

# At Southwell, we're focused on expanding our services to ensure that our community receives the care they need as easily as possible. Here are some recent

# KEEP UP WITH YOUR HEALTH WITH THE SOUTHWELL PATIENT PORTAL

developments in the Southwell community that help us do that.

If you have internet access, you can use this convenient and secure health-management tool to:

- Correspond with your provider team
- Request an appointment
- · Request a prescription renewal
- · Access your electronic health record
- Make a payment online

Learn more at mysouthwell.com/portal.

# SLEEP WELL, THANKS TO SOUTHWELL'S REMODELED SLEEP MEDICINE CLINIC IN TIFTON

Having trouble sleeping? The newly remodeled Sleep Medicine Clinic at Southwell is ready to help. With a referral from your primary care physician, you'll be able to complete a sleep study in the luxurious, spalike environment of the Sleep Medicine Clinic. Our team will work closely with you to understand what may be causing your sleep problems. Once identified, we'll create the best treatment plan designed to help you get a better night's sleep.

If you're concerned about your ability to sleep well and wake up refreshed, call 229-353-7425 to learn more.

# MAKING MOVES AT SOUTHWELL INTERNAL MEDICINE

The Southwell Internal Medicine team has moved! You'll find Lynn Lee, MD, and Ken Kiser, NP, at their new location at 3014 N. Patterson St., Valdosta, GA, 31602.

You'll still find the same excellent care and services. These include:

- Adult Primary Care
- Chronic Disease Management
- Physical Exams
- Preventative Healthcare

To connect with a provider that can help keep you on track for a long, healthy life, call 229-262-6815.



Lynn Lee, MD



Ken Kiser, NP





### TAKING CHARGE FOR LIFE-LONG HEALTH

As the leading global cause of death for women, it's important to know your risk of heart disease—and what you can do about it. The following factors impact women's risk levels more than men:

- Diabetes
- Emotional stress or depression
- Smoking
- Inactivity
- · Menopause
- Pregnancy complications
- Family history of early heart disease
- Inflammatory diseases

Concerned about your heart health? Talk to your primary care doctor about a referral to a cardiac specialist.

"Everyone's risk is different based on their genetics and their lifestyles. While most people know the main risk factors and



symptoms of heart disease, it's important to know the way that your individual factors impact you—and your doctor can help you with that."

#### -ANTHONY BURKE, DO, FACC, FASNC

Dr. Burke is a cardiologist with Southwell Medical Clinic.

## POWER YOUR DAY WITH HEART-HEALTHY BREAKFAST BURRITOS

#### **INGREDIENTS**

 $\frac{1}{2}$  lb. tomatillos, husked, rinsed, and halved (tomatoes make a great substitute if you can't find them!)

1 jalapeño, halved and seeded

½ small onion, cut into wedges

2 tbsp. fresh lime juice

⅓ c. packed fresh cilantro

Kosher salt

6 large eggs

1 tsp. olive oil

1 c. shredded pepper jack or cheddar cheese, divided

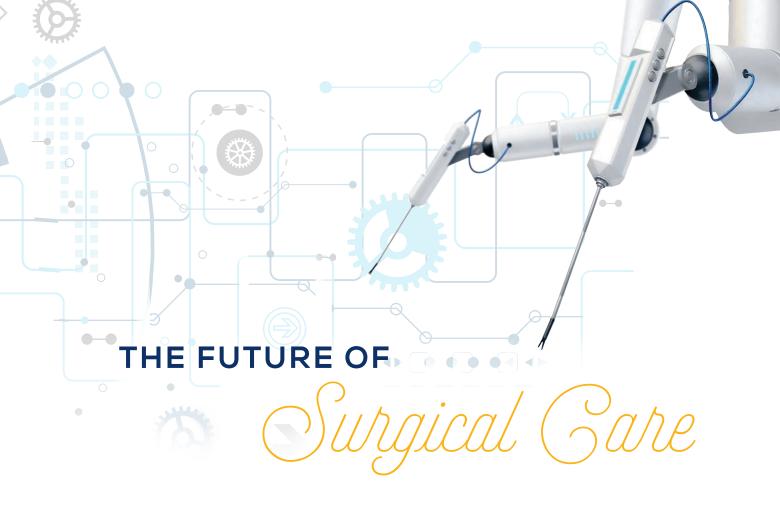
1 c. fat-free refried beans

4 large tortillas

#### **DIRECTIONS**

- 1. Arrange oven rack 6 inches from broiler; heat broiler.
- 2. Arrange tomatillos and jalapeño, cut sides down, on foillined baking sheet along with onion and broil until blistered, 10 to 12 minutes. Let vegetables cool, then transfer to food processor. Add lime juice, cilantro, and ¼ tsp salt and pulse to combine (salsa should be slightly chunky).
- 3. Beat eggs with 1 tablespoon water and ¼ teaspoon salt. Heat oil in large nonstick skillet on medium. Add eggs and cook, stirring with rubber spatula every few seconds, to desired doneness, 2 to 3 minutes for medium-soft eggs. Fold in ½ cup cheese.
- 4. Spread ¼ cup beans on each tortilla, then divide eggs and remaining cheese on top. Spoon 2 tbsp. salsa over each and roll, folding sides over filling and then rolling from bottom up. If desired, crisp both sides in nonstick skillet on medium. Serve with remaining salsa.





