

RUSSELL MEDICAL CENTER

# Connections

MEDICAL NEWS YOU CAN USE

SPRING 2011



## *Inside this issue*

- 4** Meet your health care goals with Dr. Clawser
- 8** A new "twist" on fitness
- 12** We're a 100 Top Hospital!

# Special delivery

## Welcoming a new physician

**B**abies win the hearts of everyone. But it was more than just those sweet faces that inspired Rory A. Clawser, MD, obstetrician/gynecologist and infertility specialist, to practice medicine. He wanted to partner with patients to work toward—and eventually achieve—health care goals through young adulthood, pregnancy and menopause.



ship and residency and served as chief resident. “During my final rotation in Ob/Gyn, I fell in love with delivering babies and taking care of expectant mothers,” says Dr. Clawser. It was the perfect combination of his interests and skills as a physician.

A goal-driven person, Dr. Clawser is motivated by recognizing and achieving milestones with patients. “In gynecology, you can manage problems and truly cure a gynecologic issue,” Dr. Clawser says of what he enjoys most about practicing medicine. Obstetrics offers the same sense of satisfaction by different means. “The patient and I are on the same team, working toward the same goal,” he says. An obstetrician must not only be a good physician to manage pregnancy-related health issues, but an accomplished technician in performing surgeries and delivering babies.

### FINDING HIS PLACE

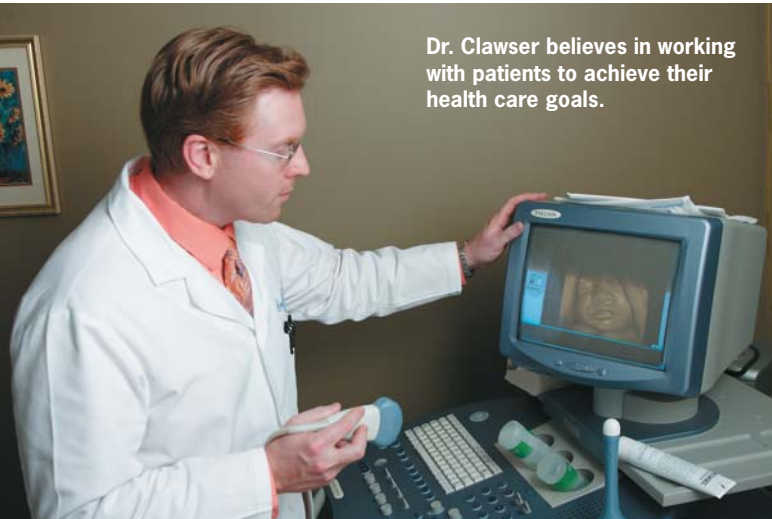
Dr. Clawser hails from Orlando, Fla., where he attended an international program during high school. It was while at Emory University in Atlanta, Ga., that he discovered his interest in medicine. “I was initially pursuing psychology, but eventually realized that I wanted to interact with people on a personal level, while practicing medicine on a technical level,” he says.

He went on to medical school at the Medical College of Virginia in Richmond, where he completed an intern-


### MAKE THE MOST OF OB/GYN CARE

When choosing an Ob/Gyn, Dr. Clawser recommends women work with a physician they feel is truly invested in their pregnancy. “Some larger practices have multiple physicians working with a patient and use a call schedule for births,” he says. This means the physician who has worked with a patient throughout her pregnancy may not be the same physician delivering her baby. “Being available for my patients was important to me in choosing where to practice,” says Dr. Clawser. “At Russell Medical Center (RMC), we’re able to do our own deliveries 80 percent to 90 percent of the time.”

Just as important as choosing the right physician is knowing when you need him or her. “Some issues are just better managed by an Ob/Gyn,” says Dr. Clawser. He estimates that nearly one-third of chronic pelvic pain is gynecologic and is best treated by an Ob/Gyn, though



Dr. Clawser believes in working with patients to achieve their health care goals.



Dr. Clawser, his wife, Emily, and their boxer, Shatzi, enjoy spending time outdoors hiking, kayaking and cycling.

## > Focus on women

### Dr. Clawser provides care for the following:

- high- or low-risk pregnancies
- endometriosis
- chronic pelvic pain
- infertility
- birth control/family planning
- polycystic ovarian syndrome
- breast pain
- breast disease
- weight loss
- heavy irregular bleeding
- general gynecologic health

### He also performs:

- gynecologic surgery
- hysterectomies
- laparoscopic surgery
- testing and treatment for abnormal Pap tests

most patients will first see a gastroenterologist—a physician specializing in digestive health. “They may be treated for pelvic pain that needs to be addressed or evaluated by an Ob/Gyn,” he adds.

