

Health Matters

The Magazine of Augusta Health

Robotic Replacement

Robotic-assisted surgery gets patients back on their feet / 4

Thanks to robotic-assisted surgery, Shirley can continue to walk her dog, Ruby.

Augusta
Health

Summer 2024

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MY THOUGHTS

Hello Summer!

Welcome to the Summer 2024 issue of *Health Matters*! This issue brings to life Augusta Health's dedication to advancing our clinical specialties and expanding access to care across all communities.

You'll see the many ways that we are enhancing our specialties with support services like pelvic floor therapy and a Stroke Club for recovering patients and their families. You'll also learn how Dr. Ryan Rieser's personalized plan and leading-edge robotic technology for knee replacements

Augusta Health is dedicated to improving patient outcomes, enhancing quality of life and promoting well-being across all communities.

improves joint function and allows faster recovery times. Our dedication to enhanced specialization for our community is also shown in the opening of our new cardiology unit, and the addition of Dr. Kelvin Raybon to the oncology team.

Access to healthcare and preventive services are all expanding to enhance well-being and reduce health disparities across the community. You'll read about how the Augusta Health Neighborhood Clinics (formerly known as the Mobile Clinic) plan to expand our reach into communities through Mobile Primary Care Services, a specially designed clinic van that will travel into neighborhoods addressing health concerns such as chronic disease management, nutrition, mental health and preventive care. Through many community partnerships

and the Augusta Health Neighborhood Clinics, Augusta Health is leading the way to reduce health disparities through improved access to greatly needed services throughout the community.

You'll see that the spirit of community involvement and volunteerism is alive and well at Augusta Health. The story of retired radiologist and veteran Dr. Jim Huggins is a moving and wonderful story about how rewarding volunteering can be, both personally and emotionally. Jim provides crucial emotional support and compassion to patients and families facing a terminal illness. More broadly, you'll learn how the Augusta Health Foundation is supporting a wide array of patient care programs and services.

I encourage you to read through all of the stories. I think you will be inspired and appreciative of the skilled, caring community of Augusta Health. As we commemorate 30 years of community service, we have reflected on our achievements, growth and healthcare contributions. I am excited to continue this celebration with the community throughout the remainder of the year, honoring the dedication and commitment of our providers and team members, acknowledging the impact of their work on patients' lives, and looking forward to continued excellence in providing quality care for years to come.

Thank you for reading,

Mary N. Mannix, FACHE
President and Chief Executive Officer,
Augusta Health

Health Matters

The Magazine of Augusta Health

THE MAGAZINE OF AUGUSTA HEALTH

Serving the cities of Staunton and Waynesboro, and Augusta County and its surrounding communities.

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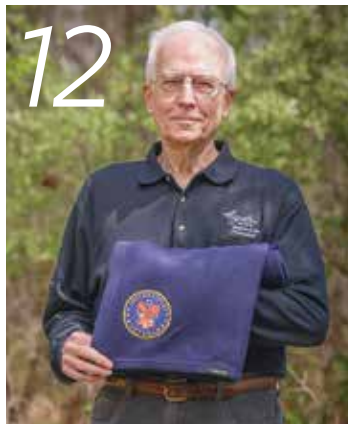
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INSIDE



For more information or questions about services at Augusta Health, visit our website at augustahealth.com.

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The information contained herein is not a substitute for professional medical care or advice. If you have medical concerns, seek the guidance of a healthcare professional. *Health Matters* aims to connect the community with healthcare experts within Augusta Health to learn more about issues that may be affecting your health. If you are not receiving *Health Matters*, you can view it or request to be added to the mailing list at augustahealth.com/health-matters.

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In the last issue of *Health Matters*, an article incorrectly stated that Augusta Health is the only facility in Virginia offering plaque radiotherapy of the eye. We are the only facility in central Virginia performing this life-saving procedure. We regret this error and any confusion it may have caused.



Robotic Replacement

Robotic-assisted surgery gets patients back on their feet

Orthopedics

When Shirley Hailey, age 82, of Stuarts Draft, Virginia, realized her knee pain was keeping her from doing things she enjoyed, she looked to Augusta Health for help. The physician assistant who examined her condition indicated that joint replacement was her best option.

Shirley's journey continued with a joint replacement class in the fall of 2023. There, she learned the ins and outs of orthopedic surgery, including preparation and post-op protocol.

