

Memorial

MEDICAL MILESTONES

2024 Issue 1



Medical imaging and laboratory services closer than ever

Moss Bluff: Home to Memorial's
new Diagnostic Center

page 10



Lake Charles
Memorial
Health System



16 Knowledge is power

We provide trauma training to the community so you know what to do in an emergency.

Recent recognitions

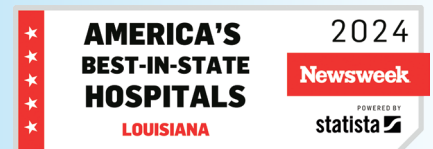


Lake Charles named Great Community Hospital

In August 2023 Lake Charles Memorial was named on the Becker's Healthcare list of "Great Community Hospitals." This list celebrates hospitals' dedication to optimizing healthcare in their community.

The hospitals named are known for clinical excellence, compassionate care and economic impact on their communities. Their expertise helps expand care access to patients who would otherwise face barriers such as cost or distance.

According to the American Hospital Association, there are currently 5,157 community hospitals in the United States. This places Lake Charles Memorial in the top 3%.



Newsweek names Lake Charles a Best-in-State hospital for 2024

Lake Charles Memorial Health System has been named on *Newsweek's* list of America's Best-in-State Hospitals 2024. This ranking was created to identify the top hospitals at the state level for proximity and access.

"This recognition is a direct reflection of our healthcare team and their tireless commitment to providing quality care to our family, friends and neighbors," says Devon Hyde, President and CEO.

Recognizing excellence

Help us congratulate the winners of our new Golden Stethoscope Award!

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The Memorial difference

See what sets us apart in the treatment of breast cancer.

Page 8

Don't put off primary care

After prostate cancer, this patient urges others to pay attention to annual screenings.

Page 12

Advanced training means the best in care

Our childbirth care team is more prepared than ever, thanks to realistic simulations.

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

Information in MEDICAL MILESTONES comes from a wide range of medical experts. It should not be considered or used as a substitute for medical advice, diagnosis or treatment. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

Models may be used in photos and illustrations.

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From the CEO



It is with gratitude that I share a portion of our journey together in this latest issue of *Memorial Medical Milestones*. As your community health system, our commitment to provide exceptional healthcare remains at the heart of our mission, and we firmly believe that a healthy community equals a growing, thriving community.

Not only is growth essential for a community's overall health, but it also happens to be a top priority for Memorial. The recent decision to partner with South Cameron Memorial Hospital to provide much-needed healthcare services to Cameron Parish residents, along with the new, soon-to-open LCMHS Diagnostics Center in Moss Bluff, represents our dedication to meeting the healthcare needs of the communities we serve. We understand that proximity to quality healthcare is paramount, and these expansions demonstrate our commitment to this goal.

Embedded within these pages are stories of our patients—our neighbors, friends and family members. These narratives highlight the profound impact that healthcare can have on individuals and families. Through the highs and lows, our dedicated team stands ready to provide support, healing and hope.

I am incredibly proud of the outstanding providers on our medical staff. Their dedication, expertise and compassion form the backbone of our health system. They aren't just doctors you trust; they're your link to an entire network of quality providers. These stories speak to the unwavering commitment of these healthcare heroes.

To honor their commitment, in 2023 we introduced the Golden Stethoscope Award, recognizing the outstanding contributions of our medical staff. These individuals embody the values of excellence, empathy and innovation that define our health system. Our winners can be found on pages 4 and 5, and we encourage you to read more about these fine providers.

We understand that the best healthcare is not solely about treating illnesses; it is about fostering genuine connections, instilling hope and empowering individuals to live their lives to the fullest. As we navigate the path ahead, let us continue to work together to build a healthier, more resilient community.

Thank you for trusting us as your healthcare home.

Sincerely,

Devon Hyde, President and CEO

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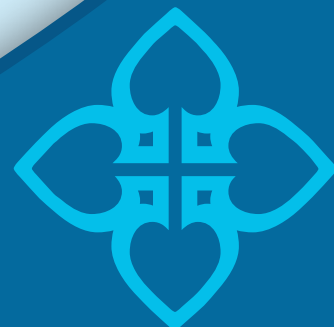
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Congratulations, winners!

