



SPRING 2023 DELIVERING QUALITY HEALTH CARE TO SOUTH CENTRAL GEORGIA

SOUTHWELL

with you for life

GETTING
TO THE

Heart of fit

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You Need to Know

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

WHAT YOU NEED:

Convenient Care **OR** the Emergency Department

When you're not feeling well, where do you turn? Here's how you can find out if convenient care is right for you or if you need to go to the emergency department.

QUESTIONS TO ASK YOURSELF

Can it wait?

If you feel that your minor illness or injury doesn't need to be seen right away, a convenient care clinic is probably the best option for you.

Can I manage this injury or illness by myself?

If you've been managing your own injury or illness with over-the-counter medicine and it continues to give you trouble, a convenient care can give you the expert advice that you need.

Has this injury or illness gotten worse suddenly?

If you've been managing your illness or injury on your own and it suddenly gets much worse, such as a significantly higher fever, difficulty breathing, or sudden pain, you may need the expert emergency care providers at the emergency department.

SOME THINGS TO CONSIDER

Do You Have...

- + A cold or flu that you just can't kick?
- + A minor sprain or strain?
- + A low-grade fever accompanied by sinus stuffiness or draining?
- + A rash?
- + A minor (not deep) cut?

A convenient care clinic is probably right for you.

- + Sudden or intense chest pain?
- + An allergic reaction that is causing difficulty breathing?
- + A deep or major injury to the head?
- + Loss of consciousness?

Call 911 or go directly to the emergency department.



Want to know more about how the Emergency Department works? Visit mysouthwell.com/live-well to get a behind-the-scenes peek at how our incredible staff and providers manage a busy emergency department.

QUICK FACTS

	Emergency Department	Convenient Care
Virtual visits available		X
Lower wait times		X
Open nights and weekends	X	X
Usually less expensive		X

SOUTHWELL HAS TWO CONVENIENT CARE CLINICS.

TIFTON

ExpressCare
2225 Highway 41 North
Tifton, GA 31794
P: 229-391-4080

ADEL

Southwell Medical Adel
Primary Care
172 MJ Taylor Road
Adel, GA 31620
P: 229-896-8500

PRIMARY CARE CORNER

Staying on Top of Heart Health

.....

Our hearts work hard and keeping them healthy should be top-of-mind. Here's how (and why) you should pay attention to your heart health *before* a problem starts.



When it comes to heart health, two of the most common indicators of potential problems are your cholesterol and blood pressure levels. **Cholesterol** is a fatty substance found in the blood and is an important part of your long-term health as it can support your hormones, vitamin levels, and more. However, too much cholesterol can cause plaque to form in your arteries, which can restrict blood flow and lead to heart disease and stroke. **Blood pressure** refers the force of blood against the walls of your arteries. When it is too high, it can damage your arteries, leading to heart attacks, strokes, and other serious health issues.

FEELING GOOD, IN THE LONG-TERM

Keeping an eye on these two levels is one way that your primary care provider can help keep you healthy. Whether you see your primary care provider for an

annual checkup or because you're not feeling well, they may test these levels to ensure they are within a healthy range. If they are too high or too low, your provider will work with you to develop a plan.

Lowering your cholesterol and blood pressure levels can be achieved through lifestyle changes, like eating a healthy diet, getting regular exercise, and quitting smoking. In some cases, medication may be necessary to bring these levels down, and your primary care provider will help you know if those are needed.

Regular checkups with your primary care provider can also help identify any underlying health conditions that may be contributing to high cholesterol or blood pressure levels. For example, diabetes can increase the risk of high cholesterol and high blood pressure.

Your provider can help you identify and manage any of these underlying conditions to reduce your risk of developing serious health problems.