Feeling educated and optimistic, Shirley then met with Ryan Rieser, MD, an orthopedic surgeon at Shenandoah Valley Orthopedics and Sports Medicine. After her evaluation, Dr. Rieser told Shirley that robotic-assisted surgery was the best way to repair her arthritic knee.

Better Care for the Community

“The orthopedic robot is an expansion of our robotic services here at Augusta Health,” says Vickie Taylor, RN, DNP, assistant vice president of nursing and assistant chief nursing officer. “This robot, the Zimmer Biomet Robotic Surgical Assistant (ROSA), is made for joint replacement—particularly total knee joint replacement. We are seeking different ways to provide the best care for our community, and research supports the utilization of robotics for joint procedures that provide a more stable knee.”

Surgeons who use robotic surgical assistants still lead the entire surgery. The robot helps with minute measurements in real-time. Dr. Rieser says that addressing changes in the knee’s supporting ligaments is how ROSA is most useful. “The robot provides information about an individual patient’s anatomy,” he says. “ROSA provides that data to better plan where our cuts are going to be to give the patient a more balanced knee.” Although the artificial joint placement is important, accurately tensioning the supporting ligaments will help ensure a smooth gait and stable knee after recovery.

The Path to Surgery

To prepare for surgery, Shirley attended physical therapy sessions at an offsite facility and in the hospital. Starting physical therapy before surgery helps strengthen the muscles in the affected leg, which can help patients improve their range of motion after the operation.



Thanks to robotic-assisted surgery, Shirley can continue to walk her dog, Ruby, and cruise in her Mustang.



Ryan Rieser, MD,
Orthopedic Surgeon

Designed for joint replacement, ROSA provides real-time data to physicians during surgery.

In addition, pre-operative X-rays are needed so the surgeon can plan the procedure. Those plans are then refined once the surgery begins and the robot provides additional information to the surgeon.

Big Plans for ROSA

ROSA was implemented for orthopedic procedures in January 2024 and has been used in about one knee procedure per week since then. “I have used it in 18 procedures,” says Dr. Rieser. “And the system can be used for total hip replacements as well.” Taylor says they are hoping to add shoulder replacement surgeries with ROSA, too.

“At Augusta Health, we are committed to evidence-based practice and the best patient care,” says Taylor. “With our high-quality performance and the help of robotics, we can ensure repeatable, positive patient outcomes.”

As far as Shirley is concerned, Augusta has the right stuff. “I was up and moving a couple days after the surgery,” she says. “I used a walker for a week, and then I was walking 100 times better than before the surgery.”

Shirley says she will definitely ask for robotic surgery for her other knee when that day comes, but for now, she’s happily—and painlessly—doing her favorite things: walking her dogs and cruising in her Mustang.

For more information on robotic surgery, visit [augustahealth.com/service/robotic-surgery](https://www.augustahealth.com/service/robotic-surgery).



Kelvin Raybon, MD, FACP

Get to know a senior medical oncologist/hematologist at Augusta Health's Center for Cancer and Blood Disorders

Originally from Pascagoula, Mississippi, Kelvin Raybon, MD, FACP's career took him to Louisiana and North Carolina before he settled in Waynesboro, Virginia. Dr. Raybon, an oncologist and hematologist, thrives in the complexity of his work, eagerly continuing to learn as the medical field evolves. Outside of work, Dr. Raybon is a proud father of two, a new grandpa and a budding musician who plays guitar, bass and mandolin.

Why did you choose to become an oncologist?

I believe that it's the most intellectually challenging of the medical specialties. The biggest thing I tell everyone is that

we did not know our DNA until 2003, when the Human Genome Project was completed. After 13 years and billions of dollars, we finally mapped our DNA; we knew our blueprint. And once we knew what was normal, we then opened the door to study inherited and mutated diseases, because all cancers have damaged, abnormal DNA. That allowed us to realize the complexity of things like malignancies, which led to an explosion of targeted treatments for different types of cancer and the ability to stimulate the immune system to fight back. Today, I study more than I ever have to keep up with the constant changes in our field.

What are some common questions or misconceptions you often hear from patients?

There's a common concern that chemotherapy is always very toxic and difficult. While treatments are certainly not what they once were, I give less and less actual chemotherapy as time goes on. I prefer much more targeted and sophisticated immune-based treatments. They work better and are considerably less toxic. Of course, I have to give some patients very grueling care at times, but patients typically find that treatments are much easier than they anticipated. Another misconception is that cancer is the end of the road. There are more than 18 million cancer survivors in this country, and we intend for that number to keep growing in the coming years.

