FOCUS ON:
COVID-19 SYMPTOMS

UP AND GOING AGAIN

Theresa Romzek

YOUR SAFETY IS OUR PRIORITY at CRMC

STAYING POSITIVE During the Pandemic

BETTER TOGETHER Community Helps Sew Face Masks

FROM OUR KITCHEN Spaghetti Sauce
Don’t Wait!

We’ve Created a Safe Environment for the Emergency and Urgent Care You Need Now

At Cookeville Regional, we understand this is a scary and uncertain time, but we want to reassure you that you can count on us to make your safety our top priority.

At Cookeville Regional’s ER, hospital, Urgent Care clinic and Cookeville Regional Medical Group provider offices, we...

- Continue to practice safe social distancing
- Continuously disinfect all areas
- Rapidly move patients to exam rooms
- Mask patients with respiratory symptoms
- Ensure patients remain a safe social distance from one another
- Provide proper personal protective equipment (PPE) for staff members

If you believe you are having a medical emergency, call 911. EMS can begin intervention before you arrive in the ER.

Get the help you need now at CRMC.

*For the most up-to-date information about COVID-19 and CRMC, follow us on Facebook, Twitter and Instagram, or visit crmchealth.org.*
At Cookeville Regional Medical Group, we know that now, more than ever, the stakes are high when you or a loved one is sick. That’s why all of our physician practices are taking additional sanitizing precautions, continuing to screen employees and patients upon entry, and keeping several other measures in place to make sure we can safely welcome patients who arrive for in-person visits.

Patients can receive care knowing that CRMG is going above and beyond to protect them by offering...

- **Telehealth Visits**
  Simply call us to make an appointment.

- **Clean Environment**
  A frequently cleaned environment when you enter.

- **Screening**
  We are screening all employees and patients upon entry.

- **Physical Distancing**
  Once checked in, patients wait in their cars until exam time.

- **Protective Equipment**
  Appropriate personal protective equipment (PPE) worn by all staff and patients.

Cookeville Regional — **CARE YOU CAN COUNT ON.**

- **GASTROENTEROLOGY**
  931-783-2616
  438 North Whitney Ave.

- **NEPHROLOGY**
  931-783-2902
  145 West Fourth St. Ste. 102

- **PULMONOLOGY**
  931-783-2143
  145 West Fourth St. Ste. 201

- **NEUROLOGY**
  931-783-4901
  128 North Whitney Ave.

- **FAMILY PRACTICE**
  931-783-5848
  128 North Whitney Ave.

- **FAMILY PRACTICE**
  931-783-4557
  120 Walnut Commons Ln. Ste. B

- **INTERNAL MEDICINE**
  931-783-4600
  128 North Whitney Ave.

- **UPPER CUMBERLAND UROLOGY**
  931-528-5547
  320 North Oak Ave.

- **CARDIAC, VASCULAR & THORACIC SURGERY**
  931-783-4269
  406 North Whitney Ave. Ste. 5

- **ENDOCRINOLOGY**
  931-783-2648
  406 North Whitney Ave. Ste. 3

- **COOKEVILLE REGIONAL URGENT CARE CLINIC**
  931-783-5553
  340 North Cedar Ave.
Cookeville Regional Medical Center (CRMC) has implemented a surgicalist program to complement the wide range of surgical services and specialties already available at the medical center.

Surgicalists are general surgeons who work only in the hospital and are immediately available to respond to patients who are brought into the emergency room with an urgent surgical condition.

The surgeons of Middle Tennessee Surgical Specialists will continue seeing patients in the region needing surgical care and will continue to perform surgery at CRMC.

When a patient comes through the ER needing urgent general surgery, they will be cared for by a surgicalist who will follow them through their hospital stay and also see them after their hospital discharge for a post-operative follow-up visit in their office, located in Suite 102 of the CRMC Professional Office Building, on Fridays. The office may be reached by calling (931) 783-2902.

The surgicalists will keep the patient’s primary care physician informed about the surgical care provided for his or her patient and arrange for any specialty care, therapy or consultations with other specialists. They will then transition the patient’s medical care back to the patient’s primary provider, or to another specialty physician if needed, who will manage the medical treatment after discharge from the hospital.

