

Physicians' Alliance

An organization of Jackson physicians who represent 24 medical specialties and practice in independent clinics

A quarterly newsletter
Summer 2013



Sun. Skin cancer. Stings. Spiders. Ticks.

The perils of summer

Sunburn. Skin cancer. Bee stings. Spider and tick bites. The best way to handle these common warm-weather problems is to take steps to prevent them in the first place, said Dr. Patrick Teer, a board-certified dermatologist with the Dermatology Clinic of Jackson.

More than 3.5 million skin cancers are diagnosed in more than 2 million patients in the U.S. each year, according the Skin Cancer Foundation. So, preventing sun damage heads Dr. Teer's list of summertime advice.

"During this time of year, the proper use of sunscreens is important," he said. "Everyone should use them, even those with darker skin. The key is to use a sunscreen with a minimum SPF of 15 and

apply it frequently."

Wearing wide hats and long sleeves and sitting under an umbrella also help prevent sun damage, he said. He added that people should check their skin for indications of skin cancer and see a doctor if any of the following occur ...

- Basal cell carcinoma, the most common skin cancer, often starts with a clear or skin-colored growth that bleeds with minor irrita-

tion or just doesn't go away.

- Squamous cell carcinoma can start with a thick and scaly spot on the skin that also may bleed.

- Melanoma, the deadliest form of skin cancer, often begins with a brown spot or pigmented lesion that changes its characteristics.

Dr. Teer recommends following the "ABCDs of moles." You should be concerned if: The mole has an imperfect asymmetry, the

once-smooth border becomes jagged with "landscaping coves and peninsulas," there's a variation in color or the color bleeds into the skin, or the diameter grows bigger than a pencil eraser.

Too much exposure to the sun's rays as a child and young adult can lead to skin cancer, as well as wrinkles and brown spots.

It's ironic, Dr. Teer said, that people like to get a tan to look healthy and youthful, but too much sun – or a tanning bed – and your skin could pay the price later in life.

Bites, Stings

The severity of a reaction to a bug bite or mosquito sting



Dr. Patrick Teer, above right, assisted by his nurse, Cathy North, removes a pre-cancerous lesion from a patient's nose.

Dermatology Clinic of Jackson moves to a new clinic building at 1320 Union University Drive. Story, Page 7.

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Pregnancy not easy, especially in summer

Dr. Sandra Boxell practices obstetrics and gynecology at Jackson Regional Women's Center with Drs. Keith Micetich, Lane Williams and Pam Evans. The clinic is at 72 Physicians Drive. To schedule an appointment, call 731.668.4455.

Many women dread a summertime pregnancy – and for good reason – as the heat of the season can exacerbate an already uncomfortable time in their lives.

Pregnant women should take precautions to limit their exposure to heat and other summer hazards, such as mosquito bites, said Dr. Sandra Boxell, a board-certified OB/GYN at the Jackson Regional Women's Center. And, they should be aware of the signs of heat exhaustion – especially as the high humidity in West Tennessee makes it harder for everyone here to cool their bodies through sweating.

“Many symptoms of heat exhaustion and pregnancy overlap, so it can be tough for women to know,” Dr. Boxell said. “But their core body temperature should never exceed 102.2 degrees.”

Dizziness, fatigue, flushed cheeks, headaches and deep breathing are common signs of both, Dr. Boxell said. But, with heat exhaustion, pregnant women will urinate less and won't sweat as much.

Dr. Boxell recommends

“Many symptoms of heat exhaustion and pregnancy overlap, so it can be tough for women to know.”

— Dr. Sandra Boxell

drinking eight to 10 glasses of water a day. A rare condition known as water toxicity can develop when people drink too much water, however. As a result, she recommends drinking juice or sports drinks if women need more fluids to stay hydrated.

Other ways to combat heat exhaustion are to limit mid-day activities and wear loose-fitting clothing to stay cool, Dr. Boxell said. And, because pregnant women are more vulnerable to sunburn, she said they should wear sunblock, which is completely safe for the baby.

