



SUMMER 2020 DELIVERING QUALITY HEALTH CARE TO SOUTH CENTRAL GEORGIA



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NEIGHBORS CARING FOR NEIGHBORS

Thank You, Volunteers

During the recent COVID-19 crisis, Southwell has been honored, encouraged, and supported by our community. There are too many individuals and businesses to list, but know that we thank you and are grateful to you!

Pictured from top to bottom, left to right: **1.** Brent Dixon State Farm in Adel, as a part of the Good Neighbor Community Fund, donated snack and drinks; **2.** The Brownlee Agency and Worth Insurance donated meals; **3.** Medical Students for Masks donated hand sanitizer; **4.** Southern Valley Produce donated fresh veggies for Southwell staff; **5.** Asahi Express, Prince Automotive, Partners Benefit Group, and Chick-fil-A donated meals to frontline staff; **6.** Southwell team members made masks for the team; **7.** Staff took time to pause in prayer, local pastors and clergy provided pre-recorded prayers played overhead; **8.** The Southwell team and family are proud to serve you.



PAY ATTENTION TO YOUR JOINTS

We sat down with Carolyn Felton, MD, from the Arthritis and Osteoporosis Center of South Georgia to discuss some common signs that you may need to take extra care of your joints.



CAROLYN FELTON, MD,

Many people experience joint issues at some point in their

life. According to the CDC, almost 1 in 4 Americans will be diagnosed with arthritis or some other rheumatic disease. While these conditions can certainly be tough to handle, Dr. Felton shares that “the best thing you can

do for many of these illnesses is catch them early. That way, doctors can try to limit disease progression and keep symptoms manageable.”

When should you talk to your doctor about your joints? Dr. Felton says, “The main indicator that you may need to see a rheumatologist, for many people, is that your joints don’t feel quite as good as they used to.

If your joints are swollen or painful, and you can’t identify a recent fall or injury that is causing the pain, you should talk to your doctor.”

If you are having unexplained joint pain, talk to your doctor. They can help determine the best course of action and may refer you to a rheumatologist for special testing.

ANTI-INFLAMMATORY Tomato Salad WITH LEMON-BASIL VINAIGRETTE

Supporting your joints and eating healthy doesn’t have to be difficult! Try this quick and easy salad, filled with anti-inflammatory ingredients, like tomatoes, that the whole family will love.

INGREDIENTS

¼ cup chopped fresh basil, plus more for garnish
3 tbsp. lemon juice
2 tbsp. olive oil
2 tsp. Dijon mustard
¼ tsp. salt

⅛ tsp. ground pepper
4 large, firm, multicolor heirloom tomatoes, sliced
2 medium English cucumbers, thinly sliced
¾ cup crumbled feta cheese

DIRECTIONS

Whisk basil, lemon juice, oil, mustard, salt, and pepper in a large bowl. Arrange tomatoes and cucumbers in a serving dish. Drizzle with dressing, sprinkle with feta, and top with basil, if desired.

EASY SUBSTITUTIONS

This flexible recipe works great with plenty of affordable, accessible substitutions:



Can’t find fresh heirloom tomatoes? Try canned diced tomatoes, drained.



No cucumbers? Replace this crisp veggie with thinly sliced carrots, or even a can of corn, drained.



If fresh basil is hard to come by, dried basil can be found in the food section of your local dollar or corner store.

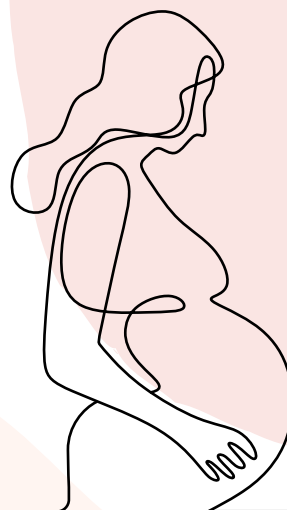
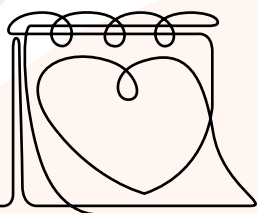
Southwell is excited to announce **Live Well in the Kitchen**, a new video series that will show you how to make this, and other quick, healthy recipes with easy-to-find ingredients for your family. Watch now at mysouthwell.com/blog



Women's Health, THROUGHOUT YOUR LIFETIME

When it comes to supporting your health, Southwell is on your side.

Many women require specialized healthcare throughout their lifetime. Between regular screenings, childbirth, family growth, and more, it's important that women have easy access to the healthcare they require to stay strong and healthy. Take a look below at some healthcare needs you might consider.



REGULAR SCREENINGS

Depending on your family and health history, you may require different health screenings at different times in your life, so you should always discuss your screening schedule with your doctor. Here are some that will likely be recommended to you:

21+ PELVIC EXAM AND PAP SMEAR: Beginning at age 21, most women are encouraged to have an annual screening for cervical cancer.

