

## GRATEFUL KISSES ON GIVING TUESDAY



Photo by Son Nguyen

Employees and students were treated to hugs and kisses from Roosevelt and other dogs at the MUSC Pet Therapy booth as part of MUSC's Giving Tuesday at the Horseshoe. A total of \$62,486 was raised through this event sponsored by the Office of Development-Annual Giving.

## New device for fighting No. 1 cancer killer debuts at MUSC

By HELEN ADAMS

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MUSC Health has a new weapon in the war against the No. 1 cancer killer in the country. "It will make a huge difference," says lung specialist Nick Pastis, M.D., comparing the robotic bronchoscopy system that debuted at MUSC Health in November to older methods of testing peripheral lung nodules to see if they're malignant. Purchased by MUSC Health with help from MUSC Hollings Cancer Center earlier this year after a promising feasibility study, the Monarch system is the only one of its kind in South Carolina.

The timing couldn't be better. This year's Lung Cancer Awareness Month came at a time when doctors are finding lung cancer earlier, which gives patients a better shot at a cure. "Lung cancer screening has really

See LUNG on page 9

## MUSC, Clemson introduce Healthy Me–Healthy SC program

### Staff Report

Clemson University and MUSC have begun a statewide collaborative program called Healthy Me–Healthy SC, created to improve health care access and combat health disparities across South Carolina. The newly announced program extends the Clemson–MUSC health sciences collaboration. After nearly two years of successful pilot programs in rural Anderson, Barnwell and Williamsburg counties, the program will begin anticipated statewide expansion under the new title Healthy Me–Healthy SC.

Clemson University president Jim Clements, Ph.D., praised the collaborative efforts of both institutions. "Clemson and MUSC have a long history of working together to serve the people of this state. We share a vision of what we can achieve collectively that is distinctly elevated from what either of our institutions can achieve separately. We appreciate the support of the South Carolina legislature, which allows us to deploy our strengths and create new programs to positively affect the health of our citizens."

In just over 20 months in Anderson, Barnwell and Williamsburg, the pilot

programs have focused on four areas of need: infant mortality, childhood obesity, cancer prevention and pain management. Program activities include:

- ❑ Infant mortality – Establishing milk depots and holding breast-feeding education sessions.
- ❑ Childhood obesity – Providing wellness training and installing community and school gardens.
- ❑ Cancer Prevention – Delivering more than 500 screenings for cervical and breast cancer.
- ❑ Pain management – Launching programs designed to eliminate use of opioid pain medication, improve

patients' abilities to manage daily physical activities and reduce functional impairment caused by pain.

The program extends traditional clinic services by deploying a mobile health van at Healthy Me–Healthy SC sites, which will magnify the reach and impact of each location. In addition, access to the robust MUSC telehealth network and coordination with Clemson University Cooperative Extension locations at each Healthy Me–Healthy SC site allow access to top-quality health care specialists for residents in distant parts of the state.

See MOBILE on page 9

6

ALS gets major boost  
MUSC named first COE  
in S.C.

10

Soldiers and scrubs  
MUSC celebrates its  
veterans.

3 Health & Well-being  
5 Meet Katy Decker  
12 Day of Caring

# AROUND CAMPUS

## PEOPLE

### Patti Hart



Patti Hart, Ph.D., R.N., has been named Charleston division chief nursing officer at MUSC Health. She previously served as associate chief nursing officer since July 2016.

In her new role,

Hart will run the nursing inpatient, ambulatory and perioperative nursing practice on the Charleston campus. She replaces Jerry Mansfield, Ph.D., R.N., who has transitioned to the executive chief nursing officer and chief patient experience officer for the health system and RHN hospitals across the state.

### Sallyann Koontz



Sallyann Koontz has been named director of marketing and communications for MUSC Children's and Women's Health. Koontz, who has 20 years marketing experience, comes from Johns

Hopkins Children's Center where she was director of marketing and communications for pediatrics. She begins Jan. 5.



Photo by Abigail Showalter

**The family and friends of Brittany Howard present a check for \$6,200 to MUSC Health Heart & Vascular Center's heart transplant team on Oct. 30. The gift was made in gratitude and celebration of the first year anniversary of Brittany's new heart.**

### William Moran



William P. Moran, M.D., professor and director of the Division of General Internal Medicine, received the Laureate Award from the South Carolina Chapter of the American College

of Physicians. The award honors supporters of the college and their distinguished service to the chapter

and community and is highest award presented at the ACP chapter level.

### Christopher Harris

Christopher G. Harris has been named radiology director for MUSC Health. He will manage radiology services with adult and pediatric diagnostic radiology and VIR services. Harris will report to Radiology ICCE administrator Mike Ricciardone. Harris comes to MUSC Health with more than 20 years' experience in the U.S. Air Force and various health leadership roles and medical assignments.