To schedule a cancer screening, call (833) AHC-HLTH.

Cardiology **Expansion**



Cardiology staff celebrate the opening of our larger, renovated space.

Cardiology

When it comes to heart care, there’s no room for error. That’s why we recently expanded our cardiology services to bring patients the exceptional care they need. By relocating services in the Heart and Vascular Center onto newly renovated floors, our heart team will be able to deliver excellent care more efficiently.

“Previously, the heart failure team was on the first floor; it has now moved to the third floor, where the physician offices are located, making it easier for those patients to be seen by the physicians and nurse practitioners who are taking care of them,” says Dave Varma, MD, medical director of cardiology services at Augusta Health. Another service that has moved to the third floor is the EP Device Clinic, which manages defibrillators and pacemakers.

All noninvasive heart services, including stress tests, echocardiography and nuclear imaging, are now located on the first floor—which means that patients coming in for testing will be able to move through their appointments faster. The cardiac catheterization lab is on the second floor.

Will Roden, administrative director of cardiology services, is excited about the new setup. “Our old clinic was a little over 8,000 square feet; our new clinic is three times the size at 24,000 square feet,” he says. Dr. Varma adds, “The new space allows for expansion in the future with recruiting new physicians, cardiologists and physician assistants.”

Learn more about cardiology services at Augusta Health at augustahealth.com/service/heart-and-vascular-center.

Special Recognition

The floor plan isn’t the only thing that makes our expanded Heart and Vascular Center special. It’s also been accredited as a HeartCARE Center of Excellence by the American College of Cardiology. “We were the first hospital in Virginia to get that achievement,” Roden says. This distinction recognizes our dedication to making improvements in care based on patient feedback and ensuring that clinical care is top-notch.

“We committed to this effort several years ago, and we’ve gone through all the accreditation processes in all the divisions,” says Dr. Varma. “What it really means for our patients is simply you’re going to get quality care in a great facility.”

Kegels and Beyond: Strengthening the Pelvic Floor



Cassell teaches about pelvic structure and strength.

Gretchen Cassell, PT, DPT, a physical therapist at Augusta Health, says that while Kegels (a muscle contraction workout) may be the most well-known pelvic floor exercise, they are not appropriate for everyone—especially patients with pain conditions—and are often done incorrectly. “We recommend many exercises, including Kegels as needed, to improve coordination of the whole pelvic girdle, core and diaphragm,” she says.

Physical Therapy

Pelvic floor therapy is a subspecialty of physical therapy specifically treating conditions that affect the muscles located between the tailbone and pubic bone of the pelvis.

Pelvic floor issues include incontinence, constipation, pelvic pain, endometriosis and postpartum complications. Many people with back or hip pain also have pelvic floor issues (and vice versa). Although many of these concerns affect women, pelvic floor problems occur in men as well, especially after prostate surgery.

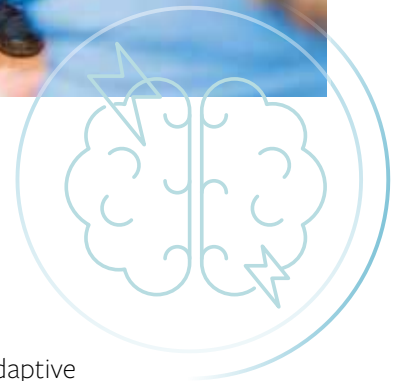
At Augusta Health, patients with pelvic floor weakness undergo a comprehensive evaluation, which may include an internal assessment of the pelvic floor muscles for pain, tightness, strength and coordination. “Treatments are then targeted to the individual’s needs and may include relaxation strategies, strengthening, coordination and body mechanics, among other things,” Cassell says.

People of all ages and fitness levels may develop pelvic floor problems. “I have seen people from age 16–90; anyone can have these issues,” says Cassell. “For instance, pelvic floor muscle stretching injuries during childbirth can have lifelong effects that may not be evident until around menopause.” While we tend to think of incontinence as an issue related to childbirth, roughly 30–40% of female Division 1 college athletes have some degree of incontinence, according to research (gymnasts, cross-country runners and swimmers among the highest).

A referral from your physician is required for treatment. For more information about pelvic floor health, visit augustahealth.com/service/pelvic-floor-therapy.