45+ MAMMOGRAM: The best way to treat breast cancer is to treat it early. Typically, many women start having yearly mammograms at age 45.

65+ BONE DENSITY SCREENING: For women aged 65 and older, or for younger women with other risk factors, a bone density test can help provide an early diagnosis of osteoporosis, a treatable condition that is best managed when caught early on.

CHILDBIRTH

Pregnancy can be a significant milestone in a woman's life, and the Southwell team works hard to make sure you have a positive experience. From finding the right OB/GYN for you, all the way to the delivery room, Southwell has the support and providers you need.



COUNSELING AND GUIDANCE: There are many classes, support groups, and events to help you and your family prepare for your new addition! Consider the 'Prepared Childbirth Class,' which will help you learn all that you need to know about labor and delivery and basic care for a newborn baby, or the 'I'm a Big Kid Now' class, which will help your other children aged 3-10 understand and prepare for a new brother or sister.



THE ELENE DORMINY WOMEN'S PAVILION: For the best childbirth experience, Southwell provides single-room maternity care, in which you can labor, deliver, and spend your postpartum time in a warm and comforting environment with your family, all while receiving excellent medical care.



ONGOING SUPPORT

Whatever life throws at you, Southwell is there. Take a look below at some of the support options available to you and your family.



PEDIATRIC CARE: If your child has an illness or injury that requires hospitalization, Southwell Pediatrics provides state-of-the-art care in a welcoming environment for both kids and their parents, including doctors and nurses who are specially trained to work with children, spacious rooms so that parents can easily stay with their children overnight, and excellent educational resources.



CANCER SUPPORT: If you are diagnosed with breast cancer, or any other cancer, Southwell has the support you want, in addition the healthcare you need. With many support groups available, you'll have the opportunity to connect with other women who are going through or have gone through a similar situation. Take a look at Your Personal Health GPS to learn more about the Women's Health Navigators who can help you find the right support.

Please visit mysouthwell.com to learn more about Southwell Women's Services or to find a provider.

Robotic Surgery, For Women



You don't have to go far for the latest technology in women's health. Southwell is proud to provide gynecological surgery patients the opportunity to have their procedure done using the da Vinci robotic system.

Typical gynecological surgery requires a large incision, which can result in:

- + Significant pain
- + Long recovery process
- + An extended period of time in which women can't return to normal activities

Using a robotic system, your surgeon will be able to perform the same surgery without the large incision. A minimally invasive surgery, like those performed with the da Vinci robotic system, results in:

- + Less pain
- + Quicker recovery time
- + Excellent clinical outcomes



Your Personal Health GPS

Women's Health Navigators Stacey Nelms, RN, and Dawn Law, RN, provide a valuable resource to the Southwell community—acting as educational resources and providing support for women navigating the health system while helping to relieve the stress and anxiety that many patients and their families experience while arranging care.

"If you have had a positive mammogram or another diagnostic test that indicates that further testing or treatment is required, we're here to help you through that," says Ms. Nelms. "We understand how confusing or frightening healthcare can be, especially after a cancer diagnosis, but we also know that, with the right support, women can be confident that they have the right type of care," says Ms. Law.

One of the biggest areas of assistance that the Women's Health Navigators can provide is care coordination. By helping to coordinate radiologists, pathologists, oncologists, surgeons, and other medical professionals in the development of a treatment plan, it's one less thing to think about. "We want to take what worries we can off of their plate so that they can focus on their health."

Call 229-353-6325 to learn more about the Women's Health Navigators at Southwell.



Anita Stewart Oncology Center: *A Wonderful Experience*

For Rhondalyn West, treatment at Southwell means excellent care, right at home.

When diagnosed with lung cancer, Rhondalyn's eldest son, who lives in Atlanta, told her that he preferred her to have treatment in the city. "I told him, 'The traffic in Atlanta is just so rough. I am going to Tifton,'" says Rhondalyn.

"My primary physician is in Tifton, so I come here all of the time for my medical treatments. When I was diagnosed with cancer, I was sent to the Oncology Center by my physician and my pulmonologist, Dr. Patel. They couldn't have done a better thing than to send me here."

Every day, five days a week, Rhondalyn visited the Anita Stewart Oncology Center for 30 radiation treatments. This was followed with six rounds of standard chemotherapy and "two, extra massive rounds [of chemotherapy] at the end," Rhondalyn shares. "Presently, I'm doing

maintenance therapy, which is every two weeks and will continue until March of 2021."

"From the moment I walked in the door, the receptionist, Ms. Cassandra, was my friend. My experience has been absolutely wonderful. Everybody there has made me feel so at ease and comfortable. They explain everything to you; the education that you receive before you begin treatment is just wonderful. The people there are so friendly... they make people feel at ease. From the moment I walked in the door, it was like a family. They assure you that everything is going to be ok."

"In fact, everybody in that building is so wonderful that I made pound cakes for every department just to show them how much I appreciate them and how much I love them. They are just wonderful."

