

# Memorial

## MEDICAL MILESTONES

Winter 2023



### The robotic difference

Scan the QR code with your smartphone's camera to learn more about this extraordinary technology and how it's revolutionizing care at Lake Charles Memorial Health System.



Lake Charles  
Memorial  
Health System



## 4 Battling cancer with 'Your Buddy Russ'

Local DJ Russ Conrad shares his story of diagnosis, treatment and finding a new perspective.



**From one hospital in 1952 to a comprehensive health system, this is 70 years of service. This is Memorial.**

"Our mission is quite simple and has remained the same since day one of Memorial's existence: to improve the health of the people of southwest Louisiana through superior care, innovative service, health education and disease prevention provided in a personalized, caring and safe environment." —Devon Hyde, President and CEO



### Innovative treatment for addiction

Lake Charles Memorial Hospital is offering a comprehensive, supportive approach to helping those with substance-use issues.

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### Evolution of care

Robotic-assisted surgery combines medical expertise and top tech to bring you the most advanced urologic care possible.

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### Heart care after a heart attack

When you've had a heart attack, aftercare is key. Here's what the experts have to say about keeping your heart healthy.

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### A heart for helping others

Dr. Moreno-Jackson has traveled the globe serving others. In her practice, she remains passionate about diversity, service and providing top-quality care to all her patients.

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MEDICAL MILESTONES is published as a community service for the friends and patrons of Lake Charles Memorial Health System.

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Visit [lcmh.com/live](https://www.lcmh.com/live) to watch previous episodes.



# From the CEO



As the needs of our community evolve, so does our health system. Our responses and solutions to this evolution should always lead back to the best quality of care, delivered in a compassionate and caring way. Accessible healthcare for all people in SWLA has always been a top priority at Lake

Charles Memorial Health System. Being a not-for-profit health system permits us to offer care when and where it's needed most. In 2023, we continue this commitment to you and your families.

At Lake Charles Memorial Health System, we actively listen to those we serve to understand those needs and address them with skill and compassion. A recently completed Community Health Needs Assessment (CHNA) will direct our focus toward addressing identified health needs of southwest Louisiana for the next several years.

Improving the health of the community requires addressing the complex socioeconomic factors that impact health and people's ability to make healthy choices. We are incorporating public health strategies along with transforming how we deliver care. Developing innovative

models that link our patients to community resources is key to overcoming barriers to accessing care and addressing health disparities among vulnerable populations.

Most recently, partnerships such as the Louisiana Bridge program (detailed on pages 6–7) are addressing the major opioid crisis that our community is experiencing. By working together, we can achieve the greatest collective impact on improving health outcomes.

Much of our daily work would not be possible without the support of community partners and your trust in us to deliver high-quality, personal healthcare. For all who share our vision of innovative, collaborative community healthcare, we thank you, and we look forward to serving you for years to come. It is this ongoing connection that charts our path as your healthcare home.

To learn more about the CHNA and our dedication to addressing the needs of all people across southwest Louisiana, visit [lcmh.com/CHNA](https://lcmh.com/CHNA).

Wishing you good health,

A handwritten signature in dark ink that reads "Devon Hyde". The signature is fluid and cursive, written in a professional style.

Devon Hyde, President and CEO

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# ‘Russ, you have cancer’

*Your Buddy Russ, local radio personality, talks diagnosis, treatment and why you can count on Memorial’s Cancer Center team*



Russ Conrad, a local radio DJ also known as “Your Buddy Russ” to southwest Louisiana residents, was diagnosed with cancer in December 2021. As with most patients, it was the last thing he ever expected to deal with.

Russ’ love for Lake Charles is strong and runs deep into the community. When he’s not at the radio station, you can find him participating in community and charity events and various activities across SWLA. Whether you are attending a dinner, wedding, benefit, bingo game or even a Mardi Gras parade, you can always recognize the voice of Your Buddy Russ.

In late 2021, Russ began experiencing difficulty breathing on one side of his nose. When the issues didn’t subside after trips to his doctor, an ear, nose and throat (ENT)

specialist was able to identify an abnormal growth inside his left sinus cavity. The growth was surgically removed, and Russ expected that he would just continue on his way. But at the post-op appointment, the doctor relayed discomfoting news: Russ had olfactory neuroblastoma.