Women should also wear insect repellent to avoid contracting a mosquito-borne illness, Boxell said. “It's not just one patient you're dealing with; it's two.”

Insect repellent with DEET is safe, but pregnant women should use a spray with the lowest levels of the chemical because 5 to 10 percent is absorbed through the skin, Dr. Boxell said. Insect repellent also works when it is sprayed on clothing, which can be done without it touching the skin.

Other safe insect repellents include citronella and Skin So Soft. Even Listerine and dryer sheets will repel mosquitoes when rubbed on clothes, Dr. Boxell said.

Women are more vulnerable to summertime complications as their pregnancy advances, Dr. Boxell said. The heat can be more uncomfortable, and the symptoms can be harder to identify. As a result, they should avoid excessive outdoor activity, she added.

“And like all pregnant women, they should avoid alcohol, salt and caffeine.”



Dr. Sandra Boxell, right, chats with a pregnant Patricia Wilson.

Physician joins Jackson Regional Women's Center

Pamela Evans, M.D., has joined the Jackson Regional Women's Center. Dr. Evans practices at the clinic's satellite location, 1040 Greystone Square.

Dr. Evans had been working in private practice in Paris and Huntingdon since 1999. Previously, she was chief resident of obstetrics and gynecology at the University of South Alabama in Mobile.

Dr. Evans joins Dr. Keith Micetich, Dr. Sandra Boxell and Dr. Lane Williams at Jackson Regional Women's Center. All four are board certified in obstetrics and gynecology.

Dr. Evans began her residency at the University of

South Alabama in 1996, and she earned her medical degree from the University of Alabama School of Medicine in 1995. She also attended the University of Tennessee College of Medicine in Memphis and earned a bachelor's degree in chemistry from Sewanee, The University of the South.

She won several awards as a resident and chief resident in Alabama. She also published two peer-reviewed medical research projects.

Her community service work includes being active in the Girl Scouts. She is chairperson of the Girl Scouts' West Tennessee Community Action Board and a member of the Board of Directors for the Girl Scout Heart of the South Council.



Pam Evans, M.D.



This year, about 75 percent of Dr. Michael Dolan's carpal tunnel patients were wide awake as he performed surgery on their hand.

Hand surgeon pioneers 'wide-awake' surgery

Dr. Michael Dolan at West Tennessee Bone & Joint Clinic is pioneering a new kind of hand surgery that many in the medical community thought was impossible five years ago.

Instead of general anesthesia, Dr. Dolan injects a mixture of lidocaine and epinephrine into the wrist of patients to numb the area for surgery. Although dentists commonly use the injection, medical students were taught for decades not to inject epinephrine – or adrenaline – into the hand, Dr. Dolan said.

"It's something totally new," said Dr. Dolan, who is board certified in both general surgery and hand surgery.

Epinephrine constricts blood vessels, which allows the localized numbing effects of lidocaine to last longer, but the medical community feared for a long time that it would restrict blood flow to the extent of killing the hand. That has been proven wrong, Dr. Dolan said, and wide-awake hand surgery is a remarkably easier experience for patients.

Patients do not have to abstain from eating or drinking. They keep their street clothes on and receive a single shot in the wrist, which is less painful than the IV required for general anesthesia. They then sit painlessly through the procedure while Dr. Dolan carries on a conversation with them.

"Then they stand up, walk out and go home," Dr. Dolan said.

It is not uncommon for patients to spend a night – or more – recovering in the hospital after general anesthesia. The required prep work also can require them to

arrive at the surgery center hours in advance.

General anesthesia is also a vascular stressor, Dr. Dolan said, and patients often feel as if they have just run a race. With wide-awake surgery, the numbness of the lidocaine wears off after about six hours.

Patients are injected with Marcaine after the procedure, which prevents them from experiencing pain for another 24 hours. By that time, the pain is gentle enough that it can be treated with ibuprofen, Dr. Dolan said.

Some patients have had the wide-awake procedure on their lunch break and returned to work for the rest of the day, Dr. Dolan said. And, because the recovery period is less painful, patients often don't need the regimen of painkillers that can become addictive and that are associated with the aftermath of traditional surgery, he added.

