



Daisy Awards  
**Page 3**



Acupuncture  
**Page 8**

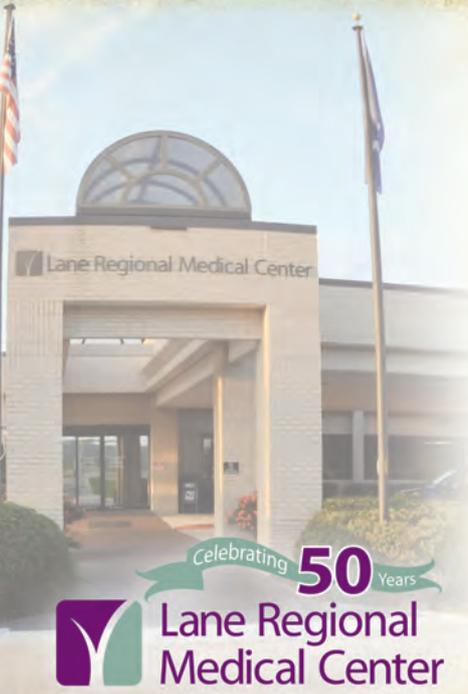
## IN THIS ISSUE

- Pathway to Excellence
- Daisy Awards
- New Faces
- Acupuncture
- FASTLane

# LANE LINES

■ FALL 2010

Changing and Growing With You



*You are invited....*

## Lane Regional Medical Center Celebrates 50 Years!

Please join us as we celebrate  
 Lane Regional Medical Center's 50th Anniversary!

**Wine Tasting, Art Show, Silent Auction**  
**Friday, November 5**  
 6-9 P.M.

The Bennett House; 21059 Plank Road, Zachary  
 Business Attire

\$50 per person in advance, \$55 at the door.  
 Proceeds will benefit The Lane RMC Foundation  
 Space is limited; Reserve your attendance by calling (225) 658-4587.



## LETTER FROM THE CEO Randall M. Olson

### Dear Friends:

The temperature may have cooled down a bit but at Lane we are still going strong and working hard!

- As we celebrate our 50th anniversary on November 5, it is with great pride that I thank YOU, our patients, families and community members for allowing our dedicated team of professionals to do what they do best – provide the greatest healthcare possible. We appreciate your support in the past and look forward to serving you for generations to come. We have a great Team here, and it shows!
- Lane's Pathway to Excellence is underway as we strive for this distinguished designation awarded by the American Nurses Credentialing Center. Since patient care excellence is what defines Lane, we are excited about this upcoming recognition.
- FASTLane, our new after hours walk-in clinic in Zachary, has been open since July. It is fully staffed by licensed physicians and conveniently located at 19900 Old Scenic Hwy in the Lake Pointe Centre. Monday – Friday, 2p.m. - 10p.m. and Saturday and Sunday, 9a.m. – 6p.m. Call (225)570-2618 for more information.
- And, we will soon receive a \$300,000 federal appropriations grant from Senator Mary Landrieu's office to fund our Digital Mammography System. This equipment has made an immediate difference in the healthcare provided to more than 98,000 residents in our service area.

As always, we know that YOU are the reason we are here. Please feel free to email me via our website: LaneRMC.org under "contacts," or call me directly at (225)658-4303.

Sincerely,

Randall M. Olson

# Lane Cardio Team Beats National Average in Treating Emergency Heart Attack Patients

We are proud to announce that the door-to-balloon time at Lane Cardiovascular Center averages 65 minutes compared to the national average of 90 minutes.

Door-to-balloon time is a quality measure indicating the amount of time between a heart attack patient's arrival at the emergency room to the time that patient's blocked artery is reopened in the catheterization lab.

“ Decreasing door-to-balloon time saves muscle, and in turn saves lives ”

-Laura Peel,  
Lane's Cardiology Director

“The longer it takes for you to open a completely occluded coronary artery, the more tissue damage is occurring. We are continually looking for ways to improve our times and patient outcomes so that we can continue to provide excellent care and service.”

Lane is in partnership with Cardiovascular Institute of the South to bring world-class physicians, state-of-the-art diagnostic capabilities and the latest technology to detect and treat heart and peripheral vascular disease to the Zachary region. For more information on Lane's Cardio services, please call (225) 658-6765.



