lose weight for your health

You know losing weight may help you look better, but did you also know the impact it can have on your health?

According to the U.S. Department of Health and Human Services, trials have shown that moderate weight loss of between 5 and 15 percent of body weight reduces the risk factors for some diseases.

Weight loss is indicated as a significant factor in reducing risks for heart disease, including high blood pressure and cholesterol, as well as Type 2 diabetes.

Steps for Slimming Down

Losing weight is about taking in fewer calories than you burn. For many people this is difficult. Fortunately, making a few lifestyle changes can make a significant difference in your health—and likely the size of your waistline.

- **Make exercise part of life.** Take a walk around the block or choose the stairs instead of the elevator—both are simple ways to incorporate exercise into your daily routine.

- **Aim for a rainbow.** Make a variety of fruits and vegetables the basis of your diet and supplement them with whole grains, low-fat dairy products, and lean proteins.

- **Work with a medical team.** Before making lifestyle changes, speak with your medical practitioner. Sylvester HealthPlus offers a specialized Weight Loss Clinic for your medical needs.

  “We provide patients with a personalized diet and exercise plan, and they return to the clinic every other week for a follow-up visit,” says Todd McDonald, family nurse practitioner at HealthPlus. “Nearly 95 percent of participants who stay with the program are successful.”

  **To schedule an appointment at the Weight Loss Clinic, please call (229) 776-3500. Appointments are available on Wednesdays from 9 a.m. to 3:30 p.m.**

Two million American women have survived breast cancer, while others continue to fight it. In order to raise awareness, Tift Regional Medical Center is encouraging local families to recognize National Breast Cancer Awareness Month this October. Sandra Brickman, MD, OB/GYN, will be available at Sylvester HealthPlus to help women better understand breast cancer and how to protect themselves.

Breast cancer is the most common cancer diagnosis in American women. Fortunately, if breast cancer is detected early, it can usually be treated successfully.

All women should conduct monthly self-exams, and women over age 40 should receive an annual mammogram.

**Dr. Brickman is available to see patients the second Tuesday of each month at Sylvester HealthPlus. To make an appointment, please call (229) 776-3500.**

Sandra Brickman, MD, OB/GYN
Specialized Therapy For Children

Tift Regional Medical Center recently implemented a new pediatric physical therapy, occupational therapy, and speech therapy program. The new services will help children who are affected by orthopedic disorders, neurological conditions, developmental delays, learning disabilities, genetic anomalies, and other disabilities.

“Our physical and occupational therapies are carried out at our outpatient facility in a gym-like atmosphere among other therapists and patients,” says Vance Bryant, MPT, director of Outpatient Therapy Services at TRMC. “This promotes learning and interaction with others while providing a motivating environment for the child. We also offer education and support for family members, physicians, and other caregivers.”

The new pediatric therapy program is located at TRMC Outpatient Therapy Services at 1641 Madison Avenue. For more information, call (229) 353-6188.

West Campus OFFERS OPEN MRI

A new open magnetic resonance imaging (MRI) service is now available at Tift Regional Medical Center’s West Campus location, giving TRMC a total of three MRI options, including a high-field-strength MRI and open-bore MRI located at the hospital’s main campus.

“With these three units, we are now able to provide patients and referring physicians with more options and greater convenience,” says Jerry Flannery, director of Radiology at TRMC.

“The new Magnetom-C open MRI is located in a warm and welcoming suite within the West Campus.”

MRI is a non-invasive imaging modality that provides physicians with detailed images of internal organs and tissues. Traditional MRI units are closed and tunnel-shaped, while an open MRI is open on three sides, making it ideal for small children, larger patients, and those suffering from claustrophobia or anxiety problems.

Getting Your SPINE IN LINE

The new Tift Regional Medical Center Spine Therapy Center offers a variety of therapy techniques for conditions of the spine. Services include myofascial release, spinal mobilization and manipulation, and the latest approaches to spinal mechanical traction and pain relief. In addition, the center educates patients on specific exercises to enhance mobility, improve strength, and optimize function.

