

HealthPlus

News

SERVING THE
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COMMUNITIES

Take Care of Yourself, Inside and Out



Nearly 10,000 women are diagnosed with cervical cancer each year in the United States, but a simple test can reduce your risk or even save your life.

A Papanicolaou (Pap) test, also known as a Pap smear, involves taking a sample of the cells from your cervix during a pelvic exam. This test can detect any changes or abnormal signs that might be related to cancer, including the human papillomavirus (HPV) infection. HPV, along with failure to receive regular Pap test screenings, is one of the strongest risk factors for developing cervical cancer. If detected early, cervical cancer is preventable and curable. However, close to 11 percent of women in the United States do not undergo Pap test screenings.



Bridgett Asbury, MD,
OB/GYN

When You Should Go

How frequently you should undergo cervical cancer screenings depends on your age and overall sexual health. The American Cancer Society recommends that Pap testing start at the age of 21 or three years after sexual activity begins. Women who are younger than age 30 should have a Pap test performed annually, while women older than 30 should undergo a Pap test every two to three years after three consecutive normal Pap tests. Women who have had a total hysterectomy do not need to undergo cervical cancer screenings unless the surgery was done as treatment for pre-cancer or cervical cancer. Consult with your physician about which screening schedule is best for you.

Bridgett Asbury, MD, OB/GYN, is available to see patients the first Monday of each month at the Nashville HealthPlus Clinic. To make an appointment, please call (229) 686-6979.

Put Your Feet First

Patients with diabetes have an increased risk of developing foot problems. Fortunately, treatment is available and may include:

- special socks and footwear to cushion feet and prevent injuries from worsening
- splints designed to maintain the foot's shape and help correct conditions such as hammertoe
- surgery to repair foot ulcers or other injuries

A healthy diet may help patients avoid painful foot problems associated with diabetes. Eating foods that contain large amounts of fiber such as whole-grain breads and cereals can help maintain blood sugar levels and prevent foot problems.



Eric Massa, DPM,
Podiatrist

Eric Massa, DPM, is available to see patients the fourth Wednesday of each month, and Diabetes Education is available for patients the first and fourth Tuesday of each month at the Nashville HealthPlus Clinic. To make an appointment, please call (229) 686-6979.





Complete Defense

Gray skies, post-holiday blues, and chilly weather are usually paired with the sniffles. This winter, help prevent colds, infections, and influenza (flu) by supplementing a balanced diet with a few immunity-boosting foods.

Try switching out your afternoon cup of coffee for green tea. Packed with polyphenols—natural antioxidants—green tea may keep viruses like the flu from replicating. Studies show that catechins, the polyphenols in tea, may help enhance our immune response.

Probiotics, considered “good bacteria,” promote a balance of healthful bacteria in the gastrointestinal (GI) tract. Adding probiotics to your diet through yogurt and other fermented dairy products can help prevent GI distress that occurs from an imbalance of bad bacteria, which can weaken the immune system. Check the label to see how many active cultures a product contains.

Keeping Your Spine **IN LINE**

An estimated 80 percent of Americans suffer from back pain at some point in their lives. Fortunately, there is relief.

Through the Total Spine Treatment Program at Tift Regional Medical Center, patients have access to both operative and nonoperative spinal care. TRMC has two fellowship-trained orthopedic spine surgeons on its medical staff: Mac Sims, MD, and Edward Hellman, MD. In addition, TRMC offers an outpatient spine therapy center with a physical therapist, Melanie Peavy, MPT, RN, BSN.

“If you suffer from degenerative spine disease or other chronic back problems, we have experts who can treat you and help manage your symptoms,” says Chris Efaw, director of Outreach and Development at TRMC. “Our experienced staff remains on the leading edge of spinal procedures so patients can receive the best care close to home.”

For more information about the TRMC Total Spine Treatment Program, visit www.tiftregional.com.



West Campus Offers Open MRI

Open magnetic resonance imaging (MRI) service is 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 able to provide patients and referring physicians with more options and greater convenience,” says Jerry Flannery, director of Radiology at TRMC. “The

Magnetom C! open MRI is located in a warm and welcoming suite within the West Campus.”

MRI is a noninvasive 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 who suffer from claustrophobia or anxiety.

Laser Therapy Relieves Pain

Tift Regional Medical Center's Outpatient Therapy Services offers a therapeutic laser system called LaserPrism for pain relief. A super-pulsed laser, LaserPrism delivers a pulse at billionths of a second. This results in a higher concentration of light energy—or photons—driven deeper into the targeted tissue, without the risk of damaging heat build-up.

