



SPRING 2022 DELIVERING QUALITY HEALTH CARE TO SOUTH CENTRAL GEORGIA

SOUTHWELL

with you for life

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NEW FRUITS
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FIND US ON
SOCIAL MEDIA



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



ARE YOU LOOKING FOR A WAY TO GIVE BACK to the healthcare workers and community hospital that has supported our community through tough times?

The Tift Regional Medical Foundation exists to help serve the needs of the patient, as well as the needs of our community. Those who contribute to the foundation are directly impacting patient care—now and for years to come. **Learn more at [TRMCF.com](https://www.trmcf.com).**

You can also support our mission by giving to Tift Regional Medical Center and/or Southwell Medical through the Georgia HEART program. Contributions made through Georgia HEART qualify for a 100 percent state tax credit. **Visit GeorgiaHEART.org for more information.**

COMMUNITY EVENTS

Connecting with your community is a great way to shake off the winter blues and welcome a new season.

SPRING FLING & BACKYARD BBQ KICK-OFF CONCERT

Friday, April 15–Saturday, April 16

Downtown Moultrie

Learn more at downtownmoultrie.com.

ARTS IN BLACK FESTIVAL

Friday, May 6–Saturday, May 7

Fulwood Park

Learn more at tiftonartsinblack.com.

ADEL ANNUAL DAYLILLY FESTIVAL

Saturday, May 14

Adel Train Depot

Learn more at adelcookchamber.org.



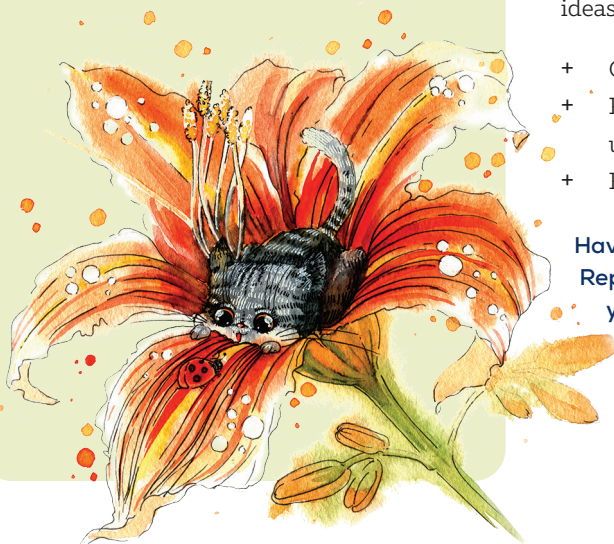
In Your Backyard

Now that there's (mostly) sunny days ahead, it's time to get outside and get moving. Regular exercise helps you stay healthy, from maintaining a healthy weight to keeping your joints and muscles strong.

It doesn't take a lot of space to get some movement in. Here are some ideas you can try:

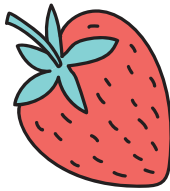
- + Grab the kids and set up a family-friendly game of catch in the yard.
- + Roll out your yoga mat on a porch or in the driveway to get some uninterrupted stretches in.
- + Freshen up the yard with a new or revamped garden.

Having trouble getting moving? Southwell can help. The ROSA Knee Replacement procedure allows your surgeon to precisely fit and place your implant, improving your recovery time and overall experience. Visit mysouthwell.com/knee-and-joint-2 to learn more.



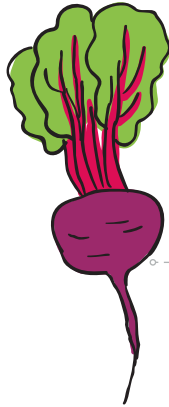
As spring approaches, add a rainbow of fresh fruits and vegetables to your diet. Brightly colored foods typically reflect their nutrient density. Eating with the season connects people to South Georgia's local agricultural economy and means you get the freshest fruits and vegetables available.

EMBRACE A RAINBOW OF SPRING PRODUCE



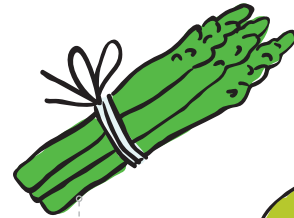
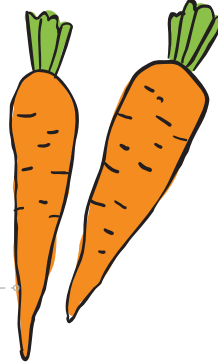
STRAWBERRIES

These red berries are packed with flavor and vitamin C. Slice them and top peanut butter toast, add to cereal, or, when they're fresh, eat them whole!



ROOT VEGETABLES

Catch the tail end of winter crops, including crisp carrots and vibrant beets. Slice raw carrots to dip in a yogurt-based ranch or add to a salad. Roast beets to highlight their caramel, sweet flavor.



ASPARAGUS

This special spring vegetable stands alone for its flavor profile, and it's an excellent source of fiber and folate.