Gretchen Cassell, PT, DPT
physical therapist



Support After Stroke

Stroke

Sroke changes lives instantly, but proper care and rehabilitation can help patients and their families thrive again.

Establishing thorough guidelines regarding medication, therapies and lifestyle changes is key. Recovery can be overwhelming, and additional support during rehabilitation can make a huge difference. That’s where our Stroke Club comes in.

Sponsored by Augusta Health’s Recreation Therapy Department, Shenandoah Valley Stroke Club is a support group for people who have had a stroke, as well as their family and friends. Meetings focus on educating stroke survivors and their caregivers on a variety of topics,

including cognitive stimulation, fitness programs, adaptive recreation resources and nutrition.

“Stroke Club is also a time for survivors and their caregivers to share stories and make connections with others in the group,” says Emily Kwolek, CTRS, CDP, a recreation therapist at Augusta Health. “One of the main benefits of this club is creating a support system outside of family and friends. Being able to talk and connect with other individuals that have had a stroke provides a different perspective and level of support. Having a strong support system and being a part of something is important for one’s mental health.”

Stroke Club paused during the pandemic but was reinstated in November 2023. Attendance is growing steadily. “Our plan is to keep building, and we hope to reach more of the community,” Kwolek says.



Emily Kwolek,
Recreation Therapist



Yvonne Reese,
Speech Therapist

Stroke Club meets on the first Thursday of every month. If you’re interested in joining the group, contact Emily Kwolek at EK3330319@augustahealth.com or 540-332-4052.

Getty Images/Vladimir Vladimirov

Access Tailored to You

Neighborhood Clinic

With more than 15 locations (and counting!), the Augusta Health Neighborhood Clinics continue to address health disparities across central Virginia, helping individuals overcome social and personal barriers to healthcare.

The goal of our clinics is quite simple: improve the health of our community. “By relieving the ‘burden’ of healthcare, we help individuals become the best—and healthiest—versions of themselves,” says Isaac Izzillo, RN, MSN, director of public and primary care services at Augusta Health. “That in turn improves their quality of life and makes their community a better place.”

Our monthly Neighborhood Clinics succeed with the help of trusted partners: churches, community centers, homeless shelters, nonprofits and many more. “We want to partner with highly engaged leaders to help us connect with communities that are often overlooked and underserved in healthcare services,” Izzillo says.



The Neighborhood Clinic accepts patients ages 18+.

Keeping accessibility and inclusivity at the forefront led to one of our newest partnerships with Christ Tabernacle Church of God in Christ in Waynesboro, a predominantly African American congregation that was actively supporting our program before becoming a host site.

Kenny Lee, chief financial officer at Christ Tabernacle, says this collaboration is a perfect fit. Forty percent of patients who visit a Neighborhood Clinic live in a high area deprivation index (ADI) community, making them susceptible to increased hospitalization and mortality rates.

“Hosting the Neighborhood Clinic is our way of letting the community know we’re here and eager to help them however we can,” Lee says. “We want to be a part of positive change.”

Augusta Health’s Neighborhood Clinic program continues to grow. For information about all sites and dates visit augustahealth.com/clinic-sched.

Get Involved

The Neighborhood Clinic is made possible thanks to generous community members and organizations. Your donations provide the medications, vaccines, preventive screenings and medical supplies and equipment needed to meet the needs of neighborhood patients. Get involved at augustahealth.com/foundation/give.



Support Our Mission

Philanthropy

At Augusta Health, our mission is to strengthen the health and well-being of all people in our communities. As a community-based nonprofit health system, financial support from donors like you helps us do just that. Read on to learn about two new programs you can help support: Mobile Primary Care Services and Orthopedic Education.



Mobile Primary Care Services Fund

The Augusta Health Neighborhood Clinics were born from our belief that improving the health of our communities requires us to take care on the road and respond to health disparities resulting from personal and socio-economic barriers.

Monthly clinics hosted in collaboration with community partners, including churches, community centers and homeless shelters, prove just how much need exists. Since the program began in September 2022, we've grown from three to 16 sites this March, caring for 951 patients in 2,232 visits. This increase in demand has resulted in the need to expand using an RV-type vehicle (Mobile Primary Care Services) that will allow care teams to reach more people—particularly those who live in remote and rural locations. We are raising funds to purchase a custom-built, handicap-accessible RV that will have two exam rooms, supply storage, a lab station and a restroom.

