

MEDICAL PROFESSIONALS

September 2020

NASHVILLE

**KATHERINE
H. DOBIE, MD**

*A Leader in Anesthesiology
in Middle Tennessee*



CONNECTING TODAY'S HEALTHCARE LEADERS

MEDICAL NEWS • SPECIALIST SPOTLIGHT • MEDICAL INNOVATIONS

Have you been to multiple dentists with your problems, but still no solutions?
Are you looking for simplified solutions to natural health care?
Are you looking for information on using natural ways to build your health?
Are you looking to be treated naturally, with natural products?

IF THIS SOUNDS LIKE YOU...

THEN BIOLOGICAL DENTISTRY MAY BE A GREAT FIT
FOR YOU AND YOUR FAMILY.



Biological Dentistry, also known in some circles as **holistic dentistry**, is the equivalent to functional medicine as its goal is to get to the cause of your oral health issues. It is also termed Bio-compatible or Bio-mimetic dentistry. These names are synonymous and interchangeable. As we now know, thanks to The Harvard Medical School, inflammation is **DIRECTLY -LINKED** to the condition in your mouth. This means that **ANY ORAL INFLAMMATION** begets chronic inflammatory mediator release in **ALL** of your other organ systems. This is a **VERY BIG DEAL**, and is why we are so concerned with any infections that may be present in your mouth!!

1600 Westgate Circle, Suite 175
Brentwood, TN | M-F 8am-5pm



615-481-4555



Nashville's leader in REGENERATIVE MEDICINE

As Middle Tennessee's only regenerative medicine practice with an FDA approved clinical trial, IMAC Regeneration Centers combine life science advancements with traditional medical care for movement restricting diseases and conditions.

Dr. Rachel Rome delivers innovative treatments backed by science to prevent unnecessary surgeries and prescriptions.

Recent outcomes data reveals 81% of patients report improvement in movement after undergoing treatment at IMAC.

FDA Approved Clinical Trial

IMAC is now enrolling patients in our FDA approved clinical trial of stem cells for bradykinesia due to Parkinson's Disease.
fdatrial@imacregeneration.com

Brentwood & Murfreesboro
(615) 678-0024 • imacregeneration.com



Dr. Rachel Rome

IMAC
REGENERATION CENTERS

DEVELOPED BY PHYSICIANS. TRUSTED BY ALL.

Profile by Sanford – An evidence-based, sustainable *weight loss* and lifestyle change program.

The health of your patients is of utmost importance, so having a proven resource you can trust is essential. Profile is a weight loss and nutrition program developed by top researchers and physicians at Sanford Health, one of the world's largest healthcare providers. Our science-backed approach to healthy lifestyle change is designed to help your patients safely lose weight and keep it off.

Brentwood
99 Seaboard Lane, Suite 800
Brentwood, TN 37027
615-270-1710

Hendersonville
211 Indian Lake Blvd., Suite B
Hendersonville, TN 37075
615-338-9140

Nashville
82 White Bridge Rd.
Nashville, TN 37205
629-206-4233

Let's **TEAM UP!**

Visit partners.profileplan.com/healthcare to learn more.

BD009

CONTENTS



12



10



22

MP MEDICAL PROFESSIONALS

PUBLISHER
Mark Casey
www.NashvilleMP.com

PHOTOGRAPHY
Nikayla Skolits Photography
www.nikaylaskolitsphotography.com

CREATIVE TEAM
N2 Design Team

- Featured**
- 10** **MEDICAL NEWS**
Tristar Southern Hills Medical Center Welcomes New COO
- 12** **FEATURED DOCTOR**
Katherine H. Dobie, MD
- 22** **SPECIALIST SPOTLIGHT**
Brandon Tolman, DO

INSIDE THIS ISSUE

- 6** FROM THE PUBLISHER
- 11** TECHNOLOGIES
- 21** INNOVATIONS

Are you interested in submitting an article or being featured in an upcoming issue? Contact us at mark.casey@medprosmag.com.

DISCLAIMER: Any articles included in this publication and/or opinions expressed therein do not necessarily reflect the views of N2 Publishing but remain solely those of the author(s). The paid advertisements contained within the Medical Professionals magazine are not endorsed or recommended by N2 Publishing or the publisher. Therefore, neither N2 Publishing nor the publisher may be held liable or responsible for business practices of these companies.

from the PUBLISHER



PUBLISHER
Mark Casey
NASHVILLE

mark.casey@
medprosmag.com



Dr. Dobie giving me a tour of
The Bone and Joint Institute



Dr. Brandon Tolman
We love the dog mask!

It's hard to know what someone looks like these days since we are all sporting masks everywhere we go. As a medical professional, you have to find ways to express yourself and connect with your patients and your staff when they can't see your entire face. It has always been the case, but it is even more true now that you have to smile with your eyes. Please share your photos of how you are expressing your personality through your mask ... like Dr. Tolman is above.

This month we have the opportunity to introduce several fabulous medical professionals to you. Katherine Dobie, MD, is the President and CEO of Specialty Anesthesia of Tennessee. Her drive and determination not only as a business leader in the medical world, but also as a single mom at home, is beyond inspiring. She is a beacon of leadership at The Bone and Joint Institute and is making her mark in Nashville.

Another physician that we want to introduce you to this month is Brandon Tolman, DO. His decision to pursue medicine came from his own personal injuries that left him in a great deal of pain personally. His purpose is to help his patients the way he was helped by doctors. You will love meeting these local heroes this month and reading their stories!

If you would like to get involved in our community or contribute any content, please reach out to me at mark.casey@medprosmag.com.

Blessings,

Mark Casey
Publisher,
Medical Professionals Nashville
615.669.1239
mark.casey@medprosmag.com
www.NashvilleMP.com

NURSES AND DOCTORS:



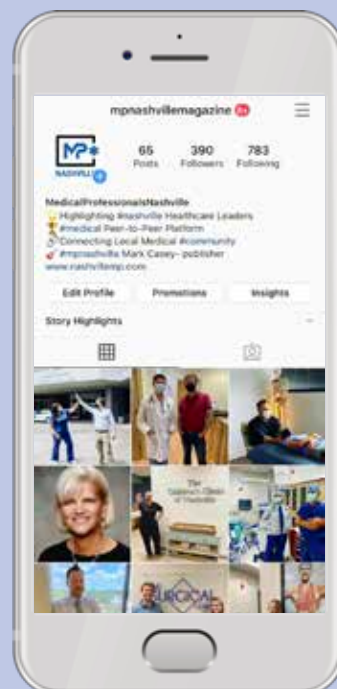
Send in your photos of how you express yourself with your mask.

