Access to the latest and greatest

Clinical trials bring innovative treatment
The school year’s just around the corner!

Are you and the kids prepared? Find out how Archbold can help you get ready for school. Page 18

Information in ARCHIVES MAGAZINE comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, contact your healthcare provider. Models may be used in photos and illustrations. 2017 © Coffey Communications, Inc. All rights reserved.
A lasting relationship

The Georgia Hospital Association recently released its 2015 Economic Impact Report, which quantifies the impact of the Archbold health system in our region. When combined with an economic multiplier developed by the United States Department of Commerce’s Bureau of Economic Analysis, the total economic impact of our expenditures was nearly $681 million in 2015.

The report also found that, during the same time period, Archbold provided approximately $29 million in uncompensated care, ensuring that patients were able to receive healthcare regardless of their ability to pay.

But the impact we have on our region’s economic health is important too.

Just as you’ve supported Archbold, we’ve sought goods and services from local businesses. In addition, we are the area’s largest employer, and our employees support the local economy by using goods and services themselves. That spending creates a ripple effect through the local economy, which helps our region continue to thrive economically.

So just as you’ve trusted us to bring you high-quality healthcare for generations of your families, we remain dedicated to ensuring that you have access to advanced specialty care, the emergency room visit in the middle of the night and bringing new life into the world.

It’s been that way for 92 years. And the relationship remains strong.

Respectfully,

J. Perry Mustian
President and CEO,
Archbold Medical Center

Why I give

MICKIE IVEY

I AM HAPPY TO SUPPORT many areas of our hospital through the donations I make to the Archbold Foundation. I give to the Tree of Lights each year as my Christmas cards. Having been a schoolteacher, I also enjoy giving to the Archbold scholarship program to help students further their education in nursing and other healthcare fields. I’ve had several friends battle cancer over the years, so my support of the Lewis Hall Singletary Oncology Center is also important to me.

I love the fact that each of these are gifts that “keep on giving” long after we are gone.
Archbold Medical Center recently announced the promotions of Jim Carter, Mark Lowe, and Chris Newman.

**Jim Carter** was promoted to Senior Vice President/Chief Operating Officer. The addition of Senior Vice President to Carter’s title more accurately reflects his role in the organization, which is broader in scope and responsibility than the traditional hospital Chief Operating Officer.

Carter has over 25 years of experience in healthcare and has worked in the Archbold system for over 15 years. He earned a bachelor’s degree in industrial engineering from the Georgia Institute of Technology and master’s degrees in business administration and health administration from Georgia State University.

Carter joined the Archbold system in 2002 as Director of the Ambulatory Care Center and was Vice President of Administrative Services until he was promoted to Chief Operating Officer in 2015.

**Mark Lowe** was promoted to Vice President of Planning and Marketing. His responsibilities have been expanded to include planning for the growth and development of the hospital’s major service lines and the execution and advancement of Archbold’s long-range strategic plan.

Lowe has worked in the Archbold system for nine years and has over 20 years of combined experience in strategic planning, economic development and marketing. Lowe has a bachelor of science degree in political science with a minor in communication and a master of science degree in mass communication, both from Florida State University. He is a United States Air Force veteran.

Lowe joined the Archbold system in 2007 as Director of Marketing and Public Relations. He was promoted in 2010 to Assistant Vice President of Marketing and gained oversight for several administrative departments in subsequent years.

**Chris Newman** was promoted to Assistant Vice President of Pharmacy and Laboratory. His responsibilities have expanded to include all laboratory and pharmacy operations for the health system.

Newman earned a doctor of pharmacy degree at the University of Georgia (UGA) and a master of science degree in health administration at the University of Alabama at Birmingham. He joined the Archbold system in 1999 as a pharmacy technician and, as a student at UGA, completed a pharmacy internship with Archbold in 2002.

Newman worked in various pharmacy roles until 2013, when he was promoted to Director of Pharmacy at Archbold, overseeing pharmacy licenses for all four Archbold hospitals and the health system’s two retail pharmacy locations.

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**Glenn-Mor names Vickers administrator**

Archbold’s Glenn-Mor Nursing Home recently announced Cynthia Vickers as administrator for the Thomasville long-term care facility.

Vickers began her nursing career as a registered nurse at Archbold in 1980, when she worked in Labor and Delivery and ICU and served as assistant head nurse. She later served as director of nursing at Heritage Inn Nursing Home in Whigham and in administrative roles, including Nursing Home Administrator at Bainbridge Memorial Hospital and Manor. Vickers is licensed by the Georgia State Board of Nursing Home Administrators.

“Cynthia’s years of exceptional experience as a nurse and a nursing home administrator make her a great asset to Glenn-Mor,” said Jamie Womack, Mitchell County Hospital Administrator. “We’re proud to have her lead our Glenn-Mor team.”
Archbold Medical Center recently named the 2016–2017 Physicians and Employees of the Year for the health system. “Rewarding and recognizing our team for the extraordinary care and compassion they show our patients every day is really important,” said Perry Mustian, Archbold President and CEO.