Russ assumed it wasn’t great news, but he wasn’t sure what it all meant. The doctor explained that the cancer had spread to both sinus cavities and was in close proximity to the brain. Russ would need a second surgery to remove the cancer.

“Everyone says ‘you have cancer’ are three words you don’t ever want to hear. And I can tell you, you don’t!” Russ recalls. “It still didn’t set in until I went home and showed the results to my mom, a 30-year nurse. She looked at me and said, ‘Russ, you have cancer.’”



## Comprehensive care close to home

For more information on radiation oncology services available at the LCMH nationally recognized cancer treatment center, call **337-284-8455**.

### And now, some wise words from Your Buddy Russ:

“Tell someone you love them. Make it weird, make it awkward, make sure the people around you know you care about them, because life is just stupid short.”

Because of the sensitive location, the cancer required specialized, targeted treatment. In addition to chemotherapy, Russ was to receive radiation therapy five times a week over 30 days.

“The chemo was to weaken the cancer and the radiation was going to do the heavy lifting, like getting rid of a tree stump,” explains Russ.

Finding it more feasible to receive radiation treatments locally, Russ and his oncologist in Baton Rouge worked together with the Radiation Oncology team at Lake Charles Memorial Hospital's Cancer Center. This allowed Russ to minimize his trips to Baton Rouge and stay close to his family and friends.

“If you are on the fence about where to go for treatment, at least talk to the staff at Lake Charles Memorial. They have the people, the facility, and they have the equipment that the big boys have in Houston and Baton Rouge,” Russ says.

Russ has taken his childhood dream of being in radio further. As someone involved in the community, he uses his platform to do more outreach to other cancer patients, along with those patients' support teams of friends and family. He says, “I always want them to know their ‘Buddy Russ’ has their back.”

Life with a cancer diagnosis may never be as it was before. Russ uniquely describes it by saying, “Normal is just a setting on a dryer.” His experience with cancer, he says, really put life into perspective. He now has a deeper appreciation for all the twists and turns life can throw at you as you try as hard as you can to find even a small silver lining in it all.



**Radiation oncologist James Maze, MD, along with the cancer treatment team, can help identify the appropriate treatment for each patient. Patients who receive their cancer treatment plan elsewhere may choose to receive these treatments locally, close to home.**

## Cancer treatments in minutes

Radiation therapy is a form of cancer treatment that uses radiation to kill cancer cells or to keep them from growing.

All radiation treatments are unique to the cancer type and stage; therefore, each treatment is patient-specific. Each patient may experience different side effects depending on his or her unique treatment and difference in anatomy.

At Lake Charles Memorial Health System, we use Varian Medical linear accelerators to deliver photons (similar to x-ray) to specific cancer sites in the body, as prescribed by an oncologist in the patient-specific treatment plan.

Using the advanced technology of Trilogy and SmartArc, the Cancer Center delivers a precisely designed volumetric-modulated dose distribution. This form of treatment quickly rotates the linear accelerator beam around the patient, significantly reducing treatment time compared to traditional methods, allowing greater accuracy and less radiation to healthy tissue. After the patient has been properly placed in position, radiation can be administered in two to five minutes.



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# Changing the culture of substance abuse treatment

Louisiana reported one of the highest percentages in overdose deaths in the nation from 2019–2021. Reports from hospitals in Louisiana show corresponding increases in visits to emergency departments for overdose. The emergency department at Lake Charles Memorial Hospital is no exception.

According to local data from the Calcasieu Coroner's Office, overdose rates in Calcasieu Parish increased 45% from 2019 to 2020 (from 36 to 52). Furthermore, 2021 surpassed all previous years with a 92% increase (from 52 to 100). Toxicology data indicates that fentanyl is the primary driver of overdose deaths in our community. A review of these cases shows that 95% of overdose deaths locally are in persons who had a history of addiction, yet **only 19% had a documented history of seeking care for addiction.**

## A bridge toward recovery

Imperial Calcasieu Human Service Authority and partners at Region V Office of Public Health, both serving the five-parish area within Louisiana, recognized the exacerbated mental health crisis, homelessness and substance use in the region. As a response, the Louisiana Bridge program, modeled after the California Bridge Program, was formed through a partnership among Lake Charles Memorial Health System, Imperial Calcasieu Human Services Authority, SWLAHEC and the Region V Office of Public Health.