# Extraordinary Nurses = Remarkable Patient Experiences

Eleven nurses at Lane Regional Medical Center were nominated by patients, family members, physicians and colleagues for **The DAISY Award for Extraordinary Nurses**.

## Lane's second quarter DAISY Award Honoree is Lori Hopwood, RN, BSN.

Lori joined the Lane team in 1990 and has been the director of Lane Home Health since 2008. She is responsible for coordinating all aspects of quality home nursing care, including patient satisfaction, staff development and physician relations. Prior to this position she was a nurse on the surgery, labor & delivery and medical surgery units.

A native of Clinton, Lori graduated from Southeastern Louisiana University in Hammond with a Bachelor's Degree in Nursing. She is currently a member of Lane's CHF (congestive heart failure) quality team and has served on numerous quality teams over the past 20 years.

Lori and her husband, Mike, reside in Zachary. They have four children, Michael, 26, Garrett, 16, Matthew, 11, and Jenna, 8, and three grandchildren, Caitlyn, Michael III, and Nicole.

Lori received a certificate commending her for being an "Extraordinary Nurse." The certificate reads: "In deep appreciation of all you do, who you are, and the

incredibly meaningful difference you make in the lives of so many people." She also received a beautiful marble sculpture called "A Healer's Touch", hand-carved by artists of the Shona Tribe in Africa.

The 10 additional nurses nominated for The DAISY Award are:

- Sharon Callahan, RN
- Cheryl Castello, RN
- Jeremy Dedeaux, RN, BSN
- Kelly Fowler, RN
- Lisa Miller, LPN
- Tisha Partin, LPN
- Jeronica Profit, LPN
- Kathy Simmons, RN, BSN
- Judy West, RN, BSN
- Melissa Whitaker, RN



Lori Hopwood, RN, BSN received the DAISY Award for Extraordinary Nurses at Lane Regional Medical Center.



(L-R) Cheryl Castello, Lori Hopwood, Jeronica Profit, Judy West, Kelly Fowler, and Tisha Partin



(L-R) Sharon Callahan, Kathy Simmons, Jeremy Dedeaux, Melissa Whitaker, and Lisa Miller



**DAISY Award nominees personify Lane Regional Medical Center's remarkable patient experience. These nurses consistently demonstrate excellence through their clinical expertise and extraordinary compassionate care, and they are recognized as outstanding role models in our nursing community.**

To nominate an extraordinary nurse that has touched your life, please go to [LaneRMC.org](http://LaneRMC.org) Be sure to click on the DAISY emblem!

## NEW SPECIALISTS ARE HERE FOR YOU!



**OB/GYN**

A native of Baton Rouge, Dr. Joshua Best earned his medical degree and completed his residency in obstetrics and gynecology at Louisiana State University Health Sciences Center in Shreveport. He is residency trained and board eligible in obstetrics and gynecology.

Dr. Best specializes in women's overall health, from childbirth through menopause. He joined Dr. Keith Elbourne at Bayou Women's Clinic in July. "It's a positive experience helping women take preventative measures and ensuring they maintain

health during the various stages of life," he said. "And should concerns arise, I am fully trained and experienced in the latest techniques and procedures."

With a focus on family, Dr. Best, his wife Jessica, and their 6-month-old daughter, Ila, are happy to be back home. "I am looking forward to working with Dr. Elbourne and getting involved in the community. And because our office is right next door to the hospital, not having to drive into Baton Rouge for surgery or childbirth is very convenient for patients."

When asked why he chose to practice at Lane Regional, Dr. Best said, "I've been in a lot of hospitals. And when compared to other hospitals, I saw that Lane provides the most personal care for their patients. It's just a great hospital."

Dr. Best is still accepting new patients at his clinic, Bayou Regional Women's Clinic, located at 6550 Main Street, Suite 2000, in Zachary. To schedule an appointment, please call (225) 658-1303.



**Interventional  
Cardiologist**

Dr. Satish Gadi, a native of India, joined Cardiovascular Institute of the South in August as an interventional cardiologist.

Dr. Gadi earned his Bachelor of Medicine and Bachelor of Surgery at Andhra Medical College in India where he also began his post-graduate training. He completed his internal medicine residency, cardiovascular disease fellowship, and his interventional cardiology fellowship at Maimonides Medical Center in Brooklyn, New York.