Golden Stethoscope Award 2023

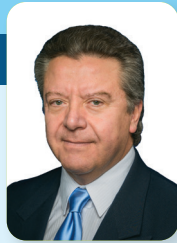
**GOLDEN
STETHOSCOPE
AWARD**

FOR EXTRAORDINARY PROVIDERS



**Ashton
Adekanmbi, MD**
Hospitalist

"Of all the doctors I encountered after my stroke, Dr. Adekanmbi instilled confidence and peace of mind regarding my long care journey ahead." Dr. Adekanmbi's patients often share experiences such as this. As one who is always looking out for his patients' best interests, he never shies away from tough situations or delicate conversations. He is positive, engaged and consistent in his approach to medical care. SWLA is fortunate to have a physician of his caliber serving the inpatients at Memorial Hospital.



**Carlos
Choucino, MD**
Infectious diseases

Dr. Choucino has led by example in his unwavering commitment to excellence in medical care, education, research and service to the community and is a recipient of the Laureate Award from the Louisiana Chapter of the American College of Physicians. In 1996, Dr. Choucino was instrumental in bringing the first clinic for the care of HIV/AIDS patients to southwest Louisiana. The Comprehensive Care Clinic continues to serve the community to this day.



**Clifford
Courville, MD**
Pulmonologist

Dr. Courville is a respected clinician and patient advocate because of his unwavering commitment to diagnosing and treating respiratory diseases. Among other accomplishments, he stands as a champion for interventional bronchoscopy initiatives and has earned recognition as the first medical provider in SWLA to perform minimally invasive robotic-assisted bronchoscopy procedures for early-stage lung cancer diagnosis.



**Daniel T. Hall IV,
DPM**
Podiatrist

Dr. Hall is a valued member of the medical staff, a local business owner and a true friend of Memorial. His dedication and generous investment of time to LCMHS and to the community are truly commendable. Dr. Hall has played a pivotal role in performance improvement, quality assurance and physician advocacy across the health system. His contributions are evident through his service roles as department chair and chief of surgery, medical staff president and a member of the Board of Trustees.



**J. Gregory
Lugo, MD**
*Cardiovascular and
thoracic surgeon*

Since joining the LCMHS medical staff in 2016 and spearheading the cardiovascular surgery service line, Dr. Lugo has exemplified an exceptional philosophy of service throughout the patient care journey. His team approach, compassion and first-rate skill set have earned the respect of colleagues across the country. In 2019, under his leadership, Memorial became the first certified program in the nation for transcatheter aortic valve replacement through the American College of Cardiology.



**Danette
Null, MD**
Family medicine

As program director of the Memorial/LSUHSC Family Medicine Residency, Dr. Null leads with the same compassion she extends to her patients. Since 2008, she has instilled her passion for patient care, continual learning and excellence in the next generation of physicians. Besides her patient care and resident training, she also played a pivotal role in the residency program's recovery after Hurricane Laura. For her resourcefulness and command of a crisis, she was recognized as the 2021 LSU Honorary Alumna of the Year.

The Golden Stethoscope Award is presented monthly and recognizes an outstanding provider (doctors, physician assistants, nurse practitioners and nurse anesthetists) who demonstrates excellence in patient care, customer service, communication and teamwork.

The many FACES of a Golden Stethoscope Award winner may also demonstrate:

- Family involvement and interaction
- Accessibility/approachableness
- Coordination of care
- Empathy
- Successful patient outcomes



David Darbonne, MD
Obstetrician-gynecologist

Dr. Darbonne has been a prominent figure in the Lake Charles women's health community since 1996. He is recognized as a dedicated advocate for women and their newborns. His comprehensive care is evident in his attentive approach to patient needs. Dr. Darbonne embodies the highest standards of medical professionalism and integrity in his practice. His commitment to the field of OB-GYN has earned him the profound respect of his colleagues throughout the state.



Amanda Ellington, MD
General and breast surgeon

A breast health leader and highly sought-after physician, Dr. Ellington is loved by patients and staff alike. Her passion for excellence goes beyond the operating room and has driven major advances in breast healthcare at LCMHS. She spearheaded process improvement efforts in early diagnosis and treatment. She has led her colleagues as the surgery department chair and as a member of the board of trustees. Patients know her as their confidante and advocate.



Jon Gray, MD
Emergency medicine
Always leading the charge of continuing

and improving evidence-based care in the emergency department, Dr. Gray is highly respected and beloved by all. He is always willing to go above and beyond in his practice of medicine and in the way he treats others. Over the last 26 years at LCMHS, he has been a catalyst of positive culture change and a mentor to those he works with. His leadership as the emergency medicine and stroke medical director ensures that those in SWLA receive a high level of care when it is most needed.