Funny mask, cute mask,
creative mask...
we want to see how you
show your personality.

Email me:

mark.casey@medprosmag.com

Join us on Instagram!
@mpnashvillemagazine



September is Prostate Cancer Awareness Month

About 1 in 9 men will be diagnosed with prostate cancer during his lifetime making it the most common cancer in men in the United States.



October is Ovarian Cancer Awareness Month

Over 20,000 women are diagnosed with Ovarian Cancer in the United States every year and almost half of them are under 63 years old.



Talk to your patients about their risk of cancer and potential screening options today.

www.pathgroup.com/contact-us

For physicians. By physicians. A culture of excellence since 1965.

1010 Airpark Center Drive, Nashville, TN 37217 | 888.410.4618 | pathgroup.com

Only JAN-PRO Cleaning has
the EnviroShield®
disinfecting system that:

EnviroShield™
The Science of Disinfecting

- Kills enveloped and non-enveloped viruses
- Kills 99.9% of harmful bacteria, including MRSA, H1N1 (a type of Coronavirus), E. coli, and listeria. Our disinfectant is included on EPA List N for emerging pathogens like COVID-19 - it has met requirements to kill similar viruses and harder to kill microbes.
- Each electrostatic spray lasts 48 hours with no wiping necessary with 100% coverage
- Category IV EPA Toxicity rating – least harmful to people and surfaces

JAN-PRO®
we mean clean.

Measurable Cleaning. Guaranteed Results.®



JAN-PRO of Greater Nashville
615.915.0244
Jan-Pro.com/Nashville

NASHVILLE ★NIGHT★ NURSES

NIGHT NURSING IS OUR NUMBER ONE PRIORITY.
WE CREATE A CUSTOMIZED SCHEDULE BASED ON YOUR NEEDS.

OTHER SERVICES: BREASTFEEDING ASSISTANCE, BABY
CARE INSTRUCTIONS, FEEDING TIPS, SLEEP TRAINING, AND MUCH MORE.

READY TO GET STARTED? HAVE MORE QUESTIONS?
CONTACT US, WE'RE HAPPY TO ANSWER ANY QUESTIONS!

You Deserve a Good Night's Sleep!

(615) 202-3380 • nashvillennightnurses.com • Nashvillennightnurses@gmail.com • Brentwood, TN

Let us bring **BALANCE** back to your practice

Provide your patients with new beneficial products and services
that additionally boost the health of your business.

- COVID-19 testing - results in 48 hours or less!
- CCM services for qualifying Medicare patients
- Electronic Behavioral Health Screenings
- Patented Migraine SphenoCath
- Regenerative Biologics solutions

We understand the economic challenges brought on by the current pandemic. Breathe life
back into your practice with new products and easy-to-implement programs and services.
Call or email to schedule a free practice consultation today!

RX2Live
Prescription for Life

Better Patient Care. Better Bottom Line.

ccampbell@rx2live.com • 931-626-2715 TonyLott

SPECIALIST

Preferred Local Medical Specialists



ANESTHESIOLOGIST

Specialty Anesthesia of Tennessee

Katherine H Dobie, MD
3000 Edward Curd Lane
Franklin TN 37067
615.210.3344

AUDIOLOGIST

Ears 4 U Hearing Services

Rebecca Grome, Au.D.
411 Iris Drive, Suite A
Nashville TN 37204
615.327.8102
ears4u.net

BARIATRICS

The Surgical Clinic

St. Thomas Midtown
Southern Hills
TSClinic.com

BIOLOGICAL DENTISTRY

**Centre for Holistic and
Biological Dentistry**

Thomas Lokensgard, DDS
1600 Westgate Circle, Suite 175
Brentwood TN 37027
615.481.4555
holisticdentistrytn.com

DERMATOLOGIST

REN Dermatology

Jennifer Lee, MD
1195 Old Hickory Blvd, Suite 200
Brentwood TN 37027
615.835.3220
rendermatology.com

GENERAL SURGERY

The Surgical Clinic

Columbia
Centennial/St. Thomas Midtown
Lebanon
Skyline
Southern Hills
StoneCrest
St. Thomas West
Summit
TSClinic.com

PATHOLOGY/LABORATORY

Path Group

Pranil K. Chandra, DO, FCAP, FASCP
1010 Airpark Drive
Nashville TN 37217
888.410.4618
pathgroup.com

PHYSICAL MEDICINE & REHAB

**Integrity Center for Regenerative Med-
icine**

Brandon Tolman, DO
4230 Harding Pike, Suite 807
Nashville TN 37207
615.846.9969
regenerativemedicineoftennessee.com

PLASTIC SURGERY

The Surgical Clinic

Nashville
Mt. Juliet
Lebanon
TSClinic.com

PODIATRY

The Surgical Clinic

St. Thomas West
Summit
Mt. Juliet
Lebanon
TSClinic.com

PROSTHETICS

The Surgical Clinic

Centennial
TSClinic.com

REGENERATIVE MEDICINE

David Price IMAC Regeneration Center

Rachel Rome, MD
1605 Westgate Circle
Brentwood TN 37027
615.678.0024
davidpricecenter.com

SURGICAL ONCOLOGY

The Surgical Clinic

Centennial
St. Thomas West
TSClinic.com

UROLOGIST

Pazona MD

Joseph Pazona, MD
2201 Murphy Avenue, Suite 403
Nashville TN 37203
615.527.4700
drpazona.com

VASCULAR SURGERY

The Surgical Clinic

Columbia
Centennial/St. Thomas Midtown
Skyline
StoneCrest
St. Thomas West
Summit
Vascular Procedure Centers
(Nashville, Mt. Juliet, Columbia)
TSClinic.com

VEINS

Vein Centre

Belle Meade
Franklin
Mt. Juliet
TSClinic.com

TO ADD YOUR PRACTICE TO THE LIST, PLEASE REACH OUT TO MARK.CASEY@MEDPROSMAG.COM

SPEND TIME IN THE PRESENT, KNOWING YOUR FUTURE IS COVERED

Financial Guidance
for Physicians

Personal and Business Insurance
Disability Insurance
Long Term Care Insurance
Investments
Financial Needs Analysis
College Funding
Estate Conservation Strategies

**Shoemaker
Financial**

Jeremy Smith is a Registered Representative and Investment Representative of Securian Financial Services. Securities and Investment Advisory services offered through Securian Financial Services Inc. member FINRA/SIPC. Shoemaker Financial is independently owned and operated. 2/15/2006 DORU 03/2019: 2/5/2017 DORU 9/2019.