The goal of the program is to disrupt the addiction landscape and develop hospital emergency departments into primary access points for addiction treatment. Implementation will focus on three key areas: providing rapid, evidenced-based treatment for substance use disorder and overdose in the emergency department; navigation for ongoing care; and a culture of harm reduction.

Substance use disorder is a treatable chronic disease, and like other chronic ailments, untreated addiction is life-threatening. Through the Louisiana Bridge program, Lake Charles Memorial Hospital is investing significant time and resources into expanding access to treatment for patients who misuse opioids. **LCMH is one of two hospitals in the state selected to participate in a technical assistance pilot program.**

"We are distributing Narcan to every patient who presents with addiction or





Jon Gray, MD, pictured with substance use navigators at Lake Charles Memorial Hospital Emergency Department.

overdose signs. At the very least, if they decide not to go into treatment, we can get them to implement some harm-reduction and get them to use less of whatever they are using,” says Jon Gray, MD, Medical Director of Emergency Services.

### Rebuilding trust

The success of the program is attributed to placing substance use navigators (affectionately referred to as SUNs), who have a lived experience of addiction, as patient advocates to work with people presenting with substance use disorder. Having gone through a similar experience, SUNs have a passion for helping others into recovery and treatment. With SUNs helping coordinate with the emergency department staff and putting the patients’ goals first, patients are more receptive to seeking out treatment and recovery.

After the initial encounter in the emergency department, SUNs follow their patients’ journeys and assist by finding and connecting them to resources in the community. The

navigators are physically located in the emergency department during the day and are available on an on-call basis when they cannot physically be stationed there.

In recent decades, society has cultivated a deep mistrust between people who use illicit drugs and medical providers. It is essential to understand that, although individual medical providers may not be responsible for this loss of trust, they carry the burden. Understanding this, the need for intervention by peer navigators has made a difference in the receptivity to treatment.

“What’s most important is that people are receiving access to evidence-based, lifesaving opioid treatment, timely and effectively. Know that if you or a loved one is suffering from an opioid problem, help is available at Lake Charles Memorial Hospital,” says Dr. Gray.

The Louisiana Bridge program renews and strengthens Memorial’s commitment to providing evidence-based treatment for addiction.

“We are at a pivotal point in changing the way we think about addiction,” says Lacey Cavanaugh, MD, Medical Director for the Region V Office of Public Health. “Everyone knows the standard order set for something like a heart attack. It’s time we start to think about addiction in this same way. As medical professionals we must ask ourselves, ‘What’s the best way to treat addiction as a medical condition?’”

With Louisiana on the forefront of the nation’s opioid epidemic, Lake Charles Memorial is proud to pilot this program and to be one of the emergency departments in the state taking steps to prioritize lifesaving, evidence-based substance use disorder treatment in the community.



## LOUISIANA BRIDGE

If you or a loved one struggles with substance use disorder, or to receive more information about the Louisiana Bridge Program, call **337-475-3100**. Or go to **[imcalhsa.org](http://imcalhsa.org)** for more information.



# Keeping your heart in check after a heart attack

## *Advice from the experts*

You survived a heart attack. That's news you can embrace.

But the big question on your mind is, "What now?" How can you help keep your heart healthy and avoid further problems like another attack? Fortunately, there's a lot you can do. Local heart and vascular experts share their advice:



### **J. King White, MD** Cardiologist

✔ Cardiac rehab is a medically supervised program to help patients get back to the best possible heart health following a heart disease diagnosis, heart attack or cardiovascular surgery. In the program, you'll learn how to exercise safely, eat a heart-healthy diet and manage stress.



### **Christopher Thompson, MD** Cardiologist

✔ Take your medicine as prescribed. It's not unusual for people who have had a heart attack to be on multiple medicines. Each one of them helps your heart in a different way, so it's important that you take them exactly as your doctor prescribes.

