



WINTER 2022 DELIVERING QUALITY HEALTH CARE TO SOUTH CENTRAL GEORGIA

SOUTHWELL

with you for life

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SUPPORTING OUR MISSION

The **Tree of Life** shines at Tift Regional Medical Center (TRMC) in Tifton each holiday season. You can purchase a light in honor or memory of a special someone. All tax-deductible contributions benefit Hospice of Tift Area and TRMC Anita Stewart Oncology Center patients with special needs. Donations are accepted until Dec. 31. Visit www.mysouthwell.com/TOL for more information.

Thanks to the **Georgia HEART** program, individual and corporate taxpayers in Georgia can make a financial contribution to TRMC in Tifton and/or Southwell Medical in Adel and receive a 100 percent state tax credit. Visit www.GeorgiaHEART.org for more information.

Please consider a tax-deductible contribution to the **Tift Regional Medical Center Foundation**, a not-for-profit organization dedicated to enriching health care in our community through medical equipment donations, building project assistance, patient experience enhancements, medical scholarships, and more. Visit www.TRMCF.com for more information.



SOUTHWELL STEPS OUT

The Tift Regional Medical Center Foundation's Stepping Out 5k Run, Champions' Fun Walk, and 1 Mile Fun Run and Walk had over 70 participants. This community event promotes good cardiovascular health through an active lifestyle and raised more the \$12,500 for the foundations "Heart Safe Community" program.



SUPPORTING THE COMMUNITY

Southwell is proud to collect food and create Thanksgiving baskets for local families this holiday season.



JANUARY IS CERVICAL CANCER AWARENESS MONTH

This awareness month exists to spread the news about the issues related to cervical cancer and HPV disease. When contracted, HPV disease can cause genital warts and cancer.

We spoke to Nikkia Johnson, MD, with Affinity Pediatrics – Tifton, about the importance of the HPV vaccine and when it is recommended for most children:

“The HPV vaccine helps your body to build an immunity to help prevent you from getting the virus in the future. For most children, we recommend it around the age of 11.

As a parent, I wouldn't want my child to come into contact with HPV and not even know it, and then possibly one day end up with cancer. Because HPV is mostly a sexually transmitted virus, some parents go ‘Nope, my child isn't sexually active, we're not doing that right now.’ It's really important to note that it isn't just sexually transmitted. Kids share lip gloss; kids drink after one another. If one kid has been exposed to the virus and they share that lip gloss or they share that drink, that virus can still be passed.”

Visit mysouthwell.com/live-well to hear more of our conversation with Dr. Johnson on the Live Well podcast.

According to the CDC, HPV infections that can cause genital warts or cancer have dropped 81-88% amongst teens and young women since 2006, when the HPV vaccine was first introduced to the US.

EAT THE RAINBOW: PREVENTING CANCER WITH FOOD

Warm up this winter and help prevent cancer with this butternut squash, carrot, and red lentil soup recipe from the World Cancer Research Fund.

INGREDIENTS

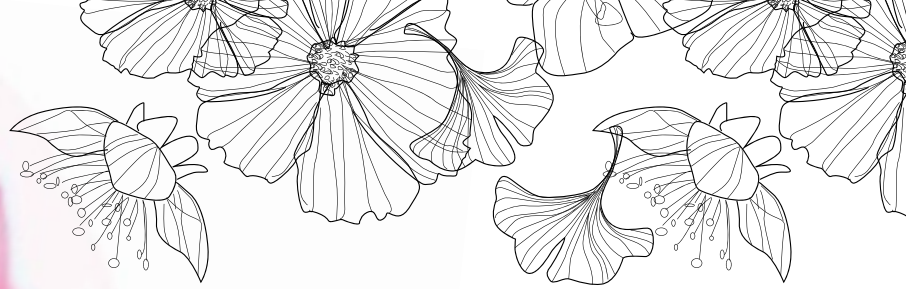
- 1 tsp. olive oil
- 1 medium onion, peeled and chopped
- 2 carrots, peeled and chopped
- 1 ½ c. butternut squash, peeled, seeds removed, and chopped
- 2 c. boiling water
- 1 reduced-salt vegetable stock cube
- ¼ cup dried red lentils, rinsed
- Freshly ground black pepper

