



**For more information on NCMH Rehabilitation Services, visit [NewberryHospital.org](http://NewberryHospital.org) or call 803.405.7487 for a brochure.**

able to walk by the end of their time with us. They are the stars! It is definitely fulfilling to be part of the transformation."

NCMH Rehabilitation Services treats adults and children on an outpatient and inpatient basis. The department's reputation for results—their patient satisfaction scores are consistently in the high 90s—and positive attitude of its staff is attracting a growing number of patients.

"We take time with our patient and it shows," says Belyusar.

"This place is great. The interaction between therapists and patients is very positive. When patients come in for physical, occupational or speech therapy, I make sure they have fun while we work. It's an approach that makes our patients feel better about the process of getting better," Belyusar says.

The NCMH Rehabilitation Services team works with patients for weeks and even months, developing close bonds. Belyusar says it is important to get patients to trust and like the staff as this makes them want to come and also helps speed recovery time.

"We give people the tools to regain their health, but they have to be motivated to win," he explains. "It is exciting to see the progress people make. We have had stroke patients come to us in wheelchairs who are

The sunny smile on Joe Belyusar's face brightens when he recounts what inspired him to go into physical therapy.

"I was playing tight end for my high school football team. I was running down the field, planted my foot and tore my ACL. I wish I could say I was hit by a ferocious tackle, but no. I did it myself," he says with a wry grin.

Two surgeries and six months of therapy followed. The experience inspired Belyusar to go into medicine. He eventually earned a Masters of Physical Therapy from the University of Pittsburgh. He and his wife, a nurse, relocated to South Carolina, where he landed the job as director of NCMH's Rehabilitation Services. It is a "dream job," he says.

## Football injury and a winning attitude inspire this Newberry transplant to help others regain health

**IN STEP WITH: JOE BELYUSAR, DIRECTOR, REHABILITATION SERVICES**

NCMH: 803.276.7570  
Wellness Center: 803.405.7484  
[www.NewberryHospital.org](http://www.NewberryHospital.org)

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Join the dialogue

**NCMH is on Facebook!**

Connect with us by becoming a fan.  
Visit [www.Facebook.com/NewberryHospital](http://www.Facebook.com/NewberryHospital).



For information, contact Brenda Williams at [Brenda.Williams@NewberryHospital.org](mailto:Brenda.Williams@NewberryHospital.org) or call 803.405.7425.

**Friends of the Foundation Dinner**  
Friday, May 13, 2011

**SAVE THE DATE**

**NCMH FOUNDATION EVENTS**

PO Box 497  
2669 Kinard Street  
Newberry, SC 29108



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## INNOVATION AT WORK

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WINTER 2011

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### IN THIS ISSUE

- In Step with NCMH Rehabilitation Services
- A Conversation with Dr. Sheehan
- Get ready to Zumba at the NCMH Wellness Center

## NCMH elevates diagnostic capabilities with new dual head Nuclear Medicine camera

**Out with the old and in with the new!**

That's typically the sentiment of holiday revelers in January, but for Newberry

County Memorial Hospital (NCMH), the old saying had a new meaning. Mid-month, NCMH literally removed its old nuclear medicine camera and

replaced it with a sophisticated dual head nuclear medicine camera from Siemens.

The state-of-the-art diagnostic technology, which is used to scan specific organs such as the heart, bones, and the entire body to detect illness and injury, is just the latest in a string of major improvements the hospital is making to ensure community residents remain in Newberry County for care.

According to Brenda P. Gallman, director of Diagnostic Imaging at NCMH, the dual head nuclear medicine camera is

the very latest in software, heart imaging and image processing. It offers significant benefits to patients.

"The main advantages are speed and accuracy," explains Gallman. "The scans are done very quickly so patients spend less time on the table. This is wonderful when scanning people who are nervous as well as patients whose pain level makes lying down difficult. The images themselves are extremely clear and highly accurate, greatly enhancing our ability to detect and diagnose problems."

