

Dr. Michael Cobb performs Jackson's first outpatient partial knee replacement

Kathleen Pannell has a new distinction in her life. She is the first person to receive outpatient partial knee replacement surgery in Jackson.

Pannell, the manager of a small automobile dealership in Jackson, was the first person to undergo Oxford partial knee replacement surgery on an outpatient basis. The surgery was performed at the Physician's Surgery Center by Dr. Michael Cobb, a board-certified orthopedic surgeon at West Tennessee Bone & Joint Clinic.

Managing the dealership and working on the farm that she and her husband own, Pannell had always been active before she began to develop knee problems. She found it more and more difficult to do her work. Attempting to heal her knee, she began to exercise more, ice the knee and keep it propped up as high as possible.

"Because the deductible on our company insurance was so high, I refused to go to the doctor," Pannell said. "I hit the Internet and began to self-diagnose."

Pannell dragged her leg behind her for nearly a year and a half before seeing a doctor. Believing that she had a torn meniscus, problems with her ACL or arthritis, Pannell self-diagnosed herself for months before she made an appointment with Dr. Cobb.

"I just wanted to be able to walk in the sand, climb stairs, mow the yard, take care of my family and live my life," Pannell said.

Dr. Cobb diagnosed her problem after studying her X-rays and determined that she was a viable candidate for outpatient knee replacement.

Outpatient joint replacement is similar to traditional joint replacement,

but patients are given a longer-acting anesthetic before surgery.

West Tennessee Bone & Joint has its own Physician's Surgery Center which may reduce medical expenses by 25 percent, said Adam Kelley, the clinic's marketing director.

After waking up from surgery, Pannell was assisted throughout the day. Pannell was pleased with the personal care that she was shown during her recovery. "I was only there for one day, but at the end of the day I felt like I had gained a whole family," she said. "In addition to taking my vitals

about 100 times that day, the nurses checked on me again and again."

Surprised by how little discomfort that she felt, Pannell said that the surgery also was not as scary as she thought it would be.

Pannell walked out of the surgery center around 4:30 p.m. on a Wednesday using a walker. By Saturday, Pannell could walk up the stairs at her home using a banister. By the following Wednesday, she was back at work. The staff videotaped her dancing on her new knee as she walked through the door.

"Within a week I was back at work, talking with customers and taking care of business," Pannell said. "I don't expect perfection or some type of bionic knee, but every day my life gets better and better."

Pannell only took two pain pills during her entire recovery and faithfully did the exercises that Dr. Cobb prescribed for her recovery.

"Thanks to these dedicated physicians and nurses, not in Memphis or Nashville, but right here at home in Jackson, I am able to live my life," Pannell said. "I am so very grateful."



Dr. Michael Cobb and Kathleen Pannell

Dr. Cobb practices at West Tennessee Bone & Joint Clinic with Drs. Lowell Stonecipher, David Johnson, Kelly Pucek, Harold Antwine III, David Pearce, Jason Hutchison, Doug Haltom, Adam Smith, Michael Dolan, Eric Homberg, Blake Chandler and John Everett. For an appointment call 731.661.9825

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Vitamins essential for proper body function



In the ongoing search for a healthier life, many people turn to supplemental vitamins. For most people, though, a healthy, well-rounded diet will provide all of the needed vitamins and minerals, said Dr. Kim Howerton, a board-certified family physician at Patient-Centered Physician's Care.

Fresh fruits and vegetables, fish, nuts, grains, low-fat dairy products, and certain meats provide essential nutrients, she said. "However, a few medical conditions make vitamin absorption difficult and supplementation necessary."

"For example, vitamin B12 is relatively easy to absorb from foods, except for people with pernicious anemia, Crohn's disease, celiac disease or people who have had gastric bypass surgery," she said, adding that vegans and people who have a long-term use of acid-reducing medications sometimes require vitamin B12 supplementation.

Our bodies need an exorbitant amount of vitamin B because it is essential for things such as making blood cells and DNA, Dr. Howerton explained. If a person cannot absorb this essential vitamin, injections may even be necessary.

Although most people can obtain all of the vitamins that they need from food, occasionally it is difficult to obtain enough of certain vitamins for our bodies to properly function. According to Dr. Howerton, these vitamins include D, calcium and Omega-3.