## EVENTS

### MUSC Angel Tree Parade

The 16th annual Angel Tree Parade of Toys will begin at noon, Friday, Dec. 6. Featured will be the Patriot Guard, Charleston Police Pipe and Drum Corps, Burke High School Highsteppers, Charleston Model A Club, Coastal Belle Singers, S.C. Highway Patrol, various MUSC floats and Santa Claus. The parade route will begin on Ehrhardt Street and through the Greenway to Jonathan Lucas, Calhoun to Ashley Avenue to the Horseshoe. Drop off your unwrapped, bagged and tagged Angel Tree toys and presents at the parade or designated campus bins before Dec. 6. The annual holiday project assists the Salvation Army of Charleston by supporting Lowcountry children during the holidays. For information, contact Melissa Kubu at fullerme@musc.edu or 843-792-3120.

### Light the Lake

The annual Light the Lake on Colonial Lake, 46-54 Ashley Avenue in downtown Charleston, will take place from 5 to 7:30 p.m., Friday, Dec. 6. Activities are planned including holiday cookie decorating with Publix, a photo booth, letters to Santa station, ugly Christmas sweater contest and performance from the Meeting Street Watoto Charleston Ensemble. Food trucks will be present. The event is sponsored by the Charleston Parks Conservancy.

### MUHA, MUSCP flu shots, declinations due Dec. 13

MUSC Health care team members, trainees, students/visiting students, residents, volunteers and contract staff are reminded to have the flu vaccine or declination paperwork submitted by midnight, Friday, Dec. 13. Employees and students can get the flu shot at Employee Health Services, 57 Bee Street, from 7:30 a.m. to 3:30 p.m., weekdays or at any off-site location

(with proper documentation).

MUSC Health care team members who do not receive the flu vaccine or submit their declination paperwork by Dec. 13 will be placed on leave without pay until the flu vaccine is received or the required declination is submitted to Employee Health Services or face other disciplinary actions. Visit <https://www.musc.edu/medcenter/influenza/flu.htm>.

## MUSC CATALYST news

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# Managing one's mental and emotional well-being through holidays

During the holiday season, many look forward to festivities with friends and family. But for others, this time of year can be a great source of stress, anxiety and depression.

There are a variety of factors that can bring on holiday anxiety and depression. Some people experience increased financial burdens due to travel, gift or hosting costs. Others may feel overwhelmed, as the holiday season often includes a packed calendar of parties, performances and traveling that can be difficult to balance with everyday responsibilities and self-care, as well as loneliness due to missing loved ones.

The increased activity associated with the holiday season can certainly be a great source of joy; however, it is important to strategize ways that you can cope with challenges and reduce levels of anxiety and stress in the months ahead.

MUSC's employee well-being program, Imagine U, offers a wide variety of resources and challenges designed to promote psychosocial well-being. The following are strategies and associated Imagine U

challenges that you can place in your mental and emotional well-being toolbox as you move through the busy and often stressful weeks ahead:

## ☐ Practice mindfulness

In addition to professional mental health care, mindfulness can be an extremely valuable mental wellness tool. Certain practices can be particularly helpful if you are traveling or running on an unusual schedule, particularly app- or mobile-based platforms that you can utilize on the go during the busy holiday season.

- Participate in the "Try a Daily Wellness App" Imagine U challenge and earn points for engaging with an app that promotes mindfulness and provides brief guided meditations such as the Headspace or the Calm app.

## ☐ Avoid using alcohol and food for comfort

While using food and alcohol for comfort or escape can seem appealing, particularly during the holiday season where social gatherings are frequent and sometimes stressful, substance use or emotional eating

can ultimately worsen your issues. Studies indicate that there is a 20% overlap between people with anxiety or mood disorders and substance use disorders, and substances can exacerbate symptoms. When you feel that you need a relaxation aid, you can instead turn to a mindfulness

tactic or other healthy coping mechanism.

- Participate in the "Avoid Stress Eating" and the "Alcohol Risk Reduction" Imagine U challenges to identify health-promoting ways to manage stress and avoid stress-related consumption.

## ☐ Get moving outdoors

Many individuals struggle with depression during the winter months due to a lack of exposure to bright lights as well as decreased physical activity because of colder temperatures, less daylight and busy calendars. Numerous studies have pointed to the mental health benefits of spending time in nature, including stress relief, better concentration and improved energy

## MUSC Health & Well-being

By Susan L. Johnson, Ph.D.,  
MUSC Office of Health  
Promotion



- in addition to the highly correlational relationship between physical activity and mental health. Physical activity, particularly in nature, can be highly beneficial for both physical and mental well-being.

- Participate in the "Volunteer at the Urban Farm," "Bike to Work" or "Involve the Whole Family in Moving More" challenges to boost your vitamin D and your mood this holiday season.

For more information on Imagine U and to access the entire catalog of challenges on your desktop or mobile device, visit [www.musc.edu/iu](http://www.musc.edu/iu).

