



SUMMER 2021 DELIVERING QUALITY HEALTH CARE TO SOUTH CENTRAL GEORGIA

SOUTHWELL

with you for life



4

Back to School

**SOUTHWELL MOBILE
HEALTH CLINIC**

2

**GET MOVING
IN THE MORNING**

3

**PHYSICIAN SPOTLIGHT
HEALTHCARE AS YOU AGE**

7

FIND US ON
SOCIAL MEDIA



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

IN YOUR BACKYARD

Moving is one of the easiest ways to stay healthy, no matter your age. Here's a list of locations in South Georgia where you can play tennis or golf, hike, fish, do yoga, meditate, and even play pickleball (it's all the rage right now!). Many of these locations have playgrounds for the kids to enjoy, too.

MOULTRIE

Moultrie YMCA

601 26th Avenue SE
Moultrie, GA 31768



Tom White Linear Park

10 Lower Meigs Road
Moultrie, GA 31768



ADEL

City Park

210 E 8th Street
Adel, GA 31620



Bear Creek Park

120 N Forrest Avenue
Adel, GA 31620



NASHVILLE

Tygart Park

605 Memorial Drive
Nashville, GA 31639



Carter Park

Carter Street
Nashville, GA 31639



VALDOSTA

Pickleball Courts at Valdosta YMCA

2424 Gornito Road
Valdosta, Georgia 31602



COMMUNITY EVENTS:

*Making Moves
for Charity*

RUN FOR LOVE 2021

AUGUST 20TH

Tifton, GA

SOUTH GEORGIA

BUDDY WALK

SEPTEMBER 18

Valdosta, GA

SOUTHWELL MOBILE HEALTH CLINIC

**Taking quality healthcare further...
by bringing it closer to you.**

Southwell Mobile Clinic is used by Southwell to better reach medically-underserved areas within our community. Operated by our experienced staff of providers, the mobile clinic provides physicals, screenings, and medical services to those unable to access healthcare to keep local residents and their loved ones healthy and happy.

FEATURES

- Wheelchair-accessible
- Three exam rooms
- Lab area
- Restroom
- Climate-controlled

SERVICES

- Sick and well visits
- Screenings
- Health and wellness education
- Referrals

Check out Southwell's Facebook page for times and locations. 

Morning Moves AT ANY AGE

The first few things you do in the morning have an enormous impact on the rest of your day. We sat down with Pam Fuller, senior program director of the Adel-Cook Recreation Department, to learn how to start our mornings off right. Follow these easy tips and your day will be a winner before lunchtime!

WATER FOR THE WIN

If you went all day without something to drink, you'd be pretty thirsty. So why wouldn't you be after an entire night? "Drink a glass of water as soon as you wake up to boost metabolism, help regulate digestion, and increase your energy levels," Pam says.

DON'T SNOOZE ON MEDITATION

Studies show that meditation can be one of the very best ways to start your day, as it helps reduce stress and anxiety, aids weight loss, and increases productivity. Try a few minutes (even 5) practicing mindfulness instead of hitting the snooze button. The snooze button can cause sleep inertia, which actually makes you groggier. Choose mindfulness instead—your day will thank you.

MAKE MOVES

Movement and exercise release endorphins—it turns out sunlight does too. So, knock out two birds with one stone by finding sun first thing when you wake up. "No matter your age, regular exercise helps your body stay healthy by managing your weight, stretching out tight muscles, and building and maintaining bone and muscle strength," says Pam. "If you join a class, it's also a great way to start your mornings with others!"

Learn more about senior exercise classes at www.cityofadel.us/community-center.

Southwell is proud to support our senior community by sponsoring senior exercise classes with the Adel-Cook Recreation Department.

Southwell also recommends senior exercise classes offered at the Leroy Rogers Center in Tifton. Check your city's website to see if senior exercise classes are available within your community.



BLEND YOUR BREAKFAST: MEAN, GREEN, SMOOTHIE MACHINE!

