



SPRING 2020 DELIVERING QUALITY HEALTH CARE TO SOUTH CENTRAL GEORGIA

SOUTHWELL

with you for life

COVID-19 INFO

229-353-2819 HOTLINE

[MYSOUTHWELL.COM/COVID-19](https://mysouthwell.com/covid-19) WEBSITE

HEART-HEALTHY
DOLLAR STORE SWAPS

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DIABETES CARE
FOR EVERYONE

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PHYSICIAN SPOTLIGHT
MAKING A DIFFERENCE

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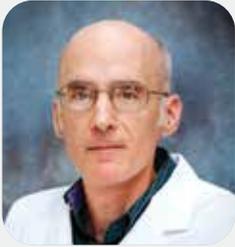
2 Keep the Family Active Indoors

FIND US ON
SOCIAL MEDIA



GET CONNECTED WITH YOUR HEALTH
INFORMATION BY VISITING [MYSOUTHWELL.COM](https://mysouthwell.com)

*Brett Wagenhorst, MD
shares how he cares
for his neighbors*



TIFT REGIONAL
OPHTHALMOLOGY

WHY DO YOU SUPPORT YOUR COMMUNITY?

There is more to promoting good vision than just prescribing glasses and eye drops and performing

eye surgery. Good health and nutrition are incredibly important to fostering good vision. Diseases like diabetes and hypertension, or too much screen time, can cause sight to degenerate, but certain nutrients can keep your eyes healthy and prevent eyesight degeneration. Much of my community involvement is meant to try to promote healthy living and to keep people from losing sight over their lifetime.

HOW DO YOU GET INVOLVED?

I, along with many others, have been promoting exercise and physical fitness in the community for 20 years by organizing and being a visible and active participant in cycling, running, swimming, and outdoor groups and events. I also work with local farmers' markets and non-profits dedicated to providing healthy meals, as well as the WWALS Watershed Coalition to keep our community clean.

HOW WOULD YOU RECOMMEND OTHERS GET MORE INVOLVED IN THE COMMUNITY?

Check out the community calendar in the Tifton Gazette and read the Grapevine to learn of activities in the community. Join a local civic club, volunteer for a local non-profit, or see what activities your church has going on. There's something for everyone to help with!

SOUTHWELL & COVID-19

Dear Reader,

Hello, and thank you for picking up this issue of *Southwell* magazine.

At the time of writing this letter, our community is feeling the impact of COVID-19—we are all participating in social distancing, and local individuals, families, and businesses are feeling the strain. Healthcare systems all over the world, including Southwell, are caring for people infected with COVID-19.

Times like these remind us how important it is to take care of ourselves, our families, our neighbors, and our community, both during times of crisis and the day-to-day. We would like to encourage you to do what is needed during this time to take care: follow the advice given by healthcare experts. However, as you read through this issue of *Southwell* magazine, we would also encourage you to remember the importance of your long-term health and taking steps to improve your own wellbeing—for yourself, your family, your neighbors, and your community.

Take care,
The *Southwell* magazine team

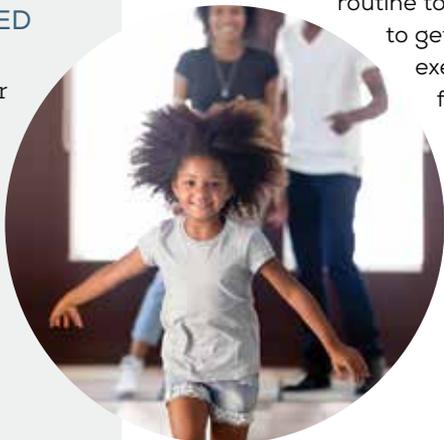
Check out page 7 for resources to learn more about COVID-19.

Staying Active, Inside or Out

If you're stuck at home, whether it's because you're participating in social distancing, protecting your own wellbeing, or simply avoiding bad weather, try these activities to get moving, no matter how small your space is!

DANCE IT OUT: Grab the kids and turn on the tunes! Having a dance party is great way to get off the couch and bring the family together for a fun time. Encourage everyone to pick their favorite movin' and groovin' song and bring their best moves.

GO TECHNICAL: Take advantage of the myriad of workout videos available online. Websites like Youtube make it easy to find a long yoga routine to stretch out tight muscles, a quick HIIT workout to get your activity in before dinner, or even an exercise video for kids to make sure the whole family gets to move.