(continued inside)



*"This is yet another example of how Newberry Hospital is going above and beyond to do more for our patients. The reason is simple: we want to be our community's first choice!"*

- Ron Vigus, CEO  
Newberry County Memorial Hospital



A CONVERSATION WITH DR. DANIEL SHEEHAN

## Freeing patients from pain without surgery motivates Newberry's newest doctor

Dr. Sheehan is a physiatrist with Palmetto Bone & Joint. Board certified in Physical Medicine and Rehabilitation, he earned his medical degree from Georgetown University and completed his residency at Harvard University. He was named one of Connecticut Magazine's "Top Doctors" in 2001, 2004, 2009 and 2010.

### Q. What is a physiatrist?

A. Physiatrists are medical doctors who have done advanced training in physical medicine and rehabilitation. We are experts in diagnosing and treating injuries and illnesses that affect how people move, specifically those related to nerves, muscles and bones. Our goal is to help our patients eliminate pain, regain maximum function required to work and enjoy life without surgery. This involves working closely with other doctors like orthopedic surgeons, physical therapists, and patients themselves to develop the best treatment plan.

### Q. Who is your typical patient?

A. I see many different types of patients. For example, it could be an athlete suffering from knee or shoulder pain, a person recovering from a spinal cord injury, an individual who has chronic back or neck pain, or a child with scoliosis (curvature of the spine). I also see people who are recovering from

surgery or who have been hurt on the job and want to regain physical functioning without pain.

### Q. What sorts of non-invasive procedures do you offer?

A. Most patients prefer not to have surgery if their condition can be effectively treated in other ways. The first step is to accurately identify the source of pain. The most innovative non-surgical diagnostic test I perform is electromyography (EMG), which evaluates the electrical activity of muscles. Abnormal activity indicates potential nerve and/or muscle damage causing pain, which then determines how we treat it. I perform spinal injections for back and neck pain and sciatica along with radiofrequency nerve blocks for back and neck pain, which last longer than novocaine injections. There are some cases where surgery is the best option, however.

### Q. How does your specialty complement the orthopedic surgeons at Palmetto Bone & Joint?

A. Palmetto Bone & Joint treats the entire musculoskeletal system, including bones, joints, ligaments, muscles, nerves, and spine. We are fortunate to have exceptional orthopedic

surgeons: Dr. Phil Milner, Dr. Bill Owens, Dr. John Hibbitts, and Dr. James Loding. My nonsurgical approach to diagnostics, rehabilitation, and pain management is a perfect complement to our surgeons. We work together to get the best outcomes for our patients.

### Q. You moved to South Carolina from Connecticut. What aspects of southern life do you enjoy most?

A. First and foremost, it's the people. My patients are very nice, which makes my job very rewarding. My wife and I have three children, and everyone has been very welcoming. I also enjoy the weather as it allows us to enjoy running, hiking and mountain biking.

**Dr. Sheehan is now accepting patients. For appointments call 803.321-6254.**



("Nuclear Medicine camera" continued from front)

The speed of the new camera also means NCMH can see more patients each day, reducing wait times for diagnostic tests. It's another win for patients who prefer not to wait when faced with a potentially serious condition.

"No one wants to wait, whether it's in a doctor's office or the hospital. It's exciting that the new nuclear medicine camera enables us to deliver better care and better customer service, important considerations when choosing a hospital," Gallman says.

### New General Surgeon Joining NCMH Medical Staff

We are pleased to announce that Dr. Devonne Barrineau, a general surgeon, will be joining us in June. Dr. Barrineau earned his medical degree from the University of South Carolina School of Medicine and completed his residency at Spartanburg Regional Health System.

Look for more information soon.