Physicians and Employees of the Year

Physician of the Year award winners
Eight physicians were nominated by their peers and selected by a committee of medical staff members. Award categories represented several of Archbold’s core values and strategic priorities—Community Benefit, Financial Stewardship, Patient Experience, Quality, Growth and Physician Engagement.

- Daryl Crenshaw, MD
  Nephrologist
  Community Benefit

- Susan Harding, MD
  Internal Medicine Physician
  Brooks County Hospital
  Most Engaged Physician

- Rudy Hehn, MD
  Hospitalist/Chief Medical Information Officer
  Financial Stewardship

- Merrill Hicks, MD
  Nephrologist
  Patient Experience

- Ali Khan, MD
  Hospitalist
  Quality

- Allen Lee, MD
  Hospitalist/Emergency Medicine Physician
  Growth

- Jonathan Lynch, MD
  Family Medicine Physician
  Grady General Hospital
  Most Engaged Physician

- Stephen Rubendall, MD
  Family Medicine Physician
  Mitchell County Hospital
  Most Engaged Physician

Employee of the Year award winners
All the Employee of the Quarter award winners for the 2016–2017 year were eligible to be named Employee of the Year at their respective facilities. Committees composed of employees at each Archbold facility selected the Employees of the Year.

- Carolyn Alexander
  Brooks County Hospital

- Tamarra Childs
  Glenn-Mor Nursing Home

- Pamela Dailey
  Mitchell County Hospital

- Shonkisha Jones
  Archbold Memorial Hospital

- Dusty Russ
  Pelham Parkway Nursing Home

- Robert Taylor
  Mitchell Convalescent Center

- Henry Hudson
  Grady General Hospital
ARCHBOLD MEDICAL CENTER’S Lewis Hall Singletary Oncology Center is quickly becoming a regional destination for cancer patients seeking innovative clinical trials.

The hospital recently became the first site open with the first patient enrolled with bladder cancer in the phase 3 trial of ipilimumab and nivolumab versus cisplatin and gemcitabine in metastatic bladder cancer. This trial is one of several that Archbold is participating in to pioneer new and emerging cancer treatments for patients from any region.

“The trial for treating metastatic bladder cancer is being conducted with pharmaceutical company Bristol-Myers Squibb and will help determine if immunotherapy, versus the current chemotherapy that is standard for bladder cancer treatment, is more effective,” said Archbold medical oncologist Teresa Coleman, MD.

“The benefit of this therapy is that it is much less toxic than traditional chemotherapy,” Dr. Coleman said.

During the trial, both immunotherapy drugs are administered intravenously every three weeks. Dr. Coleman said that the regimen has shown such promise that it is now in phase 3 of research.

Ensuring new medications are safe and effective
According to the U.S. National Library of Medicine, clinical trials go through four phases of testing.

“A worldwide first!”

Cancer clinical trial at Archbold

“Look at what you have in your own community. Don’t make the assumption that just because you’re in a small town means you don’t have access to these types of programs.”
—Teresa Coleman, MD
collect information that will allow the drug or treatment to be used safely.

In phase 4, studies are done after the drug or treatment has been marketed to gather information on the drug’s effect in various populations and any side effects associated with long-term use.

“Archbold has partnered with pharmaceutical companies on clinical trials for five years, building their positive reputation as a research facility,” said Dr. Coleman, who serves alongside medical oncologist Josh Simmons, MD, as medical director of clinical trials.

“This helps our patients, so they don’t have to travel great distances to receive the treatment,” explained Dr. Simmons. “They can gain access to the latest and greatest medications, and the trials are an outlet for new medications to become the standard of care.”

**Setting the medical industry standard**

Another recent trial at Archbold researched the treatment of breast cancer and included the first male breast cancer patient that the trial had been able to include. Dr. Simmons said that by leading these trials, Archbold can give patients quicker access to medications that aren’t yet widely available.

“We’re comparing the newest medication against the standard,” Dr. Simmons said, explaining that research conducted at Archbold is setting the medical industry standard. “Patients are already getting the best medication there is, but they’re also getting access to treatment that could work even better.”

In addition to the multiple studies conducted with pharmaceutical companies, Archbold also recently began a partnership with Emory’s Winship Cancer Institute to participate in innovative research trials with other medical centers as part of a cooperative group.

Both Drs. Simmons and Coleman are excited about the access to new medication that patients may have previously traveled to large academic medical centers in Atlanta; Augusta; or Gainesville, Florida, to find.

“To allow our patients to stay in town is crucial,” Dr. Simmons said. “Some of these patients are really too sick to travel.”

“Look at what you have in your own community,” Dr. Coleman added. “Don’t make the assumption that just because you’re in a small town, you don’t have access to these types of programs.”

“Patients are already getting the best medication there is, but they’re also getting access to treatment that could work even better.”

—Josh Simmons, MD
Archbold first in region to acquire new da Vinci Xi surgical system

In 2011, Archbold launched an advanced surgery program using the robot-assisted da Vinci Surgical System, which translates the surgeon’s hand movements into smaller, more precise movements of tiny instruments inside the patient’s body.