FIND A PARTNER IN YOUR PRIMARY CARE PROVIDER

Taking care of your heart health is an essential part of keeping yourself feeling good for the duration of your lifetime. By partnering with your primary care provider to make healthy lifestyle changes and getting regular checkups, you can lower your risk of heart disease. Talk to your primary care provider about the steps you should take to improve your heart health and reduce the risk of developing serious health problems.

Do you need an expert partner in your long-term health and wellbeing? Find a primary care provider near you by visiting mysouthwell.com/providers.

Don't Fall

FOR THESE HEART-HEALTH MYTHS

We all know that keeping our hearts healthy is important—but do we have all of the information we need?

According to the CDC, 1 in 5 deaths each year are due to heart disease. As the leading cause of death worldwide, it is not unusual to hear about heart disease in TV ads, from a doctor, or when learning about one's own health risks.

Despite all the information surrounding heart disease, there are many heart-health myths and misconceptions that continue to cause confusion. Read on to learn about some of the most common myths surrounding heart health and cardiovascular care (and find out the facts you need to know).

MYTH: *Chest pain is the only symptom of a heart attack.*

FACT: **Heart attack symptoms can range widely.**

For many, the idea of a heart attack triggers images of TV characters dramatically clutching their chest and collapsing. However, **Jonathon Tronolone, MD, of Tronolone Cardiology**, shares that the signs of a heart attack are often more complex and subtle than what you've probably seen on TV: "While some people who have a heart attack do experience intense chest pain or pressure, it's important to remember that that isn't the case for everyone. In fact, the symptoms of a heart attack can vary from person-to-person and can also be different based on their gender."



"Women may not realize that they're having a heart attack because they may experience different symptoms, such as back pain, jaw pain, or sudden nausea," shares Dr. Tronolone. "Some people may not experience any symptoms at all, or very mild symptoms. That is why it is so important to have an established relationship with your healthcare providers who can help you manage this important aspect of your health."

MYTH

FACT

MYTH: *It's all in the genetics.*

FACT: **You can lower your risk of heart disease with lifestyle factors.**

Taking care of your heart is a life-long journey. While there are some risk factors for heart disease, such as age and family history, that can't be changed, many other risk factors can. Your risk of heart disease is impacted by many lifestyle factors, like smoking, lacking nutritious food in your diet, and engaging in little to no movement and exercise. Additionally, high stress can impact your risk of heart disease. Making lifestyle changes to manage these risks can help you feel confident in your heart health. It's also very important to manage conditions that can increase the risk of heart disease, such as high blood pressure, high cholesterol, and diabetes.

MYTH: *When it comes to heart health, it's all or nothing.*

FACT: **Even the smallest steps can improve your heart health.**

You may have experienced the feeling that you need to make a major overhaul to your daily routine to 'get healthy.' The doctors and cardiologists of Southwell want you to know that when it comes to your health, small changes can have a huge impact.

Lifestyle changes like adding healthy foods to your diet or including some movement into your day are small ways that you can take a big step towards a heart-healthy life. Instead of restricting your favorite foods, try adding a vegetable to every meal you eat. Or, instead of pushing yourself (and potentially failing) to start hitting the gym every day, consider adding an after-work walk with the family.

> INTERESTED IN LOWERING YOUR RISK OF HEART DISEASE AND FOCUSING ON PREVENTATIVE HEALTHCARE? Turn to page 3 to learn more about how a relationship with a primary care provider can help.

These little changes add up to a healthy routine that supports your heart health for the long term.

MYTH: *Heart attacks are the only way that heart disease presents itself.*

FACT: **Your heart health is impacted by many types of heart and vascular disease—and Southwell is here to treat them.**

Typically, heart attacks are caused by coronary artery disease, in which the arteries that lead to the heart become narrower due to plaque build-up and the heart has a difficult time pumping blood to the whole body. But did you know that there are other types of heart disease, such as congestive heart failure or arrhythmia, that affect how well the heart functions? Another important part of helping our heart function is the vascular system, which includes all of our arteries and veins.