People commonly have a deficiency in vitamin D. Most people are not aware that vitamin D is not found in breast milk, she said. Babies need vitamin D for healthy immune function and if they are exclusively breastfed, they will need supplementation. Even if the mother takes a supplemental vitamin D, it will not be enough, Dr. Howerton said.

Sometimes there is a need to take a vitamin supplement because of the changes in our bodies. Taking a calcium supplement is helpful for teenagers and women who are breastfeeding or going through menopause. Particularly, rapidly growing teenagers could easily take



1,000 mg of calcium for strong bone health, Dr. Howerton said.

Medical research shows that Omega-3 fatty acids are essential to proper body function. However, most Americans do not eat enough fish and nuts to reap all of the benefits.

In particular, Omega-3 lowers triglycerides and is beneficial for heart health.

"There are some studies that show Omega-3 can help prevent a second heart attack," Dr. Howerton said.

Although vitamins are easily available, Dr. Howerton advises each person to talk with his or her doctor before starting a supplement. They may interfere with the absorption of prescription medication, and they may even cause harm, she said. For instance, men are advised to abstain from taking vitamin E supplements because excessive vitamin E has been linked to an increase in prostate cancer.

Also, unlike prescription medications, vitamin absorption and efficiency are not verified by the FDA, Dr. Howerton said. "The consumer is forced to rely solely on the vitamin manufacturer's studies."

But overall, vitamins are essential for proper body function and health, she said. "They are best obtained from a healthy balanced diet, but in certain circumstances, supplementation is necessary and even beneficial."

Dr. Kimberly Howerton is a board-certified family practice physician with Patient-Centered Physician's Care, P.C. in Jackson. For an appointment, call 731.215.2888.



Kim Howerton, M.D.

Popular pediatrician retires after 36 years

Everyday the staff at the Children's Clinic hears the laments of patients who miss Dr. Bruce Maley, a board-certified pediatrician who recently retired.

Practicing pediatrics for 36 years, the well-loved Dr. Maley has found the adjustment to retirement to be difficult, but necessary, due to his chronic back pain.

The 69-year-old doctor looks barely old enough to even think about retirement, but there was a time, when he first became a doctor, that he found it necessary to grow a mustache in order to look older.

A steady, common-sense man with a great love for his patients, Dr. Maley is highly respected by other physicians in the area, twice being recognized by his peers with the award for "Top Doctor" in the area.

Growing up in Millington, Tenn., as a "Navy brat," Dr. Maley was raised by parents who were both in the medical field. During World War II, his father was a corpsman and his mother was a military nurse. Dr. Maley didn't choose to enter the medical field until his junior year of college.

Obsessed with sports, Dr. Maley played football and baseball and was recruited by several schools. He committed to Southern Methodist University where he played catcher.

One of the great turning points of his life was when he was asked, "What are you going to do with your life?" After having pursued different interests such as history and accounting, he made a decision that day. "I knew right then that I wanted to be a doctor."

Maley transferred to the University of Tennessee, Knoxville, where he met his future wife, Phyllis. After only six weeks from their first meeting, he proposed at a fraternity party, and they were married nine months later.

"Phyllis quit everything to help put me



Dr. Bruce Maley and his wife, Phyllis. Below: Dr. Maley sees a patient.

through med school." Dr. Maley said, "I tell everyone that I did not graduate from med school; *we* graduated from med school."

He then went to Philadelphia Children's Hospital for his residency and joined the Navy as a doctor during the Vietnam War. During that time, anyone who was a doctor at his age was expected to enlist because of the great need for military medical staff.

When Dr. Maley and his wife finally moved back to Tennessee, they settled on Jackson. He said that he and his wife have loved every minute living in Jackson. "We have lived in the same house ever since we moved here. Jackson was small then, and we have really enjoyed watching it grow."

Dr. Maley is probably most proud of his work at the Ayers Children's Medical Center — an outpatient facility that helps local children who cannot go to Vanderbilt. With 3,000 births a year, Jackson-Madison County General Hospital at one time had an insufficient neonatology department. Dr. Maley worked hard to change that, he said.

"There isn't a lot of money in pediatrics and neonatology," he said. "Traditionally, hospitals and doctors don't get rich on those specialties."