"Many people who will go through the wide-awake surgery without a single narcotic."

General anesthesia also carries the risk of complications that could be fatal. As a result, wide-awake surgery is safer. It's also cheaper for patients and faster for doctors to perform, he said.

"It allows us to get patients in and out of the operation theater much quicker." Dr. Dolan has performed wide-awake surgery on patients from ages 12 to 95, though, typically on patients with carpal tunnel syndrome or trigger finger. He also uses the procedure to remove a benign cyst or to repair a hand after a laceration or other trauma.

In 2010, the first year he performed the technique, 10 percent of his carpal tunnel surgeries were wide-awake. The number grew to 30 percent in 2011 and 50 percent in 2012. This year, 75 percent of his carpal tunnel surgeries have been wide-awake.

"We've all just been wowed about it because the patients just do so well," Dr. Dolan said.



Michael Dolan, M.D.

Some patients have had the wide-awake procedure on their lunch break and returned to work for the rest of the day.

Hand Surgeon Dr. Michael Dolan practices at West Tennessee Bone & Joint Clinic with Orthopedic Surgeons Drs. Lowell Stonecipher, Michael Cobb, David Johnson, Kelly Pucek, Harold Antwine III, David Pearce, Jason Hutchison, Adam Smith, Doug Haltom and John Everett.

The clinic is at 24 Physicians Drive in Jackson. For an appointment, visit www.wtbjc.com or call 888.661.9825.

Physicians Quality Care expands its unique approach to urgent care into Milan

Physicians Quality Care is expanding with a new clinic, bringing its brand of customer service and patient-focused urgent care to Milan.

The 6,100-square-foot facility on Highway 45 between Walmart and Lowe's was designed with patients' comfort in mind. Physicians Quality Care Milan will feature a movie theater, retro 1950s concierge area with free refreshments, and four-level kid's play area with state-of-the-art electronics and endless activities.

"We're here not only to treat their illnesses, we're here to lift their spirits," said Dr. Jimmy Hoppers, chief executive officer of Physicians Quality Care. "If you can get people at ease and make them feel better, then the whole visit is better."

The massive children's playroom will be the building's centerpiece. It will feature a 72-foot glass tower with a slide, computer-simulated games and hands-on activities. The theme of the play area is a building under construction, and everywhere they turn, there will be something for kids to do, Dr. Hopper said.

"You'll never want to get a kid out of there," Dr. Hoppers said. "There are children's museums that don't have anything close to this."

The theater room will have stadium seating in comfortable chairs, a high-definition screen and surround sound for a premier movie-watching experience. "You'll think you're in a movie theater," Dr. Hoppers said.

The building itself is set to become Milan's newest landmark. The exterior will feature 128 LED boxes of lights that can be programmed to dance and illuminate the façade in 16 million different colors. Motorists on Highway 45 will see light displays change for holidays and Milan community events.

In addition to the amenities for patients, the clinic will offer six standard exam rooms, an emergency room and an audiometry room. It also will have full digital X-ray and laboratory facilities.

And, like the clinic in Jackson, Physicians Quality Care Milan will be open on weekends and before and after most people go to work on weekdays. It will also be staffed with a patient concierge tasked with making guests feel comfortable before they see a doctor.

Dr. Hoppers said he wants to make it as easy as possible for people to seek treatment. "It's been my experience that doctors are very good at treating people as patients. They know exactly how to treat the illness. But, as a group, we're pretty poor at treating the consumer."

Physicians Quality Care treats a growing number of patients from the Milan area, and the new clinic's location on Highway 45 is ideal, Dr. Hoppers said. It's a highly visible place that will be convenient for many people.

"It's a great community, and we have a lot of patients from Northwest Tennessee," Dr. Hoppers said.

Construction will continue until mid June. The target opening date is June 17, but Physicians Quality Care will hold a fun fair on June 15 with free food and drinks, a petting zoo, carnival rides and inflatable bounce houses for children. Fun fair visitors also will get a chance to take tours of the new clinic.

