

WINTER 2021 DELIVERING QUALITY HEALTH CARE TO SOUTH CENTRAL GEORGIA



SOUTHWELL

with you for life

CHECKING IN ON
EACH OTHER

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KEEPING KIDS
HEALTHY

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We Are in This Together

PLEASE CHOOSE TO GET VACCINATED

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SOCIAL MEDIA



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BY VISITING [MYSOUTHWELL.COM](https://mysouthwell.com)



NEIGHBORS CARING FOR NEIGHBORS

Asking the Right Questions

The physicians of Southwell OB/GYN and Affinity Physicians for Women share how you can support the women in your life.

Asking questions about your loved ones' health can sometimes be a tricky subject—but having your support and encouragement regarding important screenings and checkups can ensure they receive the vital preventative health care that keeps them healthy.

A yearly mammogram, recommended for women over the age of 40, provides early identification of breast cancer. The earlier breast cancer is identified, the easier it is to treat, the less symptoms are experienced, and the better the outcome.

This year, check-in with your loved ones about their important preventative health care. Sometimes, the easiest way to start is with a simple question: "Hey, let's make sure we're getting our checkups this year. When was the last time you saw your doctor?"

SOUTHWELL OB/GYN

814 Northwood Park Drive, Valdosta, GA | 229-262-6810



Joe Clifton,
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AFFINITY PHYSICIANS FOR WOMEN

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Shannon Price,
MD



Hillary Midler,
CNM



Brooke Robbins,
FNP



Mendi Stone,
FNP-C



COMMUNITY EVENTS:

Tree of Life is Going Virtual!

The annual Tree of Life service will be held virtually this year, but that doesn't mean you can't be part of this memorable holiday event! Purchasing a light for the Tree of Life in honor or memory of a person is a tax-deductible gift that will support hospice and cancer patients in your community. We also invite you to join us at the virtual Tree of Life service, which will premiere on the **Southwell Facebook** page on **December 16 at 6 p.m.** Donations to the Tree of Life are accepted until January 1, 2022.



Call (229) 353-6330 or visit mysouthwell.com/TOL for more information about the Tree of Life service or donations.

DON'T FALL BEHIND: Keeping Up with Your Kids

RANDI TATUM, DO, of Affinity Pediatrics Moultrie shares the importance of your child's annual wellness exam: "The annual wellness exam ensures that your child is developing appropriately physically, mentally, and emotionally. With the COVID-19 pandemic, many families have fallen behind on their doctor's visits. Now is the time to get caught up and back on track!"

Affinity Pediatrics treats your whole child—not just their physical health. Dorothy Agyepong, CPNP, PMHS, who is certified in behavioral health services for children, shares that the four most common behavioral health issues children experience are "depression, ADHD, disruptive behavior disorder, and anxiety. These issues could be



Randi Tatum, DO



Dorothy Agyepong,
CPNP, PMHS

exhibited by behavioral issues your child may experience, like consistently having trouble listening or concentrating, being extremely worried or angry often, having trouble with other children, or a sudden loss of interest in things they usually enjoy."

If you are concerned about your child's behavior, share that information with your doctor at your annual wellness exam to ensure your child is receiving the health care they need.

Get ahead. Schedule your child's annual wellness exam at Affinity Pediatrics Moultrie by calling 229-985-1293.

Healthy on the Go

Sometimes, the family needs to eat in the car, at soccer practice, or as you're running out the door. Try this quick and easy recipe (which can be made ahead of time!) when the kids need a meal, fast.

BAKED RANCH CHICKEN TAQUITOS Yield: Makes 12 taquitos

INGREDIENTS

½ cup black beans, drained and rinsed
 ⅓ cup hummus
 2 tsp taco seasoning
 1.5 cups cooked, shredded chicken (finely chopped)
 ½ cup shredded Mexican cheese
 2–3 tbsp ranch dressing
 6 (10-inch) whole wheat tortillas, cut in half
 optional ranch, guacamole, or salsa for dipping

INSTRUCTIONS

- 1 Preheat oven to 425° F.
- 2 Mash black beans with a fork until paste-like. Add additional filling ingredients and stir to combine.
- 3 Place 2–3 tbsp of the mixture in each half-tortilla and roll tightly.
- 4 Place on a baking sheet and bake for 12 minutes.



