

SUMMER 2018

# in health

DELIVERING QUALITY HEALTH CARE IN CENTRAL GEORGIA

## COMPASSIONATE BREAST CANCER *Care & More*



**TRACY NOLAN, MD,  
BOARD CERTIFIED  
GENERAL SURGEON  
SOUTH GEORGIA  
SURGICAL | PAGE 2**

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**TIFT REGIONAL  
HEALTH SYSTEM**



**BACK TO BASICS: TURN YOUR BACK ON BACK PAIN**  
**HEALTHY HABITS: HOW TO WEAN KIDS OFF THEIR SCREENS**  
**BLUE SKIES: MANAGING GRIEF AND DEPRESSION**

# Physician Spotlight

**WELCOME** to the Tift Regional Medical Center physician spotlight! Meet your local doctors, hear about their community involvements, and learn about their hobbies outside the hospital.

## SAY HELLO TO GENERAL SURGEON TRACY NOLAN, TIFT REGIONAL'S FIRST FEMALE GENERAL SURGEON.

**PASSION:** "My passion is the joy and privilege of helping people who are experiencing a major life event, surgery."

**HOMETOWN:** "I was born and raised in Tifton until I was 19 and I returned 3 years ago."

**HOBBIES:** "I love learning all about wine."

**EXERCISE:** "I rarely have the chance to sit down during the day, so I choose healthy foods to keep my energy level high. I encourage my patients to eat a variety of low-calorie foods and to avoid smoking. Nutrition and smoking cessation are incredibly important in healing of surgical wounds."



# 3

*in this issue*

**INSPIRE**  
**HARI RAVIPATI, MD,**  
explains sun protection basics for summer.



# 4

**NOURISH**  
**ABHINAV SAXENA, MD,**  
demystifies depression in older adults.



# 5

**ENHANCE**  
**FOODS TO IMPROVE**  
and uplift your mood.



# 6

**EXPLORE**  
**BACK-STRENGTHENING**  
exercises that can help you avoid back pain.



# 7

**SHARE**  
**KICK THE SCREEN HABIT**  
with your kids by focusing on healthy activities.



## DEDICATED TO QUALITY, COMPASSIONATE BREAST CANCER CARE.

As a board-certified general surgeon, Dr. Tracy Nolan treats a range of conditions, including hernia injuries, gastrointestinal disorders, thyroid disease, abdominal issues, and more.

Dr. Nolan also has a special passion for the diagnosis and treatment of breast disease.

"One in eight women in the U.S. will be diagnosed with breast cancer in her lifetime," said Dr. Nolan. "I am proud to serve on a multidisciplinary team of specialists at Tift Regional who work together to develop evidence-based treatment plans for breast cancer patients."

**TRACY NOLAN, MD, GENERAL SURGERY, SOUTH GEORGIA SURGICAL.** Talk to your provider about a referral or call 229-382-9733 to make an appointment.

**TIFT REGIONAL  
MEDICAL CENTER**  
901 East 18th Street  
Tifton, GA 31794  
www.tiftregional.com  
229-382-7120

**WEST CAMPUS**  
2225 Highway 41 North  
Tifton, GA 31794  
www.affinity-clinic.com  
Affinity Clinic: 229-391-4100

**COOK MEDICAL CENTER**  
706 N Parrish Ave  
Adel, GA 31620  
www.cookmedicalcenter.com  
229-896-8000



# Under Pressure

**BLOOD PRESSURE**—People often experience it being too high or too low, and it's commonly tested at routine medical check-ups. Narrow arteries can cause your blood to forcefully push up against your artery walls, which can eventually cause heart disease and other health problems. Here's what you need to know to help prevent this condition.

- 1 MOST PEOPLE DON'T EXHIBIT SYMPTOMS.** Some people may have headaches or shortness of breath early on, but it isn't common until the condition becomes severe.
- 2 IF YOU HAVE CERTAIN RISK FACTORS, LET YOUR DOCTOR KNOW.** A family history of high blood pressure, being overweight, being inactive, using tobacco, high levels of sodium in your diet, or heavy alcohol usage can all contribute.
- 3 SOMETIMES, HYPERTENSION IS CAUSED BY ANOTHER CONDITION.** Keep in mind you may be at higher risk if you have sleep apnea, kidney or thyroid problems, or take certain medications.

