is one of four academic medical centers in North Carolina. It serves as the teaching hospital for the Brody School of Medicine at East Carolina University. In 2006, construction began on the new $210-million East Carolina Heart Institute, led by ECU’s cardiothoracic surgeon, Dr. W. Randolph Chitwood Jr. The institute’s facilities are scheduled to be completed in 2008.

Although OMH does currently partner with Pitt’s cardiovascular services on a limited basis, “we’d like to broaden that relationship,” says Burlingame. “It would be great if our patient base could benefit from the new Heart Institute.”

Janna Martin, Vice President and Chief Nursing Officer, said patients benefit from the partnership.

“I think the most exciting opportunity will be to continue to fine-tune our affiliation with Pitt [in regard to] management of the stroke patient, because that is truly cutting-edge,” Martin says. “To have that center of excellence only 72 miles away is great for our patients and their clinical outcomes. “We can fast-track the stroke patient so we don’t lose time. We start the treatment here at OMH and the helicopter [to PCMH] is on the way.”

Pediatric cardiology outpatients in Onslow County also benefit from a PCMH-staffed clinic available at OMH.

“Pediatric cardiology patients here get to have the same level of service they would get if they traveled to Greenville for cardiology evaluation or assessment,” Burlingame says. Parents are likewise assured their at-risk newborns are always in expert hands. “We have a very good relationship with PCMH as far as our baby care,” Burlingame says. “Our neonatologist, Dr. Madhur Mittal, does a phenomenal job of caring for these at-risk newborns, but when it exceeds the level of what our nursery can handle, we are able to send them to Pitt.”

Physicians and clinicians also realize the benefits of the clinical partnerships.

“One of the most exciting things we have in place clinically that people may not know exists is telemedicine,” explains Martin.

Used primarily for trauma cases, physicians at OMH can consult with their PCMH counterparts through videoconferencing and a dedicated line for data transmission.

“There are some very exciting things going on in Eastern North Carolina now,” concludes Martin. “On a moment’s notice, we have the resources available and the experts available to provide that higher level of care that’s required.”

~ Jennifer Mackenzie

Investors who purchased the bonds “see this hospital and this community as having a bright future, and they are confident enough to invest their capital,” Smith said.

Strickland said he cannot underscore enough the importance of community support of the expansion project. “Having quality local healthcare is a key ingredient in the quality of life for all area residents,” he said.

The Hospital Authority’s goals continue to be investing more in high quality staff, equipment and facilities while building up cash reserves so the organization can face any difficulty that arises.

~ Keryn Thompson-Kolar
Onslow Memorial Hospital 2007

Don called cancer … OUT!

The umpire had a tough call to make. Should he let his personal battle with colon cancer become public knowledge?

It was no contest.

“Colon cancer can be a silent killer,” said Don, 56, of Jacksonville. “By the time you know about it, it’s almost too late. I thank the Lord every day that I was fortunate enough to have this caught.”

Don, a retired Navy man, stays very busy as a softball umpire for recreation leagues and high schools in three counties. Maybe that’s why his wife, Joyce – an RN at Onslow – had to keep after him to schedule a routine colonoscopy.

He was reluctant, but finally gave in. And the tests revealed he had cancer, despite a lack of symptoms.

Now the husband and wife are appearing in OMH ads that Don hopes will hit home with people – even tough-guy, athletic types.

“Real men die, too,” Don said. “We’ve got to get the word out. It’s not a hard test, but it’s a lifesaver.”

He’s gung-ho about delivering that message, and he is seeing results. After hearing about his experience, “Eleven people that I associate with on a fairly regular basis decided to go have this test done,” Don said.

That’s what led him to participate in the OHM ad campaign.

“Everyone on the crew agreed Don was a natural” on camera, said the director, Michelle Affronte. “He could do this for a career. He has such an enthusiasm for spreading the word about getting colonoscopies.”

“Michelle’s too kind,” Don said upon hearing the praise. He said he’s comfortable with the idea of being on TV because “I’ve had exposure to crowds, working in sports. … And it’s not about me. I wanted to give a good image for the hospital.”

With the surgery, “I was expecting the worst,” he said. But Dr. John Westbrook was able to remove the cancerous section of colon laparoscopically, making just a small incision at the navel and a few more tiny ones for cameras and probes.

“I had a minimum amount of soreness afterward. I didn’t even need to take pain medication,” Don said. “I was recuperating on my wife’s floor.

The nurses were always busy, but always there when I needed them. The housekeeping staff, the lab people – they were all excellent. And the OR staff was tremendous.”

He knows that when his pals in the sports world hear the radio ads and see him on TV and billboards, “the phone’s not going to stop ringing,” he said. He might have to endure some kidding. But that doesn’t faze him in the least.

“I’m not afraid to talk about what happened to me, and what could have happened if I’d let this go. It could have been a tragic outcome,” Don said.

~ Keryn Thompson-Kolar
Cure for acid reflux ‘a godsend’

You wouldn’t think a politician would be reluctant to say a few words for the cameras. But Darlene, 51, the recently elected mayor of Trenton, N.C., was grateful that she had a non-speaking role in OMH’s new television spots.

When hospital staffers asked her to share her story, “I told them I don’t want to talk on TV,” she said. “I know how I sound when I’m recorded!”

Darlene’s also a bit nervous about seeing her image towering above her on the outdoor advertising. “I’m dying to know where the billboard is going to be,” she said in mid-May. “I don’t want it to be on Highway 17, where I have to look at it every day on the way to work.”

Despite this shyness, she was happy to participate in the advertising campaign. That’s because the treatment she received at Onslow has changed her life enormously.

Extreme acid-reflux symptoms had been causing her pain and sleepless nights for years. Swallowing food was so difficult, “I wouldn’t even eat by myself because of fear of choking,” she said. And elevating the head of her bed 9 inches to relieve some of the nighttime discomfort was awkward, too. “My husband would slide to the end of the bed. He hated it,” she said with a laugh.

To keep up with her busy job for the Neuse River Region Association of Realtors, she did what she could to get through the pain. “I tried the diet thing” to combat the acid reflux — no spicy food, no alcohol, etc. “But even water caused it,” she said. “The pain increased over time, and I just adjusted to it. I didn’t know they had anything to fix acid reflux.”

That was until a friend who recognized her symptoms told her about his successful surgery at Onslow. At his urging, Darlene called OMH Nurse Coordinator Tanya Springfield, who suggested she have some tests done at the Heartburn Treatment Center.

“I had to fail the tests to qualify for surgery, and I failed big-time,” Darlene said with a laugh. The endoscopy and biopsies performed at OMH determined that her misery was being caused by very established acid reflux disease and a hiatal hernia.

General surgeon Dr. John Westbrook performed the laparoscopic surgery on her esophagus, and that was the cure she needed.

“I’d do the surgery again tomorrow — it was a godsend for me,” Darlene said with conviction. “Dr. Westbrook and Tanya were wonderful. I had not a bad experience during the whole deal.”

Her improved health inspired Darlene to reach for new heights. Within a year of her surgery, she began her successful mayoral campaign. And, of course, she starred in the ads that told area viewers about her cure.

She’s seen the TV commercial, and she’s really pleased.

“It’s got my granddaughter in it, so it’s great!” she said. Four-year-old Riley “was like the little movie star” — smiling, playing and bringing her grandma a flower as the camera rolled.

Darlene gives a lot of credit to director Michelle Affronte.

“Michelle was wonderful. She had toys for Riley, she got down on her level ... (OMH PR/Marketing Director) Tim Strickland gave Riley a little stuffed dog later on to thank her, and she named it ‘Michelle.’”

Riley got an unexpected benefit from doing the commercial: She was totally at ease when called upon to be the flower girl in her godfather’s May wedding.