## Local professional group hosts annual minority scholarships, applications due Jan. 6

The Auxiliary to the Charleston County Medical, Dental and Pharmaceutical Association (ACCMDPA) Scholarship Program will award \$1,000 scholarships to African American students enrolled in MUSC's medical, dental or pharmacy programs. The Auxiliary is committed to reinforcing the importance of an inclusive, creative and productive health care environment. The purpose of the scholarship program is to encourage and reward academic excellence and help defray educational expenses for qualifying students. This is the second year that this scholarship is being offered by this organization to minority students. Applicants must be full-time students in good standing enrolled for the current academic year. Applications can be completed and submitted online at <https://accmdpa.wufoo.com/forms/zy4pokh1z0f3hf/>

For information, contact Sshune Rhodes at [accmdpa@gmail.com](mailto:accmdpa@gmail.com) or 843-475-1332. Completed applications must be submitted electronically by Jan. 6, 2020.

## Gain knowledge instead of weight before holiday parties

The Weight Management Center team at MUSC Health whipped up a tip sheet to help get you through the holidays.

1. Focus on weight management instead of weight loss during the holidays. Set realistic goals for the holiday season.
2. Plan to "not" diet after the New Year. Anticipation of food restriction sets you up for binge-type eating over the holidays.
3. Record and graph weight daily; begin before holiday parties/eating begin.
4. Record eating and calculate calories.
5. Do extra laps while shopping in malls, stores, etc.
6. Plan more than three days of exercise (e.g., walking, soccer with kids, gym) and record the planned exercises on your calendar at the beginning of the week.
7. Drink plenty of water each day, around 64 ounces.
8. Put holiday food away within two hours of serving it.
9. Be on the lookout for whether food cravings are psychological versus experiencing actual hunger, which is physiological. If you're having a craving or you're unsure, remove yourself from the situation and distract yourself. If you still feel hungry 20 minutes later, then have a healthier snack.
10. Consider whether a food is worth the exercise

needed to burn it off.

11. You can have your favorite holiday foods but just eat smaller portions of them.
12. Choose only foods you really want. Don't waste calories on mediocre foods or foods you wouldn't miss if you didn't have them.
13. Take small healthy snacks when you go out shopping.
14. Eat off of smaller plates.
15. Make a plan. It's easier to deal with a situation if you have planned ahead. Set a limit of how much you can have at a party.
16. Eat a light snack before going to holiday parties. Try a piece of fruit, light yogurt or string cheese before you go.
17. Do some physical activity every day. Physical activity, especially aerobic activity, can help relieve stress, regulate appetite and burn extra calories from holiday eating.
18. Take steps to avoid recreational eating. Eat slowly. Once you're done, sip on a glass of water, pop a mint or chew a stick of gum and stay away from food areas.
19. When setting food out, place healthier foods such as fruits and veggies so they're easier to reach and make higher calorie foods such as desserts harder to reach.
20. Reduce the calories in holiday recipes.

# Inclusion to Innovation Summit features leaders, experts

BY HELEN ADAMS

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Emergency medicine professor and doctor Lisa Moreno is about to become the first female president of the American Academy of Emergency Medicine. She's a global health consultant and advocate for women and minorities in leadership positions. She's published almost 50 research papers.

But her many accomplishments don't shield her from implicit, and at times explicit, bias.

At MUSC's Inclusion to Innovation Summit, she told the story of how one patient couldn't believe Moreno, a Latina, could be her doctor. The woman called Moreno a name and said she looked like someone off the street. Moreno, who works and teaches at Louisiana State University Health Sciences Center-New Orleans, had to defend her authority and her credentials — and not for the first time.

It was a reminder to attendees that having and being part of a diverse workforce isn't always easy. But as Moreno and other speakers emphasized, diversity is essential. It's not only the right thing to do. Research shows that it actually gets better results for businesses.

That's part of the message that summit organizers Willette Burnham-Williams, Ph.D., and Anton Gunn wanted the event to send. It's also why they flew in Moreno and another nationally known leader in the field of diversity and inclusion, Howard Ross, to help to lead the summit. Ross, the founder of Cook Ross, is the bestselling author of "Everyday Bias: Identifying and Navigating Unconscious Judgements in Our Daily Lives" and an international speaker.

"Above all else, I wanted the summit to accomplish two things," Gunn says. He serves as chief diversity officer for MUSC Health. "One, implicit bias is a huge detriment to us individually and organizationally if we're not aware that we have it. The goal for me is for every person to think about their own implicit biases and what they can do once they

become aware of their biases."

His other goal was to bring together people who are trying to increase diversity and inclusion in their workplaces. The audience of more than 120 people included representatives from Blackbaud, the University of South Carolina, Clemson University, Trident Technical College and Greenville Technical College, as well as MUSC.

Burnham-Williams, chief diversity officer for the university side of MUSC, shared the goals. "Our big picture when we founded this summit for MUSC was to create a network through this program of diversity and inclusion strategists, particularly in the region, to be able to have this once-in-a-year opportunity to talk about challenges, our long-term vision and big picture ideas about where diversity and inclusion is going, especially in academic centers and higher education."