Breakfast can be difficult, but it doesn't have to be. Smoothies can be a great alternative to cooking a full breakfast and are quick to throw together when in a hurry. Here's an easy recipe for a gluten-free, dairy-free, and anti-inflammatory start to your day that actually tastes good!

GREEN BREAKFAST SMOOTHIE

1 c. spinach	protein powder
1 banana	(of your choice)
½ avocado	1 c. water
½ c. pineapple	ice

Protein power: Try adding a couple scoops of collagen peptides as your choice of protein powder. For a vegan option, go with a plant-based protein powder.



Bonus: One way to cool down your healthy breakfast smoothie is to use frozen fruit. You can even freeze your spinach! For a bit more flavor and nutritional value, try incorporating these ingredients into your green smoothie.

½ cup blueberries	1 tbsp. local honey
2 tbsp. chia seeds	

Adding local honey to your smoothie will make this a sweet treat and help relieve seasonal allergies.

One Last Tip: If you'd like to surprise your partner with this nutritional treat, just double your ingredients!

KEEP YOUR KIDS

Healthy and Safe

As your kids head back into the classroom, you need to make sure that your family is prepared for the school year to come. Here's how.

BACK-TO-SCHOOL CHECKUP

As you purchase new school supplies, search for your child's favorite outfit to wear on their first day, and plan to adjust your schedule to take the kids to and from their many school year activities, don't forget to pause and focus on their health.

For many families, the important annual pediatric wellness exam happens right as summer ends. These back-to-school checkups ensure that your child is physically healthy and developmentally on track. At your back-to-school checkup, you may cover:

IMMUNIZATIONS AND VACCINES

Your annual visit with your pediatrician will keep your child on track for the necessary

immunizations and vaccinations that prevent serious illnesses and help keep them healthy. If you're not sure what immunizations your child needs or are unsure about why they need immunizations, your doctor will know what they're scheduled for and can answer any questions you may have.

PHYSICAL WELLNESS

Your pediatrician may check your child's eyesight with a vision exam, confirm their heart and blood pressure are healthy, and test for diabetes. Depending on their age, your doctor will make sure they're growing at a normal rate and that their weight is in the normal range. Your doctor might have a conversation with your child about healthy eating and exercise to help them understand the important role these activities play in having a healthy life.

ADOLESCENT CONCERNS

For many parents and pediatricians, the annual wellness exam is an opportunity to check-in with your kids about important issues that may arise as they get older. Depending on your child's age, this may include conversations about substance abuse, sexual activity, or depression. If you have any topics that are of particular concern to you and/or your child, this is a great opportunity to have that conversation with a trusted doctor.



STAYING SAFE

If your child participates in sports or other extracurricular activities, they may require a medical eligibility form to participate this school year. Even if a form isn't required, a sports physical will make sure your child is well enough to participate in their chosen activity safely.

"No matter what age your child is or if they participate in organized sports, if they're going to school, they're little athletes," says Ben Sigers, ATC, LAT, athletic trainer with Cook County Schools. "Children and young adults are constantly moving, whether it's on the field or on the playground. An annual physical exam makes sure that their bodies are able to withstand the pressure, without injury."

Your pediatrician will likely review these common aspects of your child's health before signing a medical eligibility form for sports participation:

HEAD INJURIES

In some sports, head injuries are surprisingly common. Your doctor will review your child's previous injuries and determine if there are any lingering symptoms, like those from a concussion, and determine the best course of treatment.

FEMALE ATHLETES

As your daughter gets older, her unique health concerns will also spill into her sports' life.

COVID-19 VACCINES FOR CHILDREN 12+

Affinity Pediatrics is now offering the COVID-19 vaccination to current patients who are ages 12 and up. Here's what you need to know:

- + The Pfizer vaccination is currently the only vaccination available to this age group.
- + Your child can receive their vaccination at their annual wellness exam, or you can make an appointment for just the vaccine.

Call 229-353-7337 to schedule your appointment now.

If your child is not a current patient of Affinity Pediatrics, call 229-353-2200 to schedule their vaccination at the Southwell WorkSmart location.