Surgicalists joining the staff at Cookeville Regional are Terah C. Isaacson, MD; Chinmay S. Majmundar, MD; Brandon R. Fadner, MD; and Danny Harrison, MD.

New Nephrologist and Infectious Disease Specialist Joins CRMC

Virin Ramoutar, MD, a specialist in nephrology and infectious disease, has joined the staff at Cookeville Regional Medical Center and the office of Cumberland Kidney Specialists, located at 221 N. Oak Ave. in Cookeville.

Dr. Ramoutar is seeing patients for nephrology as well as infectious disease on a case-by-case basis. He specializes in chronic kidney disease, home dialysis, proteinuria and hypertension, along with other chronic illnesses. To schedule an appointment with Dr. Ramoutar, call Cumberland Kidney Specialists at (931) 646-0880.

New Internal Medicine Specialist Joins CRMC

Internist Sarah Worley, MD, MPH, has joined the staff at Cookeville Regional Medical Center and Cookeville Regional Medical Group (CRMG). Dr. Worley will be joining other CRMG Internal Medicine specialists at 128 N. Whitney Ave. in Cookeville.

Dr. Worley, a native of Livingston, is pleased to be relocating to the Upper Cumberland area with her husband, Derek Worley, MD, a sports medicine physician who has joined Tier 1 Orthopedics in Cookeville.

To schedule an appointment with her, call CRMG Internal Medicine at (931) 783-4600.

New Neurosurgeon Joins Cookeville Regional

Neurosurgeon Walter Jermakowicz, MD, PhD, has joined the staff of Cookeville Regional Medical Center. He will be joining neurosurgeon Joseph Jestus, MD, at Tier 1 Neurosurgery, located at 105 S. Willow Ave. in Cookeville.

Dr. Jermakowicz is a general neurosurgeon with special interests in the treatment of spine, pain and movement disorders. He is trained in both open and minimally invasive spine surgery, and his focus in functional neurosurgery allows him to offer novel treatments for back pain not in the repertoire of a typical spine surgeon, including spinal cord stimulation and intrathecal drug delivery pumps. His pain practice also includes the treatment of trigeminal and occipital neuralgias. His movement disorders practice entails deep brain stimulation (DBS) for
the treatment of Parkinson’s disease, essential
tremor and dystonia. Dr. Jermakowicz’s ongoing
research interests include the use of brain stem
DBS for the treatment of multiple sclerosis,
spinal cord injury and traumatic brain injury.

To schedule an appointment with him, call Tier
1 Neurosurgery at (931) 372-7716.

New Head and Neck Specialist Joins CRMC

Evan Sanford, MD, has joined the medical staff at Cookeville
Regional Medical Center and specializes in otolaryngology,
head and neck surgery. He joins the practice of Upper Cumberland Ear, Nose
and Throat, located at 100 W. Fourth St. in Cookeville.

Dr. Sanford enjoys all aspects of otolaryngology
with special interests in otology, sinus and nasal
disorders, head and neck cancer, pediatrics,
thyroid and parathyroid disease, head and neck
cancers, and voice disorders.

To schedule an appointment with him, call
Upper Cumberland Ear, Nose and Throat at
(931) 528-1575.

CRMC Receives ACC Chest Pain Center
with Primary PCI Reaccreditation

The American College of Cardiology has once again
recognized Cookeville Regional Medical Center (CRMC)
for its demonstrated expertise and commitment in treating
patients with chest pain. Cookeville Regional was recently
awarded Chest Pain Center Accreditation with Primary PCI based on
rigorous onsite evaluation of the staff’s ability to evaluate, diagnose and
treat patients who may be experiencing a heart attack. Cookeville Regional
has been an accredited chest pain center since 2008.

Percutaneous coronary intervention (PCI) is also known as coronary
angioplasty. It is a nonsurgical procedure that opens narrowed or blocked
coronary arteries with a balloon to relieve symptoms of heart disease or
reduce heart damage during or after a heart attack.