You may be on medicines to:

- Prevent blood clots
- Lower your cholesterol
- Lower your blood pressure
- Prevent a second heart attack
- Reduce episodes of chest pain


If you're having trouble managing all your medicines, use a daily or weekly pillbox to organize them. Use a calendar or smartphone app to help you remember when to take them.







## Kevin Young, MD Cardiologist

 Know all the symptoms of a heart attack. Unfortunately, having one heart attack puts you at increased risk for a second one. And if you do have another one, your symptoms may be different than they were the first time. So it's important to know all the possible warning signs:


- Chest pain or discomfort
- Discomfort in other areas of the body. These can include one or both arms, the back, neck, jaw, or stomach
- Shortness of breath
- Breaking out in a cold sweat
- Nausea
- Syncope (feeling faint or light-headed)



**Call 911 if you experience any of these symptoms.**




## Edward Bergen, DO Cardiologist

 Make needed lifestyle changes. Lifestyle changes can help you manage your risk factors. These might include:

- Quitting smoking. Quitting now can lower your risk for dying of heart disease.
- Losing weight. Shedding extra pounds can help lower your blood pressure and improve your cholesterol levels.
- Becoming more active. Regular exercise has many benefits, including weight loss, lower stress levels and lower blood pressure. A cardiac rehabilitation program can help you get started.



## Clay Hammett, MD Cardiologist

 Attend your follow-up medical appointments. These appointments help your healthcare team keep track of your recovery. Make each visit count by preparing a list of questions you may have. Also, bring all the medicines you take—including vitamins and over-the-counter drugs—to each appointment.

You should see your doctor within six weeks of your heart attack to help keep your recovery on track.



### **For all your heart care needs**

Trust Lake Charles Memorial Health System. Two additional cardiologists will join the Heart and Vascular Center team in February. Call **337-284-8480** to schedule an appointment.

Sources: American Heart Association; American College of Cardiology; UpToDate



# Most advanced technology delivered by human hands

## *Robotic-assisted surgery takes urology care to the next level*

Robotic-assisted surgery (RAS) is one of the latest advancements in medicine and has revolutionized minimally invasive surgical treatment for a wide range of conditions. This surgeon-guided technology allows physicians to perform more complex procedures with greater precision, in less time, with less risk and less pain, and with faster recovery times than with traditional surgery. It's the most advanced technology, delivered by human hands. At Lake Charles Memorial Health System (LCMHS), utilizing this technology has rapidly become the preferred option for surgical procedures for patients who qualify.

When it comes to urologic health, there are many conditions for which RAS is a proven intervention,

including prostate cancer, bladder cancer, kidney cancer, and benign conditions such as UPJ obstruction and vesicoureteral reflux, which is an abnormal flow of urine from the bladder into the ureters or kidneys. When lifestyle changes, medication and non-surgical methods become ineffective in treating conditions, your physician might suggest robotic-assisted surgery.

In the past, surgeons made large incisions in the skin and muscle so that they could reach the area of concern. This is called *open surgery*. Today doctors still perform open surgery, but they can also perform many urologic and minimally invasive procedures using robotic-assisted surgery.

In December 2019 Farjaad Siddiq, MD,

Director of Robotics at LCMHS, who has 18-plus years of surgical experience, sought to challenge the status quo. He performed Memorial's first robotic-assisted surgery. His expertise in advanced urology ushered in a new era of urologic care at LCMHS.

### **A new approach to prostate surgery**

Some urology issues may require a prostatectomy. Traditionally, this could have been done with an open surgery, which requires a long incision in your abdomen. During open surgery, the surgeon looks directly at the surgical area through the incision and removes the prostate gland using hand-held tools.

Using robotic-assisted surgery with da Vinci XI technology requires a few small incisions that surgeons use to insert surgical instruments and a tiny camera. The incisions are about the size of a fingertip. With the da Vinci system console, your surgeon controls and manipulates the fine movements of the robotic arms and remains 100% in control of every movement of the tiny surgical instruments and camera.