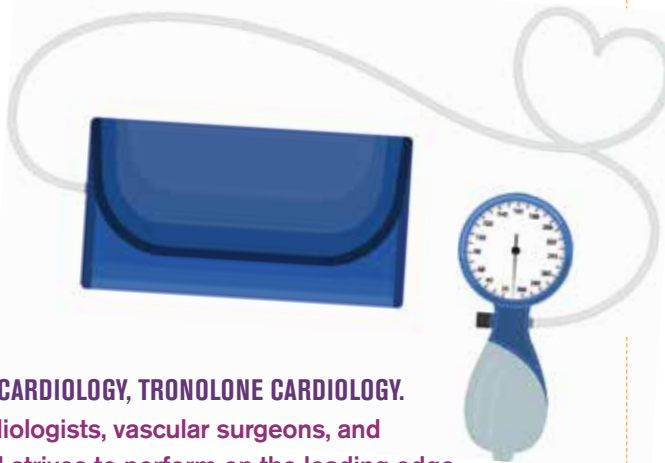
If you're diagnosed with hypertension, there are many treatments your doctor may recommend, including improving your diet, exercise, or taking medication.



**JONATHAN TRONOLONE, MD, CARDIOLOGY, TRONOLONE CARDIOLOGY.** With a team of expert cardiologists, vascular surgeons, and support staff, Tift Regional strives to perform on the leading edge of disease prevention, diagnosis, treatment, and rehabilitation. To make an appointment with Dr. Tronolone, call 229-238-3034.



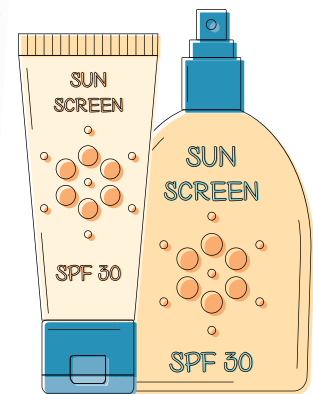
**ACE THE TEST.** It's important to check your blood pressure every year once you reach the age of 40.



## SPF Specifics

**AS SUMMERTIME** heats up, many people are spending more time in the sun and using sunscreen to protect themselves and their family, but not many people understand SPF. The SPF level indicates how long it will take you to burn in the sun. For example, SPF 30 will let you spend 30x the usual amount of time in the sun without getting burned.

Applying thoroughly and regularly is the key to adequate sun protection and all of its benefits, such as limiting the signs of aging and reducing the risk of sunburn and cancer. No matter what SPF you use, make sure you're applying at least a shot glass's amount of sunscreen to your body and a quarter-sized dollop to your face every two to three hours.



**TRMC ANITA STEWART ONCOLOGY CENTER** provides a wide range of treatment options for cancer patients. Please visit [www.tiftregional.com](http://www.tiftregional.com) for more information.

# Shining Through Your Golden Years

**GETTING OLDER BRINGS  
ITS SHARE OF LOSS.**



LIFE CHANGES LIKE THE LOSS OF FRIENDS AND FAMILY MEMBERS, RETIREMENT, DECLINING HEALTH, SELLING THE FAMILY HOME, OR DIVORCE CAN TRIGGER FEELINGS OF GRIEF. BUT WHAT'S THE DIFFERENCE BETWEEN GRIEF AND DEPRESSION? ABHINAV SAXENA, MD, PSYCHIATRIST AT AFFINITY CLINIC, BREAKS IT DOWN.

According to Dr. Saxena, a person dealing with grief may experience intense feelings of sadness, despair, and mourning, along with physical changes such as fatigue, loss of appetite, or poor sleep. Though it may take a long time, these feelings eventually begin to ease.

## **GRIEF EVENTUALLY FADES**

Severe grief often interrupts your physical health, making it difficult to take care of yourself, and it takes time to heal. However, there are steps you can take to ease your journey. First, allow yourself to grieve and understand that you will experience unexpected emotions. Seek support from people who care about

you; you can also support yourself by taking care of yourself. With time, the intense feelings of loss will begin to subside.

## **HELP WITH DEPRESSION**

“With depression,” says Dr. Saxena, “a person may experience all of the symptoms of loss with the addition of feelings of worthlessness, guilt, powerlessness, and suicidal thoughts.” He adds that these feelings often do not go away without therapeutic intervention. Growing older doesn’t have to mean quietly suffering—there are resources available to you and people waiting to help.



## SPOTTING SIGNS OF DEPRESSION IN YOUR LOVED ONE

If you notice any of the following depression red flags in your loved one, it may be time to intervene:

- Unexplained aches and pains
- Self-isolation and lack of interest in socializing
- Changes in appetite
- Lack of energy and lack of sleep
- Fixation on death
- Neglecting personal care

If you notice any of these signs in an older adult, encourage them to seek medical help. Offer to support them by helping them make a doctor appointment or driving them to the appointment.