"We consider ourselves a part of Milan," Dr. Hoppers said. "I can't wait to get the doors open."



Work progresses on the new Physicians Quality Care in Milan. At left, the theater begins to take shape.



Dr. Jimmy Hoppers, above, says he can't wait to open the doors of his Milan clinic.

Physicians Quality Care in Jackson is at 2075 Pleasant Plains Ext. Its Milan location is expected to open in June.

The clinics' hours are 7 a.m. to 11 p.m. seven days a week.

Walk-ins are welcome. For more information or to reserve your spot in line, visit the website: physiciansqualitycare.com

Healthy feet make the best dancing feet

Don't ignore foot pain on the dance floor

Though dancers often strive to be light on their feet, dancing the night away can still take a heavy toll on lower extremities. And, both professional and amateur dancers can suffer show-stopping foot or ankle injuries, as seen this season on the popular reality-television show, "Dancing with the Stars."

The most common types of dance-related problems are overuse injuries, said Dr. Terry Holt, a board-certified foot surgeon from the Podiatry Clinic of Jackson. The injuries are caused by the repetitive movements found not only in dance, but also in exercise routines such as Zumba.

"Over 50 percent of dance injuries occur in the foot and ankle," Dr. Holt said. "The severity of the damage is determined by a patient's age, strength, flexibility and the type of shoes worn when dancing."

Other common types of injuries related to dancing can include:

- Stress fractures (hair-line breaks in the bone) from repeated jumping and landing.
- Foot neuromas (thickening and irritation of the nerves in the ball of the foot) from repetitive pivoting.
- Shin splints (pain and swelling in the front of the lower legs), which

can be aggravated by recurring activities.

- Tendonitis (inflammation of the tendons in the foot) from overexertion.

- Corns, calluses or blisters – all painful skin irritations resulting from repeated rubbing of the skin on the feet.

Dancing is repetitively hard on the lower extremities. So how can dancers of any level protect their feet and ankles?

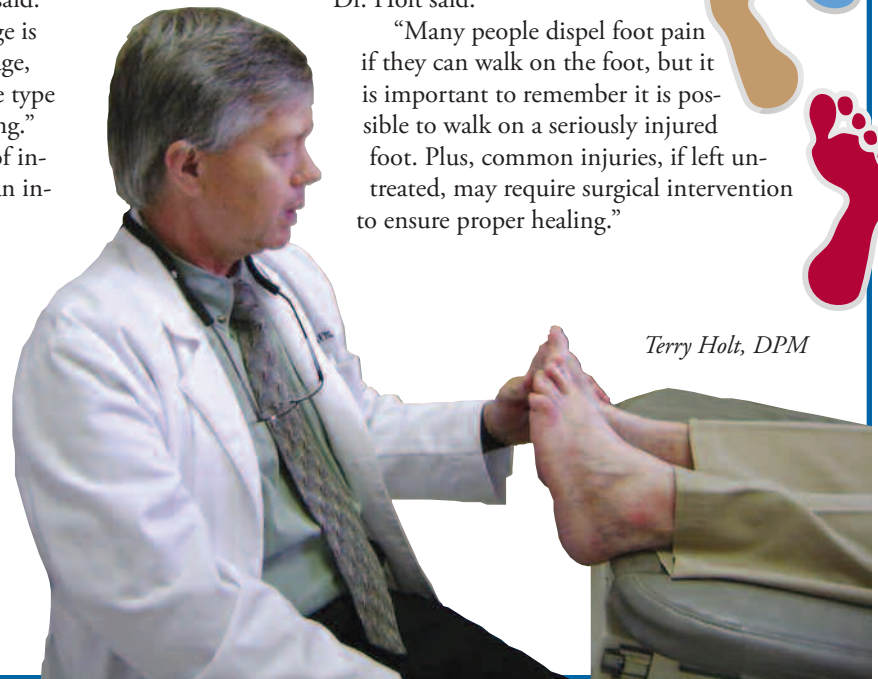
"The best defense to injury is prevention," Dr. Holt said. "Dancers should wear appropriate shoes to properly support their feet and ankles, as well as perform dance moves with their individual skill levels in mind."