INDOOR-PROOF SPORTS: Pick your kids' favorite sports and make them safe for the indoors! Try balloon volleyball in the living room, hallway soccer with a small plastic ball, or stairway races. They might be loud, but these games can keep kids active and occupied.



Heart-Healthy Burrito Bowls

INGREDIENTS

- 3 tbsp. fresh lime juice
- 2 tbsp. olive oil
- ½ tsp. ground cumin
- ½ tsp. salt and pepper
- 2 c. cooked brown rice
- 1 can black beans
- ½ head romaine lettuce
- 1 c. roughly chopped fresh cilantro
- 1 pt. grape tomatoes
- 1 avocado
- ½ small red onion
- Low fat sour cream
- Tortilla chips
- Lime wedges
- Hot sauce

DIRECTIONS

- 1 In a small bowl, whisk together the lime juice, oil, cumin, and ½ tsp. each salt and pepper.
- 2 Divide the rice and beans among serving bowls. Top with the lettuce, cilantro, tomatoes, and avocado.
- 3 Sprinkle with the red onion, then drizzle with the dressing. Serve with sour cream, tortilla chips, lime wedges, and hot sauce, if desired.

To find more healthy recipes like this, check out delish.com!

BUDGET-FRIENDLY SWAPS

Many of the ingredients in this burrito bowl are easy to find at your local dollar store or grocery store. If you're having trouble finding the fresh produce needed for the recipe, try replacing:

-  Grape tomatoes with canned diced tomatoes
-  Red onion with canned corn
-  Fresh lime juice with bottled lime juice
-  Fresh cilantro with dried cilantro

Support YOUR HEART

Making heart-healthy swaps in some of your favorite recipes can help improve and support your heart health.

ACCORDING TO William Hancock, MD, of Tiftarea Cardiology, making the right food choices can have a major impact on your heart health—even lowering your risk of heart disease. Dr. Hancock says, “Heart-healthy foods will be low in sodium and unhealthy fats, and high in other nutrients and fiber. Saturated fats can clog your arteries and greatly increase the likelihood of heart disease, so whenever possible, make sure you’re limiting your intake.”

Take a look at these tips below to make easy, heart-healthy swaps at your next meal.



Look for **LOW-SODIUM OR NO-SALT-ADDED** options, especially when using canned beans or vegetables.



Use **WHOLE-GRAIN** versions of pasta, tortillas, rice, and bread.



Go **LOW-FAT** whenever possible with dressings, sour cream, and other dairy-based products.



Replace your dairy-based dips with **AVOCADO OR HUMMUS**.



Reduce red meat by choosing lean meats, like **CHICKEN, TURKEY, OR FISH**.



Use **BEANS AND VEGGIES** as the base for tacos and burritos instead of ground beef.



WILLIAM HANCOCK, MD

The Tift Regional Heart and Vascular Center is here to support your heart health. Talk to your primary care provider about whether it's time for you to see a cardiologist or vascular specialist.

Diabetes Care Not Just for Diabetics

When it comes to maintaining or improving our health, we can all take a page out of the diabetes education handbook—whether you have diabetes or not.

Most people know about the simple things they can—and should—be doing to stay healthy, like eating right, staying in motion, and getting enough rest. However, as easy and accessible as these actions seem in theory, actually doing them can be tough, even for the most health-conscious person.

Take a look at these easy-to-follow directions, shared by Katie Richardson, MD, Family Physician with the Southwell Center for Healing and Wellness, that can help anyone looking to stay healthy or improve their wellbeing.



KATIE
RICHARDSON, MD

STAY INTENTIONAL

According to Dr. Richardson, for people with diabetes, intentionality looks like checking their blood sugar regularly and making sure to take any medications prescribed to them. If you don't have diabetes, take the same approach to being intentional with your health.

BE IN TOUCH: Make sure that you attend your regular check-ups with your primary care providers. During these appointments, you'll likely be tested for important potential health concerns, so keep track of what your doctor has to say about those test results.

PAY ATTENTION: “Stick to your medication schedule, and make sure you are actively ‘checking-in’ with your body,” says Dr. Richardson. Are you feeling tired lately? Particularly thirsty? Like that sore on your foot just won't heal? Whatever you're feeling—if it doesn't feel right, it may be time to see a doctor.

WARNING SIGNS

We sat down with Dr. Richardson to better understand the warning signs of diabetes and what you should do if you're experiencing these symptoms. Let your doctor know if you've noticed:

- + Increased thirst or hunger
- + Feeling extra tired
- + Blurred vision
- + Numbness in your feet or hands
- + Unexplained weight gain or loss

If you're concerned about diabetes or looking to improve your overall health, make an appointment with Dr. Richardson today by calling 229-388-9393.