“Expanding mobile primary care clinics with the addition of an RV will improve efficiency and the care team’s ability to reach more patients in locations where access is limited,” says Shirley D. Carter, Augusta Health

Foundation executive director and vice president of philanthropy.

Orthopedic Education Endowment

Retired Augusta Health orthopedic surgeons Ken Boatright, MD, and Mick Andersen, MD, recently established an endowment to fund education for both patients and team members in the Joint Center. Income from the endowment will provide informational resources about pre- and post-surgery protocols for orthopedic patients, and team members will be able to maintain their clinical competencies through continuing education, research and innovation.

“As the endowment grows, more educational opportunities will be available to patients and team members,” Carter says.

Rendering of Mobile Primary Care Services vehicle to expand our neighborhood clinics to underserved and remote locations.

Thirty active funds are available at Augusta Health Foundation to support patient care programs and services. To donate, visit augustahealth.com/foundation/give.

Comfort & Compassion

Volunteers play a crucial role in hospice services

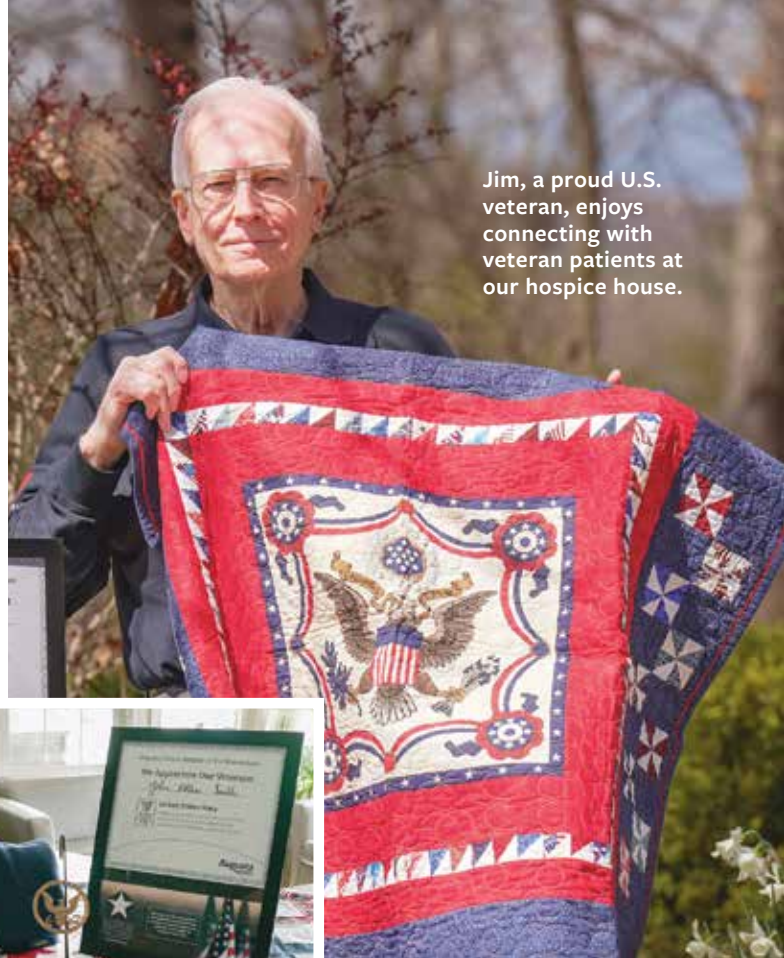
Hospice

The word “hospice” often takes on a feeling of heaviness and finality that overshadows the benefits the care can provide patients and families. Hospice offers companionship and support when they’re needed the most.

Unfortunately, misunderstandings of hospice care cause some patients to hold off on seeking help. But the sooner a patient receives the care, the greater the benefit—whether or not the patient lives longer than expected.

“In my 29 years here, I don’t think I’ve heard a family say they accepted hospice too soon,” says Lori Showalter, manager of volunteer services and community outreach at the Augusta Health Hospice of the Shenandoah. “Rather, we often hear, ‘I wish we would’ve accepted care sooner.’”

Our interdisciplinary team of nurses, aides, social workers, physicians, therapists, bereavement professionals, chaplains and more cares for patients in their homes, at local nursing facilities and at Augusta Health’s Shenandoah House. Volunteers are also an integral part of our hospice services. Dr. Jim Huggins, a retired Augusta Health radiologist and veteran, is one of our many valued volunteers. Jim became involved as a “cabin buddy,” an adult supervisor at our weekend bereavement camp for kids who have lost a loved one, but he spends most of his time serving as a patient care volunteer helping primary caregivers of hospice patients and offering special



Jim, a proud U.S. veteran, enjoys connecting with veteran patients at our hospice house.



recognition and support to the veterans in our care.