The da Vinci system translates every movement your surgeon makes in real time, bending and rotating instruments that move like a human hand, but with a greater range of motion, and delivers 3D high-definition views, giving your surgeon a crystal-clear view of the surgical

## Questions to ask your doctor about robotic-assisted surgery:

- ✓ What medical and surgical options are available for me?
- ✓ Which is best for my situation?
- ✓ What are the differences between open, laparoscopic and robotic-assisted surgery?
- ✓ If I am a candidate for a prostatectomy, how can I prepare for it?
- ✓ Can you tell me about your training, experience and patient outcomes with da Vinci?
- ✓ How will I feel after surgery?
- ✓ What does my recovery care plan look like?
- ✓ How do I help my incisions heal well?



Farjaad Siddiq, MD,  
LCMHS Director of Robotic Surgery,  
Board-Certified Urologist, fellowship  
trained in laparoscopic surgery

“One thing I am most proud of is my surgical team that’s been with me since day one. We are experienced in everything urology.”  
—Farjaad Siddiq, MD

area magnified to 10 times what the human eye can see.

In addition, Dr. Siddiq uses the da Vinci system to perform the following procedures:

- Pyeloplasty for kidney obstruction
- Partial nephrectomy for kidney cancer
- Nephrectomy for kidney cancer
- Radical prostatectomy for prostate cancer

Our team of highly skilled surgeons and staff, coupled with the most advanced medical technology in the world, provides modernized healthcare that’s personal. With shorter recovery times, fewer complications and less pain, choosing robotic-assisted surgery can help you get back to the things you love faster.



If we can help, call us  
at 337-284-8667.



# Reduce your risk of type 2 diabetes

We all live with risks to our health, and we do what we can to lower them. For instance, we buckle our seat belts when we get in a car, and we take our medicines as prescribed.

But there is another serious health risk that we need to take steps to prevent and that many of us overlook: type 2 diabetes.

“Type 2 diabetes has the potential to hurt our bodies from head to toe. If not well controlled, type 2 diabetes can cause heart disease, stroke, eye and foot problems, and more,” says Ron Lewis Jr., MD, internal medicine physician with Memorial Medical Group.

Fortunately, there are ways to prevent or delay this most common form of diabetes.

## Let’s work together to prevent/delay type 2 diabetes.

“Type 2 diabetes doesn’t have to be in your future. Research shows that healthy eating and exercise habits can significantly lower your risk of developing the disease,” says Taylor Belaire, NP.

Here are three things to try in 2023 to reduce your risk:

1



Eat healthy foods—but not too much. “Lower your daily calorie intake by eating smaller portions. For example, fill half your plate with vegetables and fruits and just a quarter of it with a low-fat protein and the other quarter with whole grains. Choose low-fat foods that don’t have a lot of sugar, salt or calories. Drink water instead of sweet beverages. Keep your taste buds happy: Use spices and herbs rather than salty, fatty and sugary condiments to flavor your food,” suggests Barbara Walker, NP.

## Who is at risk?

You may be at risk for type 2 diabetes if you:

- Are overweight or obese
- Are 45 years old or over
- Have a family history of diabetes.
- Are African American, Alaska Native, American Indian, Asian American, Hispanic/Latino, Native Hawaiian or Pacific Islander
- Have high blood pressure
- Have a low level of HDL cholesterol or a high level of triglycerides
- Have had gestational diabetes or had a baby weighing 9 or more pounds
- Are physically inactive
- Have a history of heart disease or stroke
- Have polycystic ovary syndrome (PCOS)
- Have *acanthosis nigricans*—dark, thick, velvety skin around your neck or armpits

Source: National Institute of Diabetes and Digestive and Kidney Diseases



# 3



Get moving. “Aim for at least 30 minutes of physical activity five days a week. If you’ve been inactive, check with your healthcare provider about which activities are best for you. Start slowly and build up to your goal,” shares Melinda Strickland, NP.



## You can do it!

“The new year is a great time to reset your health goals and take action. If you are at risk of developing type 2 diabetes, you can take control, starting today. And if you already fall into the 10% of Calcasieu Parish residents over the age of 20 who have been told by a healthcare provider that you have diabetes, let our team help you manage the disease to reduce your risk of complications,” says Dr. Lewis.



**We're here to help!**

Give our team a call at **337-284-8550**.

# 2



Shed a few pounds if you're overweight. “Losing just 5% to 7% of your starting weight can make a difference. For example, if you weigh 200 pounds, set a goal of losing 10 to 14 pounds,” says Amanda Burnett, NP.