“Riley told me, ‘Mommy said it will be just like the commercial. There’ll be cameras, and there’ll be people. I just do what I have to do.’”

~ Keryn Thompson-Kolar
Tony’s got ‘a lot more energy now’

Pain. Fatigue. Forgetfulness. Tony, at 53, thought those were just the signs of age creeping up on him. “I’ve never been old before,” he joked, “so I didn’t know what could happen.”

But when he got to the point where he was dragging behind the lawn mower ... yearning for bed at 6:30 p.m. ... forgetting where he was going when behind the wheel ... well, the time came to take action.

Of major concern were the terrible headaches. They would start in the early afternoon and grow worse as the day progressed. His doctor conducted many tests but couldn’t pinpoint the problem. That’s when she sent Tony to be evaluated at Onslow’s sleep lab.

Mystery solved: Tony had sleep apnea, which kept his body from achieving restful, REM sleep. The OMH sleep lab fitted him with a continuous positive airway pressure (CPAP) device to use at bedtime, and his life has been on the upswing ever since.

“My wife, Opal, had told me that I was snoring more,” Tony said. “I just figured it was because I was tired. ‘You’re getting older,’ I told myself.”

But apnea is a much bigger problem, he would learn. It occurs because a person’s airway is obstructed during sleep, reducing oxygen in the blood. The American Thoracic Society, in a May article in Science Daily, reported that obstructive sleep apnea increases a person’s risk of heart attack or death by 30 percent over a period of four to five years.

That was all Tony had to hear. He got his CPAP device fitted and calibrated at the OMH sleep lab, and he’s been a faithful user of it since.

“If this is what I have to do, this is fine,” he said, noting that he became accustomed to it after just a few days. “The body gets used to stuff. Sometimes I even forget I have it on.”

The improved sleep he’s getting is making a huge difference in his job as a program rep overseeing a 12-county region for the North Carolina Division of Social Services.

Previously, driving from county to county every day “was not a fun time. I had to make frequent stops, and drink a lot of coffee and soda. I bounce out to the car now and have a good time.”

And he’s no longer dropping off to sleep right after getting home from work. “I have a lot more energy now. My wife says, ‘Give me some of it!’”

All that energy came in handy when he was called on to help with OMH’s ad campaign.

When PR/Marketing Director Tim Strickland called to see whether he would participate, “Immediately, I said OK. I didn’t even have to think about it,” Tony said. “This hospital is part of our community. I looked at it as something I could do to help a member of our community.”

He added that, during his 22 years in Jacksonville, “Onslow has been here for my family. Whenever we’ve needed the hospital, we’ve had good experiences with them.”

He also had a good experience helping to create the outdoor advertising and the 30-second TV spot, he said.

“I had cleared my calendar for the day. I thought, ‘Whatever they need today, I’m theirs.’ I figured it would take most of the day -- and doggone it if that wasn’t right!”

He’d had no previous exposure to the advertising world. “That was my first time ever in my life,” he said. “I’m just a country boy; I’ve never done a thing.”

The local print media took notice. Reporters from the Jacksonville Daily News covered Tony’s day of becoming a celebrity.

“Yeah, the local newspaper was here when they were putting
makeup on me. Now, that’s a manly thing to see.”

Interestingly, Tony isn’t the only member of his family of three to appear on a billboard. His son Allen, 22, has recently been seen on a billboard promoting his alma mater, East Carolina University.

Even though their faces are two stories high for all to see, Opal is there to keep her men from getting big heads. “She says, ‘I’m going to have to keep both of y’all grounded,’” Tony said.

~ Keryn Thompson-Kolar

As construction equipment continues to change the face of OMH’s campus, the hospital’s identifying symbol will change soon as well.

The longstanding logo, featuring a silhouette of the main building, will be retired in October. In its place will be a new logo symbolic not only of the geographic location of Onslow County, but also of the optimism surrounding OMH.

In the late 18th century at the beginning of the U.S. Continental Congress, Benjamin Franklin was asked about a carving on the presider’s chair that featured a sun halfway concealed behind the waves. “Is it a rising sun or a setting sun?” was the question. Dr. Franklin wasn’t certain at first. But by the time the historic work of the Continental Congress was complete, he sought out the questioner and declared the carving definitely depicted a rising sun, symbolic of the rise of this new nation.

In like manner, the new OMH logo depicts a sun rising on the hospital as it embarks on an era of determined progress and growth.

“This is a great time to work at OMH and to live in Onslow County,” said Tim Strickland, hospital spokesperson. “It’s also great for our patients to know that local healthcare is reaching new heights, and the new logo is symbolic of our strong present and bold future.”

The new logo will begin appearing in hospital advertising and publications around Oct. 1, and eventually will appear in new external and internal signage on the hospital campus.
Young or old, volunteers make a difference

In the 1940s, girls would sew their own red-and-white-striped pinafores and spend time at hospitals, delivering mail or patients’ meals.

The uniform and the name have changed, but “candy stripers” are still around, making hospital life a little sweeter.

“They’re not candy stripers anymore. Now we call them Volunteens,” said Martha Danford, president of the OMH Auxiliary. She said that each year about 40 teens — both male and female — perform many different volunteer jobs at Onslow.

Their duties include helping people register in the Patient Access area, staffing the gift shop, handling clerical work, and more. “The Volunteens are trained to work on the floors, in rehab, in the labs, in x-ray,” Ms. Danford said.

The summer program is an excellent way to introduce young people to the field of health care, she said. “Some want to work (as a volunteer) in a hospital environment to see if that’s what they want to do in life,” she said.

While they are helping their community, these students also are earning the Community Service hours required of them to graduate from high school. “It’s a win-win. This is a great way for them to do it,” Danford said.

“I get calls all the time — ‘Can my child come in right now?’ But there’s an application process and training the teens go through,” she said. “We could have doubled the participants this year, but we have to limit the number of applications.”

Young people, however, make up only one-third of the OMH Auxiliary. The group has about 80 adult members, who apply their talents in diverse ways.

They help the hospital sponsor four blood drives annually. They thank the staff each year during Volunteer Week by hosting an employee tea. They even parade into the hospital every autumn clutching their teddy bears.

Teddy bears?
“We have a Teddy Bear Parade each November,” Danford confirmed. She said the volunteers purchase stuffed animals to donate to either the Emergency and Pediatric departments, or to the county sheriff and police departments — it alternates each year. The animals are meant to be “like a security blanket” for suffering children.

But that doesn’t mean the Auxiliary members can’t have a little fun with the toys first.

“We all line up and parade in with music playing,” before giving the 100-or-so cuddly critters to the recipient organizations at a special meeting, Martha said.

Another way the volunteers show they care is by knitting and crocheting caps to be given to babies born at Onslow. This includes special white “bereavement sets” that are given to parents of stillborn babies — for use in burial, or as a remembrance of the child they lost.

Fund raising also is an important Auxiliary function. In the year just ended, the group donated $54,990 to the hospital for capital equipment; to support Relay for Life activities; and to assist the soup kitchen run by Onslow Community Ministries. Plus, the Auxiliary provides $4,000 annually to fund four scholarships at Coastal Carolina Community College.

Danford believes you’re never too old to volunteer. She speaks glowingly of Elinor Taylor who, at age 95, still reports almost every Saturday to staff the visitors’ desk at Onslow.

“She’s a remarkable lady,” Danford said. “She was president of the Auxiliary years ago. She’s a very dedicated person and enjoys the Auxiliary — it makes her feel worthwhile in the community.”

Being part of a group like the OMH Auxiliary can help keep you young, Danford said. “People retire and they start thinking about their aches and pains, and they go downhill,” she said. Volunteering “keeps you from being self-centered. It’s about being productive in your life.”