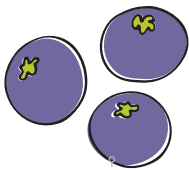
Roast with oil, salt, and lemon.

Don't blink or you'll miss the asparagus harvest season.



LETTUCES

Prepare a salad or use fresh lettuce leaves as wraps or in place of taco shells. Lettuces are sensitive to weather extremes, which makes it a fickle crop. Look for hydroponically grown lettuce for local leaves all year long.



BLUEBERRIES

Blueberries are among the most potent berries for antioxidants—and they're Georgia's No. 1 produced fruit! These late spring and early summer berries can be fun to pick and are delicious fresh. They're high in vitamin C and fiber.

Want to find the freshest local produce? Visit GeorgiaGrown.com to locate farms and retailers near you that offer Georgia-grown fruits and vegetables.

"A diet rich in fruits and vegetables has been proven to prevent heart disease and cancer. Try some of the fresh veggies and fruits we grow in South Georgia—they're tasty, beautiful, and beneficial for your health!"

—KATIE HUDGENS, MD, SOUTHWELL MEDICAL

Learn more about the impact of a healthy diet on your family by listening to the LiveWell podcast with Dr. Hudgens at southwell.com/blog.





GLUTEN, a protein found in wheat, rye, and barley, shows up in many processed foods in grocery stores. Beyond the common culprits—wheat breads, crackers, and other wheat-based products—gluten can be found in a wide range of processed foods and products, including medicines, vitamins and supplements, and beverages.

Avoiding gluten became the backbone for fad diets that some people linked to weight loss and other potential health benefits. However, researchers have found no evidence that a gluten-free diet promotes better health or weight loss for people unaffected by celiac disease, according to the National Institute of Diabetes and Digestive and Kidney Diseases. So how does the gluten-free trend relate to people living with celiac disease?

LIVING WITH CELIAC DISEASE

Celiac disease is a chronic digestive and immune disorder that can damage the small intestine. For people living with celiac disease, gluten can cause significant digestive distress and have serious health consequences.

When someone with celiac disease consumes even a small amount of gluten, the proteins trigger an immune response that damages the lining of the small intestine, according to the Celiac Disease Foundation. When the lining is damaged, the body can't properly absorb nutrients.

Avoiding gluten is the only treatment for celiac disease. In addition to crippling gastric distress and long-term damage of the intestines that causes malabsorption, untreated celiac disease can lead to weight loss, fatigue, pain, anemia, dermatitis, dental problems, missed menstrual periods, and more—there are more than 200 known symptoms of celiac disease, according to the CDF.

IN SEARCH OF ANSWERS: THE DIAGNOSTIC PROCESS

Thanks to sensitive diagnostic indicators, celiac disease and non-celiac wheat or gluten sensitivity can be diagnosed with a blood test and an intestinal biopsy.

If you or a loved one shows signs of celiac disease, including diarrhea and weight loss, it's important to talk with your primary care provider and seek care from a gastroenterologist. A gastroenterologist guides patients to the most appropriate tests to rule out or diagnose conditions like celiac disease.

Many conditions that affect the digestive tract, including inflammatory bowel disease (Crohn's and ulcerative colitis), have similar symptoms. If you're experiencing unusual weight loss, diarrhea, or vomiting, or if you exhibit signs of malabsorption, a gastroenterologist can help.



A TEAM APPROACH FOR A LIFETIME OF CARE

According to the Celiac Disease Foundation, the treatment burden of celiac disease is comparable to end-stage renal disease—treatment requires immediate dietary changes and a lifelong commitment to avoiding gluten to prevent damage to the intestinal lining.

As with many chronic conditions, living with celiac disease requires a team approach to care. In addition to the expertise of a gastroenterologist, people with celiac disease may benefit from the help of multiple specialists, including a dietitian, psychologist, rheumatologist, or dermatologist.

- + Because of the stringent lifestyle changes required to avoid gluten, a registered dietitian familiar with celiac disease can ensure patients maintain a balanced, healthy diet.
- + Psychologists and therapists familiar with the challenges related to chronic illness can guide patients through the changes that come with this diagnosis and lifestyle.

No matter your location, Southwell has a gastroenterologist near you.

HOW TO TEST FOR CELIAC DISEASE

Gastroenterologists use a patient's reported symptoms, blood work, and an upper endoscopy to rule out certain GI conditions.

- + The most common blood test for celiac disease shows whether a person has higher-than-usual specific antibodies in their blood, according to the CDF.
- + Using a specialized scope to view and biopsy the lining of the small intestine—an upper endoscopy—a gastroenterologist can evaluate the health of the GI tract, as well as take a biopsy to most accurately diagnose celiac disease.
- + Gastroenterologists may use a video capsule endoscopy to evaluate the lining of the intestines.

A diagnosis is only the beginning of living with celiac disease. People with celiac disease have heightened risk of other diseases, including coronary artery disease and small bowel cancer, according to the CDF. Similarly, certain conditions including diabetes, thyroid diseases, and liver diseases, are associated with celiac disease.