The new da Vinci Xi will be one of two surgical robotic systems that Archbold surgeons can use. Like its predecessors, da Vinci Xi enables access to the abdomen or chest through microscopic surgical incisions, and as with all da Vinci Surgical Systems, the surgeon remains 100 percent in control.

The da Vinci Xi System expands upon core da Vinci Surgical System features, including an ergonomic design that is beneficial for the surgeon.

“With the Xi System, there is an immersive 3D-HD vision system that provides surgeons a highly magnified view of the patient’s anatomy,” said Archbold general surgeon Ed Hall, MD. “A new, simpler, more compact endoscope helps with improved vision definition and clarity, and a new overhead instrument boom provides us anatomical access from virtually any position.”

Smaller, thinner robotic arms with newly designed joints offer physicians a greater range of motion than ever before. And longer instrument shafts give surgeons greater operative reach.

Revolutionized treatment
“For the past six years, robotic surgery has been used across a spectrum of minimally invasive surgical procedures at Archbold,” said Dr. Hall. “Patients have had great outcomes and short recovery times with our robotic urology and gynecology procedures and single-incision gallbladder surgeries that allow for no visible scarring. We’ve revolutionized surgical treatment for lung cancer and have helped many patients that before robotic surgery would have been considered inoperable cases. We’re proud to be the first in our region to offer this new technology for our patients.”

Benefits:
- A shorter hospital stay.
- Fewer blood clots.
- Fewer complications.
- Less need for narcotic pain medicine.
- Less recovery time.
- Minimal scarring due to smaller incisions.

Ed Hall, MD
General Surgeon
South Georgia Surgical Associates

The da Vinci Xi combines functionality of a boom-mounted system with the flexibility of a mobile platform and is equipped with long thin arms and long-reach instruments, which provide surgeons access to harder to reach surgical areas.
The new system will help to advance the robotics program at Archbold Memorial Hospital even further, which translates into even better surgical treatment options for patients in our region.

What’s the da Vinci Xi?

Like its predecessors, da Vinci Xi enables access to the abdomen or chest through microscopic surgical incisions. The da Vinci Xi System expands upon core da Vinci Surgical System features, including wristed instruments, 3D-HD visualization, intuitive motion and an ergonomic design that is very beneficial for the surgeon. As with all da Vinci Surgical Systems, the surgeon is 100 percent in control of the robotic-assisted da Vinci System, which translates his or her hand movements into smaller, more precise movements of tiny instruments inside the patient’s body.

▲ While seated at the physician console, the surgeon has an immersive, highly magnified 3D-HD view of the surgical field. The surgeon operates hand controls from the console that are seamlessly translated to the robotic arms and surgical instruments for precise instrument control during a procedure.
Suicide awareness:  
Know the symptoms

ACCORDING TO the National Alliance on Mental Illness, suicide is the third leading cause of death among young adults in the United States, and the 10th leading cause of death overall.

But mental health professionals say that most suicide cases can be prevented.

And family and friends often have an opportunity to catch warning signs before a person actually commits suicide.

“According to the National Alliance on Mental Illness, suicide is the third leading cause of death among young adults in the United States, and the 10th leading cause of death overall.”

Among the warning signs, a suicidal person may bring up killing themselves to others and give away belongings that are important to them.

“Noticing these few warning signs could save a life, and it is important that you seek help immediately for your loved one,” said Dr. Sun.

Dr. Sun said that individuals may often benefit from medication, so it is important that they meet with a doctor to determine what medication is the best fit. Cognitive behavioral therapy, a form of psychotherapy, can also be very beneficial in helping people discover new ways to deal with stressful situations.

If you or someone you know is suicidal, call the National Suicide Prevention Hotline at 800.273.TALK (800.273.8255), or call the Archbold Northside Helpline at 229.228.8100.
The facts about fibroids

**THEY CAN** be as small as an apple seed or large enough to make a woman look pregnant. And by some estimates, as many as 80 percent of women will develop them by age 50. They’re fibroids—tumors that are nearly always benign and grow in the wall of the uterus.

**The role of hormones**

Even though fibroids are common, doctors don’t know precisely why they develop. They do know, however, that female hormones fuel their growth, since fibroids grow rapidly during pregnancy when hormone levels are high. And they stop growing—or even shrink—once menopause starts.

“Typically, fibroids are small and don’t cause any problems,” said OB-GYN Barbara McCollum, MD. “In fact, many women have them and never know it.”

When they’re detected, it’s often by chance. 

Still, women with symptoms may find that fibroids are hard to live with. They may cause:

- Painful periods or ones so heavy they cause anemia.
- Bleeding between periods.
- Pain during sex.
- Pain in the lower back—often a dull, heavy aching but sometimes sharp.
- An enlarged lower abdomen.
- Frequent urination, constipation or bloating.
- Miscarriages.

**To treat or not?**

Fibroids that don’t cause symptoms, are small or occur when a woman is nearing menopause usually don’t need treatment.

But if symptoms are disrupting your life, many different, and often effective, treatments are available.

“Prescription medicine can help control heavy bleeding and painful periods,” said Dr. McCollum. “Some options include low-dose birth control pills, an IUD that releases progestin, and medicine that stops the menstrual cycle and can shrink fibroids.”