In addition to Moreno and Ross, the speakers included experts on the needs of LGBTQ people, macro and microaggressions, building diversity and inclusion in institutions and promoting justice and equity in the workplace.

And some of them reminded summit-goers that you can't always make assumptions based on a person's credentials or appearance. Chase Glenn, executive director of the Alliance for Full Acceptance in Charleston, made that point. "I'm a trans man," he said. He's married with a wife and child.

"LGBTQ is not a monolithic group. They don't all experience life in the same way."

In another session, MUSC associate professor DaNine Fleming said every person has value. "You deserve to be treated well," she said, and repeated it three times.

She also made a graceful comparison. "Diversity is inviting you to the dance. Inclusion is asking you to dance. Belonging is allowing you to be able to choose the music at the dance also."

Burnham-Williams and Gunn said that the summit comes at a time when MUSC



*Photos by Sarah Pack*

**Dr. Lisa Moreno tells a story about being insulted by a patient who didn't think she looked like a doctor.**

and MUSC Health are practicing what they preach. Burnham-Williams pointed to MUSC's acquisition of four regional hospitals this year in Lancaster, Florence, Marion and Chester.

"Four very different communities across our state are now part of our MUSC health care system. How innovative is that?" she said. "Looking at the most rural of our counties and introducing to them the opportunity for the best health care available in our state."

Gunn said the MUSC College of Medicine's student makeup is another example of diversity and inclusion in action. "We lead the nation in the numbers of African Americans in the College of Medicine in a predominantly white institution. We're in the top five, by percentage top two. That's innovative

because we know that the race and ethnicity of your clinician has an impact on health outcomes. The fact that we're producing more clinicians of color who will deliver care, we're improving health outcomes for patients."

They're both enthusiastic about the keynote speaker for next year's Inclusion to Innovation Summit: the Rev. Nontombi Naomi Tutu, daughter of Archbishop Desmond Tutu.

"We want to continue to make the summit an opportunity for diversity strategists to convene annually in support of our work and organizational vision," Burnham-Williams said.

Gunn is ready to take what they've learned at this year's event back to work with them at MUSC. "I definitely left inspired," he said.



**Dr. DaNine Fleming, unconscious bias faculty scholar at MUSC, works the room during her talk.**

## MEET KATY



**Catherine "Katy" Decker**

**Department; How long at MUSC**  
 MUSC Health Mother and Baby and  
 Antepartum; 7-plus years

**How are you changing what's possible  
 at MUSC**

*I love encouraging my team to learn more  
 and create an environment that is accepting  
 of change and new practices. We work  
 hard to collaborate to improve the patient  
 experience and think creatively to improve  
 care.*

**Favorite holiday tradition**

*My family does the Turkey Day run/walk  
 together. My mom also makes an extra  
 turkey for the nurses who are working.*

**What is your idea of a dream job**

*Something with policy and improving the  
 health of South Carolina as a whole*

**Last book read**

*"Where'd You Go, Bernadette" by Maria  
 Semple*

**Something you are looking forward to  
 in 2020**

*Watching my kids continue to grow*

## The MUSC Angel Tree Parade of Toys



**Date:** Friday, December 6, 2019

**Time:** 12:00pm

**Location:** We will start the Parade on Ehrhardt Street and march  
 through the Medical District Greenway to Jonathan Lucas turning  
 onto Calhoun and then taking a left onto Ashley Avenue where we  
 will unload the toys in the MUSC Horseshoe.

*It will change your holiday  
 experience this year!*



Changing What's Possible

## EXPERIENCES OVER STUFF

\*Offers MUSC Employee and Student Discount

This holiday season, don't purchase items that will be thrown away. Spend money on  
 memories that will last a lifetime. Use this list of local suggestions as a guide to find new and  
 exciting experiences to gift to your friends and family!

### WELLNESS

- Barre Evolution\*
- Breathe Pilates\*
- Holy Spokes\*
- Longevity Fitness\*
- Planet Fitness\*

### ADVENTURE

- Biltmore Estate\*
- Carwinds\*
- Charleston STAGE\*
- Great Wolf Lodge\*
- Kings Dominion\*
- Zipline Adventures
- Charleston County Parks\*
- Charleston Outdoor Adventures
- Charleston Dive Locker SCUBA Cert
- Wild Blue Ropes Course
- Skyzone

### SHOWS & SPORTS

- Riverdogs Tickets \*
- Charleston Battery \*
- Charleston Stingrays\*
- Comedy Show at Theater 99
- Charleston Stage \*
- Charleston Symphony
- Ghost Tour with Bulldog Tours

### LEARNING & ART

- Wine & Design\*
- Riverbanks Zoo & Garden\*
- South Carolina Aquarium\*
- Dance Lessons at DANCEFX Pottery
- Class at Clay Cottage
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This is not by any means a full list, just a compilation of suggestions.

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# MUSC is first ALS certified treatment center of excellence in S.C.