CR Home Health Earns
Patient Satisfaction Award

Cookeville Regional Home Health has been recognized
by Strategic Healthcare Programs (SHP) as a
“Premier Performer” for achieving an overall patient
satisfaction score that ranked in the top 5% of all eligible
SHP clients for the 2019 calendar year.

The annual SHPBest™ award program was created to acknowledge home
health agencies that consistently provide high-quality service to their patients.
The 2019 award recipients were determined by reviewing and ranking the
overall satisfaction score for more than 3,000 home health providers.

A full-service home health agency, Cookeville Regional Home Health,
formerly known as Highland Rim Home Health, is a department of
Cookeville Regional Medical Center providing comprehensive home
health needs for the region for more than 30 years.

For questions about home health services, call Cookeville Regional Home
Health at (931) 528-5578.

CRMC Diabetes Center Relocates

The Diabetes Center at Cookeville Regional has moved to a new location,
127 N. Oak Ave., in the Oak Place Professional Building. To schedule an
appointment, call the Diabetes Center at (931) 783-2927.

Dr. Carolyn Ross Joins CRMG

Carolyn Ross, DO, a family
medicine physician, has
joined Cookeville Regional
Medical Group (CRMG). Her
office, located at 120 Walnut
Commons Lane, Ste. B, will remain the same.
Dr. Ross’ office phone number has changed. To
schedule an appointment with her, call her office
at (931) 783-4557.

Dr. Fournet Seeing Patients

Cardiologist Tim Fournet,
MD, is again seeing patients
at Tennessee Heart at 228 W.
Fourth St., Ste. 200. He will be
seeing patients in the office only.
For an appointment, call (931) 881-2039.
Please Help Us Continue to Help Patients in Need

By John Bell  
Executive Director of The Foundation at CRMC

These past few months have been ever changing and have caused many organizations, including the Foundation, to adapt in an effort to be mindful of the risks of COVID-19. One way we have had to change during this pandemic is eliminating or scaling back many of our traditional, public fundraising activities.

Even as fundraising events and activities decrease, the Foundation continues to assist Upper Cumberland residents struggling with disease, sickness or injury. It is our passion to do so, and we are grateful to our supporters for making compassionate response possible.

Donations of any size have a positive impact for a patient in need and continue to make a difference for residents from all 14 counties of the Upper Cumberland.

If you are in a position where you can help, please donate and be a blessing today for a neighbor facing a medical crisis. Established patient assistance funds include cancer, heart, pediatric, hospice and the general patient assistance fund named Caring Hands.

One hundred percent of gifts made to any Foundation fund are restricted to help patients. No portion of gifts are used for overhead or staff expense.

Here is a look at how far your donation can go:

- $25 will provide access to health care by sponsoring transportation to rural patients.
- $50 will provide monthly medication to a low-income patient.
- $100 will provide groceries for a family with a parent in cancer treatment.
- $250 will help provide medical equipment for a pediatric patient.
- $500 will keep a hospice patient at home during their final weeks.

We hope you partner with us and help patients facing a medical crisis. You can donate at www.cookevilleregionalcharity.org, mail a check to the CRMC Foundation, or give us a call at (931) 783-2003.

Gratefully,
John Bell
New TCAR Procedure Offers Safer Option for Carotid Artery Stenting

Cookeville Regional is pleased to announce that it now offers transcarotid artery revascularization (TCAR), a new technique for stenting a blocked carotid artery that has a 50% lower stroke rate than previous stenting methods.

When a patient has a blocked carotid artery, doctors typically decide, based on the patient’s anatomy and medical condition, whether to use a surgery called carotid endarterectomy — where the artery is opened and the blockage is completely removed — or a minimally invasive procedure called transfemoral carotid stenting, where the blockage remains in place and a stent is passed through it to increase blood flow.

While carotid endarterectomy has only a 1.5% stroke risk, some patients who are not able to endure open surgery need a stenting procedure. While transfemoral carotid stenting is less invasive, because it is achieved by running the stent up to the carotid artery through a small incision in the groin, it also carries a 4% risk of stroke, which is much higher than that of the open surgery.

Fortunately, for patients who need a stent, the new TCAR procedure has a much lower stroke rate — 1.5% — which is comparable to that of an open endarterectomy.