Dr. Gadi is board certified in internal medicine, cardiovascular disease, nuclear cardiology and echocardiography. He is a member of many professional organizations including the American College of Cardiology, the American Medical Association, the American Society of Nuclear Cardiology, and the American College of Physicians.

An avid photographer, Dr. Gadi is also a fan of soccer and fishing. He and his wife, Malini, live in Baton Rouge with their 2-year-old daughter Sammy.

Dr. Gadi welcomes all new patients. To schedule an appointment, please call (225) 654-1559. His office is located inside the Lane Medical Plaza, 6550 Main Street, Suite 1000, in Zachary.





**Interventional  
Cardiologist**

Dr. Amit Patel, a native of India, joined Cardiovascular Institute of the South in September as an interventional cardiologist.

Dr. Patel completed his Bachelor of Medicine and Bachelor of Surgery at Pramukh Swami Medical College in India. He began his post-graduate training at Coney Island Hospital in Brooklyn, New York where he also completed his internal medicine residency. Additionally, Dr. Patel received his cardiovascular medicine fellowship and his interventional cardiology fellowship at Maimonides Medical Center in Brooklyn, New York.

Dr. Patel is board certified in internal medicine, nuclear cardiology, cardiovascular disease and echocardiography. He is a member of many professional organizations including the American College of Cardiology, the American Medical Association and the Indian Medical Council.

Having played cricket in college, Dr. Patel is still an enthusiastic fan and supporter of the sport. He also enjoys reading and spending time with his wife Mintu and 6-month-old daughter Deeya at their home in Baton Rouge.

To schedule an appointment with Dr. Patel, please call (225) 654-1559.. His office is located inside the Lane Medical Plaza, 6550 Main Street, Suite 1000, in Zachary and will soon be opening an office in Baton Rouge.



**Sports Medicine and  
Orthopaedic Surgeon**

A native of Lake Providence, Louisiana, Dr. Whatley attended LSU and completed his medical degree and residency in Orthopaedics at Louisiana State University Health Sciences Center in New Orleans. While there, he was awarded the Jack Winters Award for Most Outstanding Senior Research Presentation. Dr. Whatley received his fellowship in Sports Medicine from Harvard University and Brigham and Women's Hospital.

Dr. Whatley joined Dr. David Rabalais at the Baton Rouge Orthopaedic Clinic in July. He specializes in

sports-related injuries, fracture repair, shoulder, hip, and knee replacement surgeries, arthroscopic surgeries and cartilage restoration surgery.

"I am committed to providing patients of all ages with sound orthopaedic care in an effort to get them back to their desired level of activity."

When asked why he chose to practice at Lane Regional, Dr. Whatley said, "I wanted to come back home and be close to family. And when compared to other hospitals, I saw that Lane provides the best personal care for their patients, so it's a great fit."

Dr. Whatley and his wife Carly reside in St. Francisville and are expecting their first child. His personal interests include hunting, fishing, LSU Football, golf, cooking, traveling, movies and music.

To schedule an appointment, please call (225) 658-1808. Dr. Whatley is accepting new patients at his clinic located inside the Lane Medical Plaza at 6550 Main Street, Suite 2300, in Zachary.



# Lane's Pathway to Excellence

A distinguished designation awarded by the American Nurses Credentialing Center, recognizing Patient Care Excellence by meeting and exceeding the following 12 Practice Standards:



## 1. Nurses Control the Practice of Nursing

- Coordinating Council – integrates all Nursing Shared Governance councils and communicates all accomplishments
- Professional Development Council – encourages advanced degrees and certifications, and oversees clinical ladder progression
- Practice and Research Council – defines, implements and maintains evidence-based practices, policies and procedures authored by direct-care nurses

1



## 2. The Work Environment is Safe and Healthy

- Policies, procedures and precautions (such as latex allergy and blood borne pathogen) to avoid injury, accident and illness
- Infection control training and prevention
- Security measures, such as code white, controlled access areas and direct-care nurses on safety committees
- Nursing Model of Care adopted
- Walking track on campus
- Chapel always open and weekly prayer groups held