Your doctor will review any concerns related to bone health and menstrual health—both important parts of a young, female athlete's wellbeing.

HEART HEALTH

It's rare for a young person to have heart problems—but not unheard of. And for young athletes who are pushing their bodies, heart problems can cause major health issues if unaddressed. Your doctor will review and screen for any common symptoms.

It's time to schedule your child's back-to-school checkup. If you're searching for a pediatrician, visit www.mysouthwell.com/pediatrics to find the right doctor for you and your family.



Ben Sigers, ATC, LAT
Athletic Trainer with
Cook County Schools

MAKE IT EASY

Southwell understands that life gets busy. That's why we work hard to make sure you get the healthcare and services you need as conveniently as possible. If you're short on time, try:



Southwell Connect: Can't make it to the office? Select appointments can happen online! See your provider through a video appointment by visiting www.mysouthwell.com/connect to learn more.



Southwell Mobile Clinic: Southwell Mobile Clinic brings the doctor to your neighborhood. Learn about locations and available services by visiting www.mysouthwell.com/southwell-mobile-clinic-2.



Pay Online: We're excited to share an easier, more streamlined option to pay your medical bills online. Visit www.mysouthwell.com/pay to learn more.

Better TECHNOLOGY, Better TECHNIQUES, Better CARE

SOUTHWELL
IS DEDICATED TO
PROVIDING THE BEST
CARE POSSIBLE TO OUR
COMMUNITY—THAT'S WHY
WE'RE CONSTANTLY INVESTING
IN THE LATEST TECHNOLOGY
AND TECHNIQUES IN
HEALTHCARE.

ROSA KNEE SYSTEM

The advanced Robotic Surgical Assistant (ROSA) system is used by surgeons for knee replacements. Many individuals who have chronic knee pain, often from arthritis, may find that a knee replacement is the best treatment to regain their mobility.

ROSA is a precision tool that will be used by your surgeon during your surgery to make sure that your knee replacement is done exactly right—the right size, in the right spot. This allows you to get up and moving faster, with a knee that works the way that you need it to.

TIF PROCEDURE FOR CHRONIC ACID REFLUX

If you have chronic acid reflux or GERD, the TIF procedure may be used to help ease that burning chest pain you often feel. While it may sound complicated (the term 'TIF procedure' is short for a 'transoral incisionless fundoplication'), the procedure is actually quite simple.

Unlike surgery, which may keep you in the hospital for a number

of days, the TIF procedure allows you to return home the same day. It also requires no incisions, meaning that you can return to your normal activities within just a few days.

EVAR PROCEDURE FOR AORTIC ANEURYSMS

The endovascular aneurysm repair, or EVAR, procedure is a preventative heart-health procedure. It is a very common repair that, in the past, required 'open' surgery, which meant patients would often spend up to 10 days in the hospital after surgery and take quite a while to get back to their normal routine.

The EVAR procedure allows surgeons to perform the same repair in a minimally invasive way. This only requires minor incisions, leading to less pain, quicker healing, and a shorter hospital stay.

DA VINCI ROBOTIC SURGERY SYSTEM FOR WOMEN'S HEALTH

Traditionally, many women's health surgical procedures require 'open' surgery, during which a large incision is made across your abdomen. However, with the Da Vinci Robotic Surgery System, a previously major surgery can become much more minor.

The Da Vinci System is a tool used by your surgeon to perform your minimally invasive surgery. The system allows them to make small, minor incisions and use long-handled instruments to perform the surgery, while maintaining excellent visibility and maintaining control throughout. This typically results in quicker healing, getting you back on your feet fast.

Want to learn more about the investments Southwell is making in your health? Learn more by visiting www.mysouthwell.com.



Provider Spotlight

SAY HELLO TO **KEN KISER, NP-C**, CERTIFIED NURSE PRACTITIONER IN ADULT MEDICINE



ABOUT: “As a nurse practitioner, I function as a healthcare provider in coordinating the care of adult and geriatric patients. I provide basic healthcare and refer the patient to physicians and specialists as needed. I have two graduate degrees that prepared me to diagnose and treat patients. I’m proud to work with many older patients, whose life experiences and unique health needs encourage me to spend the time necessary to provide them with excellent care.”



