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Growing to meet patient demand
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Why I give

WENDY BICKNELL

Archbold Memorial Hospital is a true treasure for Thomasville. My family has been involved with the hospital for well over 50 years. Having served as a Board member of Archbold Health Services for many years, I understand the importance of giving back to the Archbold Foundation. Healthcare today is changing at a rapid pace. We have to rely more and more on philanthropy to support all of the services and specialties that Archbold provides. We are truly lucky to have a hospital of this caliber—with top-notch physicians, nurses and clinical staff—in a community our size. It is one of the many things that makes Thomasville so unique. I give to the Archbold Foundation each year knowing that my gift will support the many needs of our hospital and the patients that it serves.
Archbold’s Gurley is Georgia Nurse of the Year

Archbold’s Tammy Gurley was recently named Registered Nurse of the Year by the Georgia Association of Nurses in Long Term Care. Out of the staff of 358 long-term care facilities in Georgia, Gurley was selected based on her selfless acts of care and compassion spanning a 35-year career in nursing. Gurley, who began her career with Archbold at Pelham Parkway Nursing Home in 1982, now serves as the interim director of nursing at Archbold’s Glenn-Mor Nursing Home in Thomasville and is the MDS consultant for the system.

Pinetree Pharmacy

For a number of years, the Archbold High Tech Pharmacy, now known as the Archbold Pinetree Pharmacy, operated exclusively as a home infusion and long-term care pharmacy. Recently, the pharmacy expanded to include a retail pharmacy that is open to the public. In addition to prescription medications, the Pinetree Pharmacy carries many over-the-counter products as well as vitamins and herbal supplements.

The Archbold Pinetree Pharmacy is located inside the Archbold Home Care store, near Archbold Urgent Care. They accept most insurances, including Medicare Part D, and are happy to work with you to determine the best cost savings on prescriptions.

Hours of operation are Monday through Friday from 8:30am to 5pm. Convenient drive-thru window service is also available for customers.

ARCHBOLD LONG-TERM CARE FACILITIES

Music and Memory Certified

Through a grant from the Archbold Foundation, teams from Glenn-Mor Nursing Home in Thomasville, Mitchell Convalescent Center in Camilla and Pelham Parkway Nursing Home in Pelham recently became certified by Music and MemorySM.

For residents with Alzheimer’s, dementia and other cognitive and physical challenges, music can trigger memories and reconnect them with the world.

“Initially we’re focusing on working with patients who have dementia or behaviors that are difficult to redirect,” said Terri Lasseter, social services director at Mitchell Convalescent Center. “By simply listening to music, they’re more willing to socialize with staff and other residents. It’s neat to see the music bring a smile to their faces.”

“We’re so grateful to the Archbold Foundation for supporting our music therapy program,” said Jamie Womack, administrator of Mitchell Convalescent Center. “This program is another way we’re able to provide quality, resident-centered care, which is our top priority.”
The holiday season is upon us, and for many in South Georgia, it’s traditional to honor and remember friends and loved ones through contributions to the Archbold Foundation Tree of Lights.

Throughout the season, gifts may be made in memory or honor of a loved one. Individuals honored and family members of those remembered will receive a special card letting them know a gift has been given in their honor or on their behalf.

Cards for the Tree of Lights are sent throughout December. A donation of $10 per individual honored is suggested, but gifts of any size are welcome.

Each light on the living tree, located on the hospital’s front lawn at the Gordon Avenue entrance, symbolizes a gift made in honor or in memory of a loved one. The tributes made to the Tree of Lights help provide critical resources for the special programs Hospice of Southwest Georgia offers to patients, families and our communities.

For more information about the Archbold Foundation Tree of Lights or to make a donation, call 229.228.2924 or visit www.archboldfoundation.org.

The Archbold Maternity Center is hosting the second annual From Bump to Baby, a maternity and infant care educational event Saturday, Jan. 27, from 9 to 11am in the hospital’s Williams Auditorium. The Archbold Maternity Center, along with local physician practices and vendors, will have educational booths that expectant parents can benefit from. Education will include breastfeeding, couplet care, prenatal care and nutrition, safe sleep, car seat safety, comfort measures during labor, and more.

From Bump to Baby is free and open to the public. Big sisters and brothers are encouraged to attend the family-friendly event to learn how to help care for their new family member. Refreshments and door prizes will be available to those in attendance.

For more information about From Bump to Baby, call the Archbold Maternity Center at 229.228.2808.

Live Better, the Archbold-led community health initiative focused on improving the health of citizens in Thomas County, will host Heart and Sole, a one-mile fun run, on Saturday, Feb. 24, 2018, at the Thomasville Amphitheater in Thomasville. The Live Better Heart and Sole Fun Run is open to runners of all ages.