Another issue women should be aware of: heavy or irregular bleeding. “We’ve seen some great advances in treatment for these issues,” says Dr. Clawser. “Women shouldn’t be afraid to see an Ob/Gyn to determine how they can be helped.” Hysterectomy (removal of the uterus) was previously the traditional treatment for heavy or irregular bleeding. However, new advances using the Mirena IUD or ablation provide relief for many women, while helping them avoid major surgery.

### FROM YOUR FAMILY TO HIS

When he and his wife, Emily, started planning their future, they knew a small-town environment would be where they would want to raise their family. “My beautiful wife, Emily, is originally from a small town, and I like the benefits of small-town medicine,” says Dr. Clawser. Namely, he enjoys the opportunity to get to know patients

and work in a tight-knit medical community. “The physicians at RMC know each other and work together well,” he says. “I knew right away that this was the environment I wanted to be in.”

Ironically, the Clawsters’ favorite hobby is snow skiing. “We’ll take a trip once a year to Colorado or Utah and spend Christmas on the slopes,” says Dr. Clawser. But they don’t mind living in an area lacking snowy mountains; he’s happy to be somewhere where he, Emily and their boxer, Shatzi, can explore the outdoors. “On the weekends, we’re hiking, kayaking and bike riding, all really close to home,” he says. “We’ve fallen in love with Alexander City and RMC. We know this is a great place to practice medicine and raise a family.” ●

## > Ladies first!

To make an appointment with Dr. Clawser today, call **(256) 234-3477**.

# Forget your fears ...

Check out these new offerings at Total Fitness at RMC

**D**esigned for excellence, Total Fitness at Russell Medical Center (RMC) offers you a total body solution under one roof. The spacious, 20,000-square-foot facility features state-of-the-art exercise and rehabilitation equipment and the only indoor aquatics classes available in the area. Each month, Total Fitness has a full calendar of classes available to members that range from high- and low-impact aerobics, to body sculpting, Pilates and yoga. ●

