

For Life!

Winter 2015


MEADOWS
REGIONAL MEDICAL CENTER
Vidalia, GA

How to Choose the Right OB/GYN for You

Whether you're a teenager experiencing her first period, a young woman (or someone who is planning a family), or an older woman whose childbearing years are behind her, you're going to need a gynecologist and obstetrician. So what's the best way to find the gynecologist or OB/GYN that's right for your needs?



**Karen J. McColl,
M.D., FACOG**

Proximity is one key factor, according to Karen McColl, M.D., FACOG, a gynecologist who has been practicing medicine at Vidalia Women's Center for seven years. Particularly if you're actively growing your family.

"First," says Dr. McColl, "select an obstetrician who's relatively close to your home. Pregnancy is still an inexact science in many respects. Complications (not to mention going into labor) often happen after regular office hours or on the weekend. You're much better off having your hospital and doctor not too far from here."

"Second," she added, "Once you select a physician, find a practice that has been established a few years. Word of mouth is a good starting point. Talk to your friends, family, co-workers, and fellow church members. Ask them about their experiences with their OB/GYN, and ask them for a recommendation."

Find out where the doctor has hospital privileges. Then make sure that hospital uses the latest treatment protocols, as well as having the most current technology for diagnostics and medical procedures. Be sure the hospital is accredited too. This signifies that it meets rigorous national standards.

"But don't just stop there," says Dr. McColl. "Go to the hospital's and practice website and check out the hospital and doctor. Look to see if they're board certified, and don't hesitate to search on the web to investigate further."

Since this is often a relationship that lasts for years and may involve anything from childbirth, surgery, to annual visits, it is important to consider how well you and your potential doctor mesh as far as personality goes. You should feel that the doctor is easy to talk to and understands you.

To find an OB/GYN who might be right for you visit meadowsregional.org or call 912.537.1014.



One of Your Most Memorable Experiences Deserves Memorable Surroundings



The Women's Pavilion is parenthood the way it should be.

At first glance, it looks almost like a suite in a hotel. The rooms are big. Spacious. Private. With sleek, contemporary lines and furnishings. And that's only the beginning.



(Below



(Top Left) The nursery can accommodate up to 14 babies including those with special health needs. (Right) The doctors and staff are compassionate and professional – providing caring support for each individual patient. (Left) It's the little things ... young siblings can use a booster step to see into the nursery.

The birthing suites at Meadows Regional, like the rest of the Women's Pavilion are designed to make the entire journey to and through childbirth an enjoyable one. It's a state-of-the-art facility designed with both healthy and special needs newborns in mind. As well as the comfort of their mother, and the rest of their family.

It begins with a dedicated entrance for the exclusive use of Women's Pavilion guests and their family members. Moms and newborns come and go without ever having to go through any other area of the hospital.

Labor, delivery, and recovery all take place in the same generously-sized room. With private closets (including locking drawers) and private bathrooms with large showers.

Other added touches include extra-comfy beds, flat-panel televisions, full-size sleeper sofas and wireless Internet.

There's even a small step in front of the nursery viewing area, designed to let older siblings get their first look at their baby brother or sister.

From the newest, most technologically advanced monitoring and infant security systems to birthing classes taught by certified childbirthing educators and lactation consultants, to a dedicated surgical suite exclusively for c-sections, the Women's Pavilion is parenthood the way it should be.

Whether it's your first baby or not, Meadows Regional Women's Pavilion will be a place you and your little one (as well as your bigger ones) will feel right at home.

Hundreds of area moms apparently agree, because in 2014, 817 babies came into the world right here. And that annual number is expected to climb even higher by the time that 2015 is finished.

For patient appointments at Vidalia Women's Center, call 912.537.1014.

Lots of natural light and comfortable furnishing make our spacious labor, delivery and recovery rooms a welcoming place for family and friends to visit.



MOMS ARE TALKING

about Meadows Regional Women's Pavilion

Kate Greene

Mother of Three

Kate Greene is a Registered Nurse by profession, and is currently a stay-at-home mom. Her husband is the pastor of First United Methodist Church in Vidalia. Recently, she gave birth to her third child at Meadows Regional Women's Pavilion.



Kate says, "The Women's Pavilion at Meadows Regional is an amazing new facility. The rooms are bright, new and spacious. The convenience of delivering our baby five minutes from our home was ideal in every way. Everything from being able to park only feet away from the Pavilion entrance, to the step where my older two children could stand to see their new baby sister receive her first bath made our experience a very special time for our family. Between the facilities and the staff our experience could not have been more positive."

"It's an amazing new facility ..."

"I cannot speak highly enough of the nurses that took care of me and of my new baby Caroline during my labor and delivery as well as my postpartum care," states Kate. "Specifically Gina, my labor and delivery nurse, after asking for my permission, she prayed out loud for me and spoke the words I needed to get through the difficult transition stage of labor. I am extremely grateful for her and for her compassionate care for me. Soon after delivery Abby, an RN, asked if she could use our camera and began to take pictures of Caroline and of my husband and me, so that we could focus on our new baby girl. Those pictures are dear to me and I am thankful to have them."

Kate also remarked, "Dr. Meredith is a phenomenal doctor who puts a new mother at ease."

"The nurses are extremely helpful, 24/7."

Kara Martin

Mother of One

First-time mom Kara Martin echoed Kate's thoughts about the new private suites. "They're super clean, very spacious, and full of room. The nurses are extremely helpful, 24/7."