# Supporting local patients

The Foundation at Lake Charles Memorial Hospital serves as the philanthropic arm of the health system. Every dollar raised is used to assist the health system in funding programs and projects, advancing facilities and technology, and directly impacting the lives of our patients.

Pamela, a patient of the Heart and Vascular Center, was recently gifted a new wheelchair from the Foundation. An LCMHS employee learned of Pamela's difficulties with her previous wheelchair, so she made the request to the Foundation to fund a better, sturdier one.

"You saw a need, and you met that need," says Pamela. "I am so forever grateful because I really needed this chair!"

It is through the support of generous donors that we are able to continue the rich tradition of caring that began 70 years ago.



This year's highlights:



## Employee Giving Campaign

The employees of LCMHS uniquely recognize the need for support of patients and special projects. Their support, through the annual Employee Giving Campaign continues to advance the mission of Lake Charles Memorial Health System.

**In 2022, the Employee Giving Campaign raised \$58,000, benefitting various funds.**








**Heart and Vascular patient Pamela, receiving a new wheelchair, pictured with her caregiver; LCMHS staff; and Devon Hyde, President & CEO**

**The Foundation at LCMH currently funds these 10 programs:**

- Advance Technology Fund
- Aileen & Hazel Dyer Scholarship Fund
- Alan Lebato LSU Residency Fund
- Cancer Fund
- Employee Assistance Fund
- Heart Fund
- Nursing Excellence Fund
- Trauma Fund
- Unrestricted (General) Fund
- Women and Children's Fund

 **Show your support**

To make a tax-deductible gift to support any of these funds, please visit [lcmh.com/donate](http://lcmh.com/donate).



**Fashion With Purpose: A Masquerade Gala**

*Presented by The Pathology Laboratory*

This special event, honoring and supporting local cancer patients, raised \$240,000 for the Cancer Fund.

**Marquee Benefactors of the Foundation**

Marquee Benefactors contribute \$10,000 to the Foundation at LCMH to fund our various programs and projects throughout the health system.

These sponsors contributed \$150,000 to the Foundation:

- Access Radiology
- Dr. and Mrs. Gerald Bryant
- Comprehensive Pharmacy Services Solutions
- Hancock Whitney Bank
- Mr. and Mrs. Devon Hyde
- First Horizon Bank
- Johnson Controls
- Dr. & Mrs. Mac Jordan
- LAMMICO
- L'Auberge Casino Resort Lake Charles
- Pomarico Design Studio Architecture
- Professional Emergency Medicine Management
- Stine's
- Stockwell, Sievert, Viccellio, Clements & Shaddock, LLP
- Mr. and Mrs. Louis Todd



**First Annual Trauma Symposium**

*Presented by PEMM*

Over 150 medical professionals attended the first Trauma Symposium. The goal was to better equip nurses, physicians, EMS providers and other allied healthcare professionals responsible for providing trauma care. The day consisted of compelling educational information while focusing on achieving the best outcomes and navigating obstacles.

**The Foundation raised over \$60,000 for the Trauma Fund to continue Stop the Bleed outreach and Sudden Impact training to local high schools.**

“The Ion gives me the ability to navigate the natural airways of the lung, with a lower risk of puncturing the lung tissue.” —Clifford Courville, MD



# New age of lung cancer diagnostics

## *Ion robot revolutionizes care for lung cancer*

The newest member to join the family of robotic-assisted technology at Lake Charles Memorial Health System is the Intuitive Ion endoluminal system. Peripheral lung biopsy can now be performed with robotic-assisted technology, utilizing the Intuitive Surgical Ion endoluminal system. This major medical advancement offers doctors unprecedented stability and precision, addressing a challenging aspect of lung biopsy by enabling physicians to obtain tissue samples from deep within the lung, thus detecting earlier stages of lung cancer.

Pulmonologist with Lake Charles Memorial Health System Clifford Courville, MD, performed the first minimally invasive procedure in southwest Louisiana using the Ion on Nov. 4. He looks forward to this technology ushering in a new era of early-stage lung cancer diagnostics and the ability to treat local lung cancer patients sooner than ever before.