Held in conjunction with Heart Month, the run is intended to promote living a heart-healthy lifestyle through physical fitness and healthy eating.

For more information on the run, call the Archbold Clinical Outreach department at 229.584.5520.
Take charge

REIN IN YOUR RISK OF HEART DISEASE AND STROKE

IF YOU HAVE diabetes, you’re probably well aware of some of the health risks that come with the disease, like eye and nerve problems. But there is another serious problem that many people with diabetes don’t know about: the increased risk for cardiovascular disease (CVD).

“CVD occurs when blood vessels to the heart or brain become clogged with fatty deposits,” said cardiologist Robert Miles, MD. “If these deposits break apart, they can form a blood clot. The clot can restrict blood flow to the brain or heart, causing a heart attack or stroke.”

People with diabetes are more prone to heart attack or stroke because they tend to have risk factors that can cause CVD, including:

• High blood pressure.
• Unhealthy cholesterol levels.
• Obesity.
• An inactive lifestyle.

Smoking or having unstable blood sugar levels also adds to the risk.

ARCHBOLD MEDICAL CENTER

ARCHBOLD Diabetes Support Group

Archbold offers a diabetes support group to help patients with diabetes learn to cope with their condition. The group meets on the third Thursday of every month.

The group is designed to help patients learn to manage their diabetes. Participants will learn about their diagnosis, get tips about managing diabetes by adapting healthy lifestyle changes, and benefit from group discussion and support.

For more information, please contact Archbold Clinical Coordinator Sharon Simmons, RN, BSN, MSN, CMSRN, at 229.228.2706.

Know your numbers.
Review your A1C, blood pressure and cholesterol levels with your doctor. Set target goals and form a plan to meet them.

Eat healthy foods. Fill your plate with fruits, vegetables and whole grains. Choose heart-healthy fats, such as fish and nuts.

Get active! Swim, cycle or walk at least 30 minutes on five days of the week. You can start with three 10-minute increments per day. Make sure your doctor is OK with your fitness plans.

Lose weight, if recommended. Eating a nutritious diet and exercising can be a big help here.

If you smoke, try to quit. Even if you’ve tried before without success, give quitting another chance. It often takes several attempts to finally ditch the habit for good.

Take any medicines your doctor prescribes. Medicines may give your numbers a healthy nudge in the right direction.

Robert Miles, MD
Cardiologist
Cardiology Consultants of South Georgia

In the know and in control
You can avoid—or at least delay—CVD by grabbing the reins and controlling any risk factors you have.

Dr. Miles recommends the following six tips for taking charge of your heart:
HEART HEALTH

Know the risks this season

WHETHER YOU’RE watching It’s a Wonderful Life or enjoying time with family and friends, it’s easy for the holidays to tug at your heartstrings. Unfortunately, it’s also easy for the holidays to have a far less pleasant effect on your heart. Research shows that the risk of having an irregular heartbeat goes up during the winter holidays and that heart-related deaths are highest around Christmas and New Year’s Day.

According to the American College of Emergency Physicians and other experts, possible causes for this dangerous seasonal surge in heart problems include:

• Holiday-related parties and events that may trigger stress, lack of sleep, excessive alcohol or caffeine consumption, and dehydration.
• Waiting too long to seek medical help for potential heart trouble out of concern that it may disrupt holiday plans.

Give the gift of life
The take-home message: Pay close attention to signals from your heart this holiday season.

“If you experience an irregular heartbeat that lasts longer than a few hours, call your doctor or go to the emergency department. And, of course, if you suspect a heart attack, call 911 quickly,” said Archbold interventional cardiologist Christopher Daniels, MD.

Each year, more than 100,000 people in the U.S. die of a heart attack. But fast action can save lives.

According to Dr. Daniels, most heart attacks cause pain or discomfort in the center of the chest that lasts for more than a few minutes and may come and go. The pain may even be mild. Other symptoms include:

• Discomfort in one or both arms or the neck, back, jaw or stomach.
• Sweating, nausea or dizziness.
• Shortness of breath.
• Extreme fatigue.

If there’s a chance you or someone else might be having a serious heart problem, such as prolonged irregular heartbeat or a heart attack, find out for sure. That way, you’re more likely to be around to enjoy next year’s holiday season.

Christopher Daniels, MD
Interventional Cardiologist
Interventional Cardiology Consultants

Each year, more than 100,000 people in the U.S. die of a heart attack. But fast action can save lives.
LIVE BETTER, the Archbold-led community health initiative focused on improving the health of citizens in Thomas County, held a Fan Challenge in August at the Thomasville High School football game against cross-town rival Thomas County Central. Elementary students from both school systems competed against each other in a relay race of physical challenges during halftime.