No one would accuse Danford, 78, of being self-centered. She recently agreed to serve a fourth year as Auxiliary president, because the person slated to take over had to move out of town.

She is pleased to announce the other officers for 2007-08: Vice President Shirley Pittman, Recording Secretary Kay Brandon, Corresponding Secretary Peggy Burgess, and Treasurer Ada Vorpagel. They recently participated in the group’s annual awards luncheon, at which Volunteer of the Year Judy Kight was honored. Judy received $50, and a plaque bearing her name and photo can be seen in the hospital lobby.

The tangible rewards of volunteering may be small, but it’s the intangibles that make it worthwhile. Just ask the Auxiliary.

~ Keryn Thompson-Kolar
When most people think of balloons, they picture birthday parties and carnivals. When Dr. Scott Johnston of Jacksonville thinks of balloons, he pictures the opportunity to restore health, height and happiness to senior citizens who have suffered painful vertebral injuries.

It’s not uncommon to hear people speak of undergoing balloon angioplasty. A medical version of the humble children’s toy unblocks the arteries of a million Americans per year. But in recent years, balloons have been put to work along with cement to reduce pain and curving of the spine in people with vertebral compression fractures.

Many such fractures in the elderly are the result of osteoporosis, the weakening of the bones that comes with age and calcium loss. A brittle backbone can easily snap in a fall or a jarring movement, causing great pain and loss of mobility. In the past, treatment involved restrictive braces and months of recuperation. And if the compressed vertebra healed in a way that altered spinal alignment, serious health problems such as reduced lung capacity could result.

But now, a minimally invasive procedure called kyphoplasty is changing the way physicians aid these patients.

In kyphoplasty, a tiny incision is made into the back of an anesthetized patient. A tube is inserted until it reaches the injured vertebra, with a fluoroscope guiding it into position. A special balloon is put through the tube and then gently inflated. This elevates the vertebra into proper alignment and also causes the soft, inner bone of the vertebra to compact, creating a cavity.

“Think of it like if you had a clay cast of something – like you inflated a balloon in soft clay,” says Dr. Johnston, a specialist in pain management who has worked in Onslow County for 15 years. “When you remove the balloon, there’s a space left behind.”

It is into that space that doctors then pump a medical cement mixture. This cement hardens within minutes, stabilizing the bone. After the tube is removed, it takes only a few stitches to close the incisions made for the balloon therapy instrument and the fluoroscope. The entire procedure...
takes only about 45 minutes, and for some, the pain relief is immediate. Patients are able to walk within just a few hours. In fact, it’s encouraged: “It makes a big difference in restoring function if you get moving right away,” Dr. Johnston says. Patients are sent home with pain medication, but most don’t need it for more than a couple of days, he reports. “In general, it’s a very successful procedure, and most folks are quite happy with it.”

Not every back injury can be helped by this surgery. A patient is x-rayed to find the source of the pain, and then an MRI scan is done that helps physicians determine how recently the injury occurred. New fractures have been found to respond better to kyphoplasty. These include painful compression fractures caused not only by osteoporosis, but also by such conditions as multiple myeloma and certain cancers.

Before kyphoplasty was developed, the most common surgical solution for these fractures was vertebroplasty, in which the cement must be injected into the bone at much higher pressure. The newer, balloon approach “allows for better control of where the cement goes – there’s less chance of spread into places you don’t want it, such as veins, arteries and the disc itself,” Dr. Johnston says.

How recent is this procedure? According to Dr. Johnston, kyphoplasty has been performed in Europe for over 20 years, and in the United States for about 10. He personally has performed about 45 of these operations over the past four years at Onslow Memorial Hospital, and he is believed to be the only physician in the county who is trained to do so. In the most recent statistics available from Kyphon Inc., a maker of medical equipment, more than 365,000 spinal fractures worldwide have been treated with balloon kyphoplasty as of April 2007, and more than 11,000 physicians are trained in the procedure.

“When these types of fractures are treated more quickly, the elderly get back to a normal level of functioning and do better long-term,” Dr. Johnston said.

~ Keryn Thompson-Kolar
Emergency staff responds to crisis with teamwork, quick thinking

For Walter Thompson, this year began like no other. For Joanne Thompson, it almost didn't begin at all.

The Thompsons, who have been married for more than 50 years, are enjoying the summer together thanks to the quick thinking and cooperative efforts of the staff of Onslow Memorial Hospital’s Emergency Department.

Pat Stark, nurse manager for Emergency and Transport, remembers that difficult day very well. It was New Year’s Eve, and the Jacksonville couple were on their way to a restaurant to celebrate when tragedy struck. Walter Thompson, who was driving, saw his 71-year-old wife in the passenger seat suddenly collapse and lose consciousness.

“He said – these are his words – ‘She gasped for air and took a seizure-like motion while falling over in the seat,’” Stark said. Terrified, Walter did the only thing he could: He made a U-turn across four lanes of traffic and raced to OMH.

Elisabeth Dubois, RN, heard a car horn blaring frantically in the ED parking lot. She quickly dispatched a Transport employee, EMT David Grammer.

“He pulled the woman out of the car and started CPR. She had no pulse and was not breathing,” Stark said.

The patient was brought into the building. It was right at shift change, and both shifts stayed to help.

“The entire staff worked,” said Sharon Brookins, RN, patient care coordinator. “There were a minimum of six in the room with her, and a nurse also stayed with Mr. Thompson.”

It wasn’t long before the team, led by John Gudger, MD, got Joanne Thompson stabilized, to the great relief of all. The outcome came as no surprise to Brookins. A former New Yorker, she said she has been very impressed with the way people work together at Onslow.

“If you don’t know what the right hand is doing, you lose your rhythm,” she said. In a crisis like this one, “the team kicks in – that’s what it is to be an ER nurse. And I give these docs here extra kudos, to be able to click right into that mode (of emergency care). The doctors here are great. Mrs. Thompson did quite well.”

Eventually, when Joanne Thompson was out of danger, she was transported to Greenville for implantation of a permanent pacemaker, Stark said.

Walter Thompson sent a glowing letter of thanks to OMH President and CEO Ed Piper. Weeks later, when the man was out shopping for his wife – he wanted to buy her some new jeans to replace the ones that had been cut off in the ED – he took the time to stop in at the hospital to personally thank the staff for saving Joanne’s life. It was a very emotional moment for him, and for everyone nearby.

“He said he’d known her since he was 5, and that he didn’t know what he’d do without her,” Stark said. “He brought tears to our eyes.”

Looking back, Brookins said, it was fortunate that the Thompsons’ car was only a short drive from OMH when Joanne Thompson’s heart failed her.

“I believe there are guardian angels out there,” Brookins said. “And with some people, they sit right on their shoulder.”

The staff members who helped the Thompsons are unlikely ever to forget that New Year’s Eve.

“This is one of those wonderful stories,” Brookins said. “We were grateful to be at the right place at the right time, so they could have another new year together.”

~ Keryn Thompson-Kolar

“I give these docs here extra kudos, to be able to click right into that [emergency care] mode.”

~ Sharon Brookins
Patient Care Coordinator
Small building makes a big difference for women

A small building on the grounds of Onslow Memorial Hospital is making a huge difference in the health of area women.

That’s mostly because of the initiative of the women themselves. They are faithfully scheduling annual mammograms at OMH’s Women’s Imaging Center.

“Mammography plays a critical part in diagnosing breast cancer,” Dr. Susan Orel reports on the nonprofit website breastcancer.org. “In the past, we’d often find that a woman had breast cancer when she came in with a lump. Today, the cancers radiologists find on mammography are usually detected early, before they can be felt by the patient; are smaller than cancers felt by patients; and have much lower levels of lymph node involvement.”