WATCH WHAT YOU EAT

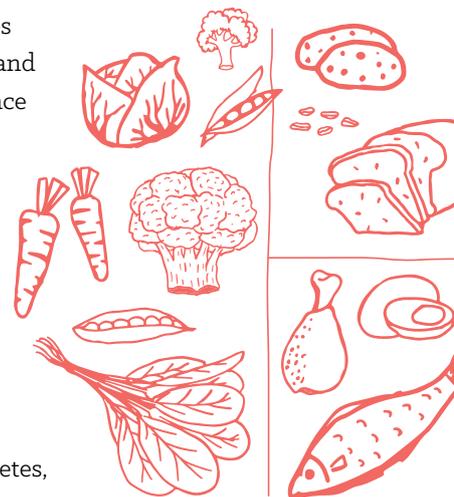
Many individuals with diabetes maintain a healthy blood sugar range through a combination of healthy eating and insulin dosage. Keeping a healthy diet will help any individual feel better and improve their wellbeing. How can you start to eat healthier?

FOCUS ON PORTION CONTROL:

Eating the right amount of food for you is one of the best and easiest ways to keep a healthy diet. Once you've filled your plate, eat slower than you normally do, and pay attention—how full are you feeling? After you've finished your plate, instead of immediately going back for seconds, wait a few minutes and see if, as your food settles, you feel full enough.

KEEP IT BALANCED:

Dr. Richardson knows that, when it comes to healthy eating, many diabetes educators and dietitians recommend that patients balance their meals between the appropriate amount of carbs, proteins, and veggies using the Plate Method. Focus on filling $\frac{1}{2}$ of your plate with non-starchy vegetables, $\frac{1}{4}$ with lean proteins, and $\frac{1}{4}$ with grains or starchy vegetables.



PLAN YOUR MOVEMENT

Staying active and managing weight is incredibly important, not only for individuals with diabetes, but for everyone who cares about their wellbeing! "Exercise is known to decrease stress, lower your blood sugar, and lower your blood pressure," says Dr. Richardson. One of the best ways that you can do that is by planning ahead. Here's how.

MAKE IT EASY: If you have diabetes, your doctor has probably recommended that you stick to a regular exercise program. "A plan for small incorporations of exercise throughout the day is a great way to keep yourself accountable and build the necessary habits to keep it up," says Dr. Richardson. If you don't have diabetes, you can benefit from the same setup—always park at the edge of the parking lot at work, avoid using the elevator when possible, and take the long route during your after-dinner walk.

PUT IT ON THE CALENDAR: Whether you have diabetes or not, life is busy. The best way to ensure that you have time to exercise? Plan ahead for it! Putting an hour on the calendar during lunch time for a walk or yoga class or after work for a spin class, gym session, basketball game, or jog is a great way to ensure that you put in the time needed.



THE DIABETES LEARNING CENTER

Since 2011, the Diabetes Learning Center at Southwell has received ADA Education Recognition every year, because the staff is made up of knowledgeable health professionals who provide state-of-the-art information about diabetes management.

The Diabetes Learning Center can provide education on the following topics:

- + Nutritional Management
- + Physical Activity
- + Preventing, Detecting, and Treating Acute Complications
- + Medication Monitoring
- + Goal Setting and Problem Solving Management During Pregnancy

For more information about the Diabetes Learning Center at Southwell, call 229-353-6753.



Turn to page 6 to learn about one patient's incredible experience with the Diabetes Learning Center.

The Diabetes Learning Center

Always on Your Team

When Rachel Nolan Roberts was first diagnosed with diabetes, she didn't know where to start. Rachel knew that she had medication options—those were presented to her by her doctor—but while lifestyle changes had been mentioned, she was sure that there had to be something else she could do to improve her health. Rachel says, "I wanted to help myself—by diet, exercise, whatever I could do."

That's why, when Rachel asked her physician about other resources to improve her health, she was directed to the Diabetes Learning Center. The team at the Diabetes Learning Center provided Rachel with the support that she needed to make healthy lifestyle changes—"I lost 140 pounds within the year." Rachel manages 31 Walmart Supercenters between Georgia and Tallahassee, so she's on the road a lot. When Rachel was first diagnosed, she worried, "How can I help myself stay on track with food?"