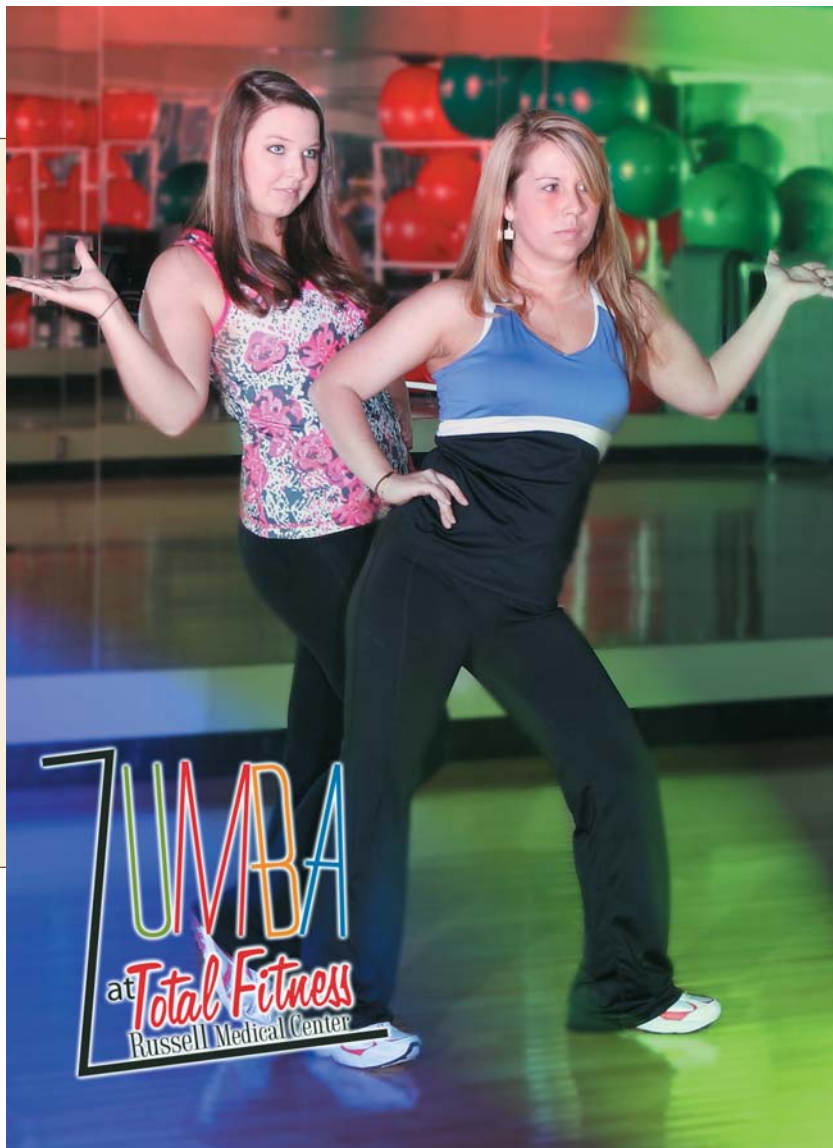
## > Zumba

Zumba is both a dance and fitness class. The Zumba workout fuses Latin rhythms with easy-to-follow dance moves. In addition to its heart-health benefits, Zumba provides a workout for the whole body. Zumba routines use nearly every muscle and joint in the neck, upper body, legs and feet with fun dance moves and aerobic undertones. Even those who are just learning the dance steps will find themselves waking up the day after a Zumba class with that post-workout feeling.

> **Instructors: Anna Burnes and Barbara Bates**

## > Get fit!

For membership information and pricing, call **(256) 329-7623**.



# Face your fitness

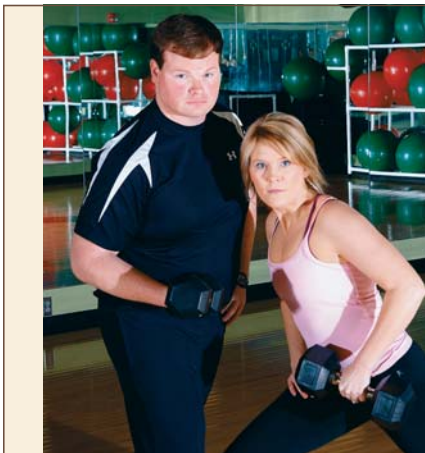


## > SpinFit

Burning calories and getting a good cardiovascular workout don't have to be boring. Cycling is an excellent way to do both, but the weather, daylight or lack of equipment may restrict some from biking outdoors. Indoor spinning classes are designed as an indoor alternative and provide many fitness benefits.

The newly renovated spinning studio in the Total Fitness center is equipped with state-of-the-art spinning bikes. SpinFit classes are an intense cardiac workout, increasing and decreasing heart rate in regular intervals. Participants can burn up to 500 calories in one 45-minute class, and the tension on the stationary bikes can be adjusted to make a session more intense, or to simulate hills as if riding outdoors. Participants also enjoy the fun of a group environment with upbeat music to stay motivated.

> **Instructors:** George Hardy, DMD, and Chase Carter



## > Friends for Fitness

There's no better means of accountability than the company of your friends. Friends for Fitness is a group training program that personalizes the fitness plan for you and your workout buddies. Fitness specialists customize your workouts and class and gym times to meet the fitness goals of you and your group. You can also schedule specific classes to be offered at the times your group needs. This program combines the fun of friends, group accountability and the luxury of personal training in one package.

> **Fitness specialists:** Cara Tidwell, Matt Parker and Amy Jones

Fitness specialists at Total Fitness at RMC customize your workouts, class and gym times to meet your fitness goals or those of your friends or fitness group.



# Going for gold

## Russell Medical Center named one of the nation's 100 Top Hospitals

**R**ussell Medical Center (RMC) was named one of the nation's 100 Top Hospitals® by Thomson Reuters, a leading provider of information and solutions to improve the cost and quality of healthcare. On a grander scale, RMC was one of only six hospitals in the United States to be awarded the prestigious Everest Award. This award honors hospitals that have achieved both the highest current performance and the fastest long-term improvement over five years.