**Approximately 75% of lung cancers are diagnosed in an advanced stage. And around 70% of cancerous lung nodules are found in the outer third of the lung, an area that is challenging to reach and diagnose.**



During bronchoscopy with the Ion, the ultra-thin, easily maneuverable catheter can move 180 degrees in all directions, making a biopsy of a mass easier. The equipment allows doctors to navigate along a planned path through small and tortuous airways to reach nodules in any airway segment within the lung. The robot's flexible biopsy needle can also pass through very tight bends via the catheter to collect tissue, enabling a more precise biopsy and easier experience for patients.



"The Ion gives me the ability to navigate the natural airways of the lung, with a lower risk of puncturing the lung tissue," Dr. Courville says. "It's a safer way to approach the lesions that are in the periphery of the lung for patients who have fairly advanced underlying lung disease."

Typically if a physician finds a suspicious spot on the lung, commonly called a small mass or nodule, he or she may recommend that it be checked out further. This test is called a lung biopsy.

Biopsy involves obtaining a tissue sample from the suspicious area and examining the cells under a microscope to determine if cancer or another disease is present. There are a number of ways to obtain tissue for biopsy. The biopsy approach your doctor will recommend depends on the size of the nodule, the location within the lung and your overall health. Fewer than 5% of nodules are actually cancer, but your doctor may recommend this to make sure.

Prior to this advancement, the preferred method to reach an abnormal spot in the lung was to use a live CT scan image and a needle, entering the chest wall and lung from outside the body. This method presented a relatively high risk of injury to the lung tissue, potentially causing the lung to collapse for patients who had advanced lung disease.

**Currently LCMHS is the fifth site in the state and the only hospital in southwest Louisiana that offers this advanced technology.** Ion

is built on more than two decades of leadership in robotic-assisted technology by Intuitive, the maker of the da Vinci surgical system. The Ion endoluminal system allows for more precision, more reach, more stability—and more answers.





## A life devoted to service

At a young age, Rafine Moreno-Jackson, MD, knew she wanted to commit her life to helping others. Inspired by her eighth-grade biology teacher, she began to love studying science and the human body and decided to become a physician.

Dr. Moreno-Jackson spent much of her young adult life traveling the world doing volunteer work. She has visited 55 countries to date and is fluent in both English and Spanish.

For her quinceañera in honor of her 15th birthday, she took a trip to Honduras to do volunteer work. That was the start of many years of serving in her home of Puerto Rico and all over the world. Dr. Moreno-Jackson and her sister's love for serving others was cultivated by their parents. Her father is a musician, a teacher and a Methodist pastor (now a bishop), and her mother studied social sciences and has spent most of her life serving others as well.

"It was important for me to help others with whatever means and skills I had at the moment. I have always wanted to share the blessings that I have received," says Dr. Moreno-Jackson.

While serving abroad, she worked in several capacities, including construction work, teaching, cleaning, visiting sick patients at hospitals, cooking, providing food, and hosting workshops to help communities rise up and become more sustainable. She even met her husband, Favio, during a trip to Panama.

Besides caring for others, she has learned through her travels that diversity deeply enriches the human experience.

"The more diversity I experience, the more I understand how incredible humankind is," says Dr. Moreno-Jackson.

After living in Lake Charles for almost a year, Dr. Moreno-Jackson, her husband, and daughter Naria are most thankful for the way the community has welcomed them and given them a new home to continue growing their family. This hospitality is especially important as they are expecting their second child.

Dr. Moreno-Jackson received her undergraduate degree in biology and anthropology from the University of Puerto Rico in Rio Piedras, where she developed a special interest in honeybees. Furthering her education, she received her medical degree from the University of Puerto Rico Medical Sciences campus in San Juan, graduating magna cum laude. She then moved to New York to complete her OB/GYN residency at Maimonides Medical Center in Brooklyn.

Dr. Moreno-Jackson is a board-certified obstetrics and gynecology physician with Memorial Medical Group. Her professional interests include prenatal care, general gynecology and gynecologic surgery, and she has a keen desire to serve patients of Hispanic descent.

### Looking for an OB/GYN?

To make an appointment with Dr. Moreno-Jackson, call **337-284-8454**.