Jeremy Smith, CFS

615-383-0262

shoemakerfinancial.com

750 Old Hickory Boulevard | Brentwood, TN



INDEPENDENT LIVING. ASSISTED LIVING. MEMORY CARE.



FAMILY. *Fun.* FRIENDSHIP.

EXPERIENCE THE FOUNTAINS.



300 CELEBRATION CIRCLE
FRANKLIN • 615.567.3717

WWW.FOUNTAINSFRANKLIN.COM

Telemedicine and Cybersecurity:

WHAT YOU SHOULD KNOW



Adam Bell
President
Sublime
Computer
Services

This year has brought many challenges and changes. Every aspect of life has shifted online – work, school, shopping, even healthcare. Services that were once restricted to in-person visits are now available to any individual with an internet connection.

Telemedicine visits have increased by 50% since March 2020 with some projections that virtual healthcare interactions could top 1 billion visits this year (Forrester Research, Inc). In the past, these visits were used in a limited capacity. However, COVID-19 has led to a paradigm shift that has increased accessibility and flexibility and has helped medical practices remain operational during this time. Telehealth solutions are now seen as a vital piece of delivering care to all patients.

It is important to remember that the same technologies that create expanded patient care also create cybersecurity risks. It only takes one account hacked or device breached to endanger patient and provider data. There were 41 million patient records breached in 2019 and a 49% increase in ransomware attempts (HealthcareIT.gov). Twenty-twenty seems to be on pace to surpass those numbers, largely due to phishing attacks related to COVID-19 – who wouldn't be

tempted to click on an email saying "your Covid test results," right?

An increase in people working remotely coupled with a greater number of connected devices has essentially broadened the attack surface for cybercriminals. Potential attacks involve issues with confidentiality (transmitting PHI to unauthorized persons), data integrity (tampering of results or hijacking of IoT devices), data loss (accidental or incidental), availability (disruption or blockage of connection), and loss or theft of equipment.

Even with the risks, it does not seem that telehealth will fade after the pandemic slows. After all, today's demands are tomorrow's preferences. To ensure safe telehealth experiences for both patient and provider, follow these cybersecurity best practices:

Use A Reputable Telecommunication Platform – This must be a "non-public facing" remote platform which is one that allows only the intended parties to participate.

Update Software And Hardware – Patches and updates on your EHR, operating system, and antivirus are important to ensure that the system is protected from new viruses or vulnerabilities.

Virtual Private Network (VPN) – When information is transmitted, it must be encrypted. A secure message portal is essential.

Utilize Multifactor Authentication – This is a security measure that requires two credentials (e.g. password, PIN, fingerprint) when logging in to an account.

Mobile/Remote Device Management – As more people work remotely, there needs to be a distinction between work devices and personal use devices.

Policies and Procedures – These need to be updated to define telehealth, remote work expectations, mobile device usage (BYOD), proper disposal of information, etc.

Employee Education – Now, more than ever, it is important for all employees to stay up to date on best practices, the latest scams or viruses, and also HIPAA requirements and policy changes.

Invest in cyber insurance – Consult your malpractice insurance company to ensure digital services are covered. You may also want Cyber Protection, which helps cover potential costs from a data breach (forensic investigation, legal fees, etc.). *

TRISTAR SOUTHERN HILLS MEDICAL CENTER

WELCOMES NEW

COO

TriStar Southern Hills Medical Center has named Joe White as the hospital's new Chief Operating Officer (COO).

"Joe is an excellent addition to our leadership team," said Joanna Conley, TriStar Southern Hills Medical Center Chief Executive Officer. "His insight and experience will be an asset as we work to create a healthier tomorrow for the communities we serve."

Prior to joining the team at TriStar Southern Hills, White served as the Vice President of Operations and Interim COO at Riverside Community Hospital, the 373-bed facility in Riverside, CA. He served in that role since 2018, following his role as Associate COO and Administrative Resident at MountainView Hospital in Las Vegas, NV. During his tenure at Riverside Community Hospital, White served as the administrative oversight for 15 operational departments, including Cardiovascular Services, Interventional Radiology, Diagnostic Imaging, and Laboratory, among others. He has a strong record of developing service lines through the advancement of new procedures and technology, improving operational throughput, and enhancing employee engagement.

White earned his Bachelor of Science degree in Healthcare Administration from the University of Nevada Las Vegas and his Master of Health Administration from the University of Minnesota. He is a 2019 graduate of the HCA Chief Operating Officer Development Program and a member of the American College of Healthcare Executives. White's community involvement includes work with the American Cancer Society



He replaces Cory Mead, who was recently appointed Chief Operating Officer at Overland Park Regional Medical Center. *

Pandemics and Power Outages! Fires and Floods!

Things happen, but patients still need care - downtime is not an option.

Sublime Computer Services combines planning, prevention, and protection to make sure your practice thrives no matter what comes your way.



Network Support & Security • Cloud Computing • Data Backup
Secure Storage Solutions • Business Continuity & Disaster Recovery

Not just IT support... IT strategy.

www.sublimecomp.com // 615-942-0850



Here's what the doctor ordered.

Your Synovus Physician Mortgage Specialist is on call.

- Financing¹ up to \$2 million for primary home
- Up to \$1.5 million for second home
- No industry tenure required
- Possibility of 100%² financing with no down payment



Alene Gnyp
Mortgage Loan Originator
NMLS 659293
615.582.2334
AleneGnyp@Synovus.com

SYNOVUS

¹Subject to credit and underwriting approval. ²On loan amounts of \$750,000 or less for primary residences. Allowable LTV dependent upon primary or secondary residence, combined loan amount and risk level. Property appraisal required.



Synovus Bank, Member FDIC. Loans subject to approval, including credit approval.

Katherine H. Dobie, MD

Founder, President and CEO
Specialty Anesthesia of Tennessee

Photos by Nikayla Skolits Photography

"MEDICINE IS AN ART, ANESTHESIOLOGY IS AN ART. FOR OUTPATIENT SURGERY, THE ART LIES IN MASTERING THE ABILITY TO DELIVER A PATIENT TO THEIR DESTINATION AFTER SURGERY AS CLOSE TO THEIR PRE-ANESTHESIA PHYSIOLOGIC AND MENTAL STATE AS THEY CAN POSSIBLY BE, AS FAST AS CAN BE, WITH MINIMAL OR NO PAIN."