BY **BRYCE DONOVAN**

[donovanb@musc.edu](mailto:donovanb@musc.edu)

The ALS Association (ALSA) recently recognized MUSC Health as a Certified Treatment Center of Excellence Program confirming it meets the highest levels of established national standards of care in the management of Amyotrophic Lateral Sclerosis (ALS).

ALS – or Lou Gehrig’s disease, as it’s commonly referred to – affects one’s ability to walk, talk, swallow, hold items and breathe. It occurs when nerve cells in the spinal cord and brain progressively deteriorate. Every day, 15 new cases of ALS are diagnosed. Currently, there is no cure for the disease.

With this designation, MUSC becomes the only program of its kind in the state and one of only 70 in the country.

“This means South Carolinians with ALS can stay in the state and get the highest quality of care possible as well as participate in groundbreaking ALS research,” MUSC Health CEO Patrick Cawley said of the designation. “This is a

big deal, and everybody involved worked very hard to make it happen.”

MUSC received the news on Nov. 14, and the following day, MUSC and ALSA made the special announcement during a celebratory event at the Drug Discovery Building. Representatives from both organizations shared their sentiments, as did ALS patient Ron Faretra, who was diagnosed with the disease in June of 2017.

“I’ve spent time in three incredible clinics since being diagnosed, and MUSC is by far the finest of all of them, and I mean that from my heart,” Faretra told the audience.

“All of us who work in medicine – we get into it for different reasons – but ultimately, we want to make a difference,” said Jonathan Edwards, M.D., chairman of MUSC’s Department of Neurology. “So that’s why these credentials matter. To do this, you have to commit to the highest possible standard in all facets, and everyone on

See ALS on page 11



Photo by Bryce Donovan

The Amyotrophic Lateral Sclerosis Association recently named MUSC a Certified Treatment Center of Excellence Program. It becomes one of just 70 such centers in the United States.

## ANGEL TREE DONATIONS

Thank you for choosing to “adopt” a child in need this holiday season. We hope our sponsors will donate the following items for EACH Angel (new and unused) -

- \*2-3 gifts/toys of your choice that are age appropriate.
- \*Consider using the Angels wish/need list items located on the Angel tag.

**HOW TO PACK YOUR ANGEL TREE DONATIONS**

**PLEASE -**

- \*use the provided clear bags for your donations
- \*DO NOT wrap gifts for security measures
- \*separate bags should be used for each Angel adopted
- \*be sure to place the Angel tag with the Angels unique numeric code inside the bag provided, facing outwards
- \*items too large to fit into the provided bag (ex. bike) please label it with the unique Angel code found on the Angel tag
- \*return the Angel donations by the due date listed on the tag. Donations can be brought to the Angel Tree Parade on Dec. 6th or dropped off at the Salvation Army (9AM-4:30PM), Northwoods Mall office (10AM-4:30PM), or North Charleston Convention Center December 14-19, 9AM-6PM.

**FOR ADDITIONAL INFORMATION CONTACT:**  
Melissa Kubu 843-792-3120 [fullerme@musc.edu](mailto:fullerme@musc.edu)

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# Artists get a glimpse of their art in new hospital

BY LESLIE CANTU  
cantul@musc.edu

Whimsy and delight. Those were the attributes that a volunteer committee kept in mind as its members selected artwork to decorate the halls of the new MUSC Shawn Jenkins Children's Hospital and Pearl Tourville Women's Pavilion.

"The end result is greater than I would have imagined in my wildest dreams," said Kelly Loyd, a volunteer family advisor with the MUSC Children's Health Patient and Family Advisory Council and member of the art selection committee. Her twins were born almost 12 weeks early and spent their first months in the MUSC neonatal intensive care unit. Today, the 12-year-olds are thriving preteens.

The hospital hosted a small reception and walking tour Nov. 22 for local artists

whose work is displayed throughout the facility.

People walking into the main lobby will immediately see a wall of hazy green and blue glass. The soothing colors are the marsh, photographed in an abstract style by John Duckworth. Duckworth set the horizon line between floors, so that people on the ground floor see the marsh and people ascending to the first floor see the sky.

"The idea that the work was selected to set the initial tone for the space is humbling," he said, adding that he is "super honored to have the work here."

About 30 local artists were selected to have works displayed. Some nonlocal artists were selected as well. In those cases, said Britt Bates, Arts in Healing Collections Coordinator, the committee sought what it termed "discovery prints" – illustrations in which a parent and child will keep discovering new things as



Photo by Sarah Pack

**Artist John Duckworth explains how his abstract landscape photo depicts the marsh in the entrance lobby. Walk up the stairs, and the photo continues and shows the sky above.**

they wait for an appointment.

The artwork is located in hallways, patient rooms and exam rooms and was selected with each unit in mind. The

Emergency Department exam rooms, for instance, have local schoolchildren's

See **ART** on page 11



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**LUNG** *Continued from Page One*

taken off across the U.S.," Pastis says. "We're detecting a large number of nodules across the country. This is a strategy to help deal with them."