DIRECTIONS

1. Heat the oil in a saucepan on a medium heat. Add the chopped onion and cook, stirring, until transparent. Then add the chopped carrot and butternut squash and sauté for 2–3 minutes.
2. Add the water, stock cube, red lentils and some black pepper and stir. Bring to a boil, then cover and simmer for about 30 minutes, until the vegetables and lentils are tender. (If using a slow cooker, cook on LOW for 6-8 hours.)
3. Remove from the heat and allow to cool slightly before blending with a hand blender or food processor (be careful as the soup stays hot for a long time).
4. Serve with a sprinkling of chopped parsley and a chunk of whole wheat bread!

NOTE: Busy day? Start this soup in the slow cooker in the morning and have it ready for dinner by the time you get home!





WOMEN'S HEALTH AND WELLBEING:

A Lifelong Commitment

No matter what your age is, healthy living often comes down to the basics: eating healthy, getting regular checkups, and staying active. But that doesn't mean that there aren't certain things that ought to be top-of-mind during certain phases of your life.

MANAGING YOUR HEALTH AT ALL AGES

When you're considering how to manage and maintain your own health, your first stop should always be your physician. The teams at Affinity Physicians for Women and Southwell OB/GYN understand the different needs you may have at different stages of your life and can provide you with the guidance you need to stay healthy. That said, there are some general considerations you can keep in mind throughout your life:

Start early: At a minimum, every woman ought to have a women's health specialist that they see regularly by age 20. Around this age is when regular breast self-exams ought to start in order to detect any abnormalities, and your OB-GYN may also begin performing a pap smear to test for cervical cancer.

Late is better than never: If you haven't seen a women's health specialist and feel like you're too late, know that it is always better to see one later in life, rather than not at all.

Think about the future: As you age, be sure to be thoughtful about your future goals for reproduction, as your fertility and risk-levels change throughout your life. Above 35 is considered to be higher risk, so be sure to discuss that with your doctor.

Early detection is key: Your OB-GYN will help ensure you receive the necessary tests and vaccines to detect or prevent specific illnesses that

Women experience
different health
needs at different
points throughout
their lives.





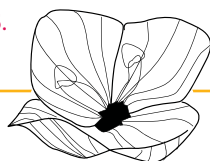
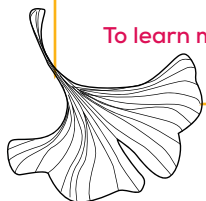
STEREOTACTIC BREAST BIOPSY:

A Less Invasive Way to Stay Ahead

Early detection is vital to treat, and beat, breast cancer. If you've had a mammogram that required further testing to confirm or disprove the presence of breast cancer, you know the sense of fear, confusion, and hesitation that many women experience when facing a possible breast cancer diagnosis.

Southwell's TRMC Women's Imaging Center now offers stereotactic breast biopsy, a less-invasive and less-painful method of providing you the assurance you need in that moment. Typical breast biopsies require a surgical procedure. With a stereotactic breast biopsy, you'll experience little to no pain and require only a brief recovery time.

To learn more, call 229-353-6325.



are more common in women. Be sure to ask your doctor about the right approach for your specific situation.

Don't stop too soon: As you age, you may think that there's no need to continue seeing a women's health specialist, but that isn't necessarily true! Once you're done having children (or if you're already having grandchildren), your OB-GYN will continue to check for and support you in chronic health conditions and cancers.

FINDING BALANCE

Abhinav Saxena, MD, a psychiatrist and medical director for Behavior Health at Southwell, shares the unique position many women find themselves in as they attempt to balance it all:

"Women have a unique set of responsibilities in our society and in our communities. They are often asked to balance many things: their children, their job, their own families, and maybe taking care of their parents. A lot of times, women are asked to manage these things that men are not asked to manage."