2



## 3. Systems are in place to address Patient Care and Practice Concerns

- Patient rights; patient handbook; patient education (pre-admit nurse, safety before surgery brochure, preparing for surgery brochure)
- Ethics committee
- Conflict resolution and management policy

3



## 4. Orientation Prepares New Nurses

- Nurses designed the 12-week preceptor program for new hires with various levels of experience which focuses on quality, safety and staff satisfaction
- Orientees not included in staffing matrix
- Preceptor/Orientees team take reduced patient load for first 3 weeks

4



## 5. The CNO is Qualified and Participates in all Levels of the Facility

- Chief Nursing Officer is Jennifer Johnson, RN
- Master's degree
- Patient and Nurse advocate
- Open office hours; Town Hall meetings; frequent rounds on units
- Member of the: Administrative Leadership team, Louisiana Organization of Nurse Executives, various internal committees and external community organizations.
- Attends all LRMC Board meetings

5



## 6. Professional Development is Provided and Utilized

- Voluntary clinical ladder with financial incentives, recognition and rewards - went into effect January 2010
- Continuing education opportunities provided regularly
- Advanced degrees supported with tuition reimbursement and scheduling accommodations
- Certifications encouraged and recognized
- Membership in professional organizations encouraged

6



### 7. Competitive Wages/Salaries are in Place

- Wages are above the state average; range is competitive with area hospitals; periodic adjustments given based on local market
- Annual merit increases based on performance
- Supplemental pay and/or additional paid time off based on hospital financial performance
- Premium pay for certification differentials and expertise in specialty areas

7



### 8. Nurses are Recognized for Achievements

- DAISY Award nominees, quarterly ceremony; nominated by peers, physicians, patients and patient's family
- STAR Award nominees, biannual ceremony; nominated by peers, physicians, patients and patient's family
- STAR cards, ongoing, monthly prizes; peer and management nominations
- Nursing Matters internal newsletter, quarterly
- Lane Lines community newsletter, quarterly
- Nurse's Week(s) annual events, activities and prizes
- Employee of the Month/Year service awards
- Evidence Based Practice participant dinner
- New Releases/Public Relations
- "I Love Lane" posters, classified ads, website testimonials
- Incentive pay
- Departmental and hospital bulletin boards

8



### 9. A Balanced Lifestyle is Encouraged

- Voluntary Health & Wellness program rewarding diet, exercise and routine medical exams with cash and prizes
- Free annual lab work
- Free annual flu shots
- Discounted health club memberships
- Weight loss programs held onsite
- Volunteer opportunities encouraged and schedules adjusted
- Employee Assistance Program
- Flexible spending account
- Flexible scheduling options, such as weekends, PRN, SNAP, FT or PT
- Walking track on campus
- Chapel always open and weekly prayer groups held
- Vacation time and personal days encouraged
- Participation is encouraged and expected for hospital-wide picnics, ice cream socials, football celebrations, wellness celebrations, quality celebrations, special attire days, etc.

9



### 10. Collaborative Interdisciplinary Relationships are Valued and Supported

- Multiple interdisciplinary projects, such as EMAR (electronic medication administration record) BMV (bedside medication verification) and preparing for hospital-wide Electronic Medical Records
- Multiple interdisciplinary teams, such as Achieving Pathway, Expect the Best, Recognize & Celebrate Success, Create a Remarkable Environment of Care & Service
- Direct-care nurse representative on physician committees
- Job Shadowing "Flip Flop" program
- Pathway education at hospital picnics
- Standards of Performance employee handbook

10



### 11. Nurse Managers are Competent and Accountable

- Leadership education and development programs and activities provided
- Mentors assist in orienting new managers
- Nurse and Patient advocates
- Performance goals set
- Peer evaluations

11



### 12. A Quality Program and Evidence-Based Practices are Utilized

- Nurses participate in quality initiatives and implement "best practices," such as one-call pager system, hand washing, CHF patient care program
- Press Ganey surveys
- National Database of Nursing Quality Indicators (NDNQI)
- Maryland Quality Indicators
- Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS)
- Core Measures
- Nurses are empowered to identify issues, establish teams, track data, recommend changes, pilot projects, measure results, share information and implement new practices

12

# There's No Place Like Lane!

Achieving Excellence, Every Person Every Time



Changing and Growing With You



## Acupuncture at Lane!

“Traditional Chinese Medicine has been practiced for thousands of years to help restore the body to its natural state of good health,” says Johnson. “I help patients with pain and stress everyday and treat a wide range of medical conditions using Acupuncture, Herbal medicine, Tui Na acupressure and nutrition.”