If you or a loved one suffer from GI symptoms, a gastroenterologist can start your journey to a diagnosis, finding support and relief, and living well.



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C. Allen Woods, MD

Rae and her husband Craig Jones welcomed their daughter, Elizabeth “Betsie” Kate Jones, on September 5 at Southwell’s Tift Regional Medical Center, pictured with sister Anne “Annie” Ellison Jones.

One Family’s Experience

When Rae Jones of Tifton went to Southwell’s Tift Regional Medical Center to have her baby, she was prepared for everything. Her daughter’s birth solidified her confidence in Southwell medical providers.

JONES, who works in human resources, was eagerly anticipating the arrival of her second daughter, due in early September 2021. She saw Mendi Stone, FNP-C, at Affinity Physicians for Women throughout her pregnancy and met Shannon Price, MD, OB/GYN, before her due date. She didn’t know then that Dr. Price would play a vital role in her daughter’s birth.

WELCOMING BABY BETSIE

Leading up to her scheduled induction, Jones was eager to jumpstart labor. When she woke up Sunday, Sept. 5, three days before her induction, she told her husband they were going to have a baby that day—her contractions were increasing in frequency.

After being admitted to Labor and Delivery, Jones’ labor progressed

quickly and she was nearing time to push. After pushing through three contractions, Jones says she noticed she couldn’t hear the baby’s heart rate on the monitor.

“I looked at Dr. Price and said, ‘The baby doesn’t have a heartbeat,’” Jones says. “From there it was organized chaos—an entire team jumped into action and rushed me to the operating room. Four minutes later my baby was born.”

SUPPORTIVE STAFF AT EVERY STEP

Dr. Price facilitated an emergency C-section, and as Jones recalls, after being rushed to the operating room, the next thing she heard was her baby, Betsie, crying.

“We had the best care—it was orchestrated so well,” Jones says.

“We were in the right place at the right time. The anesthesia staff, labor and delivery, and postpartum staff all provided excellent care and made such a difference in my experience at Southwell.”

Three days after baby Betsie was born, the family was discharged home. Jones says she was incredibly grateful for every Southwell nurse and specialist she came in contact with before, during, and after her emergency C-section.

“When I was in labor, I asked God to let my baby be OK,” Jones says. “I put my faith in God and my faith in my medical team. These trained medical professionals did their job, and I’m incredibly grateful for their expertise.”

Contact Affinity Physicians for Women at **229-391-4130** or Southwell OB/GYN at **229-262-6810** to find an OB/GYN or midwife to guide you along your maternity journey.

Physician Spotlight

MEET **TIM FULLER, MD**, VASCULAR SURGEON
WITH TIFT REGIONAL VASCULAR



BACKGROUND: After completing a degree from the United States Military Academy at West Point in Electrical Engineering, Dr. Fuller was soon deployed in the global war on terrorism. During this time, Dr. Fuller became an Army Ranger and earned two separate Bronze Stars while participating in five combat deployments with the elite special operations unit of the 75th Ranger Regiment. Upon completion of an illustrious military career, Dr. Fuller pursued his next goal of becoming a surgeon by completing his medical degree at Mercer University School of Medicine, followed by a General Surgery residency and a Vascular Surgery fellowship in Cincinnati, OH. He is now board certified in both General Surgery and Vascular Surgery and maintains his license as a Registered Physician in Vascular Interpretation (RPVI).



TCAR PROCEDURE: Transcarotid Artery Revascularization (TCAR) is a clinically proven, minimally invasive procedure to treat carotid artery disease and help prevent future strokes. TCAR is unique in that blood flow is temporarily reversed during the procedure so that any bits of plaque that may break off are diverted away from the brain.



BRINGING CARE TO TIFTON: “In the past, patients with critical carotid disease who also had either high physiological risks or anatomical risks required referral out of our region for this procedure. It has been a great pleasure for our cardiovascular team to bring this cutting edge procedure here to Tifton.”

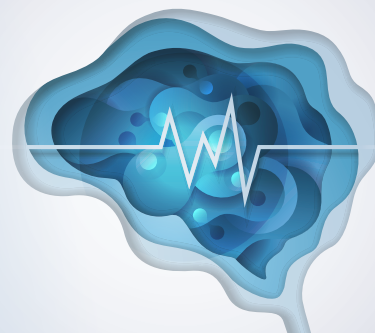
Dr. Fuller is now accepting patients at Tift Regional Vascular.

Call 229-353-2284 (CATH) to make an appointment.

DID YOU KNOW? Stroke is one of the most common causes of disability and the third leading cause of death in the developed world.

FOR GREGORY SIMS, the TCAR procedure allowed Dr. Fuller to remove a life-threatening blockage with a minimally invasive procedure. Gregory shares, “The surgery was about an hour procedure. The recovery overnight was in the ICU ward for backup, in case something should happen. The care was very competent, very attentive—very pleasurable. Dr. Fuller was very competent, very enthusiastic about his work—it was a pleasure meeting him.”

View Gregory’s patient testimonial, and more, at mysouthwell.com/heart-and-vascular.





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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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