Creating Community Health,

The COVID-19 pandemic has presented challenges in our community over the past two years. Not only have we come together, adapting and supporting one another through this time, Southwell and the communities we serve have risen to the unprecedented occasion and faced these challenges head-on.



Without your support, we wouldn't have been able to execute new health initiatives to help tackle COVID-19 and better protect the people we serve. Southwell would like to thank everyone in our communities who have helped us turn these current health obstacles into hurdles we can overcome.

Cameron Nixon, MD, internal medicine physician at Southwell Medical Clinic and Chief Transformation Officer at Southwell, joins us to discuss a few of the many initiatives Southwell has implemented to help navigate the pandemic and keep our communities safe, as well as provide valuable insight on the pandemic.

DRIVE-THRU TESTING

Southwell quickly developed and implemented a process for a drive-thru COVID-19 testing site at

the Tift Regional Community Events Center for those exhibiting mild COVID-19 symptoms. Re-opened for a time in August 2020 during the Delta variant surge, we will continue to closely monitor case spikes and offer this service as needed.

"If you are exhibiting any COVID-19 symptoms, we urge you to get tested at one of our clinics as soon as possible. If you begin to have trouble breathing, have persistent pain or pressure in the chest, experience confusion, or bluish lips or face, seek medical attention immediately," says Dr. Nixon.

Visit mysouthwell.com/COVID-19 for information on current testing centers or call (229) 353-2819.

SOUTHWELL CONNECT

In August, Southwell kicked off its virtual visit program called Southwell Connect, offering

"We strongly encourage local residents to receive both doses of this safe vaccine. During the recent case surges, almost all of Tift Regional Medical Center's COVID-19 inpatients had not received the vaccination." —CAMERON NIXON, MD

How to Get Your Vaccination

It's not too late to get your COVID-19 vaccination. Southwell is administering COVID-19 vaccinations at the following locations free of charge, by appointment only. We encourage you to fill out your paperwork and bring it with you at the time of your appointment. For a copy of the consent form and to schedule your appointment, go to mysouthwell.com/vaccine.

COVID-19 Vaccination Locations

WorkSmart Occupational Health

4468 Union Rd.
Tifton, GA 31794
229-353-2200
Appointments available for the entire community.

Affinity Pediatrics Tifton

39 Kent Road, Suite 5
Tifton, GA 31794
229- 353-7337 for children 12+
Appointments available for established patients of Affinity Pediatrics in Tifton.



patients another way to connect with their providers regarding health concerns that don't require face-to-face contact.

"We are incredibly excited to offer Southwell Connect to residents in our community, especially during this time," Dr. Nixon shares. "Virtual visits help minimize exposure to the virus and can also help prevent costly downstream events, such as ER visits and hospital admissions."

Visit mysouthwell.com/connect to see if a virtual visit is right for you.

MYTHS

VS

FACTS

COMMON COVID-19 MYTHS, EXPLAINED

There is a lot of information out there, which can make it difficult to determine fact from fiction. Southwell's Rubal Patel, MD, FCCP, helps us tackle a few of the most common misunderstandings of the COVID-19 vaccines.

MYTH: The COVID-19 vaccine isn't safe because it was rapidly developed and tested.

FACT: "As the FDA's vaccine approval process can sometimes take years, the FDA gave emergency use authorization to COVID-19 vaccines based on less data than normally required due to the impact of the pandemic. However, for the FDA to give emergency use authorization, the data must show the vaccines are safe and effective."

MYTH: I already had COVID, so I don't need a vaccine.

FACT: "While it's true contracting COVID-19 might offer some natural protection from reinfection, it's unclear how long this protection lasts. Even if you've previously contracted the virus, we strongly recommend you get vaccinated."

MYTH: There are severe side effects of the COVID-19 vaccines.

FACT: "Serious side effects from COVID-19 vaccines are exceedingly rare. You may experience mild effects such as injection site pain, fatigue, and chills, but these symptoms are typically relieved within 24-48 hours of injection. These mild symptoms are a sign that your immune system is responding to the vaccine like it should."



CHILDHOOD INJURIES: BROKEN BONES

The Kids Will be Alright

For seven-year-old Ava Webb, a broken arm won't keep her down—but that doesn't mean she isn't ready to get back out there.



Clint Cawley, MD

WHEN AVA WOKE UP after having a broken arm reset under anesthesia, she was welcomed by worried parents and a new stuffed monkey, given to her by the staff at Georgia Sports Medicine, where she was treated. Having injured herself falling off a piece of playground equipment, this wasn't the first time that Ava experienced a broken arm—in fact, she had broken her arm in the same spot as her current injury only 8 months before.