FUN FACTS:

Hometown: Greenville, SC
College: University of South Carolina
Medical School: East Tennessee State University, Quillen College of Medicine
Residency, General Surgery: University of North Carolina, Chapel Hill, 2003-2005
Residency, Anesthesiology: Vanderbilt University Medical Center, 2006-2009
Faculty at Vanderbilt for over 10 years
Lived in Nashville for 14 years

How did you start in medicine?

My father was a neurosurgeon. As soon as I was old enough to follow him around the hospital, I was with him every chance I could get, wearing his white coat dragging the ground, with the sleeves rolled up to its armpits. Often, he had to deliver very difficult news to patients and their families. He would tell me to go stand somewhere in the hallway and wait while he sat down with them. I would hide around the corner so that I could listen,

even though it probably was too much for a young child to hear. In those moments, I knew I wanted to be in his seat one day. I saw him as a healer, but not just a healer of the body, he was a healer in how he talked to people, how he carried them through their most fearful and difficult times. His sense about what anyone, from all walks of life, needed to see, feel, hear in any number of circumstances, was such a gift. I admired him so much. Not only did he take out brain tumors, he instilled courage and hope in, and ultimately gave his heart to, his patients.

I started out following in his footsteps, as a surgery resident. As time went on in that training, I felt my ability to give time to being a mother, which was also a dream, would be challenged by being a surgeon. I chose to change specialties to anesthesiology, originally thinking I would be an intensivist and care for patients in the ICU. I grew to really love being an anesthesiologist, and in particular was surprised at how there was still great opportunity to practice medicine in the way that I wanted – to have the ability to connect with people, even in relatively short bursts of time, during what most people find very scary. I also enjoyed being the one responsible when things were really on the line, in a specialty when the time currency is minutes and seconds. I enjoyed taking

what I learned in surgery and applying it to the bedside in anesthesia, both from a technical standpoint, a clinical standpoint, and also the relationship-building required in the operating room with surgeons and staff. It takes a healthy environment, a team that everyone trusts, and I enjoy helping create that. Early in my career, Vanderbilt gave me an incredible opportunity in a leadership role where I was able to explore these interests further.

What would you consider your greatest achievement in your career prior to founding SAT?

Being named Division Chief of Ambulatory Anesthesiology at Vanderbilt and serving in that role for seven years under Dr. Warren Sandberg. Prior to this appointment, I had served as Medical Director of a very busy orthopedic surgery center, where my team was able to make key advancements in care and efficiency. In my role as Division Chief, I was able to develop as a leader and was able to dis-

cover what ultimately became my career's passion – to further the understanding of what drives a high-performing surgery center, where the innovation necessary to safely care for sicker patients and more complex cases outside of a hospital setting merges with efficiency, safety and clinical excellence. We were able to develop the care pathways to achieve this, and the screening, quality and efficiency metrics that point to anesthesiology's vital role as a driver for a center's performance in its entirety, not just within the clinical anesthesia arena. I am very proud of that, and continue to be eager to innovate our care to achieve even more.

What makes your business/practice unique in our community?

Specialty Anesthesia of Tennessee is a concept and a culture. It is a culture of excellence, compassion, innovation, and commitment – to delivering the safest and most outstanding care that every patient deserves. Our concept – we wanted to answer the call for a single surgical specialty anesthesia practice for the Bone and Joint Institute of Tennessee. Over the last decade, my primary clinical focus has been on outpatient orthopedic anesthesia care. I was either directly involved in or the medical director oversight for more than 20,000 orthopedic cases and 8,000 regional anesthetics. It has become my passion. My surgical background fueled my love for “regional anesthesia” – this is the practice of surrounding nerves with medicine, under ultrasound guidance, in order to optimize a patient's anesthetic, and also their pain control during and after the surgical procedure. These procedures, and the proficiency with which we do them, is paramount to excellence in anesthesia care for orthopedic surgery. I love performing these procedures, and have enjoyed fine-tuning our delivery and techniques for them over the years. Our team brings a clinical expertise based on specialty experience that really is unique to most anesthesia groups. We provide a path of care, tailored to the individual patient, for every case in every circumstance, for one specialty.



Dr. Dobie with Dr. Stephen Harvey, MD, anesthesiologist and partner in Specialty Anesthesia of Tennessee



What are your goals for your practice?

This is an easy question. To deliver the safest anesthesia care, for every patient, every time. To offer the most advanced procedural techniques and care pathways, utilizing the most advanced technology, in the hands of highly experienced anesthesiologists and CRNAs, who are innovative and whose clinical focus and domain is only orthopedic anesthesia. To enhance the operational flow and patient experience of the Bone and Joint Institute Surgery Center. And finally, we will hope to have every patient leave the BJITSC and say, “That was the best anesthesia care I have ever had; everyone cared about me; what an experience.”

What has been the SAT's greatest clinical accomplishment thus far?

I have long believed that proficiency's fruit is artistry. Medicine is an art, anesthesiology is an art. For outpatient surgery, the art lies in mastering the ability to deliver a patient to their destination after surgery as close to their pre-anesthesia physiologic and mental state as they can possibly be, as fast as can be, with minimal or no pain – even for somewhat sicker patients, and/or for more complex cases. This summer, we are proud to have launched our outpatient total joint program and have cared for a dozen of these patients to date. All 12 of our patients were happy, awake, able to walk, and able to go home in less than 90 minutes from leaving the operating room. Most importantly, all of them have done extremely well and are extremely happy with their experience.



(photo below) The girls showing Teddy historic Civil War relics found on their property: Claudia holding a lock, Katherine holding a horse bit, Evelyn holding a cannon ball and a mess plate on the table



How do you try and maintain a balanced life outside of work?

I love raising my two girls, Claudia (9) and Evelyn (6). My husband passed away unexpectedly in the summer of 2017, so it is just the girls and me. I am very busy! We live in a house that is also a passion – it was built in 1830 and is located on five acres on the battlefield of Franklin, where we have a golden retriever named Teddy. It is special to live here, and more recently we have a friend who is helping us dig up and amass an impressive collection of Civil War relics – including cannon balls, buttons, mess plates, gun hammers, to name a few of many. When we bought the house, we renovated the new parts and restored the

old parts to make it historically accurate. From the nails in the floor to the plaster on the walls and everything in between, we did everything like they would have done it in 1830, including décor! I also enjoy entertaining at my home – sometimes big parties. This satisfies my love for music, food, and merriment in general. I am also a tennis player and golfer, I love to hold and cast a fly rod on a pretty river, and the girls and I love to travel.