At Onslow’s Imaging Center for Women, the female staff sees to it that patients coming in for this important x-ray screening have as positive an experience as possible.

Clinic Manager Shelia Morgan, RT, says she is observing much less anxiety today among women undergoing the exams. She says that when she started out in the medical field 40 years ago, outcomes were dismal for women diagnosed with breast cancer. “But with better detection, treatment and women’s awareness, the cure rates and detection rates are so much higher now,” she said.

In fact, the breast cancer nonprofit group states that mammograms have been shown to lower the chance of dying from breast cancer by 35 percent in women over the age of 50; studies suggest for women between 40 and 50 they may lower the chance of dying from breast cancer by 25 to 35 percent.

The American Cancer Society, the National Cancer Institute, and the American College of Radiology all recommend annual mammograms for women over 40. There are two different stages of testing, both of which are available at OMH. Screening tests, such as an annual mammogram, search for signs of disease in women without symptoms, while diagnostic tests (such as magnetic resonance imaging, blood tests, or bone scans) are performed when breast cancer is suspected or has been diagnosed.

Cancer is found in only 1 in 250 screening exams, according to OMH staff. Even so, it’s only natural for a patient to feel a bit of apprehension when facing the tests. The Women’s Imaging Center tries to ease this anxiety in a number of ways. The facility is “quiet, with pretty decor – kind of a soothing place to be,” Morgan says. “It’s a well-appointed clinic. The setting is more comfortable and private. It’s away from the main hospital.”

Typically, only three or four patients are in the waiting room, listening to music, watching TV or gaining information on women’s health issues from a wide variety of educational videos and pamphlets. Morgan points out that the tests performed at the facility generally take less than 30 minutes.

Men and women alike are susceptible to osteoporosis and can benefit from testing for this condition. Bone densitometry tests are performed regularly at the Women’s Imaging Center to detect the reduction in bone mass that can lead to fractures after minimal trauma. These exams tend to be recommended by physicians every two years for post-menopausal women, anorexic patients, people on medications that reduce the body’s calcium supply, and people who are sedentary because of certain health conditions.

Ultrasound technology, which involves the use of high-frequency sound waves to locate tumors inside the body, is widely used at the clinic as well. Breast, pelvic, abdomen and thyroid ultrasound tests are performed to diagnose cancers and other problems in patients experiencing symptoms.

But it is the need for screening mammograms that brings most patients to the Women’s Imaging Center. One of those patients, Dorothy, a retiree who lives in Richlands, says she thanks the Lord every day that she decided to go. Dorothy’s routine screening revealed a spot that turned out to be cancer. She underwent a lumpectomy at OMH in 2005, and after the accompanying radiation therapy she is now cancer-free.

The excellent care she received inspired her to say yes when she was asked to appear on billboard, TV and radio ads last year to promote the hospital. It pleases Dorothy that people she knows – and strangers, too – have taken steps to get tested for breast cancer after hearing her story. She recalls fondly the day that a waitress at her favorite restaurant came over to her table. “She told me that that commercial, and what I had to say, made her go and get a mammogram.”

It’s the best tip that a waitress – or any woman – could receive.

To schedule an appointment at the Imaging Center for Women, call (910) 577-2690.

~ Keryn Thompson-Kolar
OMH steps forward in the fight against child abuse

Dr. Ed Piper, President and CEO, calls it “one of the shadows of our bright nation, one of the veils of the American dream.” Data shows it is a national epidemic, although its victims have no voice.

They are children and infants who suffer from abuse and neglect.

Sadly, Onslow County has historically been ranked high in substantiated cases of child abuse in North Carolina. Within this dark statistic, however, there is a new light: the people at OMH who are willing to step forward and take action.

In October 2006, on the heels of three particularly severe cases of child abuse handled by the OMH Emergency Department, the hospital hosted the 4th Annual Child Abuse Vigil, organized by the Onslow County Partnership for Children (OCPC), the Community Child Protection Team and PEERS Family Development Center. OCPC Executive Director Dawn Rochelle called the move “just huge in getting people to talk about child abuse.”

At OMH, the discussion continued in earnest in 2007 when Sharon Allen, Director of Patient Advocacy and Clinical Services; Crystal Hayden, Director of Education; and Tracy Hoover, Labor and Delivery/Post Partum Nurse Manager, sat down with PEERS Executive Director Heidi Baur, OCPC’s Rochelle, the Health Department’s Angela Moss and retired pediatrician and child advocate Dr. Sue Stelmach. From those talks, a new OMH part-time position, Child Abuse Prevention Case Manager, was proposed and approved, and the position was filled in May.

“We recognized the need to protect children at risk for child abuse, to prevent it from happening in the future by supporting parents, and also as a means of really supporting our own [Emergency Department] staff,” explains Hayden.

OMH Emergency Department physicians and nurses serve as the front line in caring for victims of abuse. They are trained to focus on getting the child or infant the medical attention they need, while keeping the family calm. In some cases, abuse is obvious to the medical team; in other cases further physical testing is needed to reach a conclusion. In all instances, the staff errs on the side of caution.

“Anytime we’re suspicious of abuse, even if we can’t prove it medically, there’s a referral to [the Department of] Social Services,” explains Dr. James Garrett, OMH Emergency Department Medical Director.

Over the past year, says Emergency Department/Transport Nurse Manager Pat Stark, the acuity level of injuries attributable to child abuse has risen noticeably, taking an emotional toll on everyone caring for these patients. Emergency physicians and nurses cope with what they see in different ways, explains Stark. Many exercise to release stress; some may opt to volunteer more in the community. “Sometimes,” she says, “we just cry and talk about it with each other.”

“When something like this happens, everybody gives everybody else support,” emphasizes Dr. Garrett.

Now in his 33rd year of emergency medicine, Dr. Garrett says nothing he sees compares to the tragedy of child abuse.

“The death of a child, or the serious injury of a child, is the hardest thing in my career to deal with ... and abuse is the worst thing in the world, in my opinion, to take care of. Not only are you dealing with a seriously injured or deceased patient, but ... it’s just inexplicable to me how people do this to defenseless little children.

“One of the things I think we all know, is there tends to be a history that the perpetrators themselves were abused [as a child].”

In the new OMH role of Child Abuse Prevention Case Manager, Suzie McCabe, RN, reiterates the point. “I see child abuse as a cyclical issue,” she says. “If you were abused as a child, the likelihood you will abuse as an adult and parent is high.”

Yet there is real hope for parents who have known risk factors for abusive behavior. As a child advocate in the community, Rochelle of OCPC says “anytime you can assist a family in being connected to their child, and being connected to services so they can provide for that child, it reduces frustration.”

To that end, OMH’s goal is to capture and educate parents pre- and post-delivery, as well as reach out to parents of inpatient pediatric patients where possible. The objective, says Hayden, “is to really get the word out as to what resources [for help with parenting issues] are available.”

Thanks to the compassion and commitment of so many at OMH who have stepped forward to make a difference, and to those with whom the hospital will partner in the community, the veil of child abuse may gradually be lifted.

“We in the healthcare profession need to rise up to embrace this challenge,” states Dr. Piper. “It’s the only right thing to do for a hospital and for its community.”

~ Jennifer Mackenzie
Hospital shows commitment to charitable efforts

As a 501(c)3 charitable organization, Onslow Memorial Hospital has a strong commitment to succeed in its role in benefiting the community it serves.

Led by the Onslow County Hospital Authority Board and Executive Team, OMH plays an extremely important role as a healthcare safety net for all area residents. On any given day, hundreds of patients receive high-quality hospital services regardless of their ability to pay. In the most recent fiscal year, this resulted in a total of more than $1.6 million in charity care. This is in addition to the more than $13 million in unreimbursed costs for treating Medicaid patients.