Jamal Saqer, MD
Pediatric intensivist

Labeled by his healthcare peers as an "educator extraordinaire," Dr. Saqer is a brilliant pediatric intensivist and has been medical director of the pediatric intensive care unit since 1999. With nearly 30 years of ensuring that critically ill children across SWLA receive exceptional care—in and out of the hospital—Dr. Saqer's dedication to reaching the best possible patient outcome truly sets him apart. SWLA children are in good hands with Dr. Saqer on their medical team.



Mohammed Sarwar, MD
Internal medicine

Dr. Sarwar has dedicated his career to providing compassionate care to the indigent population of SWLA. *Humble, skilled and kindhearted* are words often used to describe him. His medical leadership has taken him from an assistant professor of medicine at LSU School of Medicine and a faculty member of the LSU Family Medicine Residency to currently serving as the medical director of Moss Memorial Health Clinic since 2016. Dr. Sarwar is recognized in the field of diabetes and is a 2023 recipient of the Laureate Award from the Louisiana Chapter of the American College of Physicians.



J. King White, MD
Interventional cardiologist

A well-known name in healthcare and a member of the LCMHS medical staff since 1988, Dr. White has faithfully dedicated his career to serving the communities of SWLA. As a notable figure in the world of cardiology, he helped pioneer the carotid artery stent procedure that is widely used today. He has been described by fellow physicians as a model colleague: always available, truly affable and possessing a phenomenal skill set.

Make a difference by volunteering

Established in 1968, Volunteer Services at Lake Charles Memorial Health System has always had a mission to render service to the health system and its patients by assisting in promoting the health and welfare of the community, in accordance with the objectives established by the health system.

Volunteers provide important services both to the hospital and to its patients. Some of the ways they assist are:

- Visiting with patients and families
- Delivering reading materials
- Staffing the information desk
- Serving surgery families, ICU and general waiting rooms
- Working behind the scenes to support every department
- Assisting in the gift shop

The Foundation at Lake Charles Memorial Hospital offers volunteering opportunities to all ages—beginning at 18 years old—as well as a Junior Volunteer Program for high school students during the summer.

To learn more about volunteering, reach out to Volunteer Services at **337-494-3213** or **volunteerservices@lcmh.com**.



Meet our 2023 Volunteer of the Year

Richard Ott was named the 2023 Volunteer of the Year. In addition to his assignments in the blood draw station and the gift shop, he serves as assistant to the director of the Auxiliary in special projects. He's contributed over 8,000 hours of volunteer service!

Prior to joining the program at Lake Charles Memorial Hospital, Ott worked for the Louisiana Department of Social Services for 36 years doing supervision, recruitment and training. He has also volunteered at Oak Park Food Pantry and Lake Area Animal Hospital and was the chair of the Board of Trustees of the American Red Cross for six years.

Ott has been described as dependable, efficient and unfailingly punctual. His attention to detail and willingness to take on difficult projects and see them to successful completion makes a difference at Lake Charles Memorial Hospital. He projects a warm, cheerful attitude to our employees, patients, visitors and other volunteers. He goes out of his way to help people in need.



We're hiring!

EXPERIENCE MEMORIAL



Your Memorial experience awaits you. Visit lcmh.com/careers to learn more.

“Experience Memorial” is more than a slogan: It’s the care we provide our patients and the commitment to our community—which all begins and ends with our team. We are proud to be the second-largest employer in southwest Louisiana, offering over 2,500 team members benefits that are reflective of what’s needed to take care of their families, opportunities to advance career goals and a place to call their healthcare home.

We continuously listen, learn and evolve so all who “Experience Memorial” share in an inclusive culture—feeling safe, respected and able to thrive to their fullest potential.

SAVE THE DATE



2024 Tim Coffey Golf Tournament March 22

Proceeds from the golf tournament benefit The Foundation’s Heart Fund.



Margarita Mix Off May 3

Proceeds from the Margarita Mix Off benefit The Foundation’s Women and Children Fund. Learn more at lcmh.com/mixoff.

Stereotactic breast biopsy

Precise technology, compassionate cancer care

No one wants to hear “you have breast cancer,” but if you do, Memorial is here for you.