At Southwell, our Heart and Vascular Center is ready to use the latest and greatest technology to keep your heart and vascular system healthy. These services include diagnostic imaging, stress testing, nuclear medicine, cardiac catheterization, percutaneous coronary intervention (also known as angioplasty), pacemaker insertion, cardiopulmonary rehabilitation, angiography and more.

Learn more about Southwell's Heart and Vascular Center at mysouthwell.com/heart-and-vascular.

SOUTHWELL'S HEART AND VASCULAR CENTER



Anthony Burke, DO,
Cardiologist with
Southwell Medical
Clinic



Tim Fuller, MD,
Vascular Surgeon
with Tift Regional
Vascular



William Hancock,
MD, Cardiologist
with Tiftarea
Cardiology



Bill Kaiser, MD,
Vascular Surgeon
with Tift Regional
Vascular



Jonathan Tronolone,
MD, Cardiologist
with Tronolone
Cardiology

DON'T WAIT for *Lifesaving Care*



Our health is one of the most valuable things we have in life. For Linda, a 72-year-old retiree, getting the care she needs means more time with her grandchildren.

Like many people, Linda discovered the importance of not putting off healthcare when she had a dramatic health event: "I'm not a doctor's type of person. I get a runny nose and I take care of myself. I always waited till the last minute. But then, I had open heart surgery four years ago. And I waited till I was having a heart attack to finally have the surgery, even though I knew I had to have it."

Now, when Linda needs care from her vascular team, she says, "I don't miss those appointments." It's a good thing that she doesn't, because she needed two important procedures that Tim Fuller, MD, vascular surgeon with Tift Regional Vascular completed recently.

Linda shares, "He saved my leg—he worked for four hours to save my leg and he did it. And then he saved me again because my carotid artery was so blocked that I was right on the verge of having a stroke if he hadn't unblocked it."

IT COMES DOWN TO TRUST

What's the most important part of getting the care you need? For Linda, it comes down to trust: "When you go to see your doctor, trust them. I've been lucky—some of my doctors, I've been with them 20, 25 years, and we have a great relationship."

Linda understands putting off those doctor's appointments. She shares, "I understand because I don't want to go to the doctor's either. But don't wait because if [you] need a good vascular doctor, then [Dr. Fuller's office] would be the place to go."

"My daughter went with me one time to his office. She said, 'Mama, I wish I had doctors like you. They really love you and care about you.' That's the kind of atmosphere that office has."

"Dr. Fuller is truly a God-given person. He's a doctor that cares. And his staff are just as wonderful as he is. I'd recommend them to anybody for vascular care."



IT'S ALL CONNECTED: THE HEART AND VASCULAR SYSTEM

You may wonder why vascular care is often lumped in with heart health (consider the phrase 'cardiovascular' care, for instance). Here's why: the vascular system includes your arteries, veins, and blood vessels. This system is responsible for carrying blood away from your heart and back to your heart, delivering nutrients, hormones, oxygen, and more to the rest of your body.

Because the heart and vascular system work in-sync with one another, it's not uncommon for a health problem with one organ to affect the other organ as well.

A full-service heart and vascular team will work together to keep you healthy. Visit mysouthwell.com/heart-and-vascular to learn more!

Provider Spotlight

SAY HELLO TO **ANTHONY BURKE, DO**, Cardiologist with Southwell Medical Clinic.



A PART OF THE SOUTHWELL TEAM: “I joined the Southwell team in 2017 and have been honored to be a part of a growing program with an impressive heart and vascular facility with the latest technology and a great team of cardiovascular professionals. As an interventional cardiologist, I use minimally invasive techniques to help keep hearts healthy.”



THE IMPORTANCE OF PREVENTION: “Heart disease is one of the most common issues that American’s face. And especially down here in the South, where we love our fried foods, we all are impacted by or know someone with heart disease. It is so important to talk to your doctor about the risks that you face and the lifestyle changes that you can make to keep your heart healthy.”