Students competing for Thomasville City Schools included Karter Walker (Harper Elementary), Brianna Freeman (Harper Elementary), Anthony Hill (Scott Elementary), Ma-Layzha Wolfe (Scott Elementary), Taylor Mitchell (Jerger Elementary) and Kaser Fiveash (Jerger Elementary).

Students competing for Thomas County Schools included Grayson

Elementary students from Thomasville City Schools and Thomas County Schools competed against each other in a relay race of physical challenges during halftime, racing to be named Live Better Fan Challenge champions.

Thomasville City Schools Live Better Fan Challenge champions
Whatley (Cross Creek Elementary), Eric Love (Cross Creek Elementary), Kristina Walker (Cross Creek Elementary), Jaslynn Reese (Garrison-Pilcher Elementary), Daniel Thompson (Garrison-Pilcher Elementary) and Davis McKenzie (Hand in Hand Primary School).

The Thomasville City Schools team completed the relay first, and they were named Live Better Fan Challenge champions.

“Thomas County Schools and Thomasville City Schools are a big part of Live Better, making a commitment to help our children as well as the community at large,” said Mark Lowe, vice president of planning and marketing at Archbold. “The Live Better Fan Challenge kicks off a new year of curriculum and activities that Live Better has planned for our K–5 students. We have worked with both school systems to further incorporate nutrition into the K–5 curriculum to hardwire the importance of establishing and maintaining healthy lifestyles at a young age. We’re very grateful to both school systems for understanding the importance of making our community a healthier place through their active roles in Live Better, and the leadership of superintendents Kornegay and Reichert on our Live Better advisory board.”

Upon entering the stadium at the cross-town rivalry high school football game, those in attendance were given Live Better hand fans to help keep them cool in the stands while supporting their favorite high school football team.
At its annual summer meeting in July, the Georgia Hospital Association (GHA) presented its prestigious Community Leadership Award to Archbold Medical Center for its collaborative effort that enables Thomas County citizens to make healthier choices, with a particular focus on reducing obesity.

In summer 2016, Archbold formed an advisory board of executives representing major sectors of the community that could leverage the strengths of each sector to improve community health: healthcare, government, schools, media and business. Even in its early stages, Live Better promises to be a successful initiative, showing highly visible evidence of heightened community involvement addressing healthcare needs with measurable goals for adults and children. The award was especially given because of the high expectations for the unique Live Better model. Since the award was announced, the advisory board has had several inquiries from hospital leaders across Georgia asking for guidance about their own clinical outreach efforts.

The current advisory board consists of Archbold Vice President of Planning and Marketing Mark Lowe; Archbold Clinical Outreach Manager Todd Bennett; City of Thomasville Chief Financial Officer Michelle Juarez; City of Thomasville Director of Engagement and Outreach Lauren Radford; Thomasville City Schools Superintendent Laine Reichert; Thomas County Schools Superintendent Dusty Kornegay; Thomasville-Times Enterprise General Manager Chris Mohr; and Thomasville-Thomas County Chamber of Commerce Executive Director Andrea Collins.

Other ways LIVE BETTER has teamed up with local elementary schools

Beginning in September, children attending elementary schools in the Thomasville City Schools and Thomas County Central school systems, as well as Brookwood School, were introduced to nutrition in their everyday curriculum.

Wellness Wednesday: Children are learning nutrition and exercise tips each Wednesday, and they receive Wellness Wednesday handouts in their take-home folders each week to help them share what they’re learning with family members at home.

Superfood Tasting: Each month, students are introduced to a superfood that is available in their school cafeterias, and they have the option of participating in a Superfood Tasting Table. The Superfood Tasting Table allows students to try a new healthy superfood each month.

TryDay: Elementary schools have introduced TryDay, a day when students are encouraged to try new foods in their school cafeterias, and they provide feedback on the new foods they discovered.
WHY YOUR KNEE MAY HURT

WHILE GETTING out of a chair one day, your knee twists and you feel an alarming “pop.” Or maybe you feel your knee give out during a weekend game of basketball with the kids.

In either scenario, the result may be a tear in the cartilage, called the meniscus, that cushions and stabilizes the knee. A meniscus tear can make moving your knee painful. Your knee may also become stiff and swollen, and it may lock up.

Meniscus tears are a common sports injury. But many tears also occur in nonathletes. The reason? The meniscus weakens with age. Arthritis also plays a role in many tears.