When an injury does occur, prompt medical attention by a foot and ankle surgeon can make all the difference in a proper rehabilitation.

"Most dance injuries can be treated with conservative care as long as they are addressed early and not ignored," Dr. Holt said.

"Many people dispel foot pain if they can walk on the foot, but it is important to remember it is possible to walk on a seriously injured foot. Plus, common injuries, if left untreated, may require surgical intervention to ensure proper healing."

Dr. Holt practices at the Podiatry Clinic of Jackson at 657 Skyline Drive. If you are experiencing foot pain, call 731.427.5581 for an appointment.



Terry Holt, DPM



Jackson has some really great doctors.

We are proud to call them members.

Allergy

Allergy & Asthma Care: 660-0138
• Alan DeJarnatt, M.D.

Anesthesiology

Professional Anesthesia: 424-1408
• Ben Anderson, M.D.
• Charles Freeman, D.O.
• Lauri Anne Gorbet, M.D.
• Timothy Hutchison, M.D.
• Michael Lam, M.D.
• Michael Martindale, M.D.
• Charles Poole, M.D.
• Todd Seabrook, M.D.

Cardiology

Adv Cardiovascular: 215-1281
• Alexander Alperovich, M.D.
Apex Cardiology: 423-8200
• Henry Lui, M.D.
• Mallory McClure, M.D.
Cardiovascular Clinic: 256-1819
• Adey Agbetoyin, M.D.
• Mohsin Alhaddad, M.D.
Mid-South Heart Center: 423-8383
• Louis Cunningham, M.D.
• Tommy Miller III, M.D.
Skyline Cardiovascular: 410-6777
• Ronald Weiner, D.O.

Dermatology

Dermatology Clinic: 422-7999
• Mac Jones, M.D.
• Patrick Teer, M.D.

Family Practice

Northside Medical Clinic: 668-2800
• Timothy Hayden, M.D.
• Elizabeth Londino, M.D.
Patient Centered Care: 215-2888
• Kim Howerton, M.D.
Kenneth Warren, M.D.: 664-0103

Gastroenterology

TransSouth Health Care: 661-0086
• Allan Menachem, M.D.
• Bob Souder, M.D.

General Surgery

Jackson Surgical: 664-7395
• Daniel Day, M.D.
• Dean Currie, M.D.
• David Laird, M.D.
• Garrison Smith, M.D.
• David Villarreal, M.D.
Madison Surgical Clinic: 660-6101
• Thomas Edwards, M.D.

Gynecology/Obstetrics

Jackson Reg. Women: 668-4455
• Sandra Boxell, M.D.
• Pam Evans, M.D.
• Keith Micetich, M.D.
• Lane Williams, M.D.
Woman's Clinic: 422-4642
• Brad Adkins, M.D.
• Madhav Boyapati, M.D.
• Michael Epps, M.D. (GYN ONLY)
• Paul Gray, M.D.
• Andrea Harper, M.D.
• Molly Rheney, M.D.
• Ryan Roy, M.D.
• David Soll, M.D.

Hand Surgery

Plastic Surgery Clinic: 668-2490
• Marshall Yellen, M.D.
West TN Bone & Joint: 661-9825
• Michael Dolan, M.D.

Internal Medicine

Eze Clinic: 661-0067
• Gift Eze, M.D.
Goodwin & Associates: 668-9791
• Stephen Goodwin, M.D.
Ultimate Health: 265-1997
• Samuel Bada, M.D.
John Woods, M.D.: 664-7949

Nephrology

West TN Kidney Clinics: 668-4337
• Susan Alex, M.D.
• Ram Chary, M.D.
• Shirish "Joe" Joglekar, M.D.
• R. Mulay, M.D.
• Murty Narapareddy, M.D.

Neurology

Greystone Medical: 661-0131
• Marcus DeSio, M.D.

Oncology/Hematology

Cancer Care Center: 668-1668
• Brian Walker, D.O.
• Archie Wright, D.O.
Hematology/Oncology: 234-2425
• Brian Walker, D.O.