Another significant charitable endeavor is OMH’s strong support for the local Caring Community Clinic, which provides free outpatient health services to low-income residents. OMH provides $24,000 annually in operating capital as well as much more support in the form of in-kind contributions, including free space for the clinic and diagnostic and clinical support.

OMH’s Education Department plays a coordinative role for the Clinical and Nursing Division in its numerous outreach efforts. As a public service, hospital personnel regularly attend events at which area residents receive health education and screenings at no charge.

In light of the nationwide shortage in healthcare workers, OMH is taking a leadership role in encouraging Onslow County’s youth to consider and prepare for this rewarding field as a career. An example of this leadership is the $21,000 in annual scholarships for high-performing seniors graduating from the county’s high schools.

The people of OMH are proud to provide these and many other benefits for the people of our community. These benefits demonstrate that OMH truly is a place Where People Care.

~ Tim Strickland

Onslow County Hospital Authority: Fiscal Year 2006

ANNUAL GIVING ASSESSMENT

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<th>Description</th>
<th>Amount</th>
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<td><strong>TOTAL ANNUAL COMMUNITY BENEFITS INVESTMENT</strong></td>
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</tr>
</tbody>
</table>
Staff Physicians

**Anesthesia**

George Chekan, MD  
317 Western Boulevard  
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Residency: Buffalo General

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Residency: IL Masonic Medical Center

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Residency: Saint Luke Hospital

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Residency: Moses Cone Memorial Hospital

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Residency: Moses Cone Memorial Hospital

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Residency: Pitt County Memorial Hospital

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Residency: Nassau County Medical Center

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Gastroenterology
Gastroenterology

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Fellowship: Yale University

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Residency: Duke Univ. School of Medicine

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Fellowship: Baylor University Medical Center

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Residency: Interfaith Medical Center
Fellowship: Maimonides Medical Center

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Fellowship: E. Carolina Univ. School of Medicine

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Residency: Memorial Hospital

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Residency: Norwalk Hospital, Connecticut

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Residency: Pitt County Memorial Hospital

Gastroenterology

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Internship: Massachusetts Memorial Hospital
Residency: Boston Univ. School of Medicine

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*Board Certified*
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Internship: N. Carolina Memorial Hospital
Residency: Brooke General Hospital, Fort Sam Houston

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Internship: East Carolina University
Residency: East Carolina University
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Board Certified
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Residency: St. Vincent’s Medical Center, NY

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Internship: Barnes-Jewish Hospital, St. Louis, MO
Residency: Cambridge Hospital; Barnes-Jewish Hospital, St. Louis, MO

Ibikunle Ojebuoboh, MD
22 Office Park Drive
Jacksonville, NC 28546
(910) 219-4070
Board Certified
Medical School: University of Ibadan
Internship: Nassau County Medical Center
Residency: Nassau County Medical Center

Jose Ros, MD
3245 Henderson Drive Extension
Jacksonville, NC 28546
(910) 937-0008
Board Certified
Medical School: Cebu Doctors’ College
Internship: Lincoln Medical & Mental Health Center
Residency: Lincoln Medical & Mental Health Center

Internal Medicine / Geriatrics

Abayomi Osunkaya, MD
25 Office Park Drive
Jacksonville, NC 28546
(910) 353-4878
Board Certified
Medical School: University of Ibadan College of Medicine
Internship: Harlem Hospital Center
Residency: Harlem Hospital Center
Fellowship: Saint Vincent’s Hospital

K. V. George Thomas, MD
200 Doctors Drive
Jacksonville, NC 28546
(910) 346-2263
Board Certified
Medical School: Kottayam Medical College
Internship: Kottayam Medical College
Residency: University of Virginia
Fellowship: University Hospitals of Cleveland

Nephrology

Milagros Cailing, MD
3652 Henderson Drive
Jacksonville, NC 28546
(910) 455-9398
Board Certified
Medical School: University of The Philippines
Internship: Cook County Hospital, Chicago
Residency: Cook County Hospital, Chicago
Fellowship: Cleveland Clinic Foundation

Nephrology / Internal Medicine

Michael Apololou, MD
507 Pollock Street, Suite 2
New Bern, NC 28562
(910) 353-6466
Medical School: Eastern Virginia Med. School
Internship: Union Memorial Hospital
Residency: Med. Center of Louisana at New Orleans, Univ. of S. Florida College of Medicine

Obstetrics / Gynecology

Teresa Alvarado, MD
219 Station Street
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(910) 455-5000
Board Certified
Medical School: Universidad De Monterrey
Internship: Berkshire Medical Center, University of Massachusetts Medical Center
Residency: UMMC

Clarence Ballenger, MD
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Jacksonville, NC 28546
(910) 353-3624
Board Certified
Medical School: Medical Univ. of S. Carolina
Internship: Medical College of Georgia
Residency: Medical College of Georgia

Khaled Jreisat, MD
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Jacksonville, NC 28546
(910) 353-3624
Board Certified
Medical School: Medical University of Pecs
Internship: Moses Cone Memorial Hospital
Residency: Moses Cone Memorial Hospital and North Carolina Baptist Hospital

Sean Hsu, MD
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Board Certified
Medical School: University of Michigan
Internship: University of Washington Hospitals
Residency: University of Washington Hospitals

Neurosurgery

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Residency: Nassau County Medical Center

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Internship: Lincoln Medical & Mental Health Center
Residency: Lincoln Medical & Mental Health Center

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(910) 353-6466
Medical School: Eastern Virginia Med. School
Internship: Union Memorial Hospital
Residency: Med. Center of Louisana at New Orleans, Univ. of S. Florida College of Medicine

Neurology

Michael Apostolou, MD
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Internship: Union Memorial Hospital
Residency: Med. Center of Louisiana at New Orleans, Univ. of S. Florida College of Medicine

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Internship: University of Washington Hospitals
Residency: University of Washington Hospitals

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Medical School: Cebu Doctors’ College
Internship: Lincoln Medical & Mental Health Center
Residency: Lincoln Medical & Mental Health Center

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Internship: Berkshire Medical Center, University of Massachusetts Medical Center
Residency: UMMC

Neurosurgery

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Residency: Nassau County Medical Center

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Internship: Lincoln Medical & Mental Health Center
Residency: Lincoln Medical & Mental Health Center

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Medical School: Eastern Virginia Med. School
Internship: Union Memorial Hospital
Residency: Med. Center of Louisiana at New Orleans, Univ. of S. Florida College of Medicine

Obstetrics / Gynecology

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219 Station Street
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(910) 455-5000
Board Certified
Medical School: Universidad De Monterrey
Internship: Berkshire Medical Center, University of Massachusetts Medical Center
Residency: UMMC
## Obstetrics / Gynecology

<table>
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<tr>
<th>Name</th>
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<th>Phone</th>
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<tr>
<td>Takey Crist, MD</td>
<td>250 Memorial Drive</td>
<td>(910) 353-2115</td>
<td>UNC-Chapel Hill</td>
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<td>Memorial Hospital</td>
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<td>Leon Davis, MD</td>
<td>245 Memorial Drive</td>
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<td>John Deyton, MD</td>
<td>124 Memorial Drive</td>
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<td>Kathleen M. Lewinson, MD</td>
<td>245 Memorial Drive</td>
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<td>Charles Marshall Webb, MD</td>
<td>50 Memorial Drive</td>
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<tr>
<td>Julia Melanson, DO</td>
<td>250 Memorial Drive</td>
<td>(910) 353-2115</td>
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<tr>
<td>Wesley Hambright, MD</td>
<td>291 Huff Drive</td>
<td>(910) 577-4255</td>
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<td>Robert Kell, MD</td>
<td>247 Memorial Drive</td>
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<tr>
<td>Enrique Tomeu, MD</td>
<td>50 Memorial Drive</td>
<td>(910) 353-2115</td>
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<tr>
<td>Damain Smith, MD</td>
<td>245 Memorial Drive</td>
<td>(910) 353-4333</td>
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<td>Medical School: Ohio State University</td>
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</tr>
</tbody>
</table>
Paul Williams, MD
250 Memorial Drive
Jacksonville, NC 28546
(910) 353-2115
Board Certified
Medical School: University of Louisville
Internship: Naval Hospital, Jacksonville, FL
Residency: Naval Hospital, Philadelphia, PA