Ashley Johnson, Licensed Acupuncturist, recently founded Bon Point Acupuncture and Herbs, located at 4710 McHugh Road, in Zachary.

A native of Zachary, Johnson attended the Texas College of Traditional Chinese Medicine in Austin where she received her Masters Degree in Oriental Medicine.

She is board certified by the National Acupuncture Licensure Board, National Certification Commission of Acupuncture and Oriental Medicine, and in the state of Louisiana. She is specially trained in Chinese Internal Medicine and Gynecology.

She offers treatment for:

**Musculoskeletal:** Neck pain, Shoulder pain, Tennis Elbow, Carpal Tunnel, Back pain, Knee pain, Sciatica, Foot Pain, Sports Injury

**Neurological:** Headache, Migraine, Insomnia, Stress, Bells Palsy, High Blood Pressure, Epilepsy, Neuralgia, Tremors

**Gynecological:** Fertility (male/female), Menstrual Pain, PMS, Menopause, Pregnancy, Cysts

**Respiratory:** Asthma, Cough, Sore Throat, Common Cold, Hay Fever, COPD, Seasonal Allergies

**Gastrointestinal:** Constipation, Chronic Diarrhea, Acid Reflux, Nausea, Vomiting, Stomach pain, Poor Digestion, Weight loss

**Other:** Smoking cessation, High/Low Blood Pressure, Chronic Fatigue, Adjunct Therapy for Chemo, Addiction, Anxiety, Depression, Skin Disorders, Autoimmune, and Chronic Disease Management

To schedule an appointment with Ashley Johnson, please call Bon Point Acupuncture and Herbs at 225-658-6624, conveniently located next to Lane, 4710 McHugh Road, in Zachary.





# Good Health Seminars

## SCALE DOWN

A FREE orientation session on the HMR Weight Management Program.

### Every Thursday

11:30 am or 7:00 pm

Scale Down Center

6300 Main Street, Building G

Located behind the hospital's fitness trail

Registration is required/

Seating is limited.

Call 658-4463

## MOVING FORWARD AFTER STROKE

A FREE comprehensive education program for the stroke survivor.

**Monday, November 1, 2010**

**Monday, December 6, 2010**

**Monday, January 3, 2011**

2 pm – 3 pm

Lane Rehabilitation Center

4601 McHugh Road

Family members and caregivers encouraged to attend.

Registration is required.

Call 658-6800

## THE PREGNANCY WORKSHOP

A FREE overview of what to expect for expecting moms and dads.

**Wednesday, November 3, 2010**

6 pm – 7:30 pm

Lane Regional Medical Center

Staff Development Classroom

Registration is required

Call 654-LANE (5263)

## DIABETES SUPPORT GROUP

A FREE support/encouragement group for people dealing with Diabetes.

**Tuesday, December 14, 2010**

**Tuesday, January 11, 2011**

6 pm – 7:30 pm

Lane Regional Medical Center

Family members encouraged to attend.

Call 658-4583

## SAFE SITTER BABYSITTER TRAINING

A comprehensive babysitter training course for boys and girls ages 11–13.

**Tuesday, November 23, 2010**

8:30 am – 3:30 pm

Lane Regional Medical Center

Registration is required/Seating is limited.

Call 654-LANE (5263).

## AARP DEFENSIVE DRIVING COURSE

A classroom refresher course for drivers ages 50+.