Who are some of your medical “heroes?”

My father, for all the reasons I described above – one of my favorite quotes of his was, “I have been fortunate to learn from some of the legends in my field, to stand

on the shoulders of my heroes in medicine – but my greatest mentor of all was my patients.” I believe we are taught the “art” of medicine from our patients. When I think of how I do things now, both clinically and otherwise, it occurs to me that I have learned most of it by paying close attention to my patients. So I would also say that my heroes are the patients that trust me to carry them through their journey, whatever it may be. It is such an honor and privilege.

What motivates you?

Doing the right thing, and how I can continue to strive to do just that, better and better. In residency, a great surgeon used to answer detailed questions presented to him by residents with, “Just do the right thing.” I loved it. What a powerful teaching point. I also think about “do or do not; there is no try.” It sounds a little harsh, but I believe in its guiding message – that to believe in oneself is the basis for being who God made one to be. I like to think that I am on that path.

How has COVID-19 impacted your work?

Not a ton in our world. Apart from following all the standard recommendations for distancing, masking and screening, patients still need orthopedic surgery, and we are here to get them through it, safely.



One of the cannonballs found on their property

GETTING TO KNOW THE DOC:

What is the best part about living in Franklin?

I love Franklin's history and how it has been preserved very thoughtfully. Living in a house that can contribute in a small way to this spirit of preservation is rewarding. I love little downtown; I can be there in five minutes, and the girls and I walk around on any random night enjoying whatever is happening. The festivals that the town puts on are all fabulous. Franklin has a rich, historically significant past and sense of community that you can feel when you live here. It's a special place, and Williamson County is absolutely beautiful.

What are some movies you really enjoyed?

I think *Sliding Doors* is powerful in its concept and seems to be something I reference throughout life. And I, like most people, enjoy all the feel-good movies where people with good intentions end up winning or lovers end up together, like *Hoosiers* and *Urban Cowboy*.

What amazing adventures have you been on?

I have been fortunate to live in some cool places. My husband was English, so for a small period I was able to live in England during residency. There we travelled much of Europe, but more of an adventure was learning about and living in the British culture. What a bunch of plonkers! (Haha.) We also lived in Bozeman, MT, for almost two years. Too many adventures to tell. I also lived in New York City (Tribeca) for one year before starting medical school. All of these places were full of amazing adventures, and I am so thankful for the experiences in each.

Favorite restaurants in Nashville?

I think City House still has the best food. I have been going there since 2007. It's good without trying too hard and without being like everyone else. "Everyone else" (and there are lots of them) is fun to have in Nashville – a new restaurant shooting up every time you turn around, but I think we lack in excellent food in a comfortable place where things don't feel forced or trying to be "too cool." There's an art in pulling that off, and Nashville is still young in its culinary explosion.

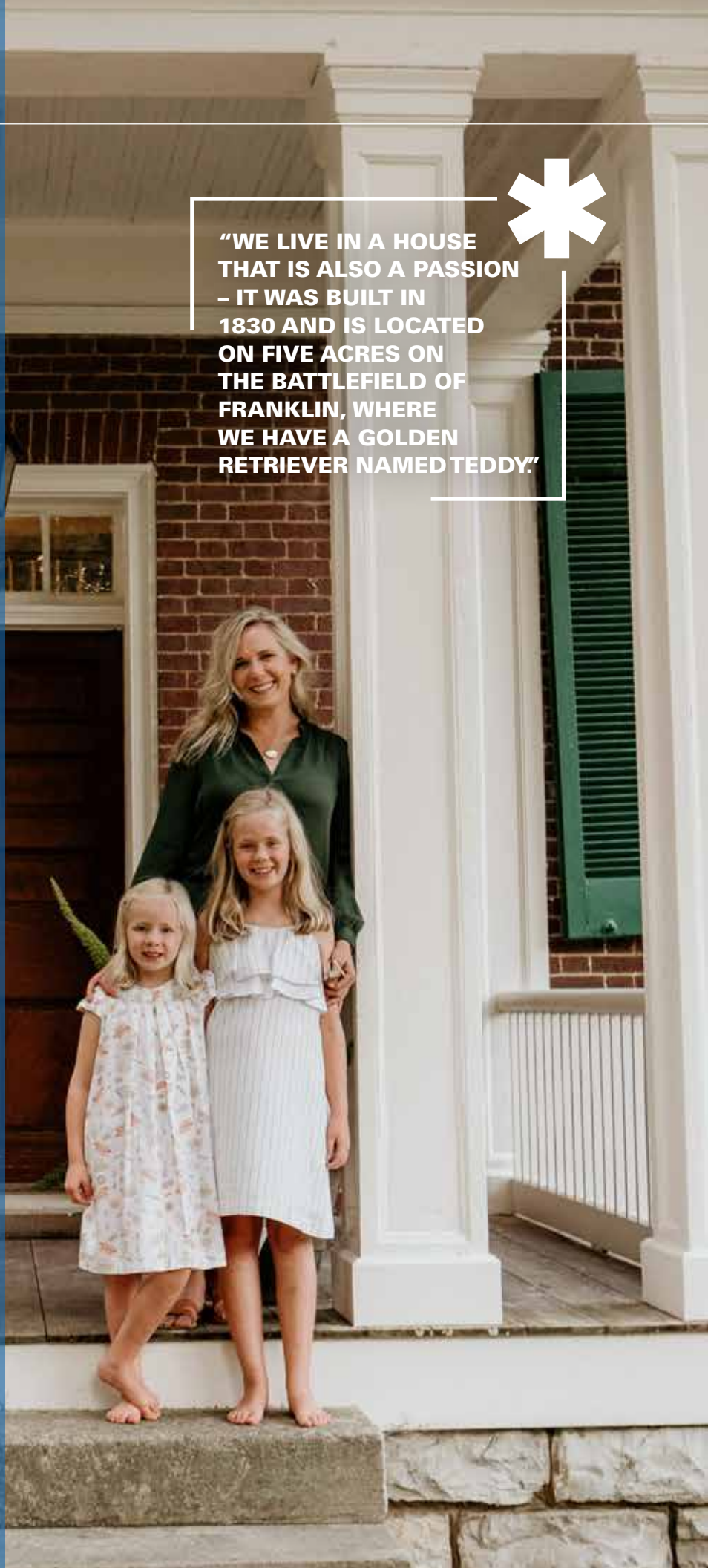
Favorite vacation destination?