"It can be very hard to manage that stress and we see higher rates of major depressive disorder, bipolar disorder, and anxiety disorders in women."

PELVIC FLOOR THERAPY:

Before, During, and After Pregnancy

Did you know that physical therapy can help make pregnancy, birth, and recovery easier and faster? Neeli Fortson Mims, a Doctor of Physical Therapy who offers pelvic floor therapy, a specialized physical therapy for women at Southwell Medical Center's Outpatient Therapy Services, shares the benefits that women can experience from pelvic floor therapy—throughout their life.

Before: Women with urinary incontinence, urinary frequency issues, constipation, pelvic pain, or painful intercourse or sexual dysfunction may be benefited by pelvic floor therapy.

During: Stay active during your pregnancy to increase muscle strength in your back, hips, core, and pelvic floor to get ready for delivery.

After: Return to activity in a safe way to help with any pain or musculoskeletal issues, and to reconnect with and strengthen your body, after delivery.

Talk to your primary care provider about a referral. Call 229-353-6188 for more information.

"I want to let all women know: It's okay to not be okay. If you're tired, take a break and take some time for yourself—and let your family know that you need that. If you're struggling or not functioning well, you don't have to live like that. Talk to your primary care doctor who can help with a referral to speak to someone and maybe managing symptoms through medications."

SIGNS TO LOOK OUT FOR:

- Not sleeping well
- Losing your appetite
- Losing interest in things you enjoy
- Easily irritable

Southwell is proud to offer services to the women of South Georgia.

TIFTON:

Affinity Physicians
for Women
1493 Kennedy Road, Suite A
Tifton, GA 31794
229-391-4130

VALDOSTA:

Southwell OB/GYN
814 Northwood Park Drive
Valdosta, GA 31602
229-262-6810



Care for the Family

Have you considered one primary care doctor—for your whole family? We sat down with **Cortney Philpot** to learn about her family's experience with Katie Hudgens, MD, at Southwell Medical – Adel Primary Care.

"When we first met Dr. Hudgens, she was helping at an urgent clinic that we had taken our children to when they had the flu. She was just so good with them that I had to ask her if she was taking new patients at her primary care practice.

My daughter, my son, me, and my husband: we are all patients of hers now and I have nothing but amazing things to say about her. She's fabulous."

A ONE-STOP SHOP

"The clinic itself is amazing because they can take blood work, they can do X-rays. It's like a one-stop shop. I know that's a cliché term but it's so true! Having the whole family there makes it so easy. If I take my son in but I have a question about my daughter, Dr. Hudgens has no problem taking a look at her then or making an appointment—whatever is easiest for us."

THE CARE YOU NEED

"For the kids, I can't even compare to Dr. Hudgens. Every time we go, she finds something different in their ears. One time it was a unicorn, another time it was an alligator! Dr. Hudgens is the fun one; even if the kids have the flu, they're excited to go see her."

PICTURED ABOVE: Cortney, with her husband Derek and children Madi and Bennett



A NEW, CONVENIENT OPTION FOR ORTHOPEDIC CARE

Some of the most common orthopedic conditions for women are frozen shoulder, ACL injuries, ankle injuries, carpometacarpal (CMC) arthritis, trigger finger, ganglion cysts, and osteoporosis.

Southwell Medical in Adel is now offering an integrated orthopedic service line which includes a newly expanded surgery center as well as diagnostic testing, physical therapy, and short-term rehabilitation. Services include outpatient total joint replacement, ACL reconstruction surgery, knee and shoulder arthroscopy, and fracture care.

Southwell Medical is located in Adel, right off Interstate 75 at exit 37. To find a participating orthopedist, visit www.mysouthwell.com. Please call 229-896-8000 for more information.

"When she's working with me or my husband, she really treats us like our opinion matters. She treats us like we are knowledgeable and like we know our own bodies and our kids the best—which means a lot in a healthcare world where so often it feels like you're just told what to do."