Endometrial ablation, a procedure that destroys the lining of the uterus and helps control very heavy bleeding, is another option.

“Endometrial ablation can be done with a laser, electric current or other methods,” said Dr. McCollum. “It’s important for women to know they can’t get pregnant after having an endometrial ablation.”

Another option is uterine artery embolization. “With uterine artery embolization, we inject tiny particles—about the size of grains of sand—into blood vessels leading to the uterus,” said Timothy B. Daniel, MD, interventional radiologist. “The particles cut off blood flow to fibroids, causing them to shrink.”

MRI-guided ultrasound therapy is a new approach to treatment. Doctors use MRI imaging to aim ultrasound (sound waves) at a fibroid. The ultrasound waves heat up and destroy the fibroid.

“In a surgery called a myomectomy, we remove fibroids but leave the uterus intact,” said Dr. McCollum. “Since you keep your uterus, you may still be able to have children.”

Alternatively, in a hysterectomy, doctors remove the uterus and you can no longer become pregnant. A hysterectomy may be necessary when other treatments haven’t worked or fibroids are very large.

Talk about all your treatment options with your doctor.
To find your perfect physician, check out our extensive list of quality providers at www.archbold.org.

Meet our new providers

ARCHBOLD FACILITIES are top in the region. We can hold that place thanks to the outstanding medical providers who choose to share their talents with us.

DAVID CASTILLO, MD, earned a bachelor of science degree in exercise science from Florida State University and a doctorate of medicine from The Florida State University College of Medicine. Dr. Castillo joins Southland Hospitalist Group and practices at Archbold Memorial Hospital in Thomasville.

AMANDA POTTER, NP-C, earned a bachelor of science degree in nursing from the University of Alabama in Tuscaloosa, Alabama, and a master of science degree in nursing from Samford University in Birmingham. She is practicing palliative care at Archbold Memorial Hospital in Thomasville.

DEBORAH HERNDON, FNP-BC, earned a bachelor of science degree in nursing from Kennesaw State University in Kennesaw and a master of science degree in nursing from Samford University in Birmingham, Alabama. Herndon joins Medical Group of Mitchell County in Camilla and is accepting new patients.
JOSHUA KELLY, CAA, earned a bachelor of science degree in physics from University of West Florida in Pensacola and a master of science degree in anesthesiologist assistant studies from Nova Southeastern University in Fort Lauderdale, Florida. Kelly practices with South Georgia Anesthesia Associates in Thomasville.

SHAY SCHIE, NP-C, earned a bachelor of science degree in nursing from Valdosta State University and a master of science degree in nursing from South University in Savannah. Schie joins the providers at the Lewis Hall Singletary Oncology Center in Thomasville.

LINDA DOECKEL, PA-C, earned a bachelor of science degree from the University of Illinois and a master of science degree in physician assistant studies from Midwestern University in Chicago. She will practice at Archbold Nephrology Group in Thomasville.

SADIE BURKE, NP-C, earned a bachelor’s degree in exercise science from Valdosta State University and a bachelor’s degree in nursing from the Medical University of South Carolina. She earned a doctorate in nursing practice from the Medical University of South Carolina. Burke is practicing at Archbold Primary Care in Thomasville.

AMBER PATEL, NP, earned a bachelor of science degree in nursing and a master of science degree in nursing, both from Valdosta State University. She joins the providers at the Lewis Hall Singletary Oncology Center in Thomasville.

SCOTT FARQUHAR, MD, earned a bachelor’s degree from Williams College and a medical degree from Jefferson Medical College. He completed an internship and residency in internal medicine at Mercy Hospital and a fellowship in gastroenterology at Lankenau Hospital. He joins Archbold Gastroenterology Group in Thomasville.

EDIE WILLIS, PA-C, earned a bachelor’s degree in biology from Georgia Southern University in Statesboro and a master’s degree in physician assistant studies from South University in Savannah, Georgia. Willis joins Archbold Nephrology Group in Thomasville.

SAVITRI RAMDIAL, MD, earned a bachelor of medicine degree and a bachelor of surgery degree from the University of the West Indies. She completed a residency in family medicine at Tallahassee Memorial Hospital. Dr. Ramdial will practice at the Medical Group of Mitchell County in Camilla.
IN EMERGENCY MEDICINE, the “golden hour” is the time period immediately following a traumatic injury. It’s the period when there’s the highest likelihood that prompt medical treatment will prevent a death.

Archbold Memorial Hospital general surgeon Greg Patterson, MD, the hospital’s trauma medical director, still remembers a young man at a hospital where he worked years ago in Augusta who Patterson says would still be alive if he had had that prompt access to quality treatment.

The patient, with a scalp bleed, wasn’t properly diagnosed and was driven several hours to another facility. The man died from blood loss.

“In trauma situations, we have to get the patient to the right hospital in the right amount of time to save their life,” Dr. Patterson said. “That particular experience was a preventable death, and a perfect example of why having local access to trauma care and trained trauma professionals is so important.”

Dr. Patterson and the rest of the trauma team at Archbold train throughout the year to ensure those types of preventable deaths don’t happen on their watch while serving a large part of Southwest Georgia.