One way Memorial is optimizing care close to home is by placing an emphasis on ensuring that women in SWLA have access to accurate and advanced breast healthcare without having to leave the region.

Just as we use both eyes to see and interpret the depth of the environment around us, the stereotactic breast biopsy machine helps the doctor visualize the tissue of the breast from two different angles. These angles create a 3D image used to target and guide the biopsy needle to a precise location. Stereotactic breast biopsies

are performed as an outpatient procedure. There’s minimal pain and no scarring.

The Memorial difference

By cutting down the time of a conventional biopsy, the technology available at Lake Charles Memorial gives patients a less invasive procedure, a higher level of comfort and better accuracy—leading to earlier diagnosis of breast cancer and earlier treatment for SWLA women.

Radiologists Richard Martinez, MD, and Mark Trahan, MD, work with general and breast surgeon Amanda Ellington, MD, and the rest of the radiology and cancer navigation team. From suspicious find to

treatment, they provide timely care for patients with breast cancer.

LCMHS takes a multidisciplinary approach to treating cancer as a complex group of diseases that requires consultation among surgeons, medical and radiation oncologists, diagnostic radiologists, pathologists, and other cancer specialists. This multidisciplinary partnership, along with other standards, results in improved patient care.

“It’s all about the patient experience—giving them an answer quickly, reducing anxiety and walking with each patient on their journey.”

—Amanda Ellington, MD



Recognized for quality since 1993

The Commission on Cancer (CoC), a quality program of the American College of Surgeons, has re-granted three-year accreditation to the cancer center at Lake Charles Memorial Hospital. To earn voluntary CoC accreditation, a cancer program must meet rigorous quality care standards; go through a survey process every three years; and maintain levels of excellence in the delivery of comprehensive, patient-centered care. We’ve proudly held this accreditation since 1993.



A QUALITY PROGRAM
of the AMERICAN COLLEGE
OF SURGEONS

Surviving & thriving

Kimberly Ardoin's journey through breast cancer

Kimberly Ardoin, full-time retired grandmother and part-time substitute teacher and tutor, found out how fast things can change when it comes to breast health. In May 2021, Ardoin made sure to attend her routinely scheduled mammogram appointment and was relieved to hear that everything was normal.

Unexpectedly just nine months later, in February 2022, she noticed some discomfort and itchiness on her breast. She assumed it was a bug bite or irritation. When it didn't go away, she was persuaded by friends that it was time to see her doctor.

"I never thought it was cancer," Ardoin recalls. "I didn't think breast cancer would show up visibly and hurt."

Determined to beat it

Her primary care physician ordered another mammogram, ultrasound and a needle biopsy. Still in disbelief after tests were ordered, Ardoin thought to herself, *"Everyone is getting all bent out of shape over this. There's no way this is cancer."*

When she received the call from her doctor with the results, Ardoin was shocked. Uncertain what would happen next, she resolved to do whatever was necessary to beat cancer.

After undergoing a single mastectomy, Ardoin continued radiation treatments five days a week for 28 treatments. The daily commitment to attending appointments, along with the extra care it took to deal with side effects of the radiation on her skin, were burdensome. However, she says she's thankful to have been able to stay in Lake Charles, where she lives, and not bear an even larger burden of traveling daily.



In September 2023, Kimberly Ardoin participated as a model in The Foundation at Lake Charles Memorial Hospital's Fashion with Purpose Gala fashion show. The show lent the stage to Memorial cancer survivors, outfitted in a colorful collection, celebrating survivorship and honoring those who have been touched by cancer.

Life after cancer

July 29, 2022, after ringing the "victory bell" at Lake Charles Memorial Hospital, Ardoin and her family and friends gathered for a "Flock Cancer Party," complete with pink flamingo decorations, pink feathers and plenty of celebration.

Today Ardoin is not just surviving—she's thriving. Guided by her cancer experience, she is passionate about walking alongside other breast cancer patients, accompanying them along their journey. She participates in a monthly cancer support group as a mentor. Ardoin encourages other women to stay vigilant and pay attention to even the slightest changes in their body.

"You never know when it could be something more serious than a minor discomfort," she says.



Time for your annual mammogram?