Ophthalmology

Eye Clinic: 424-2414
• Mark Bateman, M.D.
• Hilary Grissom, M.D.
• Bruce Herron, M.D.
• Sean Neel, M.D.
• Jason Sullivan, M.D.
• Art Woods, M.D.
Hughes Eye Center: 664-1994
• David Underwood, M.D.

Orthopedic Surgery

Craig Orthopedic Clinic: 661-0061
• Jim Craig, M.D.
Sports/Orthopedics: 427-7888
• Scott Johnson, M.D.
• John Masterson, M.D.
• Keith Nord, M.D.
• Timothy Sweo, M.D.
• Bradford Wright, M.D.
• David Yakin, M.D.
West TN Bone & Joint: 661-9825
• Harold Antwine III, M.D.
• Michael Cobb, M.D.
• John Everett, M.D.
• Doug Haltom, M.D.
• Jason Hutchison, M.D.
• David Johnson, M.D.
• David Pearce, M.D.
• Kelly Pucek, M.D.
• Adam Smith, M.D.
• Lowell Stonecipher, M.D.

Otolaryngology

West TN ENT Clinic: 424-3682
• Karl Studtmann, M.D.
• Keith Wainscott, M.D.

Pediatrics

Child Care Clinic: 664-8080
• Kay Joglekar, M.D.
Children's Clinic: 423-1500
• Todd Blake, M.D.
• Bruce Maley, M.D.
• Amelia Self, M.D.
• David Self, M.D.
• Theresa Smith, M.D.

Physical Medicine/Rehab

EMG Clinics of TN: 664-0899
• Ron Bingham, M.D.
EMG Specialty Clinics: 668-9899
• Remy Valdivia, M.D.
West TN Rehab Group: 664-7744
• Davidson Curwen, M.D.

Plastic Surgery

Plastic Surgery Clinic: 668-2490
• Marshall Yellen, M.D.

Podiatry

East Wood Clinic, Paris: 642-2025
• David Long, D.P.M.
Podiatry Clinic: 427-5581
• Terry Holt, D.P.M.

Rheumatology

Arthritis Clinic: 664-0002
• Jacob Aelion, M.D.
• Satish Odhav, M.D.

Spine Surgery

Adv. Spine Institute: 506-4607
• Robert Talac, M.D.

Urgent Care

Physicians Quality Care: 984-8400
• Jimmy Hoppers, M.D.
• Melanie Hoppers, M.D.

Urology

Jackson Urological: 427-9971
• David Burleson, M.D.
• John Carragher, M.D.
• Raymond Howard, M.D.
• Peter Lawrence, M.D.
• Donald McKnight, M.D.
• Scott Yarbro, M.D.



Dermatology Clinic moves to north Jackson

The Dermatology Clinic of Jackson has moved to 1320 Union University Drive in Thomson Farms, just north of Union University.

The new clinic, which opened its doors on April 8 after breaking ground last July, is in a good location and convenient for many patients, said Dr. Robert M. Jones, a board-certified dermatologist. Jones practices with Dr. Patrick Teer, who is board certified in dermatology and internal medicine and is a

member of the West Tennessee Physicians' Alliance Board.

The building features contemporary décor that is fairly unique for Jackson. It has an inviting and uncluttered feel with white and chrome chairs in the waiting area and offices. Stone gray walls are accented with a bright reddish orange, nautical blue, aqua and white.

Interior designer Kelly Smith says the look will define this decade. "The clean lines and clean feeling you get from the look is great for a clinic setting."

In addition to the modern and comfortable atmosphere, patients in the waiting room have access to free Wi-Fi and a coffee bar.

When Dr. Jones and Dr. Teer left Medical Specialty Clinic to start the Dermatology Clinic of Jackson in 2010, they decided to stay in the same building so it wouldn't confuse patients.

They leased their space from Jackson-Madison County General Hospital, knowing they would eventually build a new clinic.



At top, patients enjoy the new waiting room. The clinic, above, is at 1320 Union University Drive. It is open 8 a.m. to 5 p.m. weekdays. To make an appointment, call 731.422.7999.