The team at the Diabetes Learning Center had the answer. "I thought that it was going to be such a big impact on my life, but they showed me ways to stay healthy, even on the road," says Rachel. "Without them,

I would still be pulling into a McDonalds and grabbing a milkshake and fries for lunch."

"If you want to help yourself, you need to call them. They'll give you the personalized help that you need," says Rachel. She even remembers the times when Wanda Watson, the manager of the Diabetes Learning Center, went above and beyond to help her, finding medication discounts when Rachel couldn't afford insulin and meeting Rachel on a Sunday afternoon to teach her about her new insulin pump.

"The team there was amazing. They didn't care what time I called, they didn't care what questions I had, they were always available," says Rachel. "I just want people to know about [the Diabetes Learning Center]. It's there, and they will help you. That team is #1."

"They're on your team. They'll work for you, with you, whatever they need to do to help you be healthy."



To learn more about how the Diabetes Learning Center can help you, call 229-353-6753.



SOUTHWELL MEDICAL GRAND OPENING

Like many rural communities, Adel was previously facing a need to update the local medical facilities. Early this year, thanks to an incredible partnership between the city of Adel and Southwell, the Southwell Medical Center, formerly known as the Cook Medical Center, opened its doors to the public.

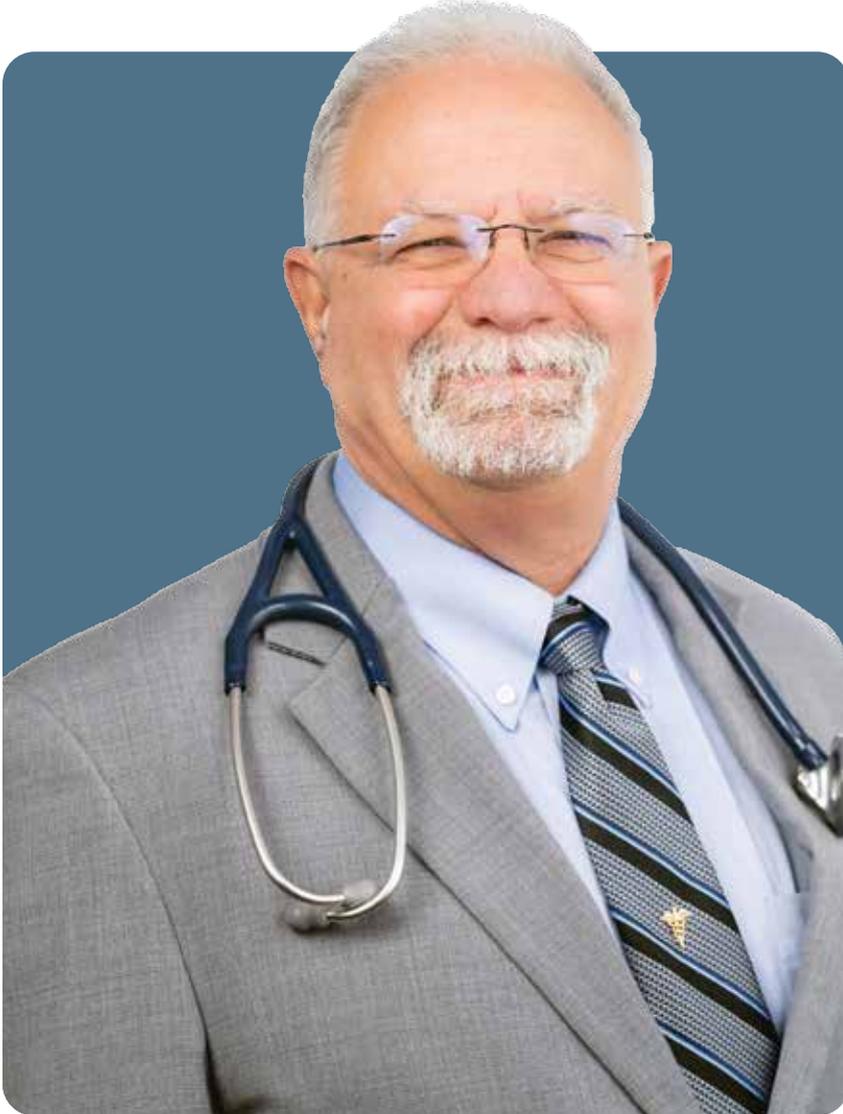
This state-of-the-art facility has several procedure and operating rooms, and offers the local community easy access to advanced diagnostic services, a sleep lab, in-house physical therapy, rehabilitation services, and community care services.