Repair the tear

Although some minor meniscus tears may heal on their own, others may need treatment, such as physical therapy or arthroscopic surgery.

“During knee arthroscopy, we operate through tiny incisions and use a mini camera and instruments to make the repair,” said Archbold orthopedic surgeon Cory A. Messerschmidt, MD. “We either simply trim away the damaged cartilage (a partial meniscectomy) or fix the tear with stitches.”

Afterward, your doctor may recommend that you do special exercises at home or at a rehab center to help restore knee strength and range of motion.
what is now five physicians,” said Dr. Lee. “We knew we had to grow our practice and recruit more physicians in order to take care of all the patients that needed us in South Georgia.”

In 2015, Bashar Qumseya, MD, MPH, joined Archbold Gastroenterology Group. “Gastrointestinal issues affect so many people. Gastroenterologists treat a wide range of diseases and make a difference in the lives of many patients. That’s something that is very important to me,” said Dr. Qumseya. “I chose to come to Archbold because the hospital was unique in the sense that it was a small community hospital but offered many state-of-the-art services.”

Dr. Lee and Dr. Qumseya worked diligently with the hospital’s leadership team to recruit three more talented physicians who joined the practice this year.

Archbold welcomed gastroenterologist James A. Sinnott, MD, in March 2017, and Scott Farquhar, MD, followed just a few months later in July. Both physicians relocated from Valdosta, Georgia. Dr. Sinnott has practiced gastroenterology for 25 years, and Dr. Farquhar brings an additional 32 years of experience in the specialty.

“The Archbold culture is the finest I’ve seen in my 25 years of practice,” Dr. Sinnott said. “The collaboration of the medical staff here allows us to provide the patients with the best care possible.”
Archbold Gastroenterology Group is now the largest and most experienced gastroenterology practice in the region. Call 229.227.0045 to schedule your appointment.

“Archbold has heartily welcomed my wife and me,” said Dr. Farquhar. “We truly enjoy living and working in this beautiful community.”

“Being part of Archbold Gastroenterology Group has allowed me to focus on what’s most important to me—taking care of patients,” Dr. Farquhar added. “We have a highly talented team of gastroenterologists—each physician has different strengths, and our skills complement each other very nicely.”

Aymen Bukannan, MD, is the most recent physician to join the practice, arriving in August 2017.

“A big reason I was motivated to join Archbold Gastroenterology Group was the unique setting in Thomasville,” Dr. Bukannan said. “Additionally, I was pleasantly surprised to learn that a small town like Thomasville was home to such an outstanding hospital with advanced equipment on par with what I’ve seen at reputable teaching hospitals across the country. Having access to some of the best medical technology will allow me to provide the best care possible for my patients. That, and having partners with vast experience as well as a very well-trained support, staff attracted me to become part of this group.”

**Top treatment—without the travel**
The physicians have expertise in diagnosis and management of general gastrointestinal diseases, inflammatory bowel diseases and liver diseases. In addition, Archbold Gastroenterology Group is the only practice in the region offering advanced therapeutic options, such as endoscopic ultrasound, retrograde cholangiopancreatography, endoscopic mucosal resection and radiofrequency ablation (see sidebar at right).

“Having access to advanced gastroenterology services locally can be life-changing for patients,” Dr. Qumseya said. “Imagine dealing with pancreatic cancer and having to drive three hours every time you need to see the physician. This can be very draining on patients who are already dealing with too much. We provide the advanced services patients need locally, which is very convenient and important to our patients. Additionally, we can offer our services very quickly. We get calls from referring physicians on a weekly basis, and we work patients in very quickly to help make a diagnosis and direct them through the process so they can get to feeling better.”

Dr. Bukannan added, “Our practice offers a patient-centered approach—we’re committed to ensuring our patients receive exceptional care and support.”

“I’m very proud of where we are with gastroenterology at Archbold today,” Dr. Lee said. “We have five very well-trained and knowledgeable physicians. We’re now able to schedule patients quickly—when they need to be seen—and schedule procedures quickly, as well. Our physicians take the time to get to know our patients and really understand what they are going through. We’re providing state-of-the-art, advanced gastroenterology services locally so patients don’t have to travel to have access to the care they need. It’s truly been a pleasure for me to be a part of the growth of gastroenterology at Archbold. I’m grateful for the team of physicians, staff and administrators who are dedicated to making our gastroenterology program, and Archbold Medical Center as a whole, the best it can be for our patients.”

**Advanced procedures available at Archbold**

- **Endoscopic ultrasound (EUS):** EUS is especially helpful for patients with pancreatic tumors and cysts, bile stones, and gastrointestinal (GI) tumors, among others. EUS is used to get high-definition ultrasound images from inside the digestive systems. Archbold has the same state-of-the-art EUS equipment as the largest medical centers in the U.S.