Dr. Maley worked with Jim Moss, Jackson General's chief executive, to upgrade the pediatrics department. "In my opinion," Dr. Maley said, "Jim Moss's greatest achievement has been improving the pediatrics department at Jackson General. It has been so important to the growth of Jackson's industry."

Reflecting on his long career, Dr. Maley advises young doctors to do what they love. "Pediatric doctors are the happiest doctors," he said.

He also believes that being a part of a group is invaluable to a doctor. "Many times we would look at each other's patients and talk about difficult problems."

Dr. Maley attributes much of his success and enjoyment of his career to the doctors and staff that he partnered with at the Children's Clinic. The staff greeted him with smiles and hugs, begging him to return, when he recently stopped by.

Dr. Maley and his wife are thrilled to be able to spend more time with their three grandchildren, Jackson, Mimi and Alex. Traveling and watching more sporting events also will be an important part of their future.

"The main thing is that I'm grateful," Dr. Maley said. "I love pediatrics. I love helping children to get well. And I'm grateful for my wife and to have lived in such a great city."



Dr. Maley practiced at the Children's Clinic with Drs. Amy Self, David Self, Todd Blake and Theresa Smith. For an appointment, call 731.423.1500.

'We look at you as a whole picture'

Not quite happy with what you see in the mirror? Maybe it's those frown lines. Or that sagging skin in your neck. An unevenness in your skin tone. Or those "handles" around your waist that just won't go away — no matter how much you exercise.

Dr. Marshall Yellen and his aesthetics team at the Plastic Surgery Clinic of Jackson are specialists who work with patients to help them look their best.

"We look at you as a whole picture," said Dr. Yellen, a board-certified plastic surgeon. "Our goal is to educate you first about all of your options. Each person is an individual. We tailor and customize any treatments and surgery to your individual needs, pocketbook and expectations."

When patients come to him seeking one procedure in particular, such as the popular Botox treatments to temporarily remove frown lines between the eyebrows, they are limiting their results, he said. "Patients often don't know what they want or actually need."

Dr. Yellen offers both cosmetic and reconstructive surgery. Reconstructive surgery, usually included in a patient's insurance, includes repairing birth defects, injuries, skin tumors and soft tissue defects, and breast reduction and reconstruction.

Cosmetic surgery, however, is usually considered not medically needed and thus, not covered by insurance. It includes facelifts; reshaping noses; removing excess skin and suction-assisted lipoplasty of thighs, abdomens, necks and chins; and breast lifts and enlargements.

But not all people seeking a better appearance need or want surgery, Dr. Yellen said. His practice involves many nonsurgical treatments that address the quality of a person's skin, from chemical peels and fillers to skin products that rejuvenate the skin and improve skin quality and texture.

In fact, he often prescribes the skin products before and after a facelift, for example, to first get the skin in the best shape possible before surgery and later to achieve and maintain optimal results.

Improving a person's aesthetic appearance usually includes a combination of treatments and surgery, Dr. Yellen said. "We are constantly looking for the best products and procedures

that will help our patients."

For example, his clinic offers a relatively new, non-surgical, FDA-approved procedure, called CoolSculpting.[®] This method targets "stubborn" fat cells. CoolSculpting technology uses controlled cooling to target and kill specific fat cells.

Once these fat cells crystallize (or freeze), the body naturally processes the fat and eliminates the dead cells.

Dr. Yellen and his aesthetics team offer a range of procedures to improve your appearance, including ...

"We tailor and customize any treatments and surgery to your individual needs, pocketbook and expectations."

— Marshall Yellen, M.D.

► **Body contouring**, which includes CoolSculpting, described above, "tummy tucks" and liposuction, a surgical procedure to remove unwanted fat.

► **Facial improvements**, including eye surgery, brow lifts, facelifts and ear surgery.

► **Breast surgery**, including breast reconstruction (after cancer or injury), breast reduction, breast lifts and breast augmentation.

► **Skin care** options include Botox cosmetic, dermal fillers to smooth out fine lines and wrinkles, such as Voluma and Juvederm, Silkpeel Microdermabrasion, laser hair removal and customized skin care programs.

Silkpeel microdermabrasion, for example, is a patented treatment that combines non-invasive exfoliation with deep dermal delivery of topical solutions to improve and revitalize skin. It can help improve acne; hydrate dry, flaky skin and wrinkles; and revitalize sun-damaged skin.