Kent Price, MD
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Medical School: NE Ohio University College of Medicine
Internship: Riverside Methodist Hospital
Residency: University of Missouri Kansas City

Bedford Smith, DDS
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Residency: Madigan Army Medical Center

Oncology / Hematology

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Internship: Harlem Hospital Center
Residency: Harlem Hospital Center
Fellowship: New York University

Ophthalmology

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6 Office Park Drive
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Board Certified
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Internship: Mary Imogene Bassett Hospital, NY
Residency: Univ. of S. Florida Eye Institute, FL
Fellowship: Univ. of S. Florida Eye Institute, FL

Carol Johnston, MD
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Internship: Syracuse, NY
Residency: Syracuse, NY

Oral Surgery

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Residency: Univ. of Medicine & Dentistry of NJ

Orthopedic Surgery

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Medical School: Ohio State University
Internship: Walter Reed Army Medical Center
Residency: Walter Reed Army Medical Center

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Medical School: West Virginia University
Internship: National Naval Medical Center
Residency: National Naval Medical Center

Joel McClurg, MD, PHD
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Internship: Ohio State University
Residency: Ohio State University College of Medicine

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Jacksonville, NC 28546
(910) 353-3535
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Medical School: West Virginia University Dental School
Internship: West Virginia Univ. Medical Center
Residency: UNC Chapel Hill

Noel Rogers, MD
128 Memorial Drive
Jacksonville, NC 28546
(910) 355-4500
Board Certified
Medical School: Georgetown University
Internship: Washington Hospital Center
Residency: George Washington University, Washington Hospital Center
Otolaryngology

Francis Milewski, MD
42 Office Park Drive
Jacksonville, NC 28546
(910) 353-9146

Board Certified
Medical School: Jefferson Medical College
Internship: Mercy Catholic Medical Center
Residency: Thomas Jefferson Univ. Hospital

Pathology

John Almeida, MD
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Jacksonville, NC 28546
(910) 577-2286

Board Certified
Medical School: Medical Univ. of S. Carolina
Internship: Medical University of S. Carolina
Residency: Naval Medical Center

Charles Garrett, MD
317 Western Boulevard
Jacksonville, NC 28546
(910) 577-2286

Board Certified
Medical School: Medical Univ. of S. Carolina
Internship: Medical University of S. Carolina
Residency: Medical University of S. Carolina
Fellowship: Medical College of Virginia

William Kelly, MD
317 Western Boulevard
Jacksonville, NC 28546
(910) 577-2286

Board Certified
Medical School: University of Arkansas
Medical School
Residency: UNC Chapel Hill, Vanderbilt
University Medical Center
Fellowship: UNC Chapel Hill

Pediatrics

Carl Szczesniak, MD
317 Western Boulevard
Jacksonville, NC 28546
(910) 577-2286

Board Certified
Medical School: Wake Forest University
Internship: Fletcher Allen Health Care
Residency: Pitt County Memorial Hospital

Arnold Olegario, MD
51 Office Park Drive
Jacksonville, NC 28546
(910) 577-5199

Board Certified
Medical School: Cebu Institute of Medicine
Internship: Silliman University Medical Center
Residency: Kings County Hospital Center

James Gant, MD
51 Office Park Drive
Jacksonville, NC 28546
(910) 577-5199

Board Certified
Medical School: Univ. of Texas Med. Branch
Internship: Wilford Hall USAF Medical Center
Residency: Wilford Hall USAF Medical Center

Ishwar Gopichand, MD
120 Memorial Drive
Jacksonville, NC 28546
(910) 353-0581

Board Certified
Medical School: University of The Philippines
Internship: Cleveland Clinic Children’s Hosp.
Residency: Cleveland Clinic Children’s Hosp.

Lorraine Jarvis, MD
120 Memorial Drive
Jacksonville, NC 28546
(910) 353-0581

Board Certified
Medical School: Albany Medical College
Internship: Walter Reed Army Medical Center
Residency: National Naval Medical Center

Milton Kale, MD
51 Office Park Drive
Jacksonville, NC 28546
(910) 577-5199

Board Certified
Medical School: Jefferson Medical College
Internship: Letterman Army Medical Center
Residency: Letterman Army Medical Center,
Madigan Army Medical Center

Charles Martin, MD
2 Dewitt Street
Jacksonville, NC 28540
(910) 938-2220

Board Certified
Medical School: Duke University
Internship: University of Alabama Hospital
Residency: University of Alabama Hospital

William Kelly, MD
317 Western Boulevard
Jacksonville, NC 28546
(910) 577-2286

Board Certified
Medical School: University of Arkansas
Medical School
Residency: UNC Chapel Hill, Vanderbilt
University Medical Center
Fellowship: UNC Chapel Hill

Arnold Olegario, MD
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Jacksonville, NC 28546
(910) 577-5199

Board Certified
Medical School: Cebu Institute of Medicine
Internship: Silliman University Medical Center
Residency: Kings County Hospital Center

James Gant, MD
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Jacksonville, NC 28546
(910) 577-5199

Board Certified
Medical School: Univ. of Texas Med. Branch
Internship: Wilford Hall USAF Medical Center
Residency: Wilford Hall USAF Medical Center

Ishwar Gopichand, MD
120 Memorial Drive
Jacksonville, NC 28546
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Board Certified
Medical School: University of The Philippines
Internship: Cleveland Clinic Children’s Hosp.
Residency: Cleveland Clinic Children’s Hosp.

Lorraine Jarvis, MD
120 Memorial Drive
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(910) 353-0581

Board Certified
Medical School: Albany Medical College
Internship: Walter Reed Army Medical Center
Residency: National Naval Medical Center

Milton Kale, MD
51 Office Park Drive
Jacksonville, NC 28546
(910) 577-5199

Board Certified
Medical School: Jefferson Medical College
Internship: Letterman Army Medical Center
Residency: Letterman Army Medical Center,
Madigan Army Medical Center

Charles Martin, MD
2 Dewitt Street
Jacksonville, NC 28540
(910) 938-2220

Board Certified
Medical School: Duke University
Internship: University of Alabama Hospital
Residency: University of Alabama Hospital

William Kelly, MD
317 Western Boulevard
Jacksonville, NC 28546
(910) 577-2286

Board Certified
Medical School: University of Arkansas
Medical School
Residency: UNC Chapel Hill, Vanderbilt
University Medical Center
Fellowship: UNC Chapel Hill

Arnold Olegario, MD
51 Office Park Drive
Jacksonville, NC 28546
(910) 577-5199

Board Certified
Medical School: Cebu Institute of Medicine
Internship: Silliman University Medical Center
Residency: Kings County Hospital Center

James Gant, MD
51 Office Park Drive
Jacksonville, NC 28546
(910) 577-5199

Board Certified
Medical School: Univ. of Texas Med. Branch
Internship: Wilford Hall USAF Medical Center
Residency: Wilford Hall USAF Medical Center