- **Endoscopic retrograde cholangiopancreatography (ERCP):** Along with EUS, ERCP is most useful in treating patients with bile duct disorders and tumors.

- **Endoscopic mucosal resection (EMR):** EMR allows us to remove large polyps and lesions from the GI tract without the need for surgical resection. Typically, many patients with large colon polyps were sent for surgery, and part of their colon was resected. With EMR, we are able to remove most polyps in an outpatient setting without cutting.

- **Radiofrequency ablation (RFA):** A new technology that is used to treat Barrett’s esophagus, a premalignant condition that affects many patients and predisposes patients to a form of esophageal cancer. RFA and EMR are used hand-in-hand to treat those patients and prevent cancer progression.
Margaret Boltja, MD
neurologist
Archbold Memorial Hospital recently welcomed neurologist Margaret Boltja, MD, to the medical staff.

Dr. Boltja earned a bachelor of arts degree from Duke University in Durham, North Carolina, and a bachelor of science in biology from Columbus State University in Columbus, Georgia. She earned her medical degree from Mercer University School of Medicine and completed an internship in internal medicine at Baptist Health System in Birmingham, Alabama. She completed a residency in neurology at the University of Alabama in Birmingham.

Dr. Boltja joins Archbold Neurology Associates, where she is now accepting new patients.

Sarah Vocelle, DO
hospitalist
Archbold Memorial Hospital recently welcomed hospital medicine physician Sarah Vocelle, DO, to the medical staff.

Dr. Vocelle earned an associate’s degree in art from Indian River State College in Fort Pierce, Florida, and a bachelor of science degree in microbiology and cell science from the University of Florida. She earned a doctor of osteopathic medicine degree from Lake Erie College of Osteopathic Medicine in Bradenton, Florida, and completed an internship and residency in internal medicine at Northside Hospital in St. Petersburg.

Dr. Vocelle joins Southland Hospitalist Group and practices at Archbold Memorial Hospital in Thomasville.

Jason Burnette, MD
urologist
Jason Burnette, MD, earned a bachelor of science degree in biology from Augusta State University, where he graduated magna cum laude. He received a dual MD/PhD degree from the Medical College of Georgia in Augusta, where he also completed a residency and served as chief resident his final year. Dr. Burnette is board-certified in urology and joins Timothy Grayson, MD, at Urology Associates of Archbold in Thomasville.

Melissa Anderson, FNP-C
nurse practitioner
Archbold Memorial Hospital recently welcomed nurse practitioner Melissa Anderson, FNP-C, to the medical staff.

Anderson earned an associate’s degree in nursing from Darton College and a bachelor of science degree in nursing from Georgia Southwestern in Americus. She earned a master of science degree in nursing from Albany State University. Anderson joins Southland Hospitalist Group and practices at Archbold’s Mitchell County Hospital.
Aymen Bukannan, MD
gastroenterologist

Archbold Memorial Hospital recently welcomed gastroenterologist Aymen Bukannan, MD, to the medical staff.

Dr. Bukannan, earned a bachelor’s degree in biology and philosophy from Emory University in Atlanta. He earned his medical degree from the Royal College of Surgeons in Ireland—Medical University of Bahrain, and completed a residency in internal medicine and fellowship in gastroenterology, both at Henry Ford Hospital in Detroit, Michigan.

Dr. Bukannan joins Archbold gastroenterologists Louis Lee, MD; Bashar Qumseya, MD; James Sinnott, MD; and Scott Farquhar, MD, at Archbold Gastroenterology Group. The practice is accepting new referral patients and accepts Medicare and most private insurances.

Cory A. Messerschmidt, MD
orthopedic surgeon

Archbold Memorial Hospital recently welcomed orthopedic surgeon Cory A. Messerschmidt, MD, to the medical staff.

Dr. Messerschmidt earned a bachelor’s degree in chemistry with a minor in mathematics from College of William and Mary in Williamsburg, Virginia. He earned his medical degree from Eastern Virginia Medical School and completed a residency in orthopedic surgery at the Medical University of South Carolina in Charleston, where he was chief resident. He completed his fellowship in sports medicine at Emory University in Atlanta.

Dr. Messerschmidt joins Charles Hancock, MD; Richard Murphy, MD; Frederick Nusbickel, MD; and Bradley Walter, MD, at Thomasville Orthopedic Center. The practice is accepting new referral patients and accepts Medicare and most private insurances.

