

St. James **WEST BANK CLINIC OPENS**



St. James Parish Hospital recently opened the St. James West Bank Clinic and welcomed Sarat Donepudi, MD, and Frannie Waguespack, RN, APRN, to its growing hospital family.

Dr. Donepudi interned at Government General Hospital in India and Henrotin Hospital in Chicago and completed his residency in general surgery at Metropolitan Group Hospitals of the University of Illinois and Fairview General Hospital in Ohio. In private practice for 34 years, he will continue to see patients at the Vacherie office he opened in 1980. A Fellow of the American College of Surgeons and Member of the Louisiana State Medical Society, he specializes in general practice and surgery.

Waguespack is certified as an emergency ambulatory nurse practitioner and occupational health nurse specialist. She brings nearly 40 years of experience to our community.



Pictured, from left, are Sarat Donepudi, MD; Wayne Waguespack, Board Member; and Mary Ellen Pratt, CEO.

St. James West Bank Clinic, a department of St. James Parish Hospital, is open Monday through Friday from 8 a.m. to 5 p.m. For an appointment, call **225-265-3013**.

St. James Parish Hospital consistently strives to bring more services to you through relationships with physicians and neighboring organizations. Our vision is to be your first choice for health care. For a complete list of physicians on staff, visit www.sjph.org or call **225-258-5930**.



CARING AND SERVING

I WAS RECENTLY RECOGNIZED as one of the nation's "50 Rural Hospital CEOs to Know" by *Becker's Hospital Review*. This was a HUGE

honor for me, but not because I personally won an award. I was filled with pride because of *why* I won it.

Becker's Hospital Review describes winners as "dedicated to advancing healthcare in communities and tackling the challenges of providing healthcare in rural or small towns with vigor." As the leader of a small, community hospital, I have found it challenging to attract services and specialists to our area, but our patients deserve the same options and high level of care they would receive at a larger facility. I am proud to say that this entire issue of our newsletter welcomes new physicians and new services. And this, more than any award, is what truly feels rewarding.

Dedicated to advancing health care in our community in 2015,

Mary Ellen Pratt

Mary Ellen Pratt, CEO



(www.sjph.org)

Did you know?

Seasonal Super Foods

- Spring is prime time for fresh produce packed with beneficial nutrients. Here are a few seasonal favorites to try:
- **Asparagus**—Rich in folate and vitamins A and C, asparagus spears may help boost your mood.
 - **Spinach**—This leafy green is filled with fiber, iron, and magnesium to energize you.
 - **Strawberries**—High in the antioxidant vitamin C, strawberries may help your skin recover from damage caused by environmental factors such as smoke and ultraviolet rays.



For the ultimate healthy snack, try tossing these ingredients together in a salad drizzled with lemon juice and olive oil.

Now Offering

Inpatient Dialysis

For a patient with chronic kidney failure, hemodialysis performs the job of the kidneys when they cannot. Some patients may need dialysis for the rest of their lives.

A patient receiving outpatient dialysis may need to be hospitalized for various reasons. St. James Parish Hospital is now licensed to care for these patients with trained staff who are able to perform dialysis at the bedside. Three experienced nephrologists* on staff at St. James Parish Hospital—Farida Baig, MD; Arzu Hatipoglu, MD; and Abdolamir Zadeh, MD—will be treating inpatient dialysis patients.

For more information, contact Natalie Louque, Case Manager, at 225-258-5936.

Did you know?

*A *nephrologist* is a medical doctor who specializes in kidney care and treatment of diseases of the kidneys. The term *nephrologist* comes from the Greek word "nephros," which means kidney or renal, and "ologist," which refers to someone who studies. Nephrologists are also called kidney doctors.



Urologist Joins Hospital Family

St. James Parish Hospital welcomes Clay N. Boyd, MD, board-certified urologist, to its growing hospital family.



As a hospital-employed physician, Dr. Boyd offers patients expanded options for appointments and procedures at the new St. James Urology Clinic, a department of St. James Parish Hospital.

Dr. Boyd has a professional background in clinical urology with experience in practice management and the training of physicians. He graduated summa cum laude with a bachelor of science from the University of Southwestern Louisiana in Lafayette. Under United States Air Force (USAF) sponsorship, he earned a medical degree from Louisiana State University (LSU) Medical Center in New Orleans.

Dr. Boyd completed his urologic residency at Charity Hospital in New Orleans. He fulfilled his active duty service commitment in the USAF Medical Corps as Urology Section Chief at the 92nd Strategic Hospital, Fairchild Air Force Base. After being honorably discharged with commendation at the rank of major, he entered private urologic practice in the greater New Orleans area. In 2007, he joined LSU Health Sciences Center as part of the faculty-rebuilding program following Hurricane Katrina and completed a healthcare master of business administration degree through George Washington University in 2009.