MAKING A DIFFERENCE: “One of the most satisfying parts of my job is when I perform a procedure that I know is going to support my patient’s life-long health. I understand that heart procedures can be scary, but it’s important that people remember that they can have a huge impact on your quality of life. And there are many procedures that we perform that are minimally invasive and have short recovery times. Even if someone requires a procedure that involves more recovery time, they should know that our team will be there to support them every step of the way.”

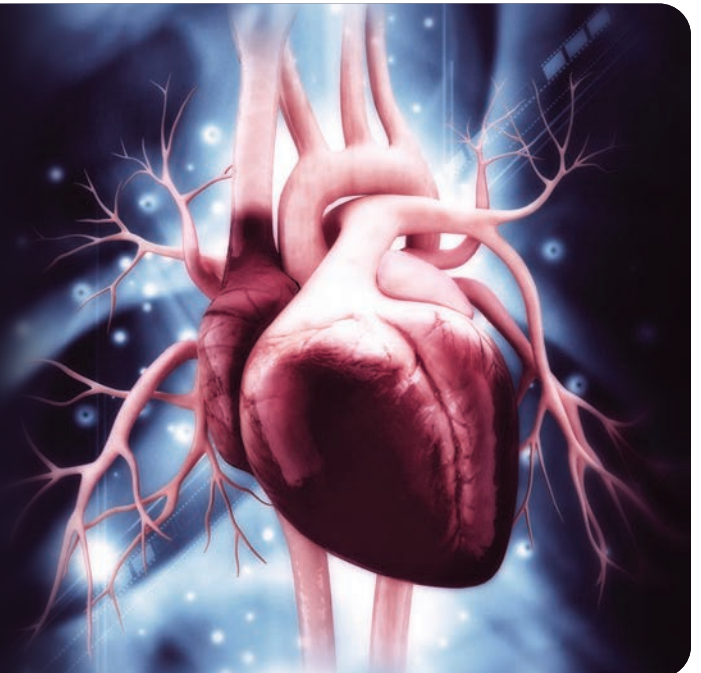
Dr. Burke is accepting new patients at Southwell Medical Clinic. Call 229-391-4100 to learn more.

MINIMALLY INVASIVE DIAGNOSTICS

Identifying blockages in the arteries is a vital part of diagnosing and managing heart disease. The TRMC Catheterization Lab utilizes some of the most advanced technology available.

Providers use small, hollow tubes, called catheters, that are guided through a blood vessel up to the heart. While old techniques required the catheter to be inserted through the groin area, a new radial technique allows the catheter to be inserted through the wrist.

Recovery from this important procedure is easy and only requires a few hours of time spent in a lounge environment in a reclining chair.





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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RESIDENTIAL CUSTOMER

SOUTHWELL 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.

Better Health. One Patient at a Time.

Cancer Treatment
Cardiovascular Care
Geriatric Psychiatric Care
Neurodiagnostics
Nursing Home Care
Primary Care
Radiology
Rehabilitation
Women's Health
Surgery, including:
+ da Vinci Robotics
+ General Surgery
+ Gynecology
+ Ophthalmology
+ Orthopedics
+ Orthopedic Spine
+ Plastic and Reconstructive
+ Podiatry
+ Urology
+ Vascular

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SOUTHWELL MEDICAL
260 MJ TAYLOR ROAD
ADEL, GA 31620
229-896-8000

**SOUTHWELL HEALTH
AND REHABILITATION**
260 MJ TAYLOR ROAD
ADEL, GA 31620
229-896-8157

*For emergencies, please dial 911.
Emergency services are available at
TRMC only.*

Help Support Our Mission

Give to our hospitals and receive a 100 percent state tax credit:
www.GeorgiaHeart.org | 770-250-5971

Please consider a contribution to the Tift Regional Medical Center Foundation: **www.TRMCF.com | 229-391-3310**