Hospice of the Shenandoah is a Level Three partner in the We Honor Veterans program, a collaboration between the National Hospice and Palliative Care Organization (NHPCO) and the Department of Veterans Affairs (VA). About 25% of patients served by the Augusta Health Hospice of the Shenandoah are military veterans.

“It’s a great program and a rewarding experience,” Jim says. “It doesn’t matter if the veteran had been in the enlisted ranks or officer corps, or in which branch of the armed forces they served; there’s a camaraderie from the shared experience of serving in the armed forces.”

Jim’s background gives him deeper insight into the care we provide, but many volunteers come to us without medical training. “Our volunteers tackle everything from phone calls and data entry, to working directly with patients in the home setting,” says Showalter. “Some volunteers focus on keeping our hospice house and gardens beautiful. We welcome—and value—all skill sets.”

There are many ways to support our hospice care. Visit augustahealth.com/service/hospice/how-you-can-support-hospice to find out how you can get involved.

Leverage Your IRA Required Minimum Distribution (RMD) to make a Meaningful Local Charitable Gift

Support Patient Care Programs in Your Area

If you're 70½ or older, consider asking your IRA administrator to "roll over" your RMD to a local charity such as Augusta Health Foundation.

Making a gift in this way may:

- satisfy your annual required RMD*,
- reduce your tax burden,
- prevent you from being in a higher tax bracket
- minimize the effect of giving on your cash flow (this gift is from your assets, not your checkbook).
- AND benefit the causes you love!

Designating your RMD to Augusta Health Foundation will make a difference in the lives of your friends and neighbors. You choose the program that is meaningful to you. Your donation can support patients receiving care at Augusta Health by providing:

- medications for those who must endure insurance mandated waiting periods
- transportation to and from treatment for cancer and blood disorders
- access to nutrient dense fruits and vegetables grown on the campus farm
- primary care for underserved communities through the mobile clinic
- assistance for local students to train as nurses and technicians

Jan and Dave, donors for over a decade, support charitable causes in this community including community health. They use a tax-wise strategy by gifting money they are required to withdraw from their IRAs (RMDs). In this way, the distribution is not taxed as income and the causes they care about benefit. Definitely a Win-Win!



For more information about designating your RMD to Augusta Health Foundation for a patient care program or service, please contact **Peggy Caister, Development Officer** at macaister@augustahealth.com or by calling **(540) 332-4883**.

*Please check with your professional tax advisor regarding how gifting your RMD may reduce your tax burden.

WALK-IN CARE**Crozet Urgent Care****(434) 823-7896**540 Radford Lane, Suite 250
Charlottesville, VA 22903**Staunton Urgent Care****(540) 245-7470**851 Statler Blvd.
Staunton, VA 24401**Stuarts Draft Urgent Care****(540) 245-7880**2570 Stuarts Draft Highway,
Suite 100
Stuarts Draft, VA 24477**Waynesboro Urgent Care****(540) 245-7940**201 Lew Dewitt Blvd., Suite A
Waynesboro, VA 22980**Weyers Cave Urgent Care****(540) 453-0040**1140 Keezletown Road
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**Metabolic Weight
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OB-GYN, Fishersville
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Otolaryngology (ENT)
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Outpatient Behavioral Health
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79 N. Medical Park Drive
Fishersville, VA 22939

Pain Management
(540) 332-5747

70 Medical Center Circle,
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Palliative & Transitional Care
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78 Medical Center Drive
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Pulmonology & Critical Care
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70 Medical Center Circle,
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Rheumatology & Osteoporosis
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Sleep Clinic
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57 N. Medical Park Drive
Fishersville, VA 22939

Spine Clinic
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70 Medical Center Circle, Suite 103
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Sports Medicine
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57 N. Medical Park Drive, Suite 105
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Surgery, Breast
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Surgery, General/Vascular
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Urology
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70 Medical Center Circle, Suite 107
Fishersville, VA 22939

Wound Healing & Hyperbaric
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AUG-040

We're celebrating 30 years of community healthcare!

Caring for your loved ones since 1994.