Both Kara and Kate had the same Meadows Regional physician, Dr. Susanna Meredith. This was particularly critical for Kara, who began experiencing complications about 30 weeks into her pregnancy and ended up having to get a C-section. "I would not have another baby without Dr. Meredith," she said, "She's a real people person, very compassionate, very professional, and really cares about both baby and mom. She always checked in on me, even when she wasn't on call."



Sonia Ascencio

Mother of One

Sonia Ascencio lives in Lyons and works in Vidalia as the manager of the Babcock & Moore Furniture Store. When Sonia, 27, was going into labor with the birth of her daughter, she encountered an unforeseen complication: "After I broke water, I just couldn't seem to push her out." "Fortunately, I had Dr. Meredith," Sonia says, "She kept checking in on me and made sure I was comfortable. She's a great doc and I'm glad she was taking care of me."

Sonia went on to add, "I admit it. I hate going to hospitals. They kind of scare me. But I know I can always trust Meadows."

"... I know I can always trust Meadows."



817 babies
came into the world at Meadows
Regional in 2014

See why so many women are choosing Meadows Regional Women's Pavilion. For more information or to schedule a tour call 912.535.5555.

Women's Health Physicians at Meadows Regional



George Bradford Cabe, M.D., FACOG

After completing his undergraduate degree at Harvard University, Dr. Cabe received his medical degree at the University of Virginia School of Medicine. He performed his residency in Obstetrics/Gynecology at Women's and Infants Hospital of Brown University in Providence, RI. He is board

certified by the American Board of Obstetrics and Gynecology.

Dr. Cabe has a special interest in minimally invasive gynecologic surgery and treating polycystic ovarian syndrome.



Stanley C. Morgan, M.D., FACOG

Dr. Morgan is board certified by the American Board of Obstetrics and Gynecology. He earned his medical degree from Medical College of Georgia in Augusta, GA. He performed his internship and residency in obstetrics and gynecology at Memorial University Medical Center

in Savannah, GA.

Previously, he served as Chairman of the Department of OB/GYN Surgery at East Georgia Medical Center.



Karen J. McColl, M.D., FACOG

Dr. McColl received her medical degree from the Medical College of Pennsylvania in Philadelphia in 1986. She also performed her residency at MCP, which is now Drexel University Hospital. Dr. McColl is board certified by the American Board of Obstetrics and Gynecology

Her practice is focused on office and operative gynecology.



Anju Sinha, M.D., FACOG

Dr. Sinha received her medical degree from the Nalanda Medical College and Hospital in Patna, India. She performed her residency at Brody School of Medicine/East Carolina University in Greenville, NC. She also received training at the Royal Hampshire County Hospital in Winchester, UK, where

she was Senior House Officer in Obstetrics and Gynecology.

Dr. Sinha is board certified by the American Board of Obstetrics and Gynecology.

Dr. Sinha offers a full range of gynecological and obstetric services, with a particular interest in High Risk Obstetrics and Infertility Management.

“The most rewarding part of being an OB/GYN in our community is being able to care for my neighbors, my previous teachers, my parent’s friends, my friends’ daughters and deliver the friends of my children. Watching those babies grow and seeing my patients feel better and live more productive lives after surgery or treatment makes my job very rewarding. This is a community where I see my patients at the grocery store, church, and my children’s school and am privileged that they feel comfortable with me and include me in the most intimate moments of their lives.”

– Dr. Meredith



Susanna Meredith, M.D., FACOG

Dr. Meredith, a Vidalia native, is board certified by the American Board of Obstetrics and Gynecology. She earned her medical degree from Medical College of Georgia in Augusta, GA. She performed her residency at University of Florida Jacksonville Health Sciences Center, Jacksonville, FL.

Dr. Meredith has a special interest in preventative care and contraception as well as procedures that enhance a woman's quality of life.



Herbert M. Suber, M.D.

Dr. Suber received his medical degree from the Medical College of Georgia in Augusta, and performed his residency in Obstetrics/Gynecology at the Eastern Virginia Medical Center, which is located in Norfolk.

Dr. Suber has been practicing medicine in Vidalia since 1983, during which time he has delivered more than 6,000 babies.

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For Life!
One Meadows Parkway
Vidalia, GA 30474

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MEADOWS REGIONAL

Helping Kids Grow Big and Strong

Our care for your little ones doesn't end when they leave the Women's Pavilion nursery.

Vidalia Children's Center is the medical home for children ranging in age from newborn to 21 years. Served by four pediatricians, the medical practice has 12 exam rooms and features an expanded waiting room with an open play area and a separate newborn "well" waiting room area. There also is a nursing room and a certified lactation specialist on staff.

From first shots, growing pains and runny noses to well-visit checks, sports physicals and more, we help kids grow big and strong.

For a pediatric appointment call 912.538.8484.



For Every Stage For Every Age Meadows Regional for Women

Expectant mothers can expect:

- Availability of ultrasound in outpatient office
- Free childbirth classes
- Comfortable private suites with full-size sleeper sofas, flat-screen TVs, wireless Internet
- A dedicated surgical suite for C-sections
- Expanded new nursery with designated areas for babies with special needs
- Advanced infant security system
- Nurses with advanced neonatal and obstetrics certifications

Gynecology services for every stage of life:

- Reproductive health
- Menstrual disorders
- Menopause
- Incontinence
- Minimally invasive GYN surgery

Advanced diagnostic screening and detection for breast cancer:

- Digital mammography
- Stereotactic breast biopsy