Archbold is home to the only level 2 trauma center in South Georgia. The designation as a level 2 center means that they’re able to treat all injured patients with 24-hour immediate coverage by general surgeons, as well as coverage by orthopedic surgery, neurosurgery, anesthesiology, emergency medicine, radiology and critical care.

“What sets us apart from emergency departments throughout the region is we have skilled people that are specially trained to handle trauma cases,” Dr. Patterson explained. “We have to be ready at any time to handle any trauma case that comes our way. And it’s a large financial investment to maintain readiness like we do.”

A portion of the funding for the trauma centers around the state of Georgia comes from the “super speeder” law, which added $200 to fines for drivers traveling faster than 85 miles an hour on interstates or 75 miles per hour on two-lane roads. It also included increased fines for reactivation of suspended licenses.

“But that money doesn’t keep us open,” said Dr. Patterson, referring to the ticket revenue.
“It’s the dedication of the administrators and the board members of the hospital who value the ability to provide our region with access to critical, high-quality trauma care.”

**Prepare for the worst, aim for the best**

According to the Centers for Disease Control and Prevention, traumatic injury is the leading cause of death for children and adults ages 1 to 45. These are injuries often sustained in accidents, like car crashes (blunt trauma), and from gunshot wounds or stabbings (penetrating trauma).

The motto of Archbold’s trauma center could easily be, “Prepare for the worst situation, but aim for the best outcome.”

The doctors and nurses at Archbold receive training and continuing education over and above that required by the medical board to obtain their designation as a trauma center by the American College of Surgeons.

“Our community can be very proud of the emergency and trauma care we have access to in our region,” said Kelli Vaughn, Director of the emergency department and trauma services at Archbold. “The quality of the surgeons we have is incredible. They are up-to-date on current cutting-edge practices, and their skill level is amazing.”

**Trauma prevention**

In addition to treating trauma, the team at Archbold, including Vaughn and Trauma Program Manager Daphne Stitely, also participates in community outreach to help prevent trauma from happening in the first place.

“That is one thing about trauma,” Vaughn explained. “Ultimately you’d love to work yourself out of a job.”

Some outreach efforts include programs to help decrease the instance of distracted driving, as well as promotion of home and fire safety and fall injury prevention in people over the age of 55.

The role of Archbold’s trauma center doesn’t end there, though. All patients are also entered into a national registry database to track the types of injuries being treated and to evaluate the effectiveness of the care patients receive. That data is then used to make improvements to protocol and treatment plans at the hospital, as well as at other trauma centers around the country.

“Trauma care isn’t really always like the excitement you see on TV,” said Dr. Patterson. “But a lot of what makes it worth it is that you can see someone who is badly injured and help them get back to work—and back to their daily lives.”
ACCORDING TO the National Institutes of Health, breast-feeding carries many health benefits for infants. Among the known benefits are nutritionally balanced meals and added protection against many common childhood infections. In addition, breastfed babies are also at a lower risk for developing sudden infant death syndrome (SIDS). Some research also suggests that breastfed babies may be less likely to develop certain allergies, asthma, obesity and type 2 diabetes.

 Though the health benefits for babies are apparent, making the decision to breastfeed can be daunting for new mothers. But with education, support and knowing what to expect, new moms can be confident they made the right decision to breastfeed their baby.

Teaching skills and offering support
Archbold’s Maternity Center is committed to supporting new mothers on their breastfeeding journey. The hospital recently launched a new lactation services program that offers breastfeeding education for new mothers when they are a patient in the hospital. It also provides support and assistance for the patients once they return home with their newborn.

The new program is led by maternity center nurse Jessica White, RN, MSN, who is also an International Board Certified Lactation Consultant (IBCLC). Along with other specially trained nurses, White is available to help provide bedside consultations and teach breastfeeding skills to new mothers in the hospital.

“This new program will provide the support that new mothers need,” said White. “We help develop feeding plans, provide support and advice for mothers facing breastfeeding challenges, and we also offer education on what new mothers can expect during the first weeks with their new baby.”

Through the new program, White evaluates the mother and infant, determines milk intake, and helps with strategies to correct problems and promote breastfeeding success. She also helps with many of the struggles associated with breastfeeding, such as milk supply concerns, lactation issues when the mother returns to work, slow infant weight gain and other feeding issues. In addition, one-on-one appointments can be scheduled for mothers who need additional support once they return home.

Learning with other mothers
As part of the lactation services program, Archbold added the following classes to the hospital’s list of childbirth education classes that are currently offered on a monthly basis:

- **Breastfeeding Basics Class**—the basics of breastfeeding, including the benefits of breastfeeding, milk composition, getting started breastfeeding and how to know your baby is getting enough milk.
- **Pumping and Returning to Work Class**—preparing the mom to continue the breastfeeding relationship as she goes back to work or school. Topics covered include using a breast pump, storing milk and increasing milk supply.
- **Breastfeeding Support Group**—a chance to meet with other breastfeeding mothers to share experiences and ask questions. The lactation coordinator will be available during the support group to answer questions.