Schedule yours today at one of our three convenient locations:

- Lake Charles Memorial Hospital
- Lake Charles Memorial Hospital for Women
- Memorial Diagnostic Center—Moss Bluff (coming soon)

337-284-0772



Diagnostic care closer

Healthcare close to home is not a luxury—it’s a reality. Lake Charles Memorial is expanding and offering imaging and laboratory services in the Moss Bluff area. In spring 2024, you will no longer need to drive to Lake Charles for:

Serving the 19,000+ residents of Moss Bluff, as well as the surrounding areas



CT scans



X-rays



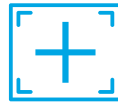
Mammograms



Bone density screenings



Laboratory



And more!

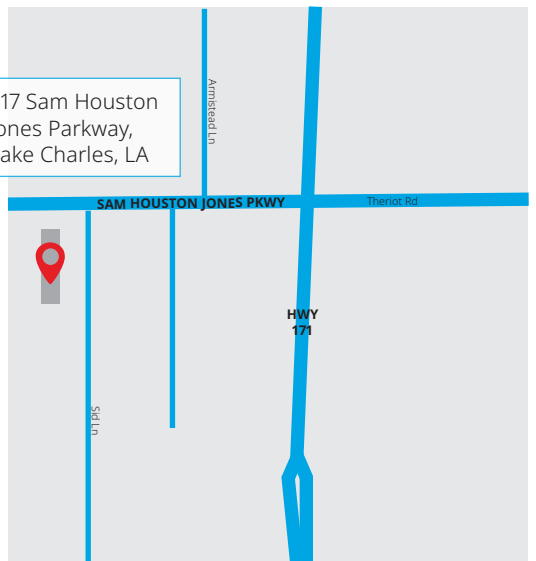


than ever

The Memorial Diagnostic Center in Moss Bluff will open in spring 2024



217 Sam Houston
Jones Parkway,
Lake Charles, LA



‘I knew I was in great hands’

Joey East is grateful for the cancer care he received at LCMH

As a hairdresser, Joey East prides himself on taking care of others and helping them to feel their best when they leave his chair. But that started to become difficult when he began facing chronic infections and didn't feel his best. After seven years of illness, at 56 years old, East finally found answers, but it wasn't what he'd hoped for—he had prostate cancer.

His Memorial experience began with a primary care doctor who took his issues seriously and referred him to a urologist, John Upshaw, MD, who made the unwelcome diagnosis of prostate cancer.

“I had wondered what might happen if it was me who had cancer one day,” recalls East. “But although it was tough, I had peace through the connections to the people at Memorial and the care I was receiving.”

Quick, thorough care

After the initial diagnosis, he was soon scheduled for surgery with Farjaad Siddiq, MD, FACS, a urologist who specializes in robotic-assisted prostatectomy surgeries. Because of the minimally invasive approach

to an intricate surgery, East was back to work in just four weeks.

After surgery and treatment to ensure that the cancer was gone, East describes his experience as learning valuable lessons. Although the journey isn't always easy, the tests and treatment were not for his current battle—they were for his future.

In fact, just a few years after his cancer diagnosis, East had a regular screening colonoscopy and there were several polyps found and removed before they had the chance to turn into cancer. He can say assuredly that through his experience, he understands how important it is to stay on top of your health.

“I know no one wants to go through this, but please don't put off any testing, because this is your life and the lives of your family and friends you are impacting,” says East.

Now East has a new perspective on life and his calling to care for others, because of the high level of care he has received.

“I'm grateful for God and the doctors He sent me,” says Joey. “I knew I was in great hands.”

Don't neglect annual screenings

Not sure which ones you need and when? Talk to your primary care provider. If you don't have one, take a look at our provider directory at lcmh.com/doctors.



Grab the good stuff on your next grocery run

You make important choices in grocery store aisles—choices that can affect your energy levels and your health. Ashlyn Brown, MD, internal medicine physician with Lake Charles Memorial Health System, shares a few tips to have a cart-filling game plan while browsing the aisles.

✓ **Make a list.** Pick a day on the weekend to plan meals for the week. Check your fridge and pantry to identify ingredients you need for meals and snacks.

✓ **Pump up the produce.** Fill your cart with fruits and vegetables. Choose different colors for different nutrients. Think juicy red and green apples; crunchy, orange carrots; crisp, dark green lettuce; and tender, tasty zucchini. Look for in-season produce, which is usually tastier and more affordable. And remember: Canned or frozen produce is also nutritious if you choose brands with the least sodium and sugar.



✓ **Stock up on healthy snacks.** Fresh fruit or cut-up veggies (with hummus for dipping) can make for healthy snacks. The same goes for applesauce, trail mix and low-fat string cheese.