**Tuesday, January 18, 2011**

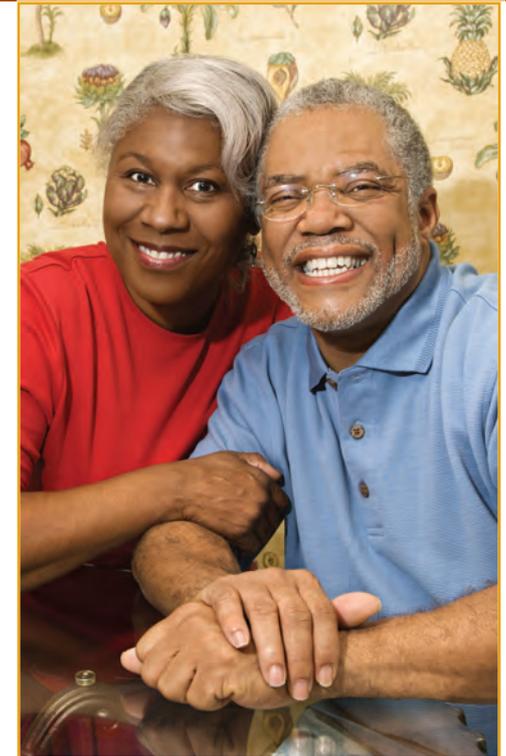
8:30 am – 1 pm

Lane Regional Medical Center

Staff Development Classroom

Registration is required/Seating is limited.

Call 654-LANE (5263)



## BLOOD DRIVE

Coordinated by United Blood Services and Lane RMC.

**Friday, January 14, 2011**

7 am – 2:30 pm

Lane Regional Medical Center

Staff Development Classroom

Sign up online @ [www.bloodhero.com](http://www.bloodhero.com)

Sponsor code: LaneRegional



Physical Therapist Julie Metz Johnston, a member of Lane's neurological rehab team, is working to receive certification in Neurological Disorders Rehabilitation.



## Lane Rehabilitation Center specializes in treating Neurological Disorders

The nervous system is at risk to a variety of disorders, such as stroke, infections, injuries, and degenerative disorders, such as Parkinson's disease or multiple sclerosis. Neurological rehabilitation is a process of restoring function and improving the overall quality of life for your loved one who has experienced neurological damage.

The neurological rehab team at Lane Rehabilitation Center is centered around the patient and family, whose participation is essential in determining the goals of the treatment plan. Other rehab team members include a neurologist or rehabilitation physician; rehabilitation nurses; dietician; and physical, occupational, recreational, and speech therapists.

During the first few days in a neurological rehabilitation program, a patient is evaluated for physical, emotional, and social system needs. After the initial evaluations, the patient and family are asked to identify their goals for rehab and treatment.

With the patient's goals clearly identified, the rehab team starts planning for the patient's discharge. The treatment plan then is designed backwards from the desired outcome and discharge date.

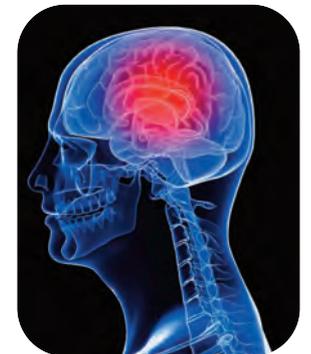
Although goals are specific for each patient, a typical neurological rehabilitation program consists of:

- Physical therapy to improve function, safety, and efficiency of movement; prevent muscle contractions and weakness; manage spasticity and pain; main-

tain range of motion; improve balance; and develop the maximum potential of muscle, bone, and respiration

- Occupational therapy to assist with relearning daily activities, including feeding, bathing, and dressing
- Speech therapy to help patients who are having trouble speaking, expressing their thoughts, or swallowing
- Bowel and bladder retraining
- Patient and family education to help manage medication and medical complications, therapeutic exercises to continue at home, and use of adaptive equipment
- Activities to improve cognitive impairments
- Psychological counseling to help with anxiety and depression
- Nutritional counseling
- Support groups
- Discharge planning for continued recovery at home

For more information on all that Lane Rehabilitation Center can do for your loved one, please call Kristen Broussard, Community Relations Coordinator, at 225-658-6858 or Jeanette Alexander, Program Director, at 225-658-6800.



## Lose weight now, enjoy the holidays later!

### It's Time for Our Time-Limited Pre-Holiday Specials

#### 8-Week Pre-Holiday Phase 2 Program

This is the only time of year we offer this special Phase 2 package. Accountability, support, new ideas, new strategies...get it all with this great group!

#### Pre-Holiday Healthy Solutions Diet Blitz™

4 classes...Just 3 weeks of dieting...RESULTS. Enough said!

#### Other Options:

**Restart®** for More Weight Loss: Former patients are always welcome to come back to work on their weight and their health.

