

HealthPlus

News

SERVING THE
SYLVESTER
COMMUNITY

Slim Down for Good Health

Research shows that losing even a small amount of weight can have huge health benefits.

With more than 60 percent of all Americans classified as overweight or obese, most of us could benefit from shedding a few pounds. By making just a few simple adjustments to your daily routine you can make a big difference in your health.

"Many health problems such as hypertension, hyperlipidemia, and diabetes are caused or exacerbated by obesity," says Todd McDonald, family nurse practitioner at Sylvester Family Practice. "Losing weight and exercising regularly can help decrease blood pressure, blood sugar, and elevated cholesterol levels."

Follow these tips for weight loss success:

- **Eat breakfast.** Starting your day with a healthful breakfast can help curb your appetite and prevent overeating at lunch or dinner.
- **Exercise often.** Many people believe that dieting alone will help them reach



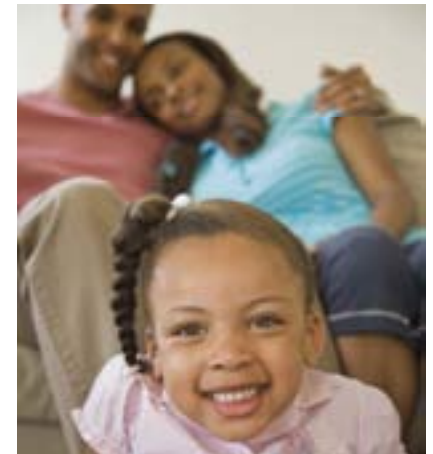
their weight-loss goals, but exercise is the key to starting and maintaining weight loss.

- **Work with a medical team.** Whether you have a lot of weight to lose or are just having trouble getting motivated, it may be a smart idea to speak with a medical practitioner before you get started. Sylvester HealthPlus offers a specialized weight loss clinic to help you meet your goals.

"When patients come into our clinic they receive lab work, a diet evaluation, counseling, and, in some cases, appetite suppressants," says McDonald. "Nearly 95 percent of our participants who stay with the program are successful."

Todd McDonald is available to see patients Monday through Friday from 8 a.m. to 5 p.m. at Sylvester HealthPlus. To make an appointment, please call (229) 776-3500.

A United Front



Sylvester Family Practice is pleased to announce we are now accepting all United Healthcare insurance plans.

Through the addition of United Healthcare, we hope to offer our patients access to more doctors and more extensive health services. Patients with United Healthcare will no longer pay out-of-network costs for visiting Sylvester Family Practice providers.

For patients across the region, the addition of this provider will mean easier access to the focused, quality care found at Sylvester Family Practice. As this enhancement shows, we will never stop working to improve the health of the community and its residents.

For more information, visit www.tifregional.com.



Schedule Your **Mammogram**

October is National Breast Cancer Awareness Month, and as the most common cancer after skin cancer and second leading cause of cancer death for women in the United States, breast cancer affects thousands of lives every year. The American Cancer Society (ACS) estimates that breast cancer will be responsible for 192,000 diagnoses and 40,000 deaths among women in 2009 alone.

The most important factor in avoiding breast cancer-related deaths is early detection. The ACS recommends that women receive clinical breast exams every three years between the ages of 20 and 39 and a mammogram every year beginning at age 40.

Sandra Brickman, MD, OB/GYN, is available to see patients at Sylvester HealthPlus on the second Tuesday of each month. Bridgett Asbury, MD, OB/GYN, is available to see patients the first Monday of each month.



Sandra Brickman, MD, OB/GYN



Bridgett Asbury, MD, OB/GYN

TRMC Part of **National Heart Study**



For the past three years, Tift Regional Medical Center has been involved in a national clinical trial that's advancing the treatment of coronary artery disease.

The Percutaneous Coronary Intervention (PCI) trial attempts to prove that hospitals can safely perform PCI without needing to have open-heart surgery in place as a back-up measure in case of complications. PCI—also known as balloon angioplasty or stenting—encompasses a variety of procedures performed via catheter to treat patients with blocked arteries.

Patients may be eligible to participate in the PCI trial if they undergo a cardiac catheterization and the results indicate PCI is needed. Patients who meet the criteria receive education about the clinical trial and are offered a choice of undergoing the procedure at TRMC or being transferred to another facility where open-heart surgery is available.

For more information about the PCI trial, visit www.tiftregional.com and click on the link under "Angioplasty Clinical Study."

Getting Your **BACK** on Track



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

Through the 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 the experts who can treat you and manage your symptoms," says Chris Efaw, director of Outreach and Development at TRMC. "Our experienced staff members remain on the leading-edge of spinal procedures so patients can get the best care close to home."