✓ **Shop the perimeter first.** The outer aisles of grocery stores contain some of the most nutritious choices, like fresh produce.

“Making small changes in your diet can result in big benefits to your overall health,” says Dr. Brown. “Having a sustainable, healthy diet will not only improve how you feel, but can also help improve chronic conditions like high blood pressure, high cholesterol and diabetes.”

✓ **Grab some whole grains.** For example, look for 100% whole-wheat instead of white sandwich bread, whole-wheat tortillas and pasta, and brown rice instead of white. To verify a product is truly whole-grain, make sure a whole grain is the first ingredient listed.



✓ **Go lean with protein.** Choose lean or extra lean meats, loin or round cuts, skinless poultry, and plant proteins such as beans and peanut butter.

✓ **Cut the dairy fat.** Do you usually buy whole-fat dairy products? Try low-fat or fat-free versions.



More eat-right advice

If you want to learn more ways to make healthier choices when you shop, ask your primary care provider or a nutrition expert. To make an appointment with Dr. Brown or another internal medicine physician at Memorial, call **337-284-8550**.

✓ **Reel in the benefits of fish.** Here's an exception to the lean-protein rule: fatty fish, like salmon, which have heart-healthy omega-3 fatty oils.



'I'm the lucky one'

Dr. Jordan reflects on a career—and lifetime—of caring



Moving to Lake Charles in 2004, Manley Jordan, MD, and his wife, Nancy, were eager to be closer to family and embrace a new community. Although it was a difficult decision for Dr. Jordan to leave an established pulmonology practice in Tennessee and move the family of four to a new city, they never expected that Lake Charles would be called “home” so quickly.

“I knew it was the right move because of the quality of physicians I would be practicing with and the respect they had garnered,” says Dr. Jordan. “They were who you looked to when you didn’t know what to do, and I would let them take care of me and my family.”

Guided by the resolve to make a difference, Dr. Jordan wanted to be part of a health system and a medical practice alongside those who did just that.

A legacy of caring

Dr. Jordan and his wife were both raised by parents who established the importance of giving back to their community in significant ways. The Jordans embodied these ideals in the professional practice of pulmonology, care for patients

and in their personal lives as they raised their family to value service and involvement.

“I have always loved giving back and being involved in the community,” says Nancy. “When I see a need, I have a desire to fill it. You don’t necessarily need to be a healthcare provider to make a difference.”

Through The Foundation at Lake Charles Memorial, the Jordan family continues to impact lives and pave the path for all people in SWLA to receive high-quality, equitable healthcare close to home. True to that commitment, Nancy serves on The Foundation’s Board of Trustees and works to advance the health system’s mission through programs and outreach.

“It’s more than delivery of healthcare—it’s about ensuring that the community can thrive,” explains Dr. Jordan. “Memorial belongs to the community, and we are just stewards of the resources given to us.”

Passing the torch

As Dr. Jordan prepares for his well-deserved transition from chief medical officer into retirement in 2024, the legacy of humble service continues in a new way.

“We can only hope that the groundwork of giving back that we have tried to instill in our children is passed on,” Dr. Jordan and Nancy say.

Both of their sons, Andrew and Alex, have witnessed the character and hard work of their parents and are dedicated to carrying on that legacy. They, along with Andrew’s wife, Sydney, provide care and give back through their careers at Lake Charles Memorial Health System, and they live the mission as they raise their own families.

After 20 years of valued service to Memorial, and for many more to come in his new journey, Dr. Jordan thanks the community by describing it only one way: “I’m the lucky one.”

Learn more about The Foundation

To learn more about making a difference, visit lcmh.com/giving.

The best care for your new bundle of joy



See more about the women's services we offer at lcmh.com/womenshealth.

Our advanced simulation training ensures that our nurses are ready to care for your growing family

When you welcome your newest family member into the world, you expect the best-trained nurses by your side, caring for you and your new bundle of joy. That's why Lake Charles Memorial Hospital for Women uses advanced training and nursing education simulation tools to ensure that the nurses in your delivery room are more prepared than ever.

Elevating the standard of care

Gaumard's "Super TORY" baby and "NOELLE" mom are among the most advanced childbirth simulation technologies on the market, designed to deliver an immersive experience like no other. By mimicking actual patient responses and complex medical conditions, this unparalleled realism is bridging the gap between theory and practice. LCMH for Women is the first hospital in the region to use Super TORY for nurse education, elevating the level of childbirth care in the community.