"Meeting her at the urgent care clinic, even though our kids were sick, really was a blessing in disguise because we couldn't do better than her."

Dr. Hudgens is accepting new patients at Southwell Medical – Adel Primary Care. Call 229-896-8500 to learn more.

Physician Spotlight

SAY HELLO TO **STERLING HARING, DO, MPH**, specializing in interventional pain management and addiction with Tift Regional Medical Center.



ABOUT: “I am an interventional pain physician providing competent and compassionate pain management care to the South Georgia communities. With my experience in addiction medicine, and a primary specialty in physical medicine and rehabilitation, I have extensive and diverse clinical expertise. In addition to providing life-changing care to my patients, I have also dedicated my time to serving my community in the public health policy landscape, as well as contributing as a member to the Traumatic Brain Injury Team at the CDC.”



A SAFER APPROACH TO PAIN MANAGEMENT: “In 2021, for every 1000 residents of Tift County, there were 996 opioid prescriptions, so almost enough for every citizen of this county to have their own opioid prescription. The more opioids prescribed, the more available the drug is, which [leads to] an increase in overdoses, especially among young people. Historically, opioid-based pain management is not typically an effective long-term plan. Pain can frequently be managed more efficiently without opioids than with them. I would love to see a cultural shift in pain management in South Georgia towards a more interventional, non-opioid approach that will not only make it better for the patient but will make the community safer as a whole.”



TO THE COMMUNITY: “My goal as a physician serving the Southwell community is to create a lasting shift in the way we deliver pain management-based care and work towards a more multimodal and interventional approach to pain management. I will just invite anybody in the Southwell community to contact me if they have any points of inquiry or concern, or to just send their patients over to have a conversation. I’m happy to answer questions or even give advice and then send the patient back to their original physician.”

Dr. Haring is now accepting new patients at Tift Regional Medical Center. Call (229) 382-7120 or talk to your primary care physician about a referral.

DID YOU KNOW? WOMEN TEND TO EXPERIENCE MORE PAIN.

“In general, research has shown that women tend to have more pain than men—which can be through a variety of things. It is unknown if this difference is due to anatomical differences, pregnancy and childbirth, etc., but it tends to be true that women, across the entirety of their lifespans, tend to have more pain. As a result, women are more frequently inappropriately treated for their pain.

From the perspective of women’s health, finding a trained, experienced pain expert to treat pain in a way that is going to make them feel better, not make them worse over time, is vital.”





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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HOLIDAY GIFT CERTIFICATES FOR COSMETIC PROCEDURES



Go no further than Tifton for advanced cosmetic procedures. Plastic surgeon Derron Spikes, M.D. with Allure Plastic and Reconstructive Surgery is available to develop an individualized treatment plan that will help refine, rejuvenate and enhance the way a patient looks and feels. This includes surgical and non-surgical procedures for the face, breast, and body. Gift certificates for the holiday season are available.

Surgical results without the scars. BodyTite and FaceTite use radiofrequency (RF) technology to tighten loose skin while contouring the body and face. These minimally invasive procedures performed by Dr. Spikes are precise and effective, giving long-lasting results as it tightens and lifts the skin as well as reduce any unwanted fat.

Allure Plastic and Reconstructive Surgery is located in Tifton at 907 E. 18th Street, Suite 340. To obtain your holiday gift certificate, please call 229-391-3600. Visit www.mysouthwell.com/allure for more information.

Ready to rediscover
your best health?
We're with you on that.

Since 1941, the healthcare professionals of Tift Regional Medical Center have served Georgia with high-quality patient care.

Now, to better serve South Central Georgia, we're uniting our expansive healthcare network under one name that says it all: **Southwell**.

Together, we're raising the standard of health and wellness for your community.

Rubal Patel, MD
Pulmonary Medicine & Critical Care
Georgia Trend "Top Doctor" 2022



Set a new standard for your health at **MySouthwell.com**

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Medical Center
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Southwell
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Well. With You.