Katie Hanisee, MD
general and bariatric surgeon

Archbold Memorial Hospital recently welcomed Mary “Katie” Hanisee, MD, to the medical staff.

Dr. Hanisee earned a bachelor’s degree from Centenary College in Shreveport, Louisiana. She earned her medical degree from Louisiana State University in Shreveport and completed a residency in general surgery at Louisiana State University in New Orleans. Dr. Hanisee completed a fellowship in bariatric and minimally invasive surgery at the University of Maryland.

In addition to general and vascular surgery services, Dr. Hanisee will also offer sleeve gastrectomy and Roux-en-Y gastric bypass surgery, bariatric weight-loss surgery options for qualifying patients.

Dr. Hanisee joins Ed Hall, MD; Greg Patterson, MD; Geoffrey Deutsch, MD; and Cianna Pender, MD, at South Georgia Surgical Associates in Thomasville. She will perform surgery at Archbold Memorial Hospital.
NEW YEAR’S RESOLUTIONS

Make them work for you

A NEW YEAR, a fresh start. The first of January may find you ready to make some changes for your health. But if you are afraid that New Year’s resolutions are only for dreamers, take a fresh approach. Try these tips to help make this year’s resolutions stick for good.

NEW YEAR’S RESOLUTIONS
Make them work for you

Get focused. It’s better to make one or two changes at a time. Don’t try to overhaul your whole lifestyle at once. Come up with simple, clear steps to take. For example:

“Cut back on eating out as much as possible,” said Jeana Smith, Archbold registered dietitian. “Meals planned in advance and prepared at home are generally much more nutritious than what you will eat at a restaurant or get from a drive-thru. Meals prepared at home are also much more economical. You can feed a family of four a healthy meal for $10 at home, but that same meal may cost you $30 to $40—or more—at a restaurant.”

Smith suggests picking out a few tasty recipes that use whole grains, veggies or beans. Make a shopping list of any ingredients you need, and take time to prepare the meals at home.

Go—and keep going. Here’s your final step. Put your plans into action on New Year’s Day—or sooner if you feel like it. If you get off course, don’t give up. Just remember why you decided to make the change, and start again.

“Quit smoking—and don’t give up,” said Will Cooper, MD, internal medicine physician at the McIntosh Clinic. “Diseases like throat cancer, mouth cancer, bladder cancer, lung cancer, chronic bronchitis, emphysema and heart disease are all caused by smoking. Make a resolution this year to kick the habit. Join a support group or talk with your doctor about over-the-counter aids or prescription medications that can help you quit. Commit to throwing out your ashtrays and cigarettes on your quit day.”

“Move more,” said Zita Magloire, MD, family physician at Cairo Medical Care. “If it’s been a while since you were physically active, start slowly. Try exercising 15 minutes a day, three days a week. Then gradually do more. Getting active just feels good. Remind yourself that this goal will also help reduce stress. Find a fitness buddy. Ask a friend or family member to commit to exercising with you.”

Resolve right now to make an appointment with a primary care provider and a dietitian. For a complete list of Archbold providers, visit www.archbold.org/providers.
AT SOME POINT, nearly everyone goes through tough times. You may get laid off from your job, have financial problems or lose a loved one—events that bring sadness to your life.

You can’t stop bad things from happening. But you can take steps to control how they affect you.

It’s called your emotional health, and maintaining it can help you bounce back from adversity.

Body language
“Stress from emotional problems can leave you feeling anxious, irritable or depressed,” said Archbold psychiatrist Eugene Sun, MD.

What’s more, your emotions can affect your body. Dr. Sun said the following symptoms can be physical signs of stress:
- Headaches or a stiff neck.
- Upset stomach.
- Weight loss or gain.
- Trouble sleeping.
  “Emotional stress can even affect your immune system, making you more likely to get colds and other infections,” said Dr. Sun.

Building your defenses
You can help avoid these problems by nurturing your emotional health. Consider these steps from the American Psychological Association and other experts:
- Accept change as a part of life. It can show you opportunities for growth.
- Nurture relationships. Your connections with family and friends give you support.
- Keep things in perspective. Try to consider painful events in a broader context.
- Stay hopeful. When you expect good things to happen, you’re more likely to notice them.
- Take care of yourself. Get enough sleep and exercise, and eat healthful meals. Take time for things you enjoy.
- Think before you act. Don’t let powerful emotions lead you to say or do something you might regret. If emotional problems seem overwhelming, talk to your doctor. He or she can recommend a counselor or treatment that can help you heal.
YOU GO TO WORK to bring home a paycheck—not the flu, carpal tunnel syndrome or some other health problem.

So how do you stay safe and healthy on the job? According to Archbold Corporate Care physician Shane Herrin, MD, these key safeguards can help.