LaserPrism helps physical and occupational therapists reduce pain and promote healing in patients recovering from injury or suffering from chronic disease.

"LaserPrism laser therapy has proved to be effective in relieving pain caused by injuries and arthritis," says Vance Bryant, MPT, director of Outpatient Therapy Services at TRMC. "It can speed relief of shoulder, back, and joint pain, as well as pain associated with carpal tunnel, arthritis, tendonitis, fibromyalgia, and more."

TRMC's Outpatient Therapy Services is located in Tifton at 1641 Madison Avenue. For more information, call (229) 353-6188.



The Best Medicine

Need a quick, easy, and (best of all) free mood booster? Try laughter. The Mayo Clinic reports that laughter may boost the brain's production of endorphins, which relieve pain and calm the mind. Here are some tips to help you add a dose of humor—and an antidote for stress—to your life:

- **Tape a favorite comic strip to your refrigerator.** This can provide countless chuckles to brighten your day.
- **Make note of especially funny jokes and tell them to friends.** Increasing the happiness of others can add to your own happiness.
- **Try to see the humor in your difficulties.** Almost every situation has a positive side. Laughing at life's tough experiences can help you relax and give you a new, more balanced perspective.

Get Your *Health* Groove On

Meeting deadlines at work, caring for loved ones, and making time for friends can leave little time for women to take care of themselves, much less put their health first.

Sensing this need, the Tift Regional Medical Center Women's Imaging Center held a Girls' Night Out last October, providing women with a perfect opportunity to get up to date on their mammogram screenings as well as take time out to relax. The Women's Imaging Center expanded its hours and allowed patients to come in for an evening filled with music and hors d'oeuvres. Women were also treated to pampering massages and hand treatments while they waited to undergo their annual screening mammograms.

Did you miss out on the fun the first time around? For more information about an upcoming Girls' Night Out or to schedule your mammogram, call (229) 353-7899.





HEALTHPLUS
Physician Guide

ADEL

Anthony Giatras, MD, Neurology
Available the fourth Thursday of every other month at the office of Thomas Fausett, MD (707 North Parrish Avenue)
To make an appointment, please call (866) 233-5432.

NASHVILLE

Bridgett Asbury, MD, Obstetrics/Gynecology
Available every first Monday, 2–4 p.m.

Eric Massa, DPM, Podiatry
Available every fourth Wednesday, 8 a.m.–noon.

David Banks, MD, Orthopedic Surgery
Available every other Tuesday, 9 a.m.–noon.

Diabetes Education
Available the first and fourth Tuesday, 12:30–4:30 p.m.

HealthPlus is located in Nashville at 205 Dogwood Drive. To make an appointment, please call (229) 686-6979. Visit the HealthPlus web site at www.discoverhealthplus.com.

Please note: Specialists are independent contractors who lease space from HealthPlus on a weekly or monthly basis and are not employees of Tift Regional Medical Center.

Monthly HealthPlus Support Group

Every second Tuesday, 5:30 p.m.



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Nashville, GA 31639
www.discoverhealthplus.com

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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.



Don't Lose Your Grip

At work or play, carpal tunnel syndrome can cause crippling pain and prevent you from performing simple daily activities.

Carpal tunnel syndrome is caused by compression of the median nerve that runs from the forearm to the hand and can lead to pain, numbness, and weakness in the hands. Injuries including fractures or repetitive use of the hands commonly contribute to the development of the condition.

For patients at Tift Regional Medical Center, services are available to help ease the pain of carpal tunnel syndrome. TRMC can diagnose and treat the disorder quickly and effectively using advanced surgical procedures and state-of-the-art nerve conduction studies.

Performed by Anthony Giatras, MD, neurologist at TRMC, nerve conduction testing monitors a patient's nerve

activity and determines if carpal tunnel syndrome is impacting manual dexterity. If nerve conduction testing indicates the disorder, David Banks, MD, orthopedic surgeon at TRMC, can perform the complex surgical procedures necessary to restore total hand function.

Dr. Banks is available to see patients every other Tuesday in the Nashville HealthPlus Clinic. Dr. Giatras is available to see patients the fourth Thursday of every other month at the office of Thomas Fausett, MD. To make an appointment for either physician, please call (229) 686-6979.