Lung nodules are small abnormal tissue growths that can be essentially harmless — or very dangerous. The problem in the past was that not only was lung cancer being detected at an advanced stage about 70% of the time, but also when nodules were spotted in earlier stages — when the cancer might be curable — it was sometimes tough to safely examine them.

Traditionally, a CT-guided needle biopsy was used to diagnose these nodules, but it can have a complication rate as high as 15 to 20% where people

get collapsed lungs or bleeding," Pastis says. "So this offers a safer method, and also the opportunity to get a little more information. While doing the bronchoscopy, you can actually see if cancer has spread to other lymph nodes with another scope and determine what stage the cancer is."

The Monarch robotic bronchoscopy system was developed by Auris Health and has been tested in a feasibility study at major universities, including the Medical University of South Carolina. It has been approved by the Food and Drug Administration.

Pastis says it's meant to be used in patients who have lung nodules and are at increased risk of having cancer. That includes people over 65, smokers, people who have been exposed to cancer-causing

chemicals such as asbestos and people who have the gas radon in their homes.

Here's how the robotic bronchoscopy works. A doctor or nurse puts the patient to sleep with anesthesia, then the lung specialist runs a long tube about the width of a coffee stirrer through the mouth and into the lung. The doctor then uses the robotic system to guide the bronchoscope to the nodule to collect a tissue sample for testing.

The robotic scope gets you there and lets you have very fine motor control of the tip of the scope way out in the lung," Pastis says. "It has a mother-daughter scope configuration. The larger scope locks you in position, then you put out a very thin scope that allows you to steer through multiple branches of the lung and angle the needle directly into the

nodule."

He says the only caveat he's noted so far is that when biopsied tissue tests negative for malignant cancer, that's not necessarily the final answer. "You're not always definitively able to rule out cancer unless you get a separate diagnosis, like infection. Some of the patients with negative bronchoscopies will need further follow up."

In the future, he says the bronchoscope may be used to not only test for but also treat cancer, using radiofrequency ablation and cryotherapy. Radiofrequency ablation uses an electrical current to heat and destroy cancer cells. Cryotherapy kills cancer by freezing it.

Pastis is part of the Lung and Thoracic

*See LUNG on page 11*

**MOBILE** *Continued from Page One*

MUSC President David J. Cole, M.D., FACS, touched on new and existing resources that can strengthen this joint effort. "The Healthy Me-Healthy SC program reflects the strategic alignment of the missions, strengths and capabilities of both of our institutions. By uniting existing infrastructure and resources such as telehealth, the agricultural extension network, our MUSC Health regional hospital campuses and screening vans, we can develop a series of outcomes-driven programs positioned for regular evaluation, continuous improvement and tangible impact."

As a founding member of the South Carolina Telehealth Alliance, a collaboration established to empower care providers and patients across the state to use telehealth effectively, MUSC is uniquely prepared to continue to lead our state's telehealth efforts. The program also builds on Clemson's leadership in addressing health-related challenges via Cooperative Extension. Both Clemson and MUSC have a proven track record of collaborating across the state with other leading universities and health systems to improve the health of South Carolinians.

Designed to build healthier communities by establishing innovative grassroots health partnerships, Healthy Me-Healthy SC offers services targeting areas where Palmetto State residents have

a high prevalence of health issues.

Made possible by funds from the South Carolina General Assembly and the support of Gov. Henry McMaster, Healthy Me-Healthy SC benefits from resources specifically designated for health innovations. The program intends to leverage MUSC and Clemson's collective expertise in education, health and community outreach — as well as the statewide reach of both institutions — to expand health care options to some of the state's most underserved regions. Utilizing existing locations like the Clemson Cooperative Extension Service, which has a presence in all 46 counties, as well as MUSC Health hospitals in Chester, Florence, Lancaster and Marion counties, Healthy Me-Healthy SC is well-positioned to mobilize health care services on a large scale across rural South Carolina.

Leaders at MUSC, the state's only comprehensive, publicly assisted, academic health sciences center, and Clemson, the state's premier land-grant research institution, plan to measure the program's success through its long-term health outcomes.

"Our goal is to build a nationally recognized health innovation program that will have measurable, positive impact on improving health outcomes in rural counties across our state," said Ron Gimbel, Ph.D., special assistant to the provost and chairman of the Department of Public Health Sciences at Clemson

University. "We are particularly focused on those in underserved counties where the access barriers and other social determinants of care are substantial."

"Results of the pilot programs have confirmed the need for and the value of Healthy Me-Healthy SC," said Patrick J. Cawley, M.D., CEO of MUSC Health and vice president for Health Affairs, University. "This partnership has the potential to yield significant advances in health care delivery, health outcomes, and health equity in high-need counties."

Clemson and MUSC have a long history of successful collaboration, developing programs to benefit faculty, students, the people of South Carolina and constituents well beyond the South Carolina state borders. A few of the ongoing joint initiatives include:

☐ Accelerated pathways to MUSC professional health degrees, which are

designed to reduce student debt by enrolling students at MUSC after three years at Clemson instead of four.