To learn more about the services offered at Southwell Medical, visit mysouthwell.com/southwellmedical.

Physician Spotlight

SAY HELLO TO INFECTIOUS DISEASES SPECIALIST

GUILLERMO SAURINA, MD



JOB: “I am an infectious diseases doctor. Basically, I help other doctors when they have complicated cases of infections. When you [the patient] need more than the average doctor provides, that’s when I get involved. I also treat people who have HIV, coronavirus, you name it... any disease that’s in my area of expertise.”

PASSIONS: “I know I can make a difference. I can help make people better—save a finger, a leg, even a life. Often, when it’s difficult to figure out what type of infection a patient has, it requires deep thinking. It’s like a mystery that I get to solve to help them.”

HOBBIES: “As practicing Catholics, my kids and I go to church at least once a week. I practice karate with my kids—I have a second-degree black belt. But, I love to work—my life is karate, and work, and my twins, Michael and William. I spend as much time with them as I can.”

PATIENTS: “So often, staying healthy is simple: Eat healthy, exercise, avoid sick people—those are the main things. Just wash your hands.”

COVID-19: THE RESOURCES YOU NEED

Visit these resources for the latest information on COVID-19 and the steps you and your family ought to take to remain healthy.

IF YOU THINK YOU MAY HAVE THE VIRUS

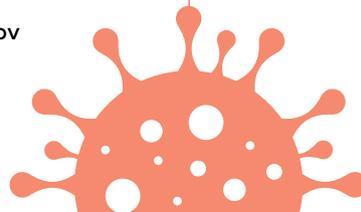
CALL 229-353-2819 to speak to a clinical staff member before visiting any facilities or clinics. They will discuss your symptoms with you and provide you with the next steps you should take.

FOR MORE INFORMATION ABOUT COVID-19

From Southwell: mysouthwell.com/covid-19

From the Georgia Department of Public Health: dph.georgia.gov

From the Centers for Disease Control and Prevention: cdc.gov/coronavirus



FOR QUESTIONS about Southwell and *Southwell* 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.

COVID-19 INFO

HOTLINE 229-353-2819

WEBSITE MYSOUTHWELL.COM/COVID-19



SOUTHWELL WELCOMES NEW PHYSICIANS

+ FAMILY MEDICINE

Kathleen Richardson, MD
Southwell Center for Healing and Wellness
39 Kent Road, Suite 2, Tifton
229-388-9393

+ GASTROENTEROLOGY

Edward Fricker, MD
Southwell Gastroenterology
3207 Country Club Drive, Valdosta
229-262-6800

Eric Ward, MD
C. Allen Woods, MD
Southwell Gastroenterology
410 Connell Road, Valdosta
229-244-1570

+ INFECTIOUS DISEASES

Guillermo Saurina, MD
Southwell Infectious Diseases
2301 N. Ashley Street, Valdosta
(also seeing patients in Adel and Tifton)
229-245-0666

+ PEDIATRICS

Priscilla Amoah, MD
Nikkia Johnson, MD
Cole Webster, MD
Affinity Pediatrics
39 Kent Road, Suite 5, Tifton
229-353-PEDS (7337)

Janice Loeffler, MD
Heather Svenson, MD
Southwell Pediatrics
3014 N. Patterson Street, Valdosta
229-242-0194

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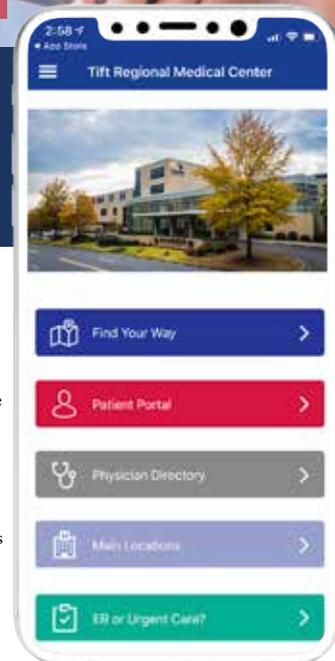
- HealthLife Patient Portal access
- Wayfinding instructions at Tift Regional Medical Center
- Directions to clinics and facilities
- Provider directory

Tift Babies Pregnancy App

- Pregnancy tracker
- Education
- Provider directory
- Class schedules

Apple Health

- Patients with an iPhone or iPad device can have medical information from Tift Regional and other participating healthcare institutions organized into one view on the Apple Health app



Download the **Tift Regional** Apps Today!