To watch Rhondalyn share her story and to find more patient stories and tips to help you Live Well, visit the Live Well Blog at mysouthwell.com/blog.

"They couldn't have done a better thing than to send me here."

-RHONDALYN WEST



THE ANITA STEWART ONCOLOGY CENTER

If you require cancer care or treatment, the team at the Anita Stewart Oncology Center is here for you with the latest technologies and therapies, an expert staff specially trained in cancer care, and an emphasis on personalized, patient-focused treatment plans. Take a look at some of the additional services provided.

- + Combined cancer therapy management, which coordinates treatment and care between your team of surgeons, radiologists, pathologists, and more.
- + Support, education, and counseling groups and programs to provide the guidance and encouragement you need.

Learn more at mysouthwell.com or call 229-386-1330.

Physician Spotlight

SAY HELLO TO GENERAL SURGEON AND CHIEF MEDICAL OFFICER

F. DAVID MCEACHIN, MD



To make an appointment with Dr. McEachin or any of the board-certified general surgeons at South Georgia Surgical, talk to your provider or call 229-382-9733.



JOB: “One of the things that we want to perpetuate at Southwell is to make sure that the physician leadership are clinically involved in taking care of patients. So, when Dr. Will Guest, a great Chief Medical Officer who taught me a lot, retired, I began to engage in a dual role of not only taking care of patients, but also being involved in administration.”



PATIENTS AND ADMINISTRATION: “The frontline experience that you get when you’re taking care of patients clinically is a part of all of your decision-making about the administrative aspects. In other words, you never step away from the clinical care and wellbeing of the patient.”



PASSIONS: “The single best thing I can do is continuing to strengthen the relationship within the medical staff and between the medical staff and administration. That cooperative, aligned relationship that we have is critical to patient care.”



COVID-19: “Following the guidelines that the state and the CDC have issued is very important. The virus spreads by person-to-person contact, so any opportunity to minimize that contact by social distancing or wearing masks is very important. Good hygiene, hand washing, and sanitizing are now more important than ever.”

TRAINED FOR THIS

Southwell hospitals and clinics have always had intensive protocols in place to keep providers and patients safe. As we have begun welcoming the community back for routine checkups and outpatient procedures, we have also incorporated the following measures to keep you safe.



Implementing visitor restrictions



Offering telehealth visits where possible



Requiring symptom screenings for all patients, visitors, and staff



Providing separate waiting rooms for potential COVID-19 positive patients

“Southwell is very committed to making sure that our community stays healthy in general and during the COVID-19 pandemic. We are open and available to take care of our community because all of us here have a strong commitment to South Georgia.”

**—F. DAVID MCEACHIN, MD,
GENERAL SURGEON AND CMO**

FOR QUESTIONS about Southwell and *Southwell* magazine, call 229-353-6318.

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



PROVIDER PRACTICE ANNOUNCEMENTS

NEW NAME AND LOCATION FOR NEPHROLOGY

Affinity Nephrology is now Southwell Nephrology. The practice also has a new location in Tifton at 39 Kent Road, Suite 1. Providers include **Melissa Rampal, MD**, **Brittany Thomas, MD**, **James Mason, NP**, and **Kyle Woods, NP**. Please call 229-391-4310 for more information.

SOUTHWELL WELCOMES NEW RHEUMATOLOGIST

Southwell announced that rheumatologist **Carolyn Felton, MD**, has joined the Arthritis and Osteoporosis Center of South Georgia, located in Tifton at 2227 Highway 41 North. Talk to your provider about a referral or call 229-391-3320 for more information.

NEW LOCATION FOR GASTROENTEROLOGIST

Gastroenterologist **Edward Fricker, MD**, with Southwell Gastroenterology, is now seeing patients in Valdosta at 2301 North Ashley Street. He is also practicing at a new endoscopy center location in Valdosta at 410 Connell Road. Dr. Fricker performs select endoscopic cases at the new Southwell Medical facility in Adel, as well. Please call 229-262-6800 for more information.

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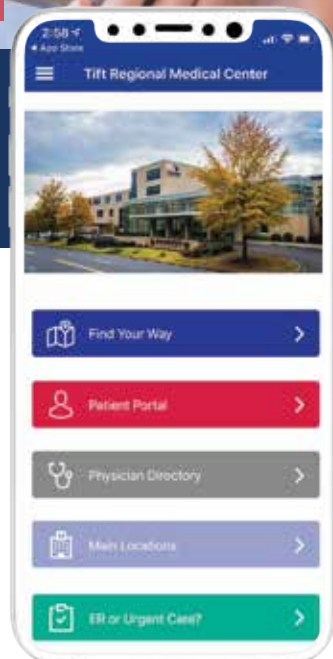
- HealthLife Patient Portal access
- Wayfinding instructions at Tift Regional Medical Center
- Directions to clinics and facilities
- Provider directory

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!