“The whole purpose of any intervention is to reduce the risk of having a stroke; if you can reduce it from 4% to 1%, that’s big,” said Dr. Brian Gerndt, a general and vascular surgeon with CRMC. “TCAR achieves the goal of a better outcome, and it achieves that goal to a higher degree.”

TCAR achieves this lowered stroke rate by changing the direction of blood flow.

“With this new technology, instead of blood flowing into the brain, as it does during transfemoral stenting, it goes out of the brain and then through a little net on the outside of the body, filtering out debris before it can travel to the brain and cause a stroke,” said Dr. Michael Sywak, a vascular surgeon who brought the TCAR procedure to Cookeville when he joined CRMC in 2019. “Then, you plug that filtered blood back into the femoral vein to recirculate in the body.”

“There’s a lot of opinion that this may become the treatment of choice for most, or at least a lot of patients, not just those at high risk for complications,” said Dr. Lewis Wilson, a cardiac and vascular surgeon with CRMC. “That’s great, because as far as stenting techniques go, TCAR is far and away the safest.”
For Patients Like Theresa Romzek, Having Access to a Nurse Navigator Is a Game Changer

Theresa Romzek of Cookeville, who had her right knee replaced a year ago as an inpatient, was excited to be Cookeville Regional’s first patient to have same-day, outpatient total knee replacement surgery when it came time to replace her left knee.

“I bragged that it took from 5:30 a.m. to 5:30 p.m.,” said Romzek, whose surgery was performed in late 2019.

Cookeville Regional is able to offer this major surgery on an outpatient basis because of several recent advances, including robotic-assisted surgery and a new tourniquetless approach that reduces muscle damage, cutting pain and recovery time in half.

“We can’t offer same-day total knee replacement to all of our patients, but for a certain subset who are active and really...
Cookeville Regional Medical Center (CRMC) is recognized as Tennessee’s only hospital to receive the America’s 100 Best Hospitals for Orthopedic Surgery Award™ for nine consecutive years, according to a national report by Healthgrades, the leading online resource for comprehensive information about physicians and hospitals.

CRMC was also recognized for the following clinical achievements in orthopedics:

- ONLY IN TN – America’s 100 Best Hospitals for Orthopedic Surgery™ for nine years in a row
- ONLY IN TN – Orthopedic Surgery Excellence Award™ for 12 years in a row
- ONLY IN TN – Nation’s Top 5% for Overall Orthopedic Services for four years in a row
- ONLY IN TN – Nation’s Top 10% for Overall Orthopedic Services for 12 years in a row
- 5-Star Recipient for Hip Fracture Treatment for 12 years in a row
- 5-Star Recipient for Back Surgery for five years in a row

The complete Healthgrades 2020 Report to the Nation and detailed study methodology can be found at partners.healthgrades.com/healthgrades-quality-solutions/healthgrades-quality-awards/.

For more information about the orthopedics program at Cookeville Regional, call (931) 528-2541 or visit www.crmchealth.org.

PHYSICIANS REFERRAL LINE: (931) 783-2571 or (877) 377-2762

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want to get back into their lives quickly, we try to facilitate that for them if we think it’s possible and safe medically,” said Dr. John Turnbull, an orthopedic surgeon at Cookeville Regional and Tier 1 Orthopedic Institute.

Another crucial element in the success of outpatient total knee replacement is the addition of an orthopedic nurse navigator, Melissa Thompson, RN, BSN, ONN.

“A big surgery like total knee or total hip replacement causes a lot of anxiety for a patient, and Melissa has really helped out in getting patients prepared so they know what to expect,” said Dr. Turnbull. “Within a month before surgery, our patients are meeting with her to get prepared for the process, to set their expectations reasonably and to make them more comfortable with the process.”

“Now I can do everything that those kids can do, and they can do a lot,” Theresa Romzek

“They sent me home with the navigator’s number so I could call her at any time I felt worried or didn’t understand something,” said Romzek. “I was at physical therapy the next morning after surgery, and she was at my side then and for the next couple of weeks of therapy. I never felt alone, and that was all I needed.”