For more information about the Spine Treatment Program, call (229) 353-3047.



The Doctor Is In...

When you're referred to an out-of-town specialist for advanced medical care, wouldn't it be great if he or she could come to you? That's now possible with Telehealth.

Tift Regional Medical Center, in affiliation with the Georgia Partnership for Telemedicine, uses a high-speed telecommunication system and specialized medical cameras to examine, diagnose, treat, and educate patients electronically. This eliminates the need for patients to travel hundreds of miles to seek the care they need.

"Patients can continue to be cared for by their local provider and receive

medical treatment from a specialist via telemedicine without having to travel outside their community," says Jeff Robbins, director of Neurodiagnostics and Telehealth at TRMC. "This technology saves patients time and money while still offering optimal care and guidance."

Specialties currently offered through Telehealth at TRMC include:

- child and adolescent psychology
- neurology
- pediatric pulmonology
- transplant surgical follow-ups

Time-Out Day Every Day

Part of The Joint Commission's Universal Protocol National Patient Safety Goal, time-out is a final assessment process that is conducted at Tift Regional Medical Center prior to all invasive or surgical procedures. Each member of the surgical team is involved, and a number of points are addressed, including:

- correct markings for location and side of body
- patient identity, positioning, and consent
- safety precautions based on patient history and medications

In celebration of National Time-Out Day, all staff members at TRMC received training on the basics of time-out policy and procedure.

"It was National Time-Out Day on June 17, but to ensure consistent patient safety for every procedure, it is 'time-out day' every day at TRMC," says Mindy McStott, director of Quality and Case Management.

To learn more about surgical care at TRMC, visit www.tiftregional.com and select "Surgery Center."




Eating to Improve Your Mood

Everyone's familiar with the idea behind comfort food—those delicious indulgences we enjoy after a particularly bad day. While there may not be many scientific facts backing the effectiveness of chicken and dumplings to enhance your mood, there are food choices that can help keep your blood glucose levels balanced and your mood light.

To eat to your advantage, nutritionists recommend limiting the number of refined sugars consumed—such as those found in white flours and sodas—because they can spike your blood sugar and lead to a noticeable drop in both glucose and mood later. Instead, opt for whole grains packed with fiber, colorful vegetables, and lean proteins. Also, including omega-3 fatty acid-rich dishes like salmon in your diet can keep your mind alert and sharp.

1010 West Franklin Street
Sylvester, GA 31791
www.discoverhealthplus.com



HEALTHPLUS
*Physician
Guide*

Louise Wilder, MD, Family Medicine
Available Monday through Friday,
8 a.m.–5 p.m.

**Todd McDonald, FNP-C,
Family Medicine**
Available Monday through Friday,
8 a.m.–5 p.m.

**Sandra Brickman, MD,
Obstetrics/Gynecology**
Available every second Tuesday,
noon–4:30 p.m.

Anthony Giatras, MD, Neurology
Available the second Thursday of
every other month
9 a.m.–4:30 p.m.

Eric Massa, DPM, Podiatrist
Available every second Wednesday
and fourth Monday,
8 a.m.–noon.

**Bret Wagenhorst, MD,
Ophthalmology**
Available every first Wednesday,
2–4:30 p.m.
To make an appointment, please
call (229) 386-2181.

HealthPlus is located in
Sylvester at 1010 W. Franklin
Street. To make an appointment,
please call (229) 776-3500.
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.

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.

A Dangerous Link

Today, nearly one in three children ages 2 to 19 is obese or overweight. This growing epidemic has been shown to cause many of the same problems that it does in adults including heart disease and Type 2 diabetes.



“Type 2 diabetes used to be referred to as adult-onset diabetes,” says Louise Wilder, MD, family practice physician with Sylvester Family Practice. “However, the rise in childhood obesity is now linked to a dramatic rise in the number of children suffering from Type 2 diabetes.”

Get the Facts

Your body produces insulin to keep blood sugar levels normal. When your body can't make enough insulin or doesn't use insulin properly it becomes “insulin-resistant,” and blood sugar levels skyrocket. Being insulin-resistant is a strong precursor of Type 2 diabetes.



Louise Wilder, MD,
Family Practice

Most children with Type 2 diabetes do not initially have symptoms. If symptoms occur, they usually are mild and may include:

- feeling thirstier than normal
- having to urinate more often
- losing weight for no clear reason

“The best way to prevent insulin resistance is to ensure your child eats a balanced diet and reduce his or her intake of refined carbohydrates,” says Dr. Wilder.

Dr. Wilder is available to see patients Monday through Friday from 8 a.m. to 5 p.m. at Sylvester HealthPlus. To make an appointment, please call (229) 776-3500.