When to See the Doctor

If you're not sure if your young athlete needs to see a doctor, Dr. Cawley shares some telltale signs that your child's injury might require orthopedic care.

- + **REDNESS + SWELLING:**
If this sticks around for more than a few days, see your doctor.
- + **BRUISING:**
When paired with tenderness or difficulty moving joints, this could be a sign of a broken bone.
- + **PERSISTENT PAIN:**
When the pain sticks around for more than a week, it's time to see your doctor.



As many parents know, injuries are a fact of life when you have active children. Thankfully, good doctors and caring staff can make all of the difference when an injury does occur. For kids like Ava, it makes the experience a little bit easier. She shares that, "one of my nurses went and got some colored crayons and paper. Then, they made sure that my medicine was good so that my bones could get strong, and when I left, one of them went all the way out to the car with us."

For Ava's mother, Dinah, the little acts of kindness let her know that Ava was in good hands. "They were great. They were very thorough with explaining what was going on. Even during follow-up visits, Dr. Cawley would show me what was happening on the X-rays, so we always knew what was going on and what to expect."

Orthopedist Clint Cawley, MD, of Georgia Sports Medicine, is happy to help a young athlete get healthy and back in the swing of things. He shares, "Ava is a great kid and a great patient, with a wonderful attitude. She's a gymnast, and I know that she's ready to get back on the mat, so we're happy to see her arm getting stronger so that she can get back to doing what she loves."

In the meantime, Ava has shifted her focus from the jungle gym to the sidewalk, where she and her friends explore their artistic sides with colorful chalk.

To schedule a visit with Georgia Sports Medicine, call 229-353-2663.

Physician Spotlight

MEET SOUTH GEORGIA'S NEW GENERAL SURGEON, ANDREW NACKASHI, DO



Dr. Nackashi is accepting new patients at South Georgia Surgical. Call 229-382-9733 to make an appointment.



BACKGROUND: "I'm originally from Jacksonville, FL. From there, I received my doctorate in osteopathic medicine from the West Virginia School of Osteopathic Medicine, then completed a five-year general surgery residency training at Henry Ford Allegiance Health in Jackson, MI. I couldn't be more excited to be in Georgia, closer to my Jacksonville Jaguars, and playing a role in the community here."



JOB: "General surgeons have to perform a wide variety of surgeries, including procedures for the abdomen, digestive tract, endocrine system, and soft tissues such as skin and breast tissue, to name a few. I specialize in minimally invasive, high-tech robotic surgeries that decrease pain and recovery time. In addition to my general surgeon responsibilities, I'm excited to take over as Director of the Tift Comprehensive Breast Center and build on the legacy of Joel Johnson, MD."



FAMILY: "I'm not the only one in the house dedicated to bringing better health to Southwell communities. My wife, Sharon Nackashi, DO, recently accepted a post as one of Southwell's pediatric hospitalists. As a pediatrician, she cares primarily for children in the pediatric ward, labor and delivery, the newborn nursery, and emergency department. We have two young children who keep us very busy!"



INSPIRATION: "I've always wanted to help others. My family has a long history with breast cancer—my mom has the BRCA gene, my grandmother had breast cancer, and my aunt died of breast cancer. So, I try to treat all of my patients like I would want my family to be treated."

THE GENERAL SURGEON'S ROLE IN BREAST CANCER TREATMENT



Did you know there is a 'tumor board' that discusses the best treatment options for you in case of breast cancer? Have you wondered why the lymph nodes located in your armpit are removed during surgery?

Dr. Nackashi joins the LIVE WELL podcast to answer these questions and more when it comes to breast cancer screenings, diagnosis, and treatment. As a general surgeon, Dr. Nackashi is one of the first people you'd meet after receiving concerning mammogram results. Go to mysouthwell.com/blog to listen and learn more about the steps your health team will take to prevent and treat breast cancer.



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.

Vaccination is our best defense against COVID-19.

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

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RESIDENTIAL CUSTOMER

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SOUTHWELL NOW OFFERS VIRTUAL VISITS

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 right for you!

A list of participating providers can be found at mysouthwell.com/connect.



New ER and Patient Tower

OPEN AT TIFT REGIONAL
MEDICAL CENTER

