



July 2026

Dear Patient,

As part of our Advanced Primary Care Management (APCM) program, we are here to support your overall well-being by helping you plan for future medical care. This month's information focuses on advance care planning, palliative care and hospice care. These services emphasize comfort, respect and quality of life.

Please scan the QR code or use the provided link to view brief video messages from Samuel A. Twedt, DO, with Hattiesburg Clinic Wiggins Clinic. In these videos, he discusses these topics, as well as the importance of planning ahead and communicating your health care wishes.



You can also access the video at the following link: <https://www.hattiesburgclinic.com/monthly-resources/>.

Advance Care Planning

Advance Care Planning means thinking about and sharing what matters most to you for medical care in case you are unable to make your own decisions one day.

Why Advance Care Planning Is Important

If there is no plan, families may have to make very hard decisions during an emergency. Serious illness can be hard for patients and families. Planning ahead and getting the right kind of care can help people feel more comfortable and supported.

Planning ahead ensures the following:

- Makes sure your wishes are known
- Helps your family feel more comfortable
- Guides doctors and nurses in caring for you
- Helps avoid treatments you may not want
- Gives you more control over your care

What Advance Care Planning May Include

- A Living Will (notes the type of care you prefer)
- A Health Care Proxy (chooses someone to make decisions for you)
- A conversation with your doctor and family about your health care wishes

It is best to have these talks before there is an emergency.



Next Steps to Setting Up an Advance Care Plan

If you are ready to begin, below are initial steps you can take:

- Think about what matters most to you (comfort, time with family, staying at home, etc.).
- Talk with your family about your wishes.
- Choose someone you trust to make decisions if you cannot.
- Speak with your doctor about your choices and ask questions.
- Fill out the proper forms for your state.
- Share copies of your forms with your doctor and family.
- Review your plan each year or if your health changes.

Taking these steps now can make a big difference later.

Palliative Care

Palliative care is focused on improving comfort and quality of life for people living with a serious illness. It can be provided at any stage of illness and alongside treatment aimed at curing or managing the disease. It supports both patients and families as they navigate care decisions and symptoms.

Why Palliative Care Is Helpful

Serious illnesses can cause pain and other problems. Palliative care helps in several important ways, including:

- Managing pain and other symptoms
- Supporting emotional and mental health
- Helping families understand care choices
- Working together with other doctors
- Potentially preventing hospital visits

This care is about improving comfort and quality of life.

What Palliative Care Can Help With

- Pain
- Trouble breathing
- Nausea
- Tiredness
- Anxiety or sadness

Hospice Care

Hospice care is for people who are near the end of life, usually when doctors believe they may have about six months or less to live. The focus is on comfort, not curing the illness.



Why Hospice Care Is Important

Hospice care provides support in several important ways, including:

- Focusing on comfort and dignity
- Helping control pain and symptoms
- Supporting families and caregivers
- Allowing many people to stay at home
- Offering support for families after their loved one passes away

Hospice care helps people spend their final months as peacefully and comfortably as possible.

Why Talking Often with Your Care Team Matters

Health needs can change over time. Regular talks with your doctor and care team can:

- Make sure your health care wishes are still the same
- Help adjust care if symptoms change
- Keep families informed
- Support comfort and respect at every stage

Planning ahead and choosing the right kind of care can help patients and families feel more prepared, supported and at peace.

Your care team is here to provide personalized guidance, reminders and ongoing support. Please contact your primary care physician or your dedicated case management nurse with any questions you may have.

If you have not watched the APCM welcome video from Bryan N. Batson, MD, chief executive officer of Hattiesburg Clinic, you can access the video at the following link: <https://www.hattiesburgclinic.com/welcome-video/>

Thank you for trusting Hattiesburg Clinic with your health care needs. We are here to support you every step of the way.

Sincerely,

A handwritten signature in black ink, appearing to read "Bryan N. Batson".

Bryan N. Batson, MD
Chief Executive Officer
Hattiesburg Clinic

A handwritten signature in black ink, appearing to read "Dan McCall".

Daniel T. McCall, IV, MD
ACO Medical Director
Hattiesburg Clinic

A handwritten signature in black ink, appearing to read "Judd".

Judd M. Reynolds, DO
Chair, Department of Primary Care
Hattiesburg Clinic