For beaches, I love the South Carolina coast and Boca Grande/Gasparilla on the Florida gulf. For mountains, I enjoy Montana and the great Appalachia – those old hills are special and spiritual, and I feel "at home" in them. I love New York City. I also enjoy taking the children to England to visit family.

Among your friends, what are you best known for?

Maybe that I just want everybody to feel good and have a good time, that I love sports and music, and that I am passionate about things. That I love to make a big breakfast on a fun weekend, especially homemade biscuits and gravy from scratch. And that I'm a "can-do" type rather than a "can't-do." ✱

"WE LIVE IN A HOUSE THAT IS ALSO A PASSION – IT WAS BUILT IN 1830 AND IS LOCATED ON FIVE ACRES ON THE BATTLEFIELD OF FRANKLIN, WHERE WE HAVE A GOLDEN RETRIEVER NAMED TEDDY."



Unique to Regions Mortgage. Designed for You.

While every lender has the same basic tools, Regions also offers unique products to fit your personal needs. It helps us stand out from the crowd. Listed below are a few solutions:

- Affordable 97 and 100
- Regions Pledged Asset
- SmartSolutions
- Regions Jumbo Fixed-Rate Mortgage
- Relationship Banking Suite
- Regions Doctor Mortgage

Let's find a solution that is right for you. It would be a pleasure to help.



Cory P Owen
NMLS #546505
Mortgage Loan Originator
615.365-5014
cory.owen@regions.com
www.regionsmortgage.com/coryowen
Regions Mortgage Chairman's Club Member



© 2020 Regions Bank. Member FDIC. NMLS# 174490. All loans subject to qualification, required documentation, and credit approval. Certain exclusions may apply. Loan terms and availability subject to change. Mortgage insurance premium may be necessary for Loan to Values above 80%. Property insurance may be required, including flood insurance if applicable. Escrow account required for loans with Loan to Values greater than 80%. Escrow accounts for loans with Loan to Values less than 80% may be waived for a fee. Regions and the Regions logo are registered trademarks of Regions Bank. The LifeGreen color is a trademark of Regions Bank. (03/18)





The Surgical Clinic (TSC) is the premier multi-specialty surgical practice in Middle Tennessee. TSC is a physician-owned group with over 40 surgeons and multiple locations, giving patients access to advanced surgical care close to home!

Since its founding in 1997, The Surgical Clinic has continued to attract talented surgeons, becoming one of Middle Tennessee’s most respected practices.

General Surgery

Vascular Surgery

Breast Surgery

Surgical Oncology

Hepato-Pancreato-Biliary (HPB) Surgery

Plastic Surgery

Bariatric Surgery

The Vein Centre

Vascular Procedure Centers (Office based)

Ultrasound Labs (Accredited)

Podiatry

Prosthetics



SURGEONS
BY LOCATION:

Columbia Clinic

Mark Hinson, MD, FACS
General Surgery

Brian Kendrick, MD
Vascular Surgery

Chad M. Moss, MD
General Surgery

James W. Richardson Jr., MD, FACS
General/Vascular Surgery

Andrew W. Garrett, MD
General Surgery

Patrick C. Yu, MD
Vascular Surgery

Downtown Clinic

Mariana Chavez, MD
Hepato-Pancreato-Biliary Surgery

Mark E. Cooper, MD, FACS
General/Breast/Endocrine Surgery

Bryan T. Fisher, MD
Vascular Surgery

Richard J. Geer, MD, FACS
Surgical Oncology

Trudie A. Goers, MD, FACS
General/Esophageal Surgery

Bassam Helou, MD
Surgicalist

Allen P. Lee, MD
Vascular Surgery

George B. Lynch, MD, FACS
General/Bariatric Surgery

James G. McDowell, MD, FACS
General/Bariatric Surgery

William H. Polk, MD
General/Surgical Oncology

Marc E. Rosen, DO, FACOS
Surgicalist

Foot & Ankle Specialists

Timothy W. Bush, DPM
Podiatry

Garza Plastic Surgery

Robert F. Garza, MD, FACS
Aesthetic/Reconstructive Surgery

Lebanon Clinic

Craig A. Ternovits, MD
General Surgery

The Lett Center

E. Dwayne Lett, MD, FACS
Aesthetic/Reconstructive Surgery

Southern Hills Clinic

Patrick T. Davis, MD, FACS
General & Bariatric Surgery

Skyline Clinic

Gregory E. Neal, MD, FACS
General Surgery

Adam A. Richter, MD, RPVI
Vascular/Endovascular Surgery

St. Thomas West

Julia Boll, MD, FACS
Vascular Surgery

Jeffery B. Dattilo, MD, FACS
Vascular Surgery

JimBob Faulk, MD, FACS, RPVI
Vascular/Endovascular Surgery

Clinton A. Marlar, MD
General Surgery

M. Caroline Nally, MD
Vascular Surgery

Drew H. Reynolds, MD
General Surgery

K. Tyson Thomas, MD, FACS
General Surgery

Patrick S. Wolf, MD, FACS
General Surgery/Surgical Oncology

Summit Clinic

John A. Boskind, MD, FACS
General Surgery

Tod Bushman, DPM
Podiatry

Alex Brent Fruin, MD
General Surgery

Billy J. Kim, MD, FACS
Vascular Surgery

TSC Rutherford

Willie V. Melvin, MD, FACS
General/Robotic Surgery

Joshua T. Taylor, MD, FACS
General/Robotic Surgery

Todd H. Wilkens, MD
Vascular Surgery

The Vein Centre

Roger A. Bonau, MD, FACS
Vascular Surgery

John E. Keyser, III, MD, FACS
Vascular Surgery

Billy J. Kim, MD, FACS
Vascular Surgery

Allen P. Lee, MD
Vascular Surgery

TSCLINIC.COM



BRANDON TOLMAN, DO

Integrity Center for Regenerative Medicine

**"MY PURSUIT OF
MEDICINE CAME
OUT OF MY OWN
EXPERIENCE AS A
PATIENT, SO I HAVE
AN EMPATHY FOR MY
PATIENTS WHO ARE
EXPERIENCING PAIN."**



FUN FACTS

Born in: Portland, OR
Grew up in: San Francisco Bay area
University: Colorado State University, Virginia Tech (Post Graduate)
Medical school: West Virginia School of Osteopathic Medicine
Practicing medicine: Four years
Lived in Nashville area: Four years
Board Certified in: Physical Medicine and Rehabilitation, and Interventional Pain
Accolade: Only physician in the world performing The Discseel procedure of the Lumbar, Thoracic and Cervical Spine

How did you start in medicine?