Protect yourself from disease-causing germs. Get a flu vaccine every year—as soon as you can. “It’s the best way to avoid getting a nasty case of the flu from a co-worker and missing work—or worse, getting sick enough to be hospitalized,” said Dr. Herrin.

Wash your hands often with soap and water. And avoid touching your eyes, nose and mouth. Germs spread this way. Do your co-workers a favor and stay at home if you’re sick with a flu-like illness.

Avoid a sore back by lifting properly. Picking up something heavy? Get close to the object, bend at both knees and lift with your leg muscles. Don’t bend at your waist.

Guard against carpal tunnel syndrome. You’re at risk for this painful disorder of the wrists and hands if you do the same hand movements over and over throughout the day. “To help prevent it, take regular breaks from repeated hand movements. And if possible, switch hands during work tasks,” said Dr. Herrin.

If you use a keyboard, adjust the height of your chair so that your forearms are level with the keyboard and you don’t have to flex your wrists to type.

Sit smart at your desk. “Keep your back in a normal, slightly arched position, with your head and shoulders erect,” said Dr. Herrin. “Make sure your chair supports your lower back. Try to stand and stretch every couple of hours.”

Prevent computer-related eyestrain. If you spend a lot of time in front of the computer or focusing on any one thing close up, follow the 20-20-20 rule. Every 20 minutes, focus on a point about 20 feet away for about 20 seconds.

ARCHBOLD CORPORATE CARE CENTER From treating workplace injuries to conducting pre-employment physicals and drug screenings, the Archbold Corporate Care Center works with area businesses to keep their employees healthy and productive.
A partnership for good health

WHY A GOOD RELATIONSHIP WITH A PRIMARY CARE PROVIDER IS A MUST

AFTER YEARS of specialized medical training, your doctor is an expert on the human body. He or she knows how it works, how to help keep it healthy and how to treat it if something goes wrong.

But even with all that expertise, your doctor will have a hard time treating you without knowing the details of your unique medical situation. That’s why it’s so important for you and your doctor to have a strong working relationship based on open communication.

Your primary care doctor

The main doctor-patient relationship for most people involves a primary care physician, nurse practitioner or physician assistant. Among other things, your primary care provider (PCP) can:

• Diagnose medical problems.
• Treat a variety of illnesses and conditions.
• Coordinate healthcare with other medical professionals, if needed.
• Help patients learn how to care for their own needs.
• Help prevent health problems from occurring in the first place.

Types of PCPs include:

• Family physicians, who are trained to care for people of all ages—from babies to older adults.
• Internists, or internal medicine physicians, who focus on the medical conditions faced by adult patients.
• Pediatricians, who work with newborns, infants, children, teens and even young adults.

Our Archbold primary care providers are taking new patients. Visit archbold.org/doctors to find a PCP near you.

Do your part

No matter what type of PCP you decide is best for you, you’re likely to be more satisfied with your treatment if you take an active role in your healthcare. For example:

Dr. Hatfield says: Be prepared.

Before your next doctor’s appointment, take a little time to get ready.

Gather up your medications—including any over-the-counter drugs or herbal or alternative remedies that you take—and bring them with you to the doctor’s office. Be ready to tell your doctor if you are allergic to any medications.

“Also, before your visit, consider writing down any questions you want your doctor to answer,” said Jackson Hatfield, MD. “You’ll be less likely to forget something. Put the most important questions first, so you’ll be sure to ask them before the visit ends.”

Burke says: Be honest.

“Answer all your provider’s questions, even the ones that might seem a little embarrassing,” said Sadie Burke, NP-C. “Remember, with few exceptions, everything you talk about with your provider is confidential.”

Dr. NeSmith says: Focus in.

“Listen carefully to your doctor’s explanations and questions,” said Jason NeSmith, MD. “Make sure you understand everything you discussed before you leave the office.”

Dr. Ramdial says: Ask questions.

“If you’re confused, don’t hesitate to ask questions,” said Savitri Ramdial, MD. “If your doctor recommends medication, ask how to take it and about possible side effects. If he or she suggests surgery, be sure you understand why you need it and the risks and benefits. If you have a condition that has a number of treatment options, ask about the pros and cons of each one.”

Tucker says: Speak up.

“During your visit, tell your PCP about your symptoms and anything else you think he or she needs to know,” said Kate C. Tucker, PA-C. “For instance, be sure to mention when your symptoms started, how often they occur and how long they last.”
A PATIENT’S FIRST entry to the hospital is generally called an “acute” care admission. The intent is for the patient to heal and steadily regain their health until they’re able to return home.