# Lab services close to home

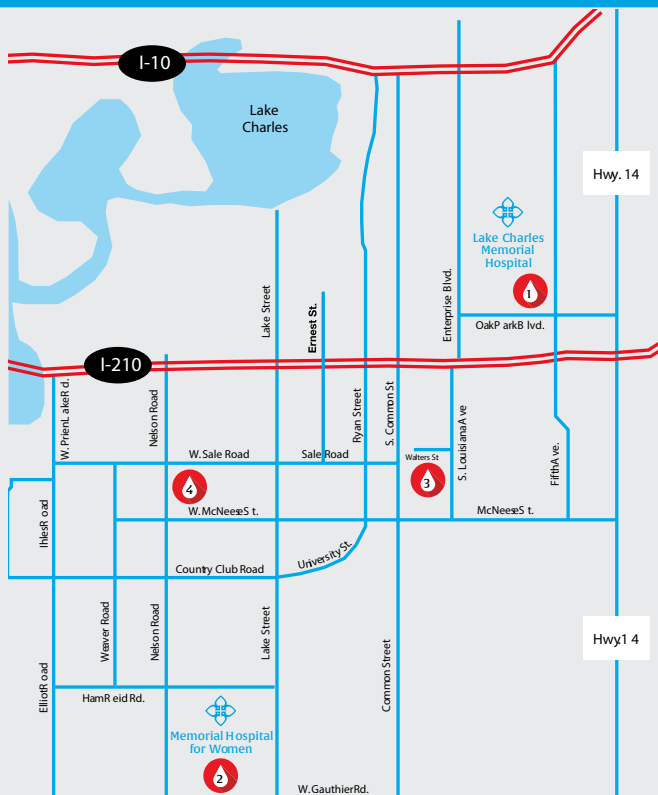
Laboratory services at Lake Charles Memorial Health System offer a full spectrum of anatomical and clinical pathology. Using the most advanced medical technology, our laboratory is fully accredited by the College of American Pathologists (CAP) and the American Association of Blood Banks (AABB). Services are provided under the medical direction of a board-certified pathologist, and our laboratory is staffed with certified clinical laboratory scientists.

## Our services include:

- Anatomic pathology
- Bacteriology
- Blood gases
- Body fluid analysis
- Chemistry
- Coagulation
- Cytology
- Hematology
- Immunology
- Mycobacteriology
- Mycology
- Special chemistry
- Transfusion medicine
- Urinalysis



## FIND YOUR STATION



### 1 LCMH Main MOB II Draw Station

6:00AM - 5:00PM

2770 3rd Avenue, Lake Charles, LA 70601

### 2 LCMH for Women Outpatient Draw Station

Monday - Thursday | 8:00AM - 5:00PM

Friday | 8:00AM - 12:00PM

1890 W. Gauthier Road, Lake Charles, LA 70605

### 3 Moss Memorial Draw Station

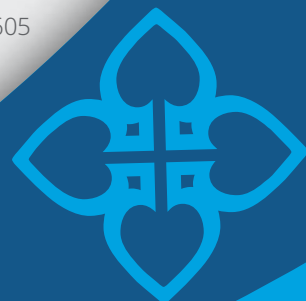
Monday - Friday | 6:30AM - 3:00PM

1000 Walters St., Building J, Lake Charles, LA 70607

### 4 Nelson Road Draw Station

Monday - Friday | 6:00AM - 2:30PM

4345 Nelson Road, Lake Charles, LA 70605





Lake Charles  
Memorial Health System

Lake Charles Memorial Hospital  
1701 Oak Park Blvd.  
Lake Charles, LA 70601

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You can get Lake Charles Memorial Health System news and more right in your inbox! Scan the QR code above to sign up for our email newsletter, or go to [lcmh.com/newsletter](http://lcmh.com/newsletter).

# Introducing a new way to save on prescription medications

Lake Charles Memorial is now offering a prescription savings card to employees, patients, physicians and members of the community. Those eligible can present this card to their local pharmacy and potentially receive a discount.

For more information about eligibility and discounts or to download a virtual card, visit [lcmh.com/pharmacy](http://lcmh.com/pharmacy).

Cut out the card to bring with you when you pick up your next prescription.

\*Please note, this is a discount card, not an insurance card.



✂️ Clip and save