“Patients will be delighted with the hands-on, individual attention they will receive here,” says Melanie Peavy, MPT, RN, BSN, a licensed physical therapist and director of the TRMC Spine Therapy Center. “We strive to meet the needs of our patients through a holistic, patient-centered approach.”

The TRMC Spine Therapy Center is open Monday and Thursday from 8 a.m. to 2:30 p.m. and Tuesday, Wednesday, and Friday from 8 a.m. to 6 p.m. For more information, call (229) 353-3047.
A stay in a hospital’s intensive care unit (ICU) can be emotionally difficult for patients and their family members, but Tift Regional Medical Center wants to make the experience as soothing as possible with the opening of a brand new ICU that offers more space, enhanced comfort, and the latest technology.

With 20 beds, private patient rooms, and more than 37,500 square feet, the state-of-the-art facility is equipped with the latest telemetry monitoring equipment and critical care technology. A new family waiting room also is available to help put visitors at ease.

“We are excited to have this many beds available in the unit, and the additional space in each room will allow us to enhance the level of care for patients,” says Tina Mann, RN, director of the ICU at TRMC.

TRMC’s new ICU is located on 20th Street above the Heart and Vascular Center.

The cardiac catheterization laboratory at Tift Regional Medical Center is using a new, advanced ultrasound imaging system called iLab to provide improved diagnosis and treatment of patients with coronary artery disease.

The iLab’s intravascular ultrasound (IVUS) uses high-frequency sound waves to reflect off tissue in the arterial walls and provide physicians with a cross-sectional view from inside the artery. IVUS shows the physician where the healthy arterial wall ends and plaque begins.

“The iLab System provides the best view of the patient’s disease from inside the body, which gives our cardiologists a clear understanding of the composition of the plaque, so they can determine the best diagnosis and treatment path,” says Jerry Ethridge, assistant vice president of Cardiovascular Services at TRMC.

TRMC is the first hospital in the state to integrate the next-generation IVUS technology into its cardiac catheterization lab.

Tift Regional Medical Center was listed in the Atlanta Journal-Constitution as one of the top 10 Georgia hospitals in patient satisfaction. The Atlanta Journal-Constitution ranked Georgia hospitals in order of the percentage of patients who gave the hospital an overall rating of nine or higher (out of 10). TRMC was tied for eighth place out of the 72 Georgia hospitals that participated in the survey, with 75 percent of patients giving TRMC an overall rating of nine or higher.

“At TRMC, we always strive to treat our patients like family,” says William T. Richardson, president and CEO of TRMC. “We will continue to work hard to provide the best care possible.”

TRMC also received a special recognition for clinical quality by the Georgia Hospital Association.
Seconds Count in Stroke Treatment

Timing is everything when it comes to treating a stroke. Know the signs so you can act fast.

A stroke is caused when blood flow to the brain is interrupted. When this happens, brain cells begin to die.

“Getting to the hospital within three hours of the onset of symptoms can prevent death as well as short- and long-term disability,” says Anthony Giatras, MD, neurologist and medical director of telemedicine at Tift Regional Medical Center. “We can give a medication called tissue plasminogen activator that dissolves the blood clot if a patient gets to the emergency department within the three-hour window.”

Watch for Warning Signs

The most common symptoms of stroke are sudden. They include:

- numbness or weakness of the face, arm, or leg, particularly on one side of the body
- difficulty seeing
- confusion or difficulty speaking
- dizziness, trouble walking, or a loss of balance or coordination
- severe headache with no known cause

If you suspect you or a loved one is experiencing a stroke, call 911 immediately.

Dr. Giatras is available to see patients the second Thursday of each month at Sylvester HealthPlus. To make an appointment, please call (229) 776-3500.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.