I was very active in sports when I was younger, and after high school I got involved in more extreme sports, such as mountain biking, wake boarding and snowboarding. This led to some injuries, and it really hit home when I blew my back out. I had ruptured my L4/5 disk and severe sciatic symptoms, so I went to see a physiatrist, and she really changed everything for me and helped me get my life back. Multiple epidural steroid injections were what really allowed my nerve to calm down and help me recover. I was 26 years old at the time, and the success

that I had with these procedures changed my life and started me down the path of pursuing medicine. No one in my family is a doctor, and it still feels strange to me when people call me "doctor"... but my life was so changed through my personal experience with pain that I wanted to help others in the same way that I was helped. There is now the growing field of regenerative medicine offering procedures that I didn't have when I was going through my pain, but I am able to help my patients in ways that are more cutting edge, such as stem cells, PRP (Platelet Rich Plasma) and the Discseel procedure.

What is Discseel?

The Discseel Procedure is a revolutionary, minimally invasive procedure to treat chronic back pain resulting from damaged or torn spinal discs. An FDA-approved, 100% natural biologic called Fibrin is injected into the disc, which seals the tears and allows the body to begin healing. The Discseel Procedure is a true alternative to a spinal fusion. The Discseel Procedure repairs damaged/torn spinal discs through the use of an FDA-approved biologic, Fibrin. Fibrin, which is a 100% natural biologic, is used to repair and seal off tears in your compromised discs. Spine surgeries, including spinal fusions and discectomies, can't repair tears in the disc. First approved by the FDA to assist in facial reconstruction, for splenic repair following blunt trauma, and to control cardiac bleeding, Fibrin has proven to be an effective solution for tissue that cannot be sutured or ligatured together. The Discseel Procedure uses the FDA-approved biologic Fibrin in an off-label manner to repair the tears in damaged or degenerated spinal discs. Using a product in an off-label manner is commonplace in the practice of medicine, and frequent examples include prescription medications being used to treat conditions beyond their original intent. Surgeons have attempted to suture damaged or torn discs in the spine without success. The disc tears prevent regenerative medicine therapies, such as stem cells and PRP to



effectively repair the disc, as the biologic would seep out of the still-torn spinal disc. Over time, as your torn disc continues to leak, it can lose hydration and begin to degenerate. By using Fibrin, the Discseel Procedure not only repairs the damaged and torn disc, but it also allows an individual's body to replenish the lost cells with new cells, helping to restore the degenerated disc to a healthy state. Essentially, the goal of the Discseel Procedure is to seal the tears and instigate healthy growth of new disc tissue to replace the damaged or lost tissue in an effort to stop the disc from leaking and inflaming the nerves. Dr. Tolman was carefully chosen by Dr. Kevin Pauza himself and trained to perfect the Discseel Procedure.

There are only 15 physicians that can perform the Discseel procedure, and I am the only physician in the world that is currently performing Lumbar, Cervical and Throacic Discseel cases. I have patients that come across the country to have this procedure performed.

How do your life experiences make you a better physician?

My pursuit of medicine came out of my own experience as a patient, so I have an empathy for my patients who are experiencing pain. My family has also been a very important part of my experience. My parents instilled values in me teaching me to always be very respectful of others, caring and a good listener. These characteristics are extremely important in dealing with patients, especially as they are dealing with a great deal of pain. Because I started on my medical journey a little later in life, I have worked in various jobs, and that has allowed me to relate to people in ways that go beyond the doctor/patient connection.

What makes your business/practice unique in our community?

Being able to offer unique cutting-edge procedures like Discseel really does set our practice apart. Since I am the only physician in the Southeast who performs this procedure, it draws patients from other states who travel far to have the procedures performed. We also perform Platelet Rich Plasma (PRP) and Stem Cell Therapy along with the more traditional epidural steroid injections, joint injections, nerve



blocks for patients who prefer to not pay for procedures that are unfortunately not currently covered by insurance.

What is your approach to dealing with pain?

I see it as a comprehensive and conservative approach. Unfortunately, sometimes patients get tossed around from one office to another. We take a comprehensive full body approach and use the patients' history, physical examination, imaging, diet, exercise and social habits to formulate a plan that can improve the patient's quality of life.

What procedures have you seen the most success with?

We have seen excellent results with Discseel and even better results when combined with PRP and/or stem cells depending on the needs of the patient. When there is a ruptured/torn disc, we are able to seal it with Discseel and then use PRP or stem cells to increase the regenerative process of the disk as they



"THERE ARE ONLY 15 PHYSICIANS THAT CAN PERFORM THE DISCSEEL PROCEDURE, AND I AM THE ONLY PHYSICIAN IN THE WORLD THAT IS CURRENTLY PERFORMING LUMBAR, CERVICAL AND THROACIC DISCSEEL CASES. I HAVE PATIENTS THAT COME ACROSS THE COUNTRY TO HAVE THIS PROCEDURE PERFORMED."

contain growth factors and cytokines as “fix it” molecules.

What are the benefits to stem cell therapy?

Stem cell therapy is very exciting, as we can utilize the cells that enhance the body's ability to heal. When the body is not able to heal certain conditions on its own, we are able to help the heal the body, as sometimes this can be an alternative to surgery.

How do you try and maintain a balanced life outside of work?

I believe it is very important to have balance between work and personal life. I enjoy traveling, spending time with friends and almost anything outside (mountain biking, wake surfing, snowboarding, golf, etc.). My motto has always been, “Work hard, play hard.” I go all-in at work, and then I love to have down time on the weekends.

What motivates you?

Getting patients better! The fact that I personally was able to get my life back really motivates me to pay that forward to others who are suffering. I can relate to what patients are going through. After treating them, they come back weeks or months later and thank me for getting their life back.

What methods do you employ to keep improving your knowledge and experience?

I read journals, talk to colleagues and attend various conferences in Regenerative Medicine and The American Osteopathic Physical Medicine and Rehabilitation.