☐ MUSC-Clemson Operating Room of the Future, in which our research teams are crafting functionally modernized operating rooms based on extensive data and provider observations of best practice.

☐ MUSC-Clemson Bioengineering Program, which began in 2013 and entails faculty from each organization working together to submit joint grant proposals to pursue major funding opportunities.

Clemson-MUSC Biomedical Data Science and Informatics Ph.D. Program, is designed to develop professionals with expertise in data science focused on biomedical research who can leverage big data to improve health in the state and nation.



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# From soldiers to scrubs, MUSC honors veteran family

By ABIGAIL HUTCHINSON

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“The individual actions of these men and women create the collective result of furthering our lives. They enable us to live in freedom and celebrate this great country. They swore to an oath — a constitution — not a man: equality and justice for all. They are our heroes, our true heroes,” said Veterans Day keynote speaker United States Marine Corps Col. William C. Bentley III.

Bentley touched on numerous noteworthy topics during the 2019 ceremony, but it was his main takeaway message that seemed to resonate with those present. He described how the absolute sacrifice that many American military members made has allowed for a way of life that is unique to America and has paved the way, he said, for a sense of freedom, equality and justice that is rare.

Americans have long observed Nov. 11 as Veterans Day — a day to honor and acknowledge the price at which these liberties come. MUSC held its annual Veterans Day ceremony on Nov. 8 in the Institute of Psychiatry Auditorium. Jennifer Hooks, manager of the Performance Improvement Department, led the midday ceremony. As a veteran herself, Hooks places great importance on this annual ceremony, which, she said, always holds a particularly special place in her heart.

Hooks served 25 years on active duty in the United States Air Force. With a background in dentistry, she joined the Air Force as a dental assistant and retired as a chief master sergeant in July of 2010. As emcee of the event, she took the responsibility of planning and executing the ceremony quite seriously.

“It’s just important to me being a veteran and wanting more events to recognize military members,” Hooks said.

The event commenced with the Joint Base Charleston active duty honor guard performing the flag ceremony with precision. A powerful rendition of the national anthem by Jennifer Aldrich of Engineering and Facilities; the prayer by Frank Harris, USAF retired and MUSC chaplain; and the Pledge of Allegiance by LaQuanna Simmons, United States Coast Guard, a specialist in the Department of Human Resources, followed.

Hooks pointed out that the latest U.S. census reports that 8.9% of veterans are under the age of 35. Hooks noted excitedly that today, 1.6 million of those veterans are female a statistic that in and of itself reveals the progress that America, as a nation, has made, especially with the 100th anniversary of the 19th amendment approaching.

She also explained that nearly 75 years after World War II, the number of living veterans who served in



*Photos by Son Nguyen*

**Marine Corps Col. William Bentley addresses the crowd at the MUSC Health Institute of Psychiatry Auditorium.**



**The Nov. 8 program began with the Joint Base Charleston Color Guard’s presentation of colors and Pledge of Alligance.**

this pivotal war continues to decrease, which also contributes to the changing face of the military.

Hooks introduced Bentley, sharing his many accolades with the audience. After notable positions and posts, in 2018, he assumed command of Marine Corps Installations National Capital Region-Marine Corps Base Quantico. His personal decorations include the Legion of Merit, Defense Meritorious Service Medal with oak leaf, Meritorious Service Medal with one gold star, Air Medal with the No. 1, Joint Service Commendation Medal, Navy and Marine Corps Commendation Medal, Joint Service Achievement Medal, Navy and Marine Corps Achievement Medal.

His commendations signify a lifetime of distinguished service and dedication to country.

Bentley spoke about Kyle Carpenter, a medically retired veteran who received a U.S. Medal of Honor for serving with selfless and loyal ambition. The Medal of Honor is the highest U.S. military decoration awarded by Congress for gallantry at the risk of life above and beyond the call of duty. Carpenter, Bentley explained, risked his own safety to protect a fellow marine from a grenade. Upon his return to civilian life, Carpenter published a novel titled “You Are Worth It.” Bentley described an experience Carpenter had upon his return to the United States. When a taxi driver thanked him for his service, his reply was, “You are worth it.” Bentley explained that America, too, shares in that honor.

*See VETERAN on page 11*

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**ART** *Continued from Page Seven*

drawings of themselves as superheroes, often with encouraging messages to the observer.

The artwork in the women's pavilion is more mature. Three Jonathan Green lithographs grace the labor and delivery waiting room. A woven medallion by sweetgrass basket weaver Sue Middleton is displayed in a family respite area on the women's floor.

On the seventh floor, which contains public areas like the cafeteria, chapel, outdoor play area and a large meeting room, visitors will see a rotating display of patient portraits. The chapel includes a wall-sized fused glass representation of the Angel Oak on Johns Island by local artisan Bob Hines.