The skin care program begins with a skin evaluation. Photographs are taken with a high-tech facial imaging system and then repeated every eight weeks as the patient progresses through treatment. The photos are compared to show improvements in the skin texture, pigmentation and overall appearance.

"The anti-aging, innovating and age-reversing products and non-surgical skin care treatments offered at The Plastic Surgery Clinic of Jackson will help correct sun damage, stimulate collagen, and promote beauti-

ful, healthy skin," Dr. Yellen said.

He encourages people seeking aesthetic treatment to make sure they are in the hands of a certified specialist. "Most physicians are board certified in something, but that doesn't mean they are all qualified to perform plastic surgery."

Dr. Yellen, for example, is dual board-certified in general surgery and plastic surgery. He also completed a fellowship in hand surgery at Kleinert Kutz Hand Care Center in Louisville, Ky.

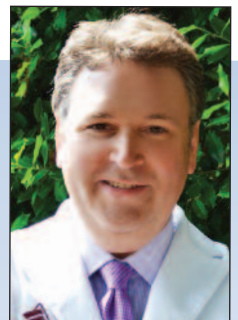
"Plastic surgery should be done by a board-certified plastic surgeon, which means the physician has at least five years of surgical training and another two years in plastic surgery training."

In the wrong hands, aesthetic treatments and plastic surgery can adversely affect a person's appearance, he added. Some people look "over done."

"Whatever we do, we want you to look natural," Dr. Yellen said.

"You don't want to be the woman walking in the room after a lip filler, for example, and have people comment, 'she's done something to her lips.' Instead, you want to be the woman who has just had a facelift and hear people comment: 'You look good. Have you done something to your hair?'"

Dr. Marshall Yellen is chief of surgery at Regional Hospital and vice chief of surgery at Jackson-Madison County General Hospital. He practices at the Plastic Surgery Clinic of Jackson, 10 Lyoak Cove.



Marshall Yellen, M.D.

Dr. Yellen is an active member of the American Society of Plastic Surgery, American Society of Aesthetic Plastic Surgery, Southeastern Society of Plastic and Reconstructive Surgeons, Tennessee Society of Plastic Surgeons and American College of Surgeons.

His aesthetic nurses are members of the Society of Plastic Surgical Skin Care Specialists and the American Society of Plastic Surgical Nurses.

For an appointment, call 731.668.2490. For more information, visit plasticsurgeryjackson.com.



Plastic Surgery definitions

What is a facelift?

A facelift, or rhytidectomy, is a surgical procedure that improves visible signs of aging in the face and neck, such as:

- ▶ Sagging in the middle of your face
- ▶ Deep creases below the lower eyelids
- ▶ Deep creases along the nose extending to the corner of the mouth
- ▶ Fat that has fallen or has disappeared
- ▶ Loss of skin tone in the lower face that creates jowls
- ▶ Loose skin and excess fatty deposits under the chin and jaw that can give even a person of normal weight the appearance of a double chin.

What are dermal fillers?

Dermal fillers help to diminish facial lines and restore volume and fullness in the face. Dermal fillers can be used to plump thin lips, enhance shallow contours, soften facial creases and wrinkles, and improve the appearance of recessed scars.

What is laser hair removal?

Laser hair removal is a non-invasive technique that uses highly concentrated light to penetrate hair follicles. The intense heat of the laser damages the hair follicle to inhibit future hair growth. Laser hair removal is effective for most parts of the body.

What is a tummy tuck?

Tummy-tuck surgery, also known as abdominoplasty, removes excess fat and skin, and in most cases, restores weakened or separated muscles, creating an abdominal profile that is smoother and firmer.

What is liposuction?

Liposuction slims and reshapes specific areas of the body by removing excess fat deposits and improving your body contours and proportion. Liposuction techniques may be used to reduce localized fat deposits of the thighs, hips and buttocks, abdomen and waist, upper arms, back, inner knee, chest area, cheeks, chin and neck, and calves and ankles.

Source: American Society of Plastic Surgeons

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Jackson Symphony Music Director Peter Shannon, at right, works with young musicians.

Partners with the Jackson Symphony

A coach that I had a long time ago was fond of saying something he typically employed at the onset of every practice week. “You are either getting better or you are getting worse. There is no ‘staying the same.’ If you are staying the same, you are getting worse.”