**HMR at Home®:** Convenient diet kits bring HMR foods and materials right to your door. If you simply can't make it into class this season, this is a GREAT option! (Plus get 10% off and FREE shipping with auto delivery.)

**HMR Meal Replacements:** Make sure you're getting the best nutrition with the fewest calories—ready to eat in less than a minute which is key during this busy holiday season!



Call 658-4463 to register  
for a free orientation session!

### Warm Pear Cobbler

- 1 14-oz. can unsweetened pears, drained
- 1 packet HMR Multigrain Hot Cereal
- 6 oz. water
- 1 packet non-caloric sweetener
- 1 tsp cinnamon

Pour pears into small, shallow baking dish.  
Sprinkle with sweetener and cinnamon.  
Prepare cereal and water according to package instructions.  
Spread cereal over the pears and bake for 15 minutes at 350 degrees.  
(You could also make this with peaches.)

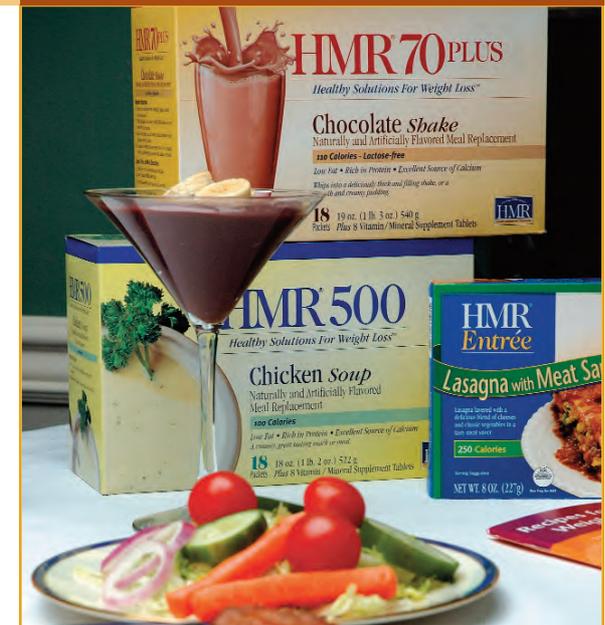
*Calories: 340*  
*Fruit Servings: 1 1/2*

### New England "Bread Pudding"

- 1 HMR Multigrain Hot Cereal
- 5 oz. water
- 1 packet non-caloric sweetener

Cook cereal according to packet instructions.  
Refrigerate at least 20 minutes until cold.  
Sprinkle with sweetener.  
Top with a dollop of fat-free Cool Whip® (optional).

*Calories: 210*



### HMR Multigrain Pancakes

- 1 packet HMR Multigrain Hot Cereal
- 1 serving any HMR Vanilla Shake mix
- 1/2 cup water
- Non-stick cooking spray

Mix cereal and shake powder thoroughly in a blender until it creates a flour like consistency. In a bowl, mix together the 'flour' and water. Allow to sit for 3-5 minutes (Batter will thicken.) Add more water if needed. Spray a skillet with non-stick cooking spray. Pour 1/4 cup batter for each pancake. Cook until browned on one side, flip to brown other side.  
Serve with DaVinci® Sugar-Free Pancake Syrup, or dust with a cinnamon/sugar substitute mixture.

*Calories: 330 for 4 pancakes*

# LANE LINES

A Publication of Lane Regional Medical Center

6300 Main St., Zachary, LA 70791

(225) 658-4000

LaneRMC.org

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ZACHARY, LA



## FASTLANE



**(225) 570-2618**

19900 Old Scenic Hwy. | LaneRMC.org

## FASTLane After Hours Walk-In Clinic is NOW OPEN!

At FASTLane you can expect the prompt care and attention you deserve. From routine physicals to fevers and coughs, sprains and strains, eye and ear infections, stomach viruses, and cuts and bruises, we'll be here ready and waiting. Plus, on-site X-ray, lab and drug screening services.

FASTLane is fully staffed by licensed physicians and conveniently located in Lake Pointe Centre, 19900 Old Scenic Highway.

Personal payment or most major insurance accepted.



Open when most physician offices are closed.

Monday – Friday 2:00pm-10:00pm

Saturday – Sunday 9:00am-6:00pm

QUALITY CARE *at the* SPEED OF LIFE.