Altogether, there are more than 300 unique pieces in the new hospital, with room for more, Bates said.

**Lowcountry artists whose work is displayed at the MUSC Shawn Jenkins Children's Hospital and Pearl Tourville Women's Pavilion**

Anna Dolan	Kristen Solecki
Asher Robinson	Leigh Morning
Ashley Percival	Lulie Wallace
Blakely Little	Marius Valdes
Bob Hines	Mary Edna Fraser
Britt Bates	Mimi Wood
Christian Price	Nancy Lemon
Corey Brown	P-Nut
Fallon Peper	Raven Roxanne
Julia Fellers	Sisal Creative
John Duckworth	Stitch Design Co.
Jonathan Green	Sue Middleton
Karin Olah	Tami Boyce
Kate Hooray Osmond	Tate Nation
Katherine Dunlap	Way Way Allen

**LUNG** *Continued from Page Nine*

Cancers Program team at MUSC Hollings Cancer Center. "We have a very patient-centric shared decision-making program. A lot of times, people get these nodules detected in outside hospitals, but they don't have the infrastructure to deal with them. We have a multidisciplinary tumor board meeting for our patients. We have the opportunity to minimally invasively diagnose them and sometimes prevent surgeries and invasive procedures that are unnecessary."

The Monarch robotic bronchoscopy system is the latest part of that process, Patis says. It stands to benefit patients not only at MUSC Health but also in other hospitals that are offering the procedure to fight a disease that kills more people than breast, colorectal and pancreatic cancer combined. "This could help hundreds of thousands of people across the United States."

**VETERAN** *Continued from Page Ten*

"Our way of life is worth it. It's not perfect; in fact, we should be working on it every day. The diversity of our country is the strength of our country," he explained.

Bentley also expressed his newfound appreciation for caregivers. After two separate medical emergencies within the family that led to significant time spent within the walls of MUSC, Bentley felt overwhelmed by the selflessness with which these care providers dedicated themselves to patients. "For me, this year has been the year of caregiver appreciation. Both for my family, my wife and my extended family." Equally, Bentley felt especially honored by the commitment to service of those veterans currently employed at MUSC.

Among those in the audience moved by Bentley's comments was MUSC employee Kim Jones, who recently completed her 21st year of service in the Army Reserve. Jones' decision to serve was one that took extreme strength and sacrifice as a single mother to a little one.

"We have to leave one world to go into uniform and come back to the other one in a different world. Being a single parent and leaving that one small child – it's hard. At the same time, you are grateful to have served and for your contributions during that moment," Jones said.

Also present at the ceremony was Robert Hedden, who served in the U.S. Navy as a medical technician for 20 years. "One country, one flag," Hedden said proudly.

MUSC honored all service members present with challenge tokens at the conclusion of the ceremony. As each individual veteran made his or her way to the stage, it was clear to see how many had risked their lives for the sake of the country. On the MUSC campus, as all across this nation, heroes are camouflaged within the uniforms of everyday life. While Nov. 11 may serve as a day of recognition, service members put their lives on the line every day of the year.

Bentley concluded his address, acknowledging the sacrifices made by veterans while also emphasizing the sacrifices that today's military members make as they continue to fight for the liberties American citizens enjoy each and every day.

He also paused to reflect on the fallen. "I would be remiss if I didn't speak of the lost brothers along the way. Some in war some in peace. But their loss hurts. Their love of country is what brought us here. We do what we do for the love of our country. The loss creates a hole but also a drive to continue so their sacrifice is not in vain."

**Bentley****Chen****ALS** *Continued from Page Six*

the team has to commit to one another. I'm very proud of all the work we've done to be at this point."

I-Hweii Amy Chen, M.D., Ph.D., director of the Neuromuscular Division and director of the MDA/ALS clinic, expressed her gratitude to those who matter most in the battle against ALS.

"At the core of this is our patients," she said. "They have allowed us the privilege to walk this journey alongside them. And thanks to their strength and inspiration, we find ourselves here today."

As a Certified Treatment Center of Excellence Program, MUSC Health's multidisciplinary team works to slow the disease progression by using evidence-based guidelines and practices to help manage symptoms through a variety of services, including physical, occupational, speech and nutritional therapies.

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# MUSC IN THE COMMUNITY FOR TUW DAY OF CARING



Photos provided

For 19 years, MUSC employees and students have rolled up their sleeves as volunteers helping schools and organizations in the community for the Trident United Way's annual Day of Caring. Eleven MUSC teams participated in the Nov. 15 effort. Left photo: Members of the MUSC Medicine team help with organization at James B. Edwards Elementary School in Mount Pleasant. Center: Engineering and Facilities carpenters Chris Riley, from left, Kenwyn Peters, Frankie Adams and Al-Sam Allah worked on projects at Beech Hill Elementary School in Summerville. Right photo: Allah helped construct shelves at the school. For more information about the Day of Caring, visit <https://www.tuw.org/dayofcaring>.

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