Who are some of your medical “heroes”?

My Fellowship Director, Dr. Brian Kahan out of Annapolis, MD, my hero. I was already interested in regenerative medicine, and we performed a lot of procedures with PRP with excellent results. His motto was, “I will put a needle in anything if I can

fix it.” He really taught me how to assess each patient and if one procedure didn’t work then try something else. He never gave up on any patients, and he would always figure out a way to help them. He is definitely my hero!

GETTING TO KNOW THE DOC

Tell us about your family.

My mom and dad are still together and living in Houston, Texas. I have two brothers and two sisters spread throughout the country, and we all get along really well. My family provided a great foundation for me.

What are some of your hobbies/interests outside of work?

I love spending time with my dogs. I have a 5-year-old Lab named Duke, a 2-year-old Boxer named Rhea, and a French Bulldog puppy named Maui. I



love being outside and on the water, especially when it is nice out.

What amazing adventures have you been on?

After college, I went to New Zealand, Australia and Fiji for a four-month expedition. I



have been to 50-plus countries. It’s tough to pick a favorite, but I would say Fiji or the Maldives. I also spent two months hiking the Colorado Trail... just me and my Lab hiking 600 miles together over a few months.

Favorite restaurants in Nashville?

Sushi and BBQ are my favorite types of food. Pegleg Porker and Edly’s are my favorite BBQ places. O-Ku for Sushi in Germantown and Sunda in the Gulch. Steak at The Southern is also a favorite.

What is one thing about you that surprises people?

I’m an Eagle Scout.

Among your friends, what are you best known for?

Humor 🍷



Putting you first made us #1.


Caroline Pistole, Agent
4115 Mallory Lane
Franklin, TN 37067
Bus: 615-550-0055
caroline.pistole.ctjb@statefarm.com

Making you our #1 priority is what’s made State Farm® #1* in auto insurance. I’m here to listen to your needs and to help life go right.
CALL ME TODAY.

*Based on written premium as reported by SNL Financial 2014.




1601917 State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL
State Farm County Mutual Insurance Company of Texas, Dallas, TX



WE’RE SPECIALISTS IN LENDING TO SPECIALISTS.



You’ve spent years caring for patients. And our bankers have spent years caring for physician practices. Our areas of specialty include acquisition financing, working capital lines of credit, partner buy-in loans and equipment financing. Let us help grow your practice while you take care of your patients.

WE’RE LISTENING



Steve Gebhardt
VP, Private Banking

CapStarBank.com



Brandon Knox,
Managing
Partner,
The Knox Team

CONTEXTUAL OVERLAYS

Most investors are familiar with the basics of zoning. Land is designated residential, commercial, and Industrial and so forth in what are called Bulk Standards. Bulk standards are outlined in the Zoning Code and tell you what you can do and how you can do it. They tell you building types and uses, floor plans, total square footage, height limits, setbacks from adjoining properties, landscape buffers (not only how wide they must be but often what you have to plant), and on and on.

But a new tool for the city's planners – and often neighborhoods which seek to affect what is built – is the Overlay. One used with increased frequency today is the Contextual Design Overlay.

The Overlay focus is often design – the Urban Design Overlay and the Corridor Design Overlay.

The long-standing Neighborhood Conservation Overlay (NCO), meant to preserve the look of neighborhoods, stresses large areas and design specifics. Much of East Nashville is in an NCO and homeowners must get approval to build additions and alter home designs and

details. The standards are Overlay-wide and the same exact standards are applied evenly to all.

The Corridor Design Overlay (CDO), newer but becoming increasingly familiar in the lexicons of ownership and activism, are generally applied to a smaller neighborhood and perhaps a few streets or even a targeted group of properties. The stated purpose is to establish design standards so as to maintain and protect neighborhood form or character. But unlike the NCO, the standards, while applied evenly to all, are reviewed on the basis of just a few houses in proximity.

While specific properties may be the focus, you can't do a CDO for just a few houses in the middle of a block. A CDO must apply throughout the residential portion of a complete block face (the entire block, side street to side street). Also, a CDO cannot be created where a Historic Overlay District already exists. An individual property owner cannot request a CDO. It must come from the Metro Council member or from the neighborhood and all the owners must participate.

Metro Ordinance BL2014-771 outlines the specifics of CDOs. But the main focus is design and the main design foci are:

1. Street setback— The average of the setbacks of the two abutting developed lots. If one is vacant, go to the next developed lot over.
2. Height – The maximum height is 35 feet or 125% of the average of the two neighbors, whichever is less. But you can always go up at least 27 feet.
3. Maximum building coverage – Excluding detached garages and other accessory buildings, your maximum coverage is 150% of the average of the two neighbors. This is not 150% total square footage. You can do 150% on the first floor, 150% on the second floor, and so forth until you hit your height maximum.
4. Access and driveways and garages and parking areas – Access from alleys and rear-loaded detached garages are the intent, where feasible.

A site plan must be submitted to Zoning during the permitting process.

2018 Greater Nashville Realtors Top Listing Agents Award Recipient
Lifetime Diamond Elite Sales Award winning team



OUR SUCCESS BY THE NUMBERS

#16

in Transaction Volume Amongst
Medium Teams Nationally
2020, REAL Trends The 1000

#3

in Transaction Volume Amongst
Medium Teams in TN 2020,
REAL Trends "America's Best

#1

Listing Team in Nashville
2018, Greater Nashville Realtors

The Knox Team has completed over 1,150 real estate transactions for \$500M+ of volume. Whether you're a discerning buyer or a seasoned seller, The Knox Team brings a unique, hyper-local understanding of the Nashville market and a luxury level of service to every transaction.

Contact us today to start a conversation!

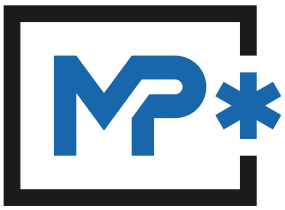


KnoxOpensDoors.com

@theknoxteam f @knoxteamnashville



The Knox team is a team of real estate licenses affiliated with Compass RE, a licensed real estate broker and abides by equal housing opportunity laws. To reach the Compass RE office, call 615.475.5616



Storytelling Your Everyday Moments And
BIGGEST ADVENTURES



Corporate • Lifestyle • Social Media Content • Family • Weddings
Nikaylaskolitsphotography.com • [@nskolitsphotography](https://www.instagram.com/nskolitsphotography)