### HERE FOR YOU

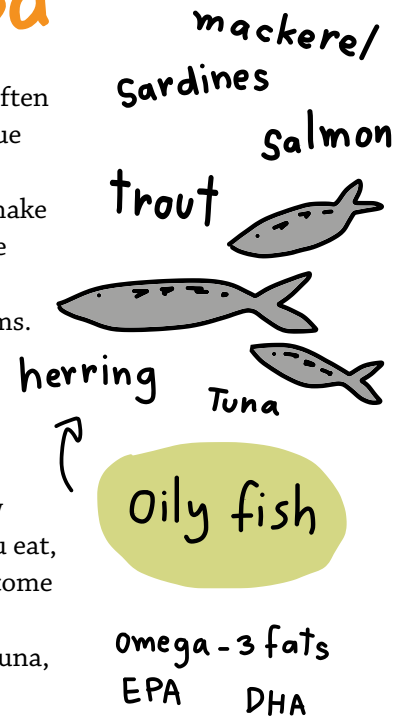
TRMCs geriatric psychiatric unit at the Sylvia Barr Center is here to support you, free of judgment, with the highest quality of care. Their diverse team is able to treat a wide variety of mental health concerns, and they provide diagnostic testing to accurately map out your path. Each patient receives a full treatment team to help with their journey.

**ABHINAV SAXENA, MD, PSYCHIATRY, AFFINITY CLINIC.** If you or an elderly loved one is experiencing depression or struggling with grief, call The Sylvia Barr Center at 229-896-8100.

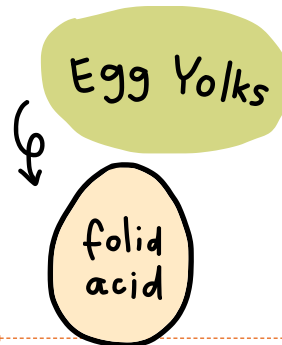


## Brain Food

When older adults become depressed, their nutrition often suffers, usually due to fatigue and loss of appetite. While failing to eat properly can make symptoms worse, eating the right foods can be a powerful way to improve symptoms. Try these mood-boosting “brain foods”:



**OMEGA-3S.** Studies show that the more omega-3s you eat, the less likely you are to become depressed. Good sources of omega-3s include salmon, tuna, walnuts, and flaxseeds.



**B VITAMINS.** Many people with depression also have a deficiency of folic acid or other B vitamins. Good sources of B vitamins include dark leafy greens, chickpeas, and supplements.

**VITAMIN D.** If your feelings of depression worsen in winter, low levels of vitamin D could be a contributing factor. Good sources of vitamin D include vitamin D fortified milk, eggs, fish, and sunshine.

**TRYPTOPHAN.** This amino acid is necessary to make serotonin, your brain’s “feel-good” chemical. Good sources of tryptophan include poultry, nuts, seeds, and beans.



# Back to BASICS

**BACK PAIN IS A PERSISTENT PROBLEM** in today's society—along with accidents and work-related injuries, poor posture and near-constant sitting make our backs weaker and more prone to injury. If you have severe back pain that isn't improving with rest or time, it's time to see a doctor. However, if the pain is minor, here are some simple remedies that may help.

**REST**—First and foremost, don't make the situation worse by continuing to aggravate your back. If you exercise regularly, take a short break or try a gentler alternative to your current routine. Enlist the help of friends or family with chores around the house.

**STRETCH**—Gentle stretching (that doesn't cause any further pain) can help ease sore muscles. Try leaning forward or side to side to help back pain.

**ICE**—Ice is always a great option for inflamed or sore muscles. Use this option during the first three days of pain to help reduce it.

## 3 WAYS TO STAND

# Tall

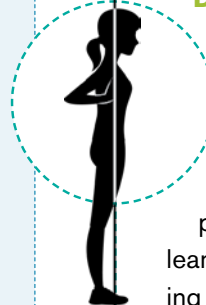
The easiest way to support your back and improve your posture? Stand up! Take some time to hop up from your desk or the couch and try these three helpful exercises and stretches:

**PLANK POSE:** Begin on your hands and knees.



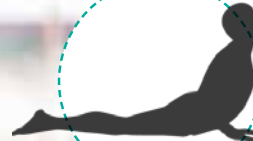
Extend your feet out behind you, until you're at the top position of a pushup, and hold to strengthen your core and back muscles.

**DOORWAY STRETCH:**



Place your forearm flat against a doorjamb, fingers pointing at the ceiling, while making sure that your upper arm is running parallel to the ground. Slowly lean into your raised arm, holding the pose for approximately 10 seconds to stretch your chest and shoulders.

**COBRA POSE:** Laying flat on



the floor, place your forearms flat on the ground next to your body, hands next to your head and fingers facing forward. Use your back muscles to raise yourself up, stretching and strengthening the muscles in your back.

Is your back pain affecting your day to day life? Call 229-353-BONE to learn about our Joint Replacement and Spine Care Center or visit [www.TRMCortho.com](http://www.TRMCortho.com).