With the latest advancements in technologies and techniques, the Southwell team is dedicated to getting you back to the important things.

Robotic-assisted surgery allows your surgeon to perform the procedure that you need with more effectiveness and easier recovery times.

Depending on the procedure you are receiving, robotic-assistance technology may be used to help your surgeon see better, access more information that informs their choices in surgery, or perform your surgery using less manipulation of soft tissue, which allows for a quicker recovery.



When it comes to making a decision to have surgery, it can be tough—even when you know the procedure will help improve your quality of life, it can be a nerve-wracking choice to make.

Many people who need a knee replacement have severe arthritis in the knee, which results in pain and inflammation. Often, it can't be managed with nonsurgical treatments. If you find yourself unable to sleep because of the pain, regularly have a swollen knee, and are avoiding regular activities due to the pain and discomfort, it might be time for a knee replacement—and you have the latest technology in expert hands on your side.

**The ROSA® Knee System** is a tool used by the orthopedic surgeons at Southwell to ensure a perfect fit for your new knee. Every patient's body is different—with the ability to tailor the placement of your knee implant to the right spot for you, your surgeon will be able to provide you with increased accuracy and better positioning, which results in a more natural-feeling knee after surgery. Because it does not require





the use of CT scans, you may save money on your procedure and will also be exposed to less radiation. With the potential for better long-term satisfaction and better outcomes, the ROSA® Knee System is the right choice for you and your surgeon.

With the ROSA Knee System, you can be confident that your surgeon has the right tools to give you the best outcome possible—getting you back on your feet and living your life with less pain.

William Smith, MD; David Banks, MD; Kyle Fleck, MD; and Clint Cawley, MD of Georgia Sports Medicine offer this procedure. Call 229-386-5222 to learn more.







David Banks, MD



Kyle Fleck, MD



Clint Cawley, MD

#### **WOMEN'S HEALTHCARE**

Advances in minimally-invasive procedures make it so that surgeries that previously required weeks (or even months) of recovery are much easier to recover from. Surgeries like this, called open surgery, required large incisions so that doctors could see what they were doing and perform the necessary procedures a patient needed. Now, special robotic tools like the **da Vinci surgical system** allow surgeons to perform the same procedures by making a minimal incision and using robotically-controlled tools and a camera.

While it may seem strange to consider that your surgeon will be using a robot for your procedure, it's important to remember that the experts are still in control—robotic-assisted surgery is simply another tool that allows your surgeon to provide the best care possible. At Southwell, the use of the da Vinci surgical system allows surgeons to perform life-saving women's healthcare procedures with significantly less recovery time and better outcomes.

Joe Clifton, MD, OB/GYN with Southwell OB/GYN uses the da Vinci surgical system for some gynecological procedures. Call 229-262-6810 to learn more.

Andrew Nackashi, DO, general surgeon with South Georgia Surgical also uses the da Vinci surgical system. Call 229–382–9733 to learn more.

# THE DA VINCI SURGICAL SYSTEM:

A Smaller Incision has a **BIG** Impact

There are many benefits to your surgeon performing a minimally-invasive surgery. Many patients will experience:



#### Less Pain

With better precision, a robotically-assisted surgery typically causes less pain than a traditional open surgery. This means that you'll require less painkillers than you would otherwise and be able to start moving around sooner.



#### Quicker Recovery Time

Typically, being able to get up and moving after a surgery is an important part of your recovery. With better accuracy and less incisions, a robotically-assisted surgery allows you to recover quickly and get back on your feet.



#### **Smaller Chance of Infection**

The more accurate your procedure is and the smaller your incisions are, the less likely you are to have an infection, which is more likely when you have larger parts of your body exposed due to incisions.



#### Less Time in the Hospital

Thanks to a smaller chance of infection, less pain, and quicker recovery times, a robotically-assisted surgery gets you back where you belong: comfortable at home.



Joe Clifton, MD, OB/GYN



Andrew Nackashi, DO

# Total Toint Penlacement at Southwell

Most patients are understandably hesitant to go through a total joint replacement—but for many, it's the right choice to lessen pain and get moving. Doris Smith, a local Adel resident, has experienced a shoulder and knee total joint replacement and shares, "I don't regret it it"

At 77, Doris has arthritis in many joints throughout her body and is a patient of Georgia Sports Medicine. She says, "I was seeing another doctor with the practice who had been doing his best with my shoulder, but it got to the point where he knew that I was going to need a total replacement. He said, 'I'm going to refer you to Dr. Fleck, the newest doctor here at our practice."

one bit."