Ishwar Gopichand, MD
120 Memorial Drive
Jacksonville, NC 28546
(910) 353-0581

Board Certified
Medical School: University of The Philippines
Internship: Cleveland Clinic Children’s Hosp.
Residency: Cleveland Clinic Children’s Hosp.
**Pediatrics / Neonatology**

**Madhur Mittal, MD**
120 Memorial Drive
Jacksonville, NC 28546
(910) 577-0851

- **Board Certified**
- **Medical School:** All India Inst. of Med. Sciences
- **Internship:** All India Inst. of Med. Sciences, Institute Rotary Cancer Hospital
- **Residency:** St. Luke’s Roosevelt Hospital Center
- **Fellowship:** Georgetown Univ. Medical Center

**Plastic Surgery**

**Thomas Rojy, MD**
43 Office Park Drive
Jacksonville, NC 28546
(910) 577-1234

- **Board Certified**
- **Medical School:** Univ. of Med. & Dentistry of NJ
- **Internship:** UMDNJ University Hospital
- **Residency:** Lehigh Valley Hospital, UMDNJ University Hospital
- **Fellowship:** Univ. of Alabama Birmingham

**Podiatry**

**Virginia Albano, DPM**
3701 Henderson Drive
Jacksonville, NC 28546
(910) 346-2700

- **Medical School:** New York College of Podiatric Medicine
- **Residency:** Msgr Clement Kern Hospital

**David Figowy, DPM**
224 Memorial Drive
Jacksonville, NC 28546
(910) 577-7575

- **Board Certified**
- **Medical School:** Temple University School of Podiatric Medicine
- **Residency:** Riverside Hospital

**Pulmonology / Critical Care / IM**

**Eusebio Desuyo, MD**
3652 Henderson Drive
Jacksonville, NC 28546
(910) 455-9398

- **Board Certified**
- **Medical School:** Cebu Institute of Medicine
- **Internship:** Cook County Hospital, Chicago
- **Residency:** Cook County Hospital, Chicago
- **Fellowship:** Chicago Medical School
- **Fellowship:** Finch University of Health Sciences

**Radiology**

**Alfred Beyer III, MD**
720 Newman Road
New Bern, NC 28562
(252) 633-5057

- **Board Certified**
- **Medical School:** UNC Chapel Hill
- **Residency:** Kansas University Medical Center
- **Fellowship:** UNC Chapel Hill

**Podiatry**

**Valentine Hamilton, DPM**
3221 Henderson Drive
Jacksonville, NC 28540
(910) 938-6000

- **Medical School:** Illinois College of Podiatric Medicine
- **Residency:** J. Guiffre Medical Center
- **Fellowship:** Arenson Associates of Chicago

**Pulmonology**

**Daniel Hagan, DPM**
3701 Henderson Drive
Jacksonville, NC 28546
(910) 346-2700

- **Board Certified**
- **Medical School:** OH College of Podiatric Med.
- **Internship:** Gary Kaplan, DPM
- **Residency:** Kern Hospital

**Michael Porter, DPM**
224 Memorial Drive
Jacksonville, NC 28546
(910) 577-7575

- **Board Certified**
- **Medical School:** OH College of Podiatric Medicine
- **Residency:** Preceptor/Fellow Podiatry Associates of Asheville

**Terrence Wolanski, MD**
317 Western Boulevard
Jacksonville, NC 28546
(910) 577-2345

- **Board Certified**
- **Medical School:** University of Virginia
- **Internship:** Rush Presbyterian Saint Luke’s
- **Residency:** Rush Presbyterian Saint Luke’s
- **Fellowship:** Case Western Reserve University

**William Corey, DO**
720 Newman Road
New Bern, NC 28562
(252) 633-5057

- **Board Certified**
- **Medical School:** Nova SE University, College of Osteopathic Medicine
- **Internship:** St. James Hospital and Health Center
- **Residency:** St. James Hospital and Health Center
Radiology

Elizabeth D’Angelo, MD
720 Newman Road
New Bern, NC 28562
(252) 633-5057
Board Certified
Medical School: Univ. of VA Medical School
Internship: University of Cincinnati Hospital
Residency: University of Cincinnati Hospital
Fellowship: University of Cincinnati Hospital

Donald Jackson, MD
720 Newman Road
New Bern, NC 28562
(252) 633-5057
Board Certified
Medical School: University of Sheffield

John Snyder, MD
720 Newman Road
New Bern, NC 28562
(252) 633-5057
Board Certified
Medical School: Medical College of Virginia
Internship: Medical College of Virginia
Residency: Medical College of Virginia

James Tarver, MD
720 Newman Road
New Bern, NC 28562
(252) 633-5057
Board Certified
Medical School: F. Edward Hebert
School of Medicine Uniformed Services
Internship: Naval Medical Center
Residency: Washington Hospital Center

Rheumatology

David Fraser, MD
1126 B Kellum Loop Road
Jacksonville, NC 28546
(910) 577-0177
Board Certified
Medical School: East Carolina University
Internship: Baylor College of Medicine
Residency: Baylor College of Medicine
Fellowship: National Institutes of Health

Urology

Ronald Hammock, MD
200 Doctors Drive, Suite C
Jacksonville, NC 28546
(910) 353-9994
Board Certified
Medical School: University of Michigan
Internship: Blodgett Hospital
Residency: Blodgett Hospital, Henry Ford Hospital

Cardiology

Aravinda Nanjundappa, MD
(252) 744-5884
ECU Brody School of Medicine
Greenville, NC 27858
Board Certified
Medical School: Institute of Medical Sciences
University of Mysore
Internship: St. Michael’s Medical Center
Residency: St. Michael’s Medical Center
Fellowship: St. Michael’s Medical Center,
University of Florida College of Medicine

Emergency Medicine

Matthew Sullivan, MD
(910) 577-2345
Board Certified
Medical School: UCLA
Internship: Medical Center of Delaware
Residency: Medical Center of Delaware

Hospitalists

Jeffrey Brumfield, MD
(910) 577-2345
317 Western Boulevard
Jacksonville, NC 28546
Board Certified
Medical School: Univ. of KY College of Medicine
Internship: Greenville Memorial Medical Center
Residency: Greenville Memorial Medical Center
Fellowship: Univ. of Cincinnati College of Medicine

Tobey Cronnell, DO
(910) 577-2345
317 Western Boulevard
Jacksonville, NC 28546
Board Certified
Medical School: Kirksville College of Osteopathic Medicine
Internship: Doctors Hospital of Stark County
Residency: Doctors Hospital of Stark County,
Philadelphia College of Osteopathic Medicine
Consulting Physicians

Jan Mansy, MD  
(910) 577-2345  
317 Western Boulevard  
Jacksonville, NC 28546  
**Board Certified**  
Medical School: Ain Shams University  
Internship: Ain Shams University Hospitals, Medical College of Virginia VCU  
Residency: Medical College of Virginia VCU

Urvashi Mehta, MD  
5901-C Peachtree Dunwoody Road  
Atlanta, GA 30328  
**Board Certified**  
Medical School: B.J. Medical College, India  
Internship: B.J. Medical College, India  
Residency: Jamaica Hospital Center

Jaroslaw Opiela, MD  
(910) 577-2345  
317 Western Boulevard  
Jacksonville, NC 28546  
**Board Certified**  
Medical School: Poznan University of Medical Sciences, Poland  
Residency: Western Pennsylvania Hospital  
Fellowship: Pitt County Memorial Hospital

Kishore Patsamatla, MD  
(910) 577-2345  
317 Western Boulevard  
Jacksonville, NC 28546  
**Board Certified**  
Medical School: Gandhi Medical College  
Internship: Wyckoff Heights Medical Center  
Residency: Muhlenberg Regional Medical Center