For more information on lactation services at Archbold, call the lactation coordinator at **229.584.7340**.
PALLIATIVE CARE

Your life improved

A SERIOUS, painful illness is one of life’s toughest challenges—for patients and their loved ones. A specialized field of medicine called palliative care might be just the extra help everyone needs to cope.

How it can help

“Palliative care is medical care that focuses on relieving the stress, pain and symptoms of a life-threatening or serious illness,” said Amanda Potter, NP-C, head of Archbold’s new Inpatient Palliative Care Program. Its goal: to improve quality of life for those who are sick and for those who help take care of them.

For example, patients may need help dealing with pain, shortness of breath, nausea or sleep troubles. Loved ones might need support coordinating care. Palliative experts are there to help, based on what an individual or family needs.

Your doctor may mention palliative care. If not, ask if you qualify.

Remember: Palliative care can help you be more comfortable, no matter what your diagnosis.

Three facts to know

You should know these important facts about palliative care:

1. It does not mean giving up your own doctors. Palliative care professionals don’t replace primary care doctors but work with them. Your team might include your doctor plus palliative doctors and nurses, nutritionists, pain specialists, social workers, chaplains, massage therapists, and others.

2. It is different from hospice care. Hospice is for people who are facing the end of life. Hospice patients always receive palliative care to help make their final months more comfortable.

But palliative care is also for people who are trying to cure, slow or manage their disease. It can help people with cancer, AIDS, multiple sclerosis, heart disease or lung disease, for example.

3. It does not need to wait. Start palliative care as soon as you need it. Research shows that people who get palliative care report:

• Improved pain and symptom control.
• Improved communication with healthcare providers and family members.
• Better emotional and spiritual support.

Palliative care also can help people stay strong enough to finish the medical treatment they need.

For more information on Archbold’s Inpatient Palliative Care Program, call 229.228.8436.
Think healthy before going back to school

BACK TO SCHOOL is a busy time for parents and children alike.

But it’s important to remember that children need more than just new school supplies to prepare them for the upcoming school year. The health of your child will also require some extra attention.

Preventive health. “Vaccines are one of the most important steps in preventing illness in children,” said Thomasville Family Medicine physician Amy Geer, MD.

Children often get sick during the first few weeks of school, and basic healthy habits could help prevent the spread of these illnesses. “Handwashing is a useful tool in preventing the spread of germs and should be taught at a very young age,” Dr. Geer said.

Hearing and vision. Although often overlooked, getting your child’s hearing and vision tested is incredibly important when getting them back to school ready. “Making sure your child can hear properly before the new school year starts will help your child feel much more confident,” said Archbold audiologist Althea Grey, Au.D. “Issues with hearing can cause your child to be at a disadvantage for learning and also increase chances for developmental problems with basic communication skills as well as behavioral issues.”

Get enough sleep. Sleep schedules tend to get irregular during the summer months. When preparing to head back to school, kids need to get back to a proper sleep schedule.

“Children need between 8 to 10 hours of sleep per night in order to wake up feeling rested the next day,” said Archbold pediatrician Dinesh Patel, MD. “But getting your children back on schedule may be difficult, so you should start implementing the schedule a few weeks before school starts.”

Build a better backpack. Backpacks that are too heavy can cause a lot of problems for kids, such as back and shoulder pain, as well as poor posture. When the first day of school arrives, make sure your child knows how to properly wear that cool backpack you purchased for them.

“A backpack should always be worn with the straps on both shoulders to prevent strained muscles, and padded back and shoulder straps are helpful,” said Brooks County Hospital physical therapist Kerri Kelley, PT. “Heavier items should be placed closest to the center of your child’s back to help balance the weight and prevent injury. For correct sizing, the backpack should never be wider or longer than
your child’s torso and never hang more than 4 inches below the waist."

**Balanced meals.** Breakfast is the most important meal of the day, so be sure your child has a balanced meal every morning to get the day started.

“It’s beneficial to keep healthy snacks available at home,” said Archbold registered dietitian and Clinical Nutrition Manager Jeanna Smith, RD. “Fresh fruit, granola bars and popcorn are easy, healthy snacks that your child can enjoy. Also, make sure to keep them hydrated with sugar-free drinks, water, or fruit juices that don’t have added sugars or high fructose corn syrup.”

**Get physical.** Along with establishing healthy eating habits, it should be a priority to establish some physical activity time for your children. “Children need up to an hour of physical activity per day, which will help release excess energy and relieve any stress from the school day,” said Cairo Medical Care physician Jonathan Lynch, MD.

**Prevent sports injuries.** When school begins again, so do fall sports. It is important to monitor your children as they engage in sporting events to make sure they are stretching enough to prevent injury. Always ensure that your child has the correct equipment and protective gear required for the sport. And make sure they are staying hydrated on those late summer, early fall days.

“Sports injuries are a common safety concern for school-age athletes. And concussions, which affect tens of thousands of kids in the U.S. each year, are among the most serious. These brain injuries can be especially dangerous—even deadly—if a second concussion occurs before the first has enough time to heal,” said Archbold emergency medicine physician Clark Connell, MD.