Dr. Boyd will provide general urology services that include:

- Cancer screening and surveillance exams
- Endoscopies
- Treatment of urinary infections
- Urolithiasis management
- Vasectomies
- Evaluation of sexual dysfunction
- Lithotripsy (coming soon)
- Laser endoscopies (coming soon)

Dr. Boyd sees patients on Mondays, Wednesdays, and Fridays from 8 a.m. to 5 p.m. in the Medical Plaza on the St. James Parish Hospital campus. For an appointment, call **225-258-2070**.

ENT Surgeries Without the Travel



Bijan Motaghedi, MD



Steven Scalco, MD

We are excited to now offer local ear, nose, and throat (ENT) surgeries at St. James Parish Hospital.

Steven Scalco, MD, and Bijan Motaghedi, MD—both ENT physicians on staff at St. James Parish Hospital—will be performing pressure-equalizing tube placement, tonsillectomy, and adenoidectomy procedures for a patient population ranging from toddlers to adults.

For more information, contact our Surgical Department at **225-258-5968**.

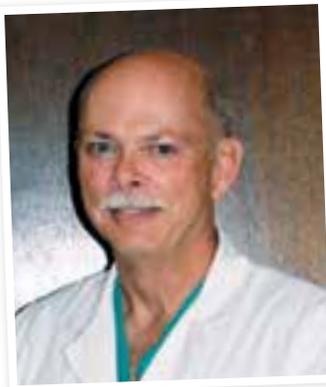




This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

New Clinic Provides Podiatry Care

Darek Guichard, DPM, recently opened an independent clinic specializing in podiatric services at St. James Parish Hospital.



Dr. Guichard has been practicing podiatry in Metairie and LaPlace for 24 years. After graduating from the University of Louisiana at Monroe with a bachelor of science in pharmacy, he received his doctorate of podiatric medicine from the College of Osteopathic Medicine in Iowa and completed his residency at East Jefferson General Hospital.

Dr. Guichard has held multiple leadership positions in the East Jefferson General Hospital podiatric medical residency program and has served as the program's director since 1997. He is certified by the American Board of Podiatric Surgery.

Dr. Guichard specializes in foot surgery, treatment for heel pain, ingrown toenails, corns, calluses, and bunions, as well as diabetic foot issues.

Dr. Guichard sees patients on Monday from 8 a.m. to noon at St. James Parish Hospital. For an appointment, call **985-651-6096**.



St. James Parish Hospital will again partner with the St. James Parish Elderly Program to sponsor the annual **Health Fair and Senior Picnic on May 27** from 9 a.m. to 1 p.m. at the **West Bank Reception Hall**. Seniors are welcome to come and enjoy live music, lunch, and a vendor fair, along with free cholesterol, blood pressure, bone density, and grip strength screenings.

The mission of St. James Parish Hospital is to provide excellent, quality, compassionate health care to our community. Committed to patient care and community education, we are "Large enough to serve, small enough to care."

2015 Calendar of Events

MARCH

- ❖ Healthcare Provider/BLS CPR March 12
- ❖ Heartsaver CPR/First Aid March 17
- ❖ Girls' Puberty Class March 18 at 6 p.m.
- ❖ Boys' Puberty Class March 18 at 6 p.m. (Meeting Room)
- ❖ Diabetes Support Group March 31 at 6 p.m. (Meeting Room)

APRIL

- ❖ Healthcare Provider/BLS CPR April 9
- ❖ Heartsaver CPR/First Aid April 21
- ❖ Diabetes Support Group April 28 at 6 p.m. (Meeting Room)

MAY

- ❖ Cholesterol & Chemical Profile Screenings (\$5) May 4 to 8 7 a.m.–5 p.m.
- ❖ Healthcare Provider/BLS CPR May 14
- ❖ Heartsaver CPR/First Aid May 19
- ❖ Diabetes Support Group May 26 at 6 p.m. (Meeting Room)
- ❖ Annual Health Fair and Senior Picnic May 27 (West Bank Reception Hall)

JUNE

- ❖ Healthcare Provider/BLS CPR June 11
- ❖ Heartsaver CPR/First Aid June 16
- ❖ Two-day Safe Sitter Class June 18 & 19 8 a.m.–3:30 p.m.
- ❖ Diabetes Support Group June 30 at 6 p.m. (Meeting Room)

JULY

- ❖ Healthcare Provider/BLS CPR July 9
- ❖ Two-day Safe Sitter Class July 16 & 17 8 a.m.–3:30 p.m.
- ❖ Heartsaver CPR/First Aid July 21
- ❖ Diabetes Support Group July 28 at 6 p.m. (Meeting Room)

Unless otherwise noted, all classes are held in the Community Education Room at David Reynaud Medical Plaza. The Meeting Room is in the hospital. Heartsaver CPR/First Aid classes begin at 8 a.m.

To R.S.V.P., visit www.sjph.org and click "News and Events" and "Events Calendar." Click the event/class and fill out the online registration form. If you do not have access to a computer, call **225-258-5952**.



St. James Parish Hospital is an equal opportunity provider and employer.