### ONE OF THE TOP 100

The 100 Top Hospitals annual study is unique in that it evaluates hospitals on measures of overall organization performance, including patient care, operational efficiency and financial stability. The study compares hospitals with similar facilities in terms of size and teaching status, and evaluates performance in 10 areas:

- mortality
- medical complications
- patient safety
- average patient stay
- expenses
- profitability
- patient satisfaction
- adherence to clinical standards of care
- post-discharge mortality
- readmission rates for heart attack, heart failure and pneumonia

“The 100 Top Hospitals award is given to hospitals that have proven they’re the best in the nation at providing care that is effective, safe and patient centered,” says Jim Peace, President and CEO of RMC. “It further recognizes us as a hospital that is a financially stable employer with high scores in patient perception of care. We are humbled,



Hugh Neighbors (left), RMC board of directors member, and Don McClellan (right), executive director of the Lake Martin Area Economic Development Alliance, congratulate Jim Peace (center), RMC president and CEO, at the press announcement.



“[This] award is given to hospitals that have proven they’re the best ... at providing care that’s effective, safe and patient centered.”

—Jim Peace, President and CEO of RMC

## > Raising the bar

**If all Medicare inpatients received the same level of care as those treated in award-winning facilities like RMC:**

- nearly 116,000 additional patients would survive each year
- more than 197,000 patient complications would be avoided annually
- expense per adjusted discharge would drop by \$462
- the average patient stay would decrease by half a day

proud and very excited to be named part of this elite group.” The study has been conducted annually since 1993. This is the first time RMC has been recognized with this honor.

To conduct the 100 Top Hospitals study, Thomson Reuters researchers evaluated 2,914 short-term, acute care, nonfederal hospitals. They used public information—Medicare cost reports, Medicare Provider Analysis and Review (MedPAR) data and core measures and patient satisfaction data from the Centers for Medicare and Medicaid Services (CMS) Hospital Compare website. Hospitals do not apply, and winners do not pay to market this honor.


The winning hospitals were announced in the March 28 edition of Modern Healthcare magazine. “This year’s 100 Top Hospitals award winners have delivered exemplary results, despite volatility from health care reform,”

says Jean Chenoweth, senior vice president at Thomson Reuters. “The leadership teams at these organizations have dealt with enormous ambiguity, yet remained focused on mission and excellence across the hospital which drove national benchmarks to new highs.”

RMC’s success in achieving this status is due to each and every member of the RMC family. We live our mission daily: Being the best because we care! ●

## > Make quality health care a priority

More information about this study and other 100 Top Hospitals research is available at [www.100tophospitals.com](http://www.100tophospitals.com).



The medical staff, leadership, nurses and employees, all play a vital part in providing the highest quality care.



The Quality Management Team (l to r): Danielle Waites, Kate Parker, Kay Beasley, Teresa Lamb, Brenda Duncan, Jane Holmes, Melanie Moseley, Cathy Hurst and Terry Helm

# Russell Medical Center

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Russell Medical Center

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Physician Referral Line (256) 329-7149

## Community calendar

### Health events at Russell Medical Center

To register or for more information about these events, call Enrichment Services at **(256) 329-7145**.

#### DEMENTIA SUPPORT GROUP FOR FAMILY AND CAREGIVERS

- Third Monday of each month, 10–11:30 a.m.
  - RMC Community Room
- Call **(256) 329-7177** for more information.

#### NEWBORN CLASS

- Thursday, May 5, 6–8 p.m., or Thursday, Aug. 4, 6–8 p.m.
  - RMC Classroom
- The cost is \$15.

#### CPR FOR INFANTS AND CHILDREN

- Tuesday, May 10, 6–8 p.m.
  - RMC Classroom
- The cost is \$15.

#### BREASTFEEDING CLASS

- Thursday, May 12, 6–8 p.m.
  - RMC Classroom
- The cost is \$15.

#### CHILDBIRTH CLASSES

- Tuesdays, July 5 to Aug. 2, 6–9 p.m.
  - RMC Community Room
- The cost is \$50.

#### RED CROSS SWIMMING LESSONS

Available through the aquatics program at Total Fitness at RMC. For session information, call Cara Tidwell at **(256) 329-7624**.

## > Neurologic Health Screening



**Date:** Thursday, May 26

**Time:** 9 a.m.–noon

**Location:** Total Fitness at RMC

Russell Medical Center will be sponsoring a Neurologic Health Screening at Total Fitness at RMC. An occupational therapist and a physical therapist will perform a brief screening of gait, balance, coordination, strength, ambulation and functional skills. Educational material and information for further services will be available to meet your individual and family's needs. Stephen Bryan, MD, neurologist, will be onsite assessing the results. Appointments are required. Call **(256) 329-7145** to schedule your screening.