Should an injury occur, it is important that your child take the steps necessary to heal, such as seeing a doctor and taking time off to make a full recovery.

**Emotional health.** Your child’s mental and emotional health is also very important to consider when starting a new school year off. Always offer an open listening environment for your children. Always listening to your child will help them feel more comfortable talking to other adults, which could help your child know when to report bullying.

“The first day of school can make many kids nervous, so it is essential to provide open communication with them,” said Christina Crawford, therapist with Archbold’s Employee Assistance Program. “To help ease back-to-school butterflies, make sure your child has everything they need to be successful, such as notebooks, a cool backpack, pens and pencils, and even your contact information to give to the teacher.”

For more information on how to ensure your child is back-to-school ready, talk to your family physician or pediatrician.
Is it time to replace that worn-out joint?

If a painful hip, knee, shoulder or other joint is keeping you from enjoying life, you may want to consider replacing it with an artificial joint. For many people, total joint replacement surgery is a good way to repair a damaged joint and relieve chronic pain.

In general, there is no set upper age limit for joint replacement patients. Instead, your doctor will look at your overall health, weight and fitness for surgery before recommending joint replacement.

Total joint replacement surgery isn’t for everyone, however, and it should be looked at as the last treatment option for damaged joints. It should be considered only if medications, physical therapy and other treatments don’t provide relief.

You may be a candidate for joint replacement if you are in good health but:

✔ Can’t sleep at night because of joint pain.
✔ Have tried a series of medications that don’t relieve your pain or no longer work.
✔ Feel the pain is keeping you from regular outings, such as visiting friends or going shopping.
✔ Have trouble with routine activities, such as getting out of a chair or climbing stairs.

If you have any of these problems, talk to your doctor about total joint replacement surgery.

Sources: American Academy of Orthopaedic Surgeons; Arthritis Foundation

Join us for a Total Joint Replacement class!

Are you considering joint replacement surgery in the near future? Held every Thursday at 10 a.m. at the Archbold Ambulatory Care Center, these classes are certain to answer your questions. For more information, call 229.228.3750.
YOUR JOINTS are truly amazing. Imagine walking with your best friend, bending to smell a flower or tossing a ball to your kids—without your flexible joints.

To help keep these moveable marvels healthy and free of diseases that can harm them—like arthritis and osteoporosis—practice a little joint TLC:

1 Keep moving. Exercise helps keep muscles around your joints strong and in good working order. Aim for 150 minutes of moderate-intensity exercise—such as brisk walking or water aerobics—every week. And do some activities to strengthen your major muscle groups at least two days a week.

If you play sports, protect your joints by wearing any recommended safety pads.

2 Lighten your load. Excess weight puts added stress on the joints of your knees, hips and feet. Every extra pound you gain puts four times the stress on your knees, for example. But losing even a small amount of weight may help the health of your joints.

To keep pounds from piling on, practice portion control. Enjoy your favorite foods but in smaller amounts. Eating plenty of naturally calorie-light fruits and veggies, as part of a balanced diet, may also help. And don’t forget to think about what you drink: Many beverages are high in calories. Cutting back on calorie-laden beverages can help you lose weight.

3 Bone up on calcium and vitamin D. This mineral-vitamin duo helps build and maintain strong bones, reducing the risk of osteoporosis—which thins bones and makes them prone to fractures.

Sources of calcium include low-fat dairy products—such as milk, yogurt and cheese—along with foods such as broccoli, kale and canned salmon with edible bones. Some juices, cereals, breads, soy milk and bottled water have calcium added to them. Read the labels. They may also contain vitamin D.

Your skin makes vitamin D when exposed to the sun. However, being in the sun also raises your risk of skin cancer. Ask your doctor if you should take a vitamin D supplement.

4 Butt out. If you smoke, your bones will thank you if you quit. You’re at higher risk of fractures because you smoke.

Quitting is often easier said than done.

Talk with your healthcare provider about stop-smoking medicines, both prescription and over-the-counter. He or she can help you decide if one of them might work well for you.

Pick a quit date, and let family and friends know so that they can help support your decision. And do a clean sweep of your home, car and work. Rid them of any cigarettes, matches, lighters or ashtrays.

Sources: Arthritis Foundation; National Institutes of Health

Sometimes the best solution for a painful joint is surgery. Read about our expert joint replacement team at www.archbold.org/ortho.
DEALING WITH the death of a loved one is one of life’s greatest challenges. But knowing how best to support those who are grieving can be challenging too, albeit in a different way.

Showing someone you care can begin with a simple expression of sympathy. For example: “I heard that your husband died, and I’m very sorry for your loss.”

Though you may not know what more to say, often just listening can be helpful. Acknowledge the person’s feelings, and try to be supportive and offer reassurance without minimizing the loss.

People often appreciate shared memories of the person who has died. They may also appreciate practical help. For instance, you might volunteer to pick up family members arriving at the airport or to babysit the children. Generally, a specific offer is better than a statement such as, “Call if you need me.”

Grieving takes time, so it’s helpful to check in periodically after the funeral too. If you think someone is struggling to cope, consider recommending a counselor or support group.