PREVENTION: “The older you get, the more important it is to get your annual check-up. Regular checkups help identify health problems early on when they are in a more treatable state. Diseases can be managed and complications minimized. Routine visits allow us to monitor your health over time, consistently observing so that we better understand your healthcare needs.”



MEDICATIONS: “Typically, older patients have to take more medications to treat long-term, chronic conditions and to help minimize the negative effects of aging. The more medications you’re on, the more negative side effects you may experience. We must also watch out for drug to drug interactions that can be detrimental. In reviewing medications with your provider, be sure to take your medication bottles to each appointment and discuss each medication with your healthcare provider. This is how we can optimize the therapeutic effects of medications and minimize negative side effects.”



DISEASE MANAGEMENT: “Health conditions change over time. It’s important to review the symptoms of your condition so that we can modify your treatment if needed. Be sure to get in front of your doctor regularly for a check-up, at least once a year. Surprisingly, regular doctors’ visits actually lower patient healthcare costs in the long run, decrease ER visits, and minimize the chances of a major health problem.”

Ken is accepting new patients at Southwell Primary Care in Valdosta. For an appointment, call 229-262-6819. Walk-in patients are also accepted—visit 2922-C North Oak Street.

Important Health Screenings for Adults 65+

ALL ADULTS 65+



Blood Pressure Screening



Breast Cancer Screening



Cervical Cancer Screening



Cholesterol Screening



Colorectal Cancer Screening



Diabetes Screening



Osteoporosis Screening



Skin Exam (skin cancer)



Eye Exam

IMMUNIZATIONS:

Pneumococcal vaccine

- + Prevents pneumococcal disease, which can cause pneumonia, ear infections, sinus infections, meningitis, and bacteremia
- + Recommended for all adults 65+



901 East 18th Street
Tifton, GA 31794

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 vaccines are safe and effective!

Free vaccines are now available. Learn more at mysouthwell.com/vaccine.



Provider Practice ANNOUNCEMENTS

Southwell Primary Care Now Open
2922-C North Oak Street, Valdosta
229-262-6819

Nurse practitioner Ken Kiser, NP-C serves patients over age 18. Same-day appointments are available and walk-in patients are accepted.

Introducing Southwell Internal Medicine
410 Connell Road, Valdosta
229-262-6815

The internal medicine practice of Lynn S. Lee, MD, and Drimalyn Burgman, NP, is now a part Southwell.

New Nephrologist at Southwell Nephrology
39 Kent Road
229-391-4310

Southwell Nephrology announced the addition of nephrologist Abduljalil Elfasi, MD. He also serves patients at the TRMC Dialysis Center.

GSM Welcomes New Orthopedist
2227 U.S. Highway 41 North
229-386-5222
Georgia Sports Medicine (GSM) welcomes orthopedist Clint Cawley, MD. He also performs procedures at TRMC.

Learn more at www.mysouthwell.com/providers.

PRSRT STD
U.S. Postage
PAID
Random Lake, WI
Permit No. 422

*****ECRWSSSEDDM*****

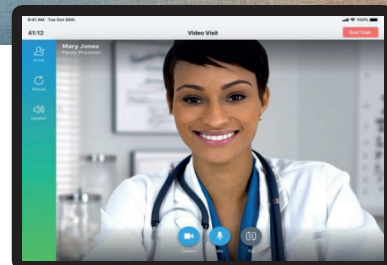
RESIDENTIAL CUSTOMER

Find a physician at mysouthwell.com

 **SOUTHWELL**
CONNECT



Southwell now offers virtual visits!



Did you know? We offer virtual visits for some appointments. Save time and see your Southwell provider from the comfort of your home. All you need is a smartphone, tablet, or computer with a Wi-Fi connection.

Virtual visits are private, secure, and easy to use. Talk to your Southwell provider to see if a virtual visit is available and appropriate for your next visit.

A list of participating providers can be found at
MySouthwell.com/Connect  