Jaffar Raza, MD  
(910) 577-2345  
317 Western Boulevard  
Jacksonville, NC 28546  
**Board Certified**  
Medical School: S.V. Medical College  
Internship: Binghamton General Hospital  
Residency: Binghamton General Hospital  
Fellowship: E. Carolina Univ. School of Medicine

Gabor Varju, MD  
(910) 577-2345  
**Medical School:** Pecs University Medical School  
**Residency:** Pitt County Memorial Hospital  
**Fellowship:** Pitt County Memorial Hospital

Nephrology

Brian Donner, DO  
(910) 343-9800  
**Board Certified**  
Medical School: NY College of Osteopathic Medicine  
Residency: University of Medicine & Dentistry of NJ  
Fellowship: University of Massachusetts Medical School

Douglas Hamerski, MD  
(910) 577-2345  
**Board Certified**  
Medical School: University of Minnesota  
Residency: Barnes Hospital, WA University  
Fellowship: Washington University

James McCabe, MD  
(910) 343-9800  
**Board Certified**  
Medical School: Marshall Univ. School of Med.  
Internship: North Carolina Baptist Hospital  
Residency: North Carolina Baptist Hospital  
Fellowship: North Carolina Baptist Hospital

Robert Moore, MD  
(910) 343-9800  
**Board Certified**  
Medical School: Bowman Gray School of Medicine of Wake Forest  
Internship: N. Carolina Baptist Hospital  
Residency: N. Carolina Baptist Hospital  
Fellowship: N. Carolina Baptist Hospital

Derrick Robinson, MD  
(910) 343-9800  
**Board Certified**  
Medical School: UNC Chapel Hill  
Internship: Carolinas Medical Center  
Residency: Carolinas Medical Center  
Fellowship: Duke University Medical Center

Jonathan Woods, MD  
(910) 343-9800  
**Board Certified**  
Medical School: UNC Chapel Hill  
Internship: Wake Forest University  
Residency: Wake Forest University  
Fellowship: Wake Forest University
Consulting Physicians

Oncology

Misbah Qadir, MD
(252) 559-2200
Board Certified
Medical School: King Edwards Medical College
Residency: Sisters of Charity Hospital
Fellowship: SUNY at Buffalo

Peter Watson, MD
(252) 559-2200
Board Certified
Medical School: UNC Chapel Hill
Internship: Medical College of Georgia
Residency: Medical College of Georgia

Ophthalmology

Gerard Van Rens, MD
(910) 254-2023
Board Certified
Medical School: University of Amsterdam
Internship: Erasmus University Eye Hospital
Residency: University of Amsterdam, Wake Forest University

Igor Westra, MD
(910) 254-2023
Board Certified
Medical School: Dartmouth Medical School
Internship: Jackson Memorial Hospital
Residency: University of Alberta

Pediatric Cardiology

David Hannon, MD
(252) 744-5601
Board Certified
Medical School: University of South Florida
College of Medicine
Internship: Children’s Hospital Medical Center
Residency: Children’s Hospital Medical Center
Fellowship: Children’s Hospital Medical Center

Physiatry

Christopher Delaney, MD
(252) 633-8024
Board Certified
Medical School: Robert Wood Johnson Medical School
Internship: St. Peter’s University Hospital
Residency: Temple University Hospital

Afshin Tadamon, MD
(910) 362-1112
Board Certified
Medical School: Creighton School of Medicine
Internship: UCI Long Beach Medical Program
VAMC
Residency: Univ. of CA Irvine Medical Center

Plastic Surgery

Dennis Nicks, MD
(910) 343-0119
Board Certified
Medical School: Univ. of MS School of Med.
Internship: Dartmouth-Hitchcock Med. Center
Residency: Dartmouth-Hitchcock Med. Center,
Washington University Medical Center

Psychiatry

Victor Barnes, MD
(910) 455-1089
Board Certified
Medical School: ECU School of Medicine
Internship: University of Florida
Residency: University of Florida

Radiology

Samuel Buff, MD
(252) 633-5057
Board Certified
Medical School: Duke University
Residency: Duke University

Catherine Everett, MD
(252) 633-5057
Board Certified
Medical School: UNC Chapel Hill
Residency: Univ. of N. Carolina Hospitals

Christopher Flye, MD
(252) 633-5057
Board Certified
Medical School: Wake Forest University
Internship: Riverside Regional Medical Center
Residency: Univ. of N. Carolina Hospitals
Fellowship: Univ. of Maryland Medical Center
George Howard III, MD
(910) 577-1171

**Board Certified**
**Medical School:** East Carolina University
**Internship:** Youngstown Hospital Association
**Residency:** Youngstown Hospital Association

James Lorentzen, MD
(252) 633-5057

**Board Certified**
**Medical School:** Baylor College of Medicine
**Internship:** Baylor College of Medicine
**Residency:** Baylor College of Medicine
**Fellowship:** University of Oklahoma

Stephen Sides, MD
(252) 633-5057

**Board Certified**
**Medical School:** ECU School of Medicine
**Residency:** Univ. of Missouri St. Luke’s Hospital
**Fellowship:** Creighton University Medical Center

Timothy Sloan, MD
(252) 633-5057

**Board Certified**
**Medical School:** Wake Forest University
**Internship:** Moses Cone Memorial Hospital
**Residency:** Medical University of S. Carolina

Thomas Stohrer, MD
(252) 633-5057

**Board Certified**
**Medical School:** University of Illinois
**Residency:** Medical University of S. Carolina

Garret Young, MD
(252) 633-5057

**Board Certified**
**Medical School:** East Carolina University
**Internship:** Bowman Gray School of Medicine
**Residency:** Univ. of S. Alabama Med. Center
**Fellowship:** Univ. of Alabama Birmingham

Anesthesia
- Paula New, FNP
  Johnston Pain Management

Emergency
- Mutiyda Abraham, PA
  Onslow Memorial Hospital MEC Unit
- Allison Cheek, NP
  Onslow Memorial Hospital MEC Unit
- Trina Deal, NP
  Onslow Memorial Hospital MEC Unit
- Deanna Gray, NP
  Onslow Memorial Hospital MEC Unit
- Deborah Hendrix, NP
  Onslow Memorial Hospital MEC Unit
- Connie Hinnant, NP
  Onslow Memorial Hospital MEC Unit
- Nancy Melling, NP
  Onslow Memorial Hospital MEC Unit
- Penney Parker, NP
  Onslow Memorial Hospital MEC Unit
- Carol Raynor, FNP
  Onslow Memorial Hospital MEC Unit

Medicine & Family Practice
- Susan Clarke, FNP
  The Heart Center of Eastern Carolina
- Donna Fagan, PA
  The Heart Center of Eastern Carolina
- Valerie West, PA
  Coastal Neurological Associates
- Estella Wilson, NP
  East Carolina Medical Associates, PC

OB/GYN
- Janis Cox, CNMW
  Crist Clinic for Women
- Peggy Jones, CNMW
  Women’s Healthcare Associates, PA
- Kristine Remington, CNMW
  Coastal Obstetrics, Gynecology & Infertility, PA
- Michelle Rhude, CNMW
  Women’s Healthcare Associates, PA
- Linda Sayko, NP
  Crist Clinic for Women

Pediatrics
- Sue Cefalo, NP
  Jacksonville Children’s Clinic, PA
- Kimberly Lewis, PA
  Onslow Pediatrics Associates, PA
- Kelly McCarty, PA
  Jacksonville Children’s Clinic, PA
- Barbara Toole, NP
  Jacksonville Children’s Clinic, PA
- Charlotte Weitz, PA
  Jacksonville Children’s Clinic, PA

Psychology
- Sharon Dresbach, Ph.D.
  Johnston Pain Management
- Charles G. Guyer II, Ed.D., ABPP
  Clinical Psychologist