Immediately, Doris knew that Kyle Fleck, MD, was the right choice for her shoulder replacement. "I went to see Dr. Fleck and I just fell in love with him as a doctor. From the very beginning, he was incredibly nice and I felt as though I could trust him immediately. We tried not to have to do surgery on that shoulder, but it needed to happen,

"My knee surgery went so well that I was walking within a few days. Dr. Fleck is just very well trained and very good at what he does."

and it hasn't given me trouble since. So, once my knee started acting up, I knew that we would go down the path to a total replacement and I don't regret it one bit."

Like many patients, Doris didn't agree to a joint replacement procedure without some hesitation. "I was really afraid to have the surgery on my shoulder, but I knew that I needed it. With both my shoulder surgery and my knee, I'm so glad I did. I've been very, very pleased. Because I live alone, I went to Southwell Health and Rehabilitation to get back on my feet afterwards. My knee surgery went so well that I was walking within a few days."

"Dr. Fleck is a very, very well-trained doctor and he also has a wonderful bedside manner. When you go into his office, you'll be thrilled. I'm thrilled when I have an appointment because he always makes me laugh."

Concerned about joint pain? Call 229-386-5222 to make an appointment with a specialist.

### ABOVE AND BEYOND

At Southwell, the joint replacement program relies upon a highly-trained medical team and a comprehensive pre- and post-surgery program that works to get you back on your feet, faster.

- + **Pre-operative classes:** Prepare you for surgery and the recovery process.
- + Daily newsletters: Help keep you up to speed with your recovery schedule for the day.
- + A recovery coach: Designated by the patient, this person is trained to be an active part of their care and getting back on their feet.

# Physician Spotlight

SAY HELLO TO **WESLEY TURTON, MD, FACS, FASMBS** specializing in bariatric and minimally invasive surgery with South Georgia Surgical.



Dr. Turton is now accepting patients at South Georgia Surgical.

**Call 229-382-9733** or talk to your primary care physician about a referral.

ABOUT: "I've spent my professional career providing important healthcare to the people of Georgia. Having completed my medical degree and general surgery residency at the Medical College of Georgia in Augusta, GA, I now have over 30 years of experience in the surgical field—and have provided over 2000 laparoscopic and robotic weight-loss surgeries."

LONG-TERM HEALTH: "Bariatric surgery results in much more than weight loss—it is an excellent treatment for many health conditions like type 2 diabetes, hypertension, sleep apnea, and cardiovascular disease. For overweight or obese individuals who suffer from these chronic conditions, it can be an important first step to achieving a lifetime of better health."

MINIMALLY INVASIVE: "The advances in bariatric surgery have made it so that we are able to perform minimally invasive procedures that can have a huge impact on a person's health and well-being, with much less risk and an easier recovery."

WORKING TOGETHER: "To truly achieve all of the benefits bariatric surgery has to offer, it's important that individuals who are interested in it are also willing to work with our team to make important lifestyle changes. Bariatric surgery can give you the boost you need to implement healthy habits into every area of your life—and our team is here to help."

# IS **BARIATRIC SURGERY** RIGHT FOR YOU?

Bariatric surgery may be the first step to a lifetime of better health—but it is not a quick fix. For individuals who meet the requirements below, working with your bariatric surgery team goes beyond surgery to making lifestyle changes to support your health.

- + Have a BMI of 40 or higher OR have a BMI of 35 or higher, with at least one medical condition related to obesity
- + Is between the ages of 18 and 75
- + Be committed to making new, healthy habits





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.

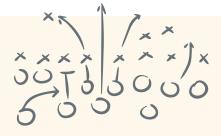
Free COVID-19 vaccines are now available. Learn more at mysouthwell. com/vaccine.

Access your health information via the Southwell Patient Portal. Learn more at mysouthwell.com/portal.



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Find a physician at mysouthwell.com



# STAY IN THE GAME WITH GEORGIA SPORTS MEDICINE

It's that time of year for high school football in South Georgia! Using the latest techniques and minimally-invasive procedures, the orthopedic specialists at Georgia Sports Medicine are here to help athletes maximize performance through injury prevention and treatment. Visit MySouthwell.com/GSM to meet our orthopedic team.

FACT: Did you know that we provide free athletic trainers at Tift County High School, Tiftarea Academy, Cook High School, and Fitzgerald High School?

## دگ GEORGIA SPORTS MEDICINE

2227 U.S. Highway 41 North, Tifton 229-386-5222 د SOUTHWELL CONNECT

New Virtual Option!

Southwell Connect is now offering same-day virtual appointments!

Hours:

Monday - Thursday 8:30 am - 4:30 pm

Call **229-353-4115** to schedule a virtual visit for the following minor illnesses and injuries for patients ages 10 years and older.

- Cold
- Ear Infections
- Flu
- · Sore Throat
- Sinus Infections
- · Urinary Tract Infection
- Sprains
- Bronchitis
- Strains
- Other Minor Health Problems

**Southwell Connect's** virtual convenient care visits aren't meant to replace your primary care physician. Use this convenient virtual service when you can't get in to see your physician for a minor injury or illness.

#### It's as easy as that!

No more driving and waiting to see a provider for your minor injuries and illnesses. Virtual visits are private, secure, and easy to use.



Learn more at MySouthwell.com/Connect