The Dermatology Clinic of Jackson is a general dermatology practice with an emphasis on skin cancer. However, Dr. Jones and Dr. Teer diagnose and treat all diseases of the skin, including acne, warts, moles, hives, rashes, psoriasis and fungal infections, and disorders of the hair and nails. Patients range from babies to seniors.

Cosmetic procedures include sclerotherapy; Botox, Restylane and Juvéderm injections; and products such as RevaleSkin, Teamine Eye Complex and Ratisse. The practice also offers every available treatment for psoriasis, including topical agents, oral therapies, ultraviolet light therapies and the most up-to-date biologic injections.



Dr. Mac Jones, above right, goes over a patient's chart with his nurse, Melinda Burke.

The perils of summer

... Continued from Page 1

depends on the individual, Dr. Teer said. So use insect repellents and cover your body with long sleeves and pants if you plan to be outdoors in the garden or woods.

Insect repellent with DEET offers the best protection, he said, but any repellent is better than nothing. You also can rid your yard of mosquitos by installing birdhouses for martins, which feed on mosquitos.

Treating bites depends on the reaction. Begin with over-the-counter ointments that

contain hydrocortisone, or take Benadryl.

Spider Bites

Hydrocortisone cream also can treat spider bites. Or, try the "RICE" therapy of rest, ice compress and elevation to help neutralize the venom and limit its spread, he said.

However, people should see a physician within 24 to 48 hours of the bite if they notice a blister or ulcer, he said. The best treatment for a reaction such as this is an oral prescription medication that should be

taken in the first two to three days.

You also should see a doctor if you think you've been bitten by a brown recluse. These bites tend to leave a blue-purple center with a red or white ring.

Tick Bites

After spending time outdoors, check for ticks and remove them promptly. "Get the whole thing with a little piece of the skin," Dr. Teer said. And see your doctor if a rash develops.

Longtime Jackson orthopedic surgeon opens his own practice, joins Alliance



Jim Craig, M.D.

Dr. Jim Craig, a board-certified orthopedic surgeon who recently opened his own clinic, has joined the West Tennessee Physicians' Alliance. His new office is Craig Orthopedic Clinic at 2817 N. Highland Ave.

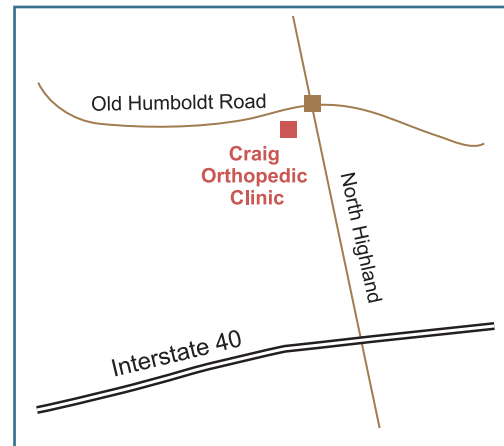
Dr. Craig has been practicing medicine in Jackson since 1970. He earned his medical degree at the University of Tennessee College of Medicine in Memphis before serving in the U.S. Navy for more than 2 years.

He completed his residency at Vanderbilt University.

Dr. Craig said Jackson has a good medical community and is well-served by Jackson-Madison County General Hospital and Regional Hospital. He also said he is happy to join the West Tennessee Physicians' Alliance and open his new clinic.

"I'm excited about going out on my own," Dr. Craig said.

Craig Orthopedic Clinic is open 8 a.m. to noon Monday, Tuesday and Wednesday. For an appointment, call 731.661.0061.



Time to see a doctor?

WEST TENNESSEE
Physicians'
Alliance

Our physicians treat your whole family



The West Tennessee Physicians' Alliance represents more than 100 Jackson physicians who practice 24 different specialties in independent clinics.

Check us out at www.wtpa.com.

For an appointment call your doctor's clinic.

Doctors and clinics are listed on Page 6 of this newsletter.

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Longtime Jackson orthopedic surgeon opens his own practice, joins Alliance



Jim Craig, M.D.

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