"Our nurses are already extremely talented and passionate about labor and delivery, but having access to this caliber of training takes it to the next level," says Kimberly Eaves, director of the Family Birth Center.

Your help makes a difference

This technology is made possible by the supporters of The Foundation's Women's and Children's Fund. The Foundation at Lake Charles Memorial Hospital is a 501(c)3 not-for-profit entity and 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 affecting the lives of our patients. It is through the support of generous donors that we are able to continue the rich tradition of caring that began more than 70 years ago. To contribute, visit lcmh.com/donate.



NOELLE is the most-trusted, high-fidelity childbirth simulator in the world. Used for nurse training and education, NOELLE can simulate birth complications and routine and high-risk deliveries. Her automatic and fully programmable birthing mechanisms simulate a realistic birthing scenario, complete with verbal reactions and responses.

Super TORY is a full-term newborn weighing 8 pounds and measuring 21 inches long. She can cry, grunt, blink her eyes, and move her mouth and all four limbs. She can be programmed to breathe and produce heart and lung sounds, and she can even respond to a mechanical ventilator. She includes 10 simulation learning scenarios that will better prepare nurses for any situation at birth.

Trauma training for the COMMUNITY

As the region's leader in trauma care, Lake Charles Memorial Health System (LCMHS) has taken on the responsibility of providing injury prevention education to the community, as well as high-level training to medical professionals and members of the community responsible for the provision of trauma care. Here are three of our programs helping to make a difference.

Sudden Impact

The trauma team is actively engaged in a statewide effort to reduce distracted and impaired driving among teenage drivers, called Sudden Impact. The robust program in SWLA targets teens in their sophomore, junior and senior years of high school. There are three parts to the program: a classroom setting at the hospital, a mock car crash featuring student actors and a mock legal trial to show the consequences of poor decisions.

The program aims to reduce the number of deaths from the No. 1 cause of death in teenagers: distracted or impaired driving. In the 2022–2023 school year, the LCMHS trauma and outreach team engaged with four local high schools. For the 2023–2024 school year, the team is on track to increase that number to eight.

Here's what students are saying about Sudden Impact:

- "I thought it would be funny to see the mock crash and see our friends acting, but they made it believable and made me realize this can happen to me."
—Jennings High School student
- "Seeing all of the police and firemen who go to crashes was crazy. There are so many people who have to respond, and I can't imagine the sad things they see."
—Sulphur High School student
- "I didn't realize how important it was to buckle up in the back seat, but I will always wear my seat belt. I do not want my family to be affected by a bad decision that I make."
—South Beauregard High School student



STOP THE BLEED training

Members of the trauma team regularly train community groups about a lifesaving technique: how to apply a tourniquet and pack wounds. This education is helpful in cases where the first person on the scene of a wreck or other trauma is not a first responder or medical professional. While they wait for the professionals, they can apply what they've learned in this training to help STOP THE BLEED.

Someone who is severely losing blood can bleed to death in as little as five minutes. This is why STOP THE BLEED training teaches bleeding control and helps regular people do an extraordinary thing: save lives.



Be a lifesaver

To schedule your group or organization for a complimentary STOP THE BLEED training, please call **337-284-0780**.

Always here for you

In the case of an emergency, Memorial's emergency department is open 24/7, 365 days a year, taking care of you and your family. Learn more about what sets our emergency services apart at lcmh.com/er.



Annual Trauma Symposium

Memorial's Trauma Symposium is a full-day program with an audience of area nurses, physicians, EMS providers and other allied healthcare professionals.

The symposium teaches best practices, tips for achieving best outcomes, and how to navigate obstacles so that trauma patients in the SWLA community are better cared for, from pre-hospital care through their rehabilitation process. This symposium has one of the largest attendance of healthcare medical professionals in the state.

TRAUMA SYMPOSIUM



Careful care for trauma patients



Lake Charles is SWLA's only verified trauma center

Since 2019, Lake Charles Memorial Hospital has been a verified Level III Trauma Center by the American College of Surgeons. This achievement recognizes the hospital's coordinated approach and dedication to providing optimal care for gravely injured patients from the moment they enter the doors, through the entire spectrum of care. This spectrum encompasses the pre-hospital phase through the rehabilitation process.