Romzek was walking without pain the day after her surgery, and within weeks, she was able to be more active for the first time in years, even hiking and walking in the river with her grandchildren.

“With seven grandkids, I want to be there for all of it, and that’s what prompted me to get both of my knees done,” said Romzek. “Now I can do everything that those kids can do, and they can do a lot.”
How Can I Tell If I’m Getting More Fit?

If you’ve been exercising regularly, you’ll soon be able to tell when it’s time to move ahead in your activities. Signs that you’re making fitness progress are:

- You have more energy.
- Your overall mood and outlook on life have improved.
- It’s easier to do your usual daily activities.
- Climbing a couple of flights of stairs or lifting the same amount of weight is getting easier.
- It’s easier to get in and out of your car.
- You can get down on the floor and play a game with your grandchildren, and get back up again more easily when the game is over.
- You’re sleeping better at night.
- You have less pain when you move around.
- You notice improvement in the symptoms of an ongoing health condition.

Quick Tip
As you increase your activity, you’ll probably notice other signs that you’re becoming more fit, such as increased energy, greater ability to perform daily tasks, or even an improved outlook on life.

Source: National Institute on Aging at NIH, go4life.nia.nih.gov/measuring-your-fitness-progress/
Crossword Clues

Across
1. Jewish mysticism
8. Aphid genus
13. Thinks
14. All in
15. Minds
16. "Cut it out!"
17. "Seinfeld" uncle
18. Charades, e.g.
20. Not just "a"
21. Cumulative effect
24. Bounce
25. ___ Wednesday
26. Cleave
28. Angry
31. Dog ___
34. Setting for TV's "Newhart"
35. ___ grass
36. "The Final ___"
37. "Much ___ About Nothing"
38. ___ be a cold day in hell..."
39. ___ we having fun yet?"
41. "Much ___ About Nothing"
42. "___ be a cold day in hell...",
43. "___ we having fun yet?"
44. Leg bone
46. Livestock predators
49. Dead to the world
50. Smoothest
51. Acquiesce
52. Minds

Down
1. Impresses
2. "Farewell, mon ami"
3. Twig broom
4. Dracula, at times
5. Absorbed, as a cost
6. Pants measure
7. Very, in music
8. Predominant
9. COVID health worker gear (acronym)
10. Flowering shrub common to Scotland
11. Not far at sea
12. Tea bags are
19. Bygone bird
22. Worn to prevent COVID-19 spread
23. Partner
27. Frequent ___ washing helps prevent the spread of germs.
28. Borders Hungary and Serbia
29. Levar Burton’s ___ Rainbow
30. German fest month
33. ___ a chance"
34. Moontruck
37. Gastric woe
38. Like Cheerios
39. Extract
40. Crows' homes
45. Anger
47. "Absolutely!"
48. ___ moment"

Link Words

Can you find the six-letter word that can be placed either before or after the following three words to make a new word or phrase?

a) BULL
b) FREE
c) BLACK

Word Ladder

See if you can transform the first word on the ladder into the last word by changing only one letter at a time on each rung — for instance, heat --> hear --> rear --> roar and so on.

Look for the solutions to the puzzles on page 13.
Consumers often compare prices of food items in the grocery store to choose the best value for their money. But comparing items using the food label can help you choose the best value for your health.

The terms “natural,” “healthy” and “organic” often cause confusion. Consumers seem to think that “natural” and “organic” imply “healthy.” But these terms have different meanings from a regulatory point of view.

According to FDA policy, “natural” means the product does not contain synthetic or artificial ingredients.

Food labeled “organic” must meet the standards set by the Department of Agriculture (USDA). Organic food differs from conventionally produced food in the way it is grown or produced. But USDA makes no claims that organically produced food is safer or more nutritious than conventionally produced food.

For a food to be labeled “healthy,” the product must meet certain criteria that limit the amounts of fat, saturated fat, cholesterol and sodium, and require specific minimum amounts of vitamins, minerals or other beneficial nutrients.

Take ice cream as an example. A premium ice cream could be “natural” or “organic” and still be high in fat or saturated fat, so would not meet the criteria for “healthy.”