But sometimes an extended period of recuperation is needed. And though the patient may not require extensive inpatient hospital care, they may be referred by a doctor for a “sub” acute care stay at an Archbold nursing home (also referred to as a long-term care facility) or one of Archbold’s system hospitals throughout the region.

Archbold’s three long-term care facilities and system hospitals—Glenn-Mor Nursing Home (GMNH) in Thomasville; Mitchell County Hospital and Mitchell Convalescent Center, both in Camilla; Pelham Parkway Nursing Home in Pelham; and Grady General Hospital...
hospitals provides patients that extended period of time to fully recuperate without the cost of staying in a hospital.

Patients at these facilities have access to Archbold specialists, services and specially trained nurses and therapists who create personalized therapy plans based on the individual patient’s needs.

“Our system hospitals and nursing homes have newly renovated therapy gyms. They’re equipped with modern rehabilitation equipment and highly skilled therapists that help patients recover from their illness and return home to function independently,” said Moore.

A common misconception is that once a patient is admitted to a nursing home for subacute care, they will remain there permanently. That’s really not always the case.

“For most patients, the end goal of subacute rehabilitation is to restore form and function and regain the ability to complete daily tasks without difficulty,” said Moore.

‘They treated me like a king’

James Wyche’s recent experience with Archbold’s subacute rehabilitation program is evidence that patients are seeing very positive results. Wyche was a patient at Archbold Memorial Hospital in Thomasville with a diagnosis that decreased his level of functioning. His doctor recommended subacute treatment to help complete his rehabilitation. Wyche chose Archbold’s GMNH for subacute treatment.

Under the medical supervision of Archbold primary care physician Kimberly Pickens, MD, Wyche completed 100 days of therapy at GMNH. He entered the facility in a wheelchair with a goal of returning to his prior level of functioning—driving, going to the YMCA and getting around with an assistive device.

After his intensive rehab treatments, Wyche was walking with a walker.

“I honestly thought I’d be confined to a wheelchair much longer,” said Wyche. “But the constant encouragement from the therapists helped me progress quickly. The staff was friendly and inspiring. They treated me like a king. I was so glad to be better.”

“James was a model patient,” said Cynthia Vickers, administrator at GMNH. “He was determined to get better and recover. And he used every available resource to accomplish that goal.”

“Glenn-Mor’s facilities are top-notch. The new therapy gym is nice, the facility is clean, and the food was amazing,” said Wyche. “I actually lost a few pounds heavier. They treated me so well. I would recommend Glenn-Mor Nursing Home to anyone looking for a rehab facility or a long-term care facility.”

Archbold’s Glenn-Mor earns perfect score

The staff at Archbold Memorial Hospital’s Glenn-Mor Nursing Home recently received perfect scores on a State of Georgia accreditation survey administered by the Centers for Medicare & Medicaid Services (CMS).

The CMS survey evaluated Glenn-Mor on quality of care, resident safety, nursing care and administration.

The average number of healthcare deficiencies in Georgia nursing homes is 2.8. Nationally, it is seven. Glenn-Mor had zero deficiencies—a perfect score.

“Receiving zero deficient and a perfect score on this survey shows the dedication we have to providing our residents with great care and service,” said Cynthia Vickers, Glenn-Mor administrator. “We applaud our staff for their commitment to our patients and their level of care.”
Animals also allow people to focus, if for a short period of time, on something other than themselves.

That’s why Mitchell County Hospital (MCH) and Mitchell Convalescent Center (MCC) recently introduced pet therapy to the list of services offered to patients and residents recovering from illness and injury.

Pet therapy is a guided interaction between a person and a trained animal. The purpose of pet therapy is to help someone recover from or cope with a health problem. However, it’s not just patients who reap the benefits. Family members and friends who sit in on animal visits often feel better too.

“Studies have shown that interaction with dogs can promote relaxation and relieve agitation, anxiety and stress,” said Terri Lasseter, director of social services. “It’s very fulfilling to see the smiles from patients, residents, loved ones and even our staff when the therapy dogs come to visit.”

Not to be confused with service dogs, therapy dogs help patients by simply visiting them. These special dogs have an ability to connect with and bring joy to all kinds of people, even those who are normally unresponsive or disconnected from their environments.

“These dogs enjoy human contact and attention,” said Lasseter. “Each therapy dog, and their handler, is specially trained on how to handle stressful situations that could occur in the healthcare setting.”

Each therapy dog that visits MCH and MCC is certified by Therapy Dog International and also holds American Kennel Club Canine Good Citizen Certification.

Pet Therapy takes place at MCH every Tuesday and at MCC every Friday.
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