"Memorial is southwest Louisiana's only verified trauma center," says Richard Shimer, MD, trauma medical director. "This means we are equipped to meet the needs of our community and have the expertise to treat some of the most severe injuries in our region."

Memorial's Trauma Center treats over 1,600 trauma patients each year, and 63% of those are considered a Level I or II, requiring extensive care. Because of the extraordinary teamwork and coordinated care of talented physicians and nursing staff, the survival rate of trauma patients treated at Memorial is 98%.

"I am satisfied knowing that our team is providing a level of readiness that is unique to Memorial and ensuring the best care possible in a patient's time of need. Because of this, their families have another day with their loved ones," says Dr. Shimer.



Richard Shimer, MD

Memorial's Trauma Center treats over 1,600 trauma patients each year.

Feel like hibernating?

It could be seasonal depression

Do you feel your mood and energy levels wane as winter's shorter days of sunlight arrive? If so, you could have seasonal affective disorder (SAD).

"SAD, sometimes called the 'winter blues,' is actually a form of depression," says Mario Valencia, MD, a board-certified psychiatrist with Lake Charles Memorial Health System. "The low light may interfere with hormones involved in mood and sleep, which, in some people, may

contribute to feeling depressed, sleepy, sluggish and/or nervous."

Symptoms typically start in the fall and deepen in winter, then go away in spring and summer. SAD is also four times more common in women than in men. Having underlying anxiety, depression or mood disorders is often associated with a higher likelihood of developing SAD.



**Mario
Valencia, MD**



How it feels

Many of the symptoms of SAD are like those of major depression, except that they come and go with the seasons. They include:

- Feeling sad or in a low mood most of the time
- Wanting to sleep a lot
- Having low energy, even if you sleep too much
- Losing interest in your usual activities
- Gaining weight from overeating, especially carbohydrates (think bread, pasta and pastries)
- Feeling hopeless, worthless or guilty
- Having trouble concentrating
- Experiencing worsening anxiety
- Having thoughts of death or suicide

If you have symptoms like these, take them seriously: Tell your doctor.

Help is available

"There are various treatment options that could involve spending time near a special light box (light therapy), going outdoors more often, taking medications, undergoing counseling or doing a combination of all of these things," says Dr. Valencia.

Located only a few blocks east of Lake Charles Memorial Hospital, Memorial Behavioral Health Clinic combines psychotherapy and medication management for the community. Licensed professionals provide group, individual and family therapy to address issues such as stress, anxiety, depression, distorted thinking and other symptoms that can disrupt a person's life.

To make an appointment with Dr. Valencia or another behavioral health specialist, please call 337-284-0899.

For crisis or mental health emergencies, please go to Lake Charles Memorial Hospital's emergency room, located at 1701 Oak Park Blvd. Dial 911 for emergencies or 988 for the national Suicide & Crisis Lifeline.

Additional sources: American Psychiatric Association; National Institute of Mental Health

What is an ENT?

ENT stands for “ear, nose and throat.” It refers to the doctors who specialize in treating people with a range of diseases and disorders that involve those three specific body parts.

Formally, ENTs are known as otolaryngologists. Theirs is one of the oldest medical specialties in the U.S.

In addition to ear, nose and throat issues, ENTs handle other problems related to the head and neck. Unlike many other medical specialists, ENTs are trained to provide surgical and medical treatments—not just one or the other.

Why see an ENT?

Among other things, ENTs offer expert, advanced care for:

- Problems with balance and hearing, ringing in the ears, and ear infections
- Sinus troubles, allergies, nasal obstructions, sleep apnea and problems with the sense of smell
- Gastroesophageal reflux disease (GERD) and cancer or other growths in the throat

ENTs can also perform reconstructive or cosmetic surgery of the face, head and neck. For example, they can repair a cleft palate or deviated septum and remove a polyp or tumor in the nasal area.

Specialized treatment for children can include a toddler with a repeat ear or tonsil infection or a newborn with a birth defect involving the head or neck.

If you have a persistent condition involving the ears, nose or throat, ask your primary care doctor if you should see an ENT.

John Alldredge, MD; Jason Durel, MD; Richard (Chip) Hebert, MD; and Beth Corbello, NP, all with Acadiana Otolaryngology, are now seeing patients in Lake Charles.



John Alldredge, MD



Jason Durel, MD



Richard (Chip) Hebert, MD



Beth Corbello, NP

Visit us

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Adjacent to Lake Charles Memorial Hospital for Women

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