Focus on Fruit – Plantains

How to Select
Choose plantains that are not moldy or cracked. Plantains should be firm when green, yield to gentle pressure when yellow and slightly soft when ripe (black).

How to Store
Store plantains at room temperature in a well-ventilated area. Green plantains will ripen slowly over several days to weeks. Use within a few days once ripe.

Nutrition Benefits
Fat free, cholesterol free, sodium free, an excellent source of vitamins A and C and a good source of potassium.

Source: FruitsAndVeggiesMoreMatters.org
From Our Kitchen to Yours
— Spaghetti Sauce

Ingredients
2 Tbsp. olive oil
2 small onions, chopped
3 cloves garlic, chopped
1 1/4 cups zucchini, sliced
1 Tbsp. oregano, dried
1 Tbsp. basil, dried
1 8-oz. can tomato sauce
1 6-oz. can low-sodium tomato paste
2 medium tomatoes, chopped
1 cup water

Directions
In a medium skillet, heat oil. Sauté onions, garlic and zucchini in oil for 5 minutes on medium heat. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.

Yield: 6 servings
Serving size: 3/4 cup

Nutrition Information (per serving):
Calories 105, Total Fat 5g (saturated fat 1g), Carbohydrates 15g, Protein 3g, Cholesterol 0mg, Fiber 4g, Sodium 253mg

Sudoku Solution

Crossword Solution

Link Words Answer
MARKET (bull market, free market, black market)

Word Ladder Solution

Look for the puzzles on page 11.
As Cookeville Regional began scheduling elective procedures and reopening outpatient services in late April, the medical center required patients to have a mask when entering the facility. This request from CRMC is the result of recommendations set forth by the Centers for Disease Control and Prevention (CDC) in advising individuals to wear a face mask any time they are out in public.

CRMC was going through around 1,100 masks in a week and a half, so a campaign on social media began to ask the community to help the medical center in making hand-sewn face masks to provide to those who forgot their masks or did not have one. The community has donated more than 3,100 face masks as of June 4, 2020.

“We are very grateful here at the medical center.”

— PAUL KORTH

Donations continue to be taken at Cookeville Regional. Donation bins are located at the main North Tower entrance and the east entrance at CRMC for the community to drop off masks. To learn how to make face masks, go to www.crmchealth.org/coronavirus and click on the tab on how to donate and make hand-sewn masks.

“Thank you again, to our community,” said Korth. “Together we are better.”
We know that these days, the stakes are high when you or a loved one is sick. That’s why Cookeville Regional is making virtual visits available for the safest possible care. Thanks to the latest telehealth technology, we’re now able to diagnose and treat a wide variety of medical issues quickly and reliably without the need for an in-person visit, which protects both you and your medical caregivers. This is covered by most insurances, and both current and new patients are welcome to make appointments by calling one of the numbers below.

Caring That’s Connected—So You Can Stay Home!

Cookeville Regional – Virtual care you can count on.

GASTROENTEROLOGY
931-783-2616
438 North Whitney Ave.

NEPHROLOGY
931-783-2902
145 West Fourth St. Ste. 102

PULMONOLOGY
931-783-2143
145 West Fourth St. Ste. 201

FAMILY PRACTICE
931-783-5848
128 North Whitney Ave.

FAMILY PRACTICE
931-783-4557
120 Walnut Commons Ln. Ste. B

INTERNAL MEDICINE
931-783-4600
128 North Whitney Ave.

UPPER CUMBERLAND UROLOGY
931-528-5547
320 North Oak Ave.

ENDOCRINOLOGY
931-783-2648
406 North Whitney Ave. Ste. 3

CARDIAC, VASCULAR & THORACIC SURGERY
931-783-4269
406 North Whitney Ave. Ste. 5

URGENT CARE CLINIC
931-783-5353
340 North Cedar Ave.

TENNESSEE HEART
931-881-2039 or 888-352-8031
228 West Fourth St. Ste. 200

crmcdgroup.org
tnheart.com
cookevilleregionalurgentcare.com
To find an orthopedic surgeon at Cookeville Regional, call the physician referral line at 931-783-2571 or 877-377-2762 (toll-free) or visit CRMHealth.org/ortho.