While this is pretty cut and dried, I’ve attempted to apply a similar philosophy to the West Tennessee Physicians’ Alliance (WTPA). Our organization, like any other, must constantly adapt and grow in order to remain relevant. Simply put, treading water is not an acceptable approach to growing the WTPA, to serving our members and to positively impacting communities throughout West Tennessee.

Change is often a bumpy process (for example: New Coke, healthcare.gov, Van Halen lead singers, etc.), however it is an inescapable fact. The coming year will be a time of change for the WTPA, and while these changes will bring new obstacles, they will also carry new opportunities.

If we are successful, you, the patient, will only notice the improvements. But rest assured, the members of this organization are committed to improving their practices, to weathering the changes of health care reform and to navigating the ever-shifting waters of modern medical practice.

**By Dustin Summers
Executive Director,
West Tennessee Physicians’ Alliance**

During this time of change, the WTPA also will endeavor to grow our presence throughout the West Tennessee community. New initiatives, new challenges and new obstacles shall abound, and remaining static is not an option.

First, a change ...

Starting in 2015, the WTPA newsletter will broaden its focus to include news, profiles and updates from the region’s independent primary care physicians. Many of these doctors and their practices already have a strong relationship with the members of the WTPA, and this publication will serve as an avenue to highlight their efforts and individual practices. Our format will remain the same; however, you can expect to see some new faces and to read some new stories on our pages.

Now, an opportunity ...

The WTPA is proud to announce a new partnership with the Jackson Symphony. Overall health is a complex matter, and it is not limited to what takes place between the walls of an

exam room. Diet, exercise, faith, education and art are all integral components of an individual’s overall well-being.

Starting in the spring of 2015, the WTPA will be sponsoring the Jackson Symphony’s Open Rehearsal program. This project is designed to engage approximately 500 young people throughout Jackson and Madison County as they learn about music and its connection to overall academic success.

Students will attend orchestral practice sessions, learn about the role music and art plays in their academic pursuits, and interact with the musicians and conductor as they foster their musical interests in an engaging environment.

Change is rarely easy. It’s complicated, and even minor deviations from the norm are typically met with objection, criticism or resistance. However, the WTPA will greet 2015 fully prepared to grow and to adapt with whatever the new year holds. Regardless, we will either be getting better or getting worse. There is no staying the same.



Dustin Summers

WTPA welcomes two new members

G. Blake Chandler, M.D.

Dr. G. Blake Chandler, a board-certified orthopedic surgeon, has joined his practice with West Tennessee Bone & Joint Clinic. Dr. Chandler has been practicing at Bone & Joint Specialists, PLLC, in Paris, Tenn., since he opened the clinic in 2000.

Joining West Tennessee Bone & Joint with him is his nurse practitioner, Clay Nolen, FNP, BC.

Dr. Chandler, a Paris native, will continue to see patients in Paris. He is proud to serve his hometown, he said.

Dr. Chandler earned his medical degree at East Tennessee State University and completed his residency in orthopedic surgery at The Campbell Clinic and University of Tennessee at Memphis.



Dr. Blake Chandler

Nicolas Arcuri, D.P.M.

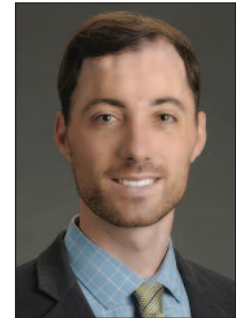
Dr. Nicolas Arcuri, a podiatric surgeon, joined the Podiatry Clinic of Jackson in 2014.

Dr. Arcuri is a University School of Jackson graduate and Jackson native who received his undergraduate degree in biology at Elon University.

He received his medical degree at Rosalind Franklin University of Medicine and Science in Chicago.

Completing his residency in New York City at New York Presbyterian-Columbia and New York Community Hospital, Dr. Arcuri served as the chief resident during his last year of training.

Dr. Arcuri also volunteered as a podiatry team captain at the New York Marathon finish tent.



Dr. Nicolas Arcuri

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WTPA welcomes two new members

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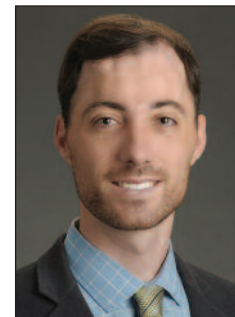
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