## Want to get in shape?

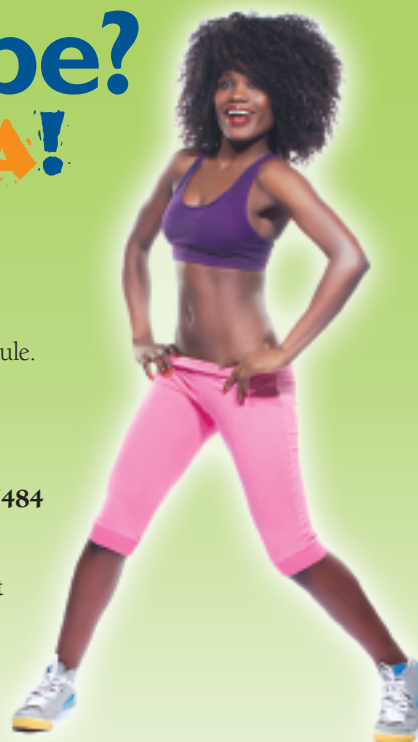
The NCMH Wellness Center invites you to **ZUMBA!**

The cold winter months make curling up with a movie, a book and snacks pretty tempting. However, it's not the best way to stay in shape. The NCMH Wellness Center invites you to get off the sofa and join the party, the Zumba party!

Zumba is the hottest craze in fitness today, a fusion of Latin and international music and easy-to-follow dance moves that create a fun and effective cardio workout. An hour-long Zumba class includes easy choreographed steps and toning moves suitable for all fitness levels. Zumba will tone and sculpt the body while burning fat. The music keeps the class—and your body—moving so it feels more like a dance party than a workout. Zumba is truly exercise in disguise.

Dianne Dillingham, director of the NCMH Wellness Center, says Zumba is an exciting addition to the Center's many fitness classes. "We have received many requests for Zumba and are pleased to add this class to our schedule. Zumba is in high demand by all ages. The reason is simple: Zumba is fun, easy to do and gets results!"

**Are you ready to Zumba? Call 803.405.7484 or visit [www.NewberryHospital.org](http://www.NewberryHospital.org) for class times and more information. You'll be off the sofa, having fun and getting fit in no time!**



## Little Mountain Family Health Center welcomes Dr. John Thompson



Dr. John Thompson Board Certified, Internal Medicine

Little Mountain Family Health Center is pleased to welcome Dr. John Thompson. He joins Kristen Goodwin, FNP, a family nurse practitioner, at the practice, which provides primary care to adults and children.

A long-time Newberry County resident and member of the NCMH medical staff, Dr. Thompson was previously with Newberry Internal Medicine.

Dr. Thompson brings a wealth of experience and a warm, welcoming approach to care to his patients. He is board certified in Internal Medicine, a specialty focused on adult health. He has a special interest in cardiology, and strives to keep his patients "heart healthy."

Says Dr. Thompson, "I enjoy answering patients' questions, listening to their concerns and being proactive about their health. At Little Mountain, we are able to spend more time with our patients. We talk to the person and not computers. It is a wonderful approach to medicine patients appreciate and we enjoy providing."

Little Mountain Family Health Center is located in the J. Kess Derrick Medical Center, 99 N. Mill Street, Little Mountain.

**For a personal video message from Dr. Thompson, visit [NewberryCountyDoctors.com](http://NewberryCountyDoctors.com).**

*Tired of waiting days for an appointment? Little Mountain Family Health Center offers same day appointments, even walk-ins! Your health and your time are important to us.*

**Little Mountain Family Health Center is now accepting patients. Visit [LittleMountainFamilyHealth.com](http://LittleMountainFamilyHealth.com) or call 803.945.1005 for information and appointments.**

**Wellness Center**  
Atrium Professional Building  
2605 Kinard Street, Suite 100  
(In front of the hospital)

**Wellness Center Hours**  
6 a.m. - 8 p.m.  
Monday - Thursday

6 a.m. - 6:30 p.m.  
Friday

**Please call to register**  
803.405.7484

Classes require pre-registration three business days before the class and a minimum of eight participants. Payment is required to hold class space. A full list of classes, descriptions, dates, and times are available by calling 803.405.7484 or by visiting [www.NewberryHospital.org](http://www.NewberryHospital.org).

## Need help finding a doctor? Visit [NewberryCountyDoctors.com](http://NewberryCountyDoctors.com)

Looking for a local primary care doctor or specialist? We have many fine doctors in our community. Connect with a doctor who is right for you at [NewberryCountyDoctors.com](http://NewberryCountyDoctors.com). Physician videos, bios, contact info, and more!