Signs of trouble may include abuse of alcohol or drugs, neglect of personal hygiene, physical problems, or talk of suicide—something that requires emergency help.

Archbold’s Hospice of Southwest Georgia offers a grief support group once a month to help people learn how to cope with a recent loss and grief. The group meets on the third full week of each month at 2 p.m. in Thomasville and Bainbridge. For more information, call 229.584.5505.

On Saturday, Oct. 21, Archbold’s Hospice of Southwest Georgia will host the 12th annual Camp HEAL (Healing and Encouragement After Loss), a bereavement day camp that helps children ages 6 to 17 learn to cope with the loss of a loved one.

The day camp, funded through designated gifts made to the Archbold Foundation, is free and open to children who have recently experienced a loss. For more information, please visit www.archbold.org/campheal.
Individuals With Limited English Proficiency of Language Assistance Services

English:
ATTENTION: Language assistance services, free of charge, are available to you. Call 229.228.8086.

Spanish:
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 229.228.8086.

Vietnamese:
CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 229.228.8086.

Korean:
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 229.228.8086 번으로 전화해 주십시오.

Chinese:
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 229.228.8086。

Gujarati:
ચુંના: જ્યારે તમે જરાતી બોલતા હો, તો નીચે સાધારણ સેવાઓ તમારા માટે ઉપલબ્ધ છ. ફોન કરો 229.228.8086.

French:
ATTENTION: Si vous parlez français, des services d’aide linguistique vous sont proposés gratuitement. Appelez le 229.228.8086.

Amharic:
አማርኛ: ይታእምراه ከምስክር ከእምስትም የትርጉም እርዳታ ድርጅቶች፣ በነጻ ማንጋ_neighbors_229.228.8086.
Archbold first in region to acquire da Vinci Xi Surgical System.

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Archbold Events

Pink Run
SATURDAY, SEPT. 30
LEWIS HALL SINGLETARY ONCOLOGY CENTER
THOMASVILLE

Sponsored by Live Better, Thomas County’s new community-wide healthy living initiative, the 5K Pink Run will help promote early detection of breast cancer and encourage overall healthy living. Runners and walkers are welcome. Health education materials will be available. For more information or to register, please visit www.archbold.org/pinkrun or call 229.584.5520.

Camp HEAL
SATURDAY, OCT. 21
CAMP PINNEY WOODS
THOMASVILLE

Archbold’s Hospice of Southwest Georgia will host the 12th annual Camp HEAL (Healing and Encouragement After Loss), a bereavement day camp that helps children ages 6 to 17 learn to cope with the loss of a loved one.

The day camp, funded through designated gifts made to the Archbold Foundation, is free and open to children who have recently experienced a loss.

Trained professionals and volunteers assist with the therapeutic activities—pet therapy, art therapy, and educational discussions on grief and bereavement—while helping the children discuss the loss of their loved one and how to work through grief. For more information, visit www.archbold.org/campheal.

A Pink Affair
THURSDAY, OCT. 26
THOMASVILLE CENTER FOR THE ARTS
600 E. WASHINGTON ST., THOMASVILLE

Join us as we celebrate A Pink Affair, a benefit fashion show featuring local cancer survivors. The Pink Affair will be held at the Thomasville Center for the Arts. A celebration honoring the models will follow the fashion show with food and live music. Pink cocktail attire is suggested but not required.

Proceeds from the event will help fund the patient resource center at the Singletary Oncology Center.

Tickets will be available for purchase beginning Oct. 1. For more information on becoming a corporate sponsor, purchasing event tickets or modeling in the Pink Affair, visit www.archbold.org/apinkaffair.

Archbold Classic
MONDAY, NOV. 6
GLEN ARVEN COUNTRY CLUB
THOMASVILLE

By far our most popular fundraiser, the Archbold Classic Golf Tournament supports the Archbold Scholarship program. These competitive scholarships aid deserving students who are pursuing degrees in nursing and other healthcare-related fields.

A cocktail dinner is set for the night before the fun and fellowship begin on the historic Glen Arven Country Club golf course in Thomasville. The Archbold Classic, which is presented by sponsors Thomasville National Bank and TNB Financial, brings in professionals to play alongside our amateur players, making it a unique experience for all involved. Please join us for another great event in November.

For more information on sponsorship opportunities or to register to play in the Classic, please contact the Archbold Foundation at 229.228.2924 or online at www.archboldfoundation.org.

Tree of Lights
MONDAY, DEC. 4
JOHN D. ARCHBOLD MEMORIAL HOSPITAL

For many in South Georgia, it’s a tradition to honor and remember friends and loved ones by making contributions to the Archbold Foundation Tree of Lights during the holiday season.

This year, the community will gather in a new location—the hospital’s front lawn—to celebrate the annual lighting of the hospital tree. The event will take place Monday, Dec. 4, at 6 p.m. at Archbold Memorial Hospital’s main lawn on Gordon Avenue.

The 2017 Tree of Lights is presented by sponsor Thomas County Federal. Guests will enjoy s’mores, hot chocolate and special music, followed by the anticipated arrival of Santa Claus. For more information, visit www.archboldfoundation.org.