# Inside Scope

**THE ANITA STEWART ONCOLOGY CENTER** and Tift Community Health Center held a free community seminar on colorectal cancer prevention and screening on March 26 with gastroenterologist Dr. Hari Raviparti. The audience was educated on ways to decrease cancer risks and recognize signs and symptoms.

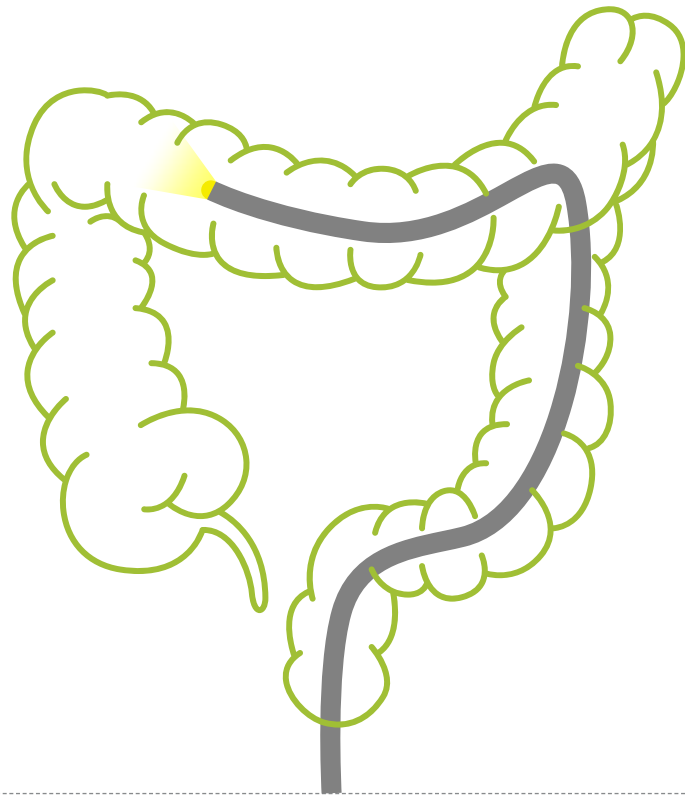
Attendees were asked to fill out a questionnaire to determine if they qualified for free colon cancer testing.

There were 19 questionnaires completed, with two of them eligible for free testing. Both

eligible attendees were able to have free colon cancer testing provided by Horizon's Community Solutions and will be followed by physicians from Tift Community Health Center.

If you are between the ages of 50 and 75, are uninsured, and do not currently have a primary care physician, you may qualify for free colon cancer testing. For more information, contact Julie Curry, LPN, Patient Navigator at the Anita Stewart Oncology Center at 229-353-6303.

For more information, visit us online at [www.tiftregional.com/oncology-center](http://www.tiftregional.com/oncology-center).



## Small Screen, BIG PROBLEMS?

TV, phone, and computer time can be great for keeping kids quiet and occupied. However, according to Kimberly Works, MD, with Affinity Pediatrics, kids who spend less time staring at a screen tend to get more exercise, sleep better, and make healthier food choices. Try our tips for weaning kids off the screen.

- 1 SET A GOOD EXAMPLE.** Model healthy habits for your kids by reading a book, crafting, or exercising during free time.
- 2 SCHEDULE SCREEN TIME.** Instead of giving kids a daily screen time "allowance," limit screen time to certain hours of the day.
- 3 BE INVOLVED.** Play with your kids and make time for fun family activities that don't involve staring at a screen, such as going on a nature walk.

### TIFTBIT

**STUDIES SHOW** that when young children watch TV with their parents, they tend to learn more than if they watch alone.

**KIMBERLY WORKS, MD, PEDIATRICS, AFFINITY PEDIATRICS.** Looking for a new pediatrician for your child? Call 229-353-7337 to make an appointment with Dr. Works. Visit [www.affinity-pediatrics.com](http://www.affinity-pediatrics.com) for more information.



901 East 18th Street  
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**FOR QUESTIONS** about Tift Regional Health System and *On Health* magazine, call 229-382-7120.

This magazine is not intended as specific medical advice and is not a substitute for professional medical treatment or diagnosis. Consult your physician with any questions about your health.

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## Menopause Matters

**THE SYMPTOMS** of menopause—including night sweats, hot flashes, fatigue, and mood swings—can range from aggravating to debilitating. Our team at Affinity Physicians for Women addresses each woman as an individual, taking into consideration a woman's lifestyle, goals, and overall health to develop a custom treatment plan. We believe with the right approach, feeling vibrant and embracing the transition is possible.

Give us a call today at 229-391-4130 to take the first steps towards easing your menopause symptoms. Learn more at [www.affinitywomen.com](http://www.affinitywomen.com).

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