

**BACK TO SCHOOL  
AND BACK ON THE TEAM**

2

**PRIMARY CARE CORNER:  
YOUR OWN QUARTERBACK**

3

**PROVIDER SPOTLIGHT:  
GIVING BACK, AT HOME**

7

## *The Power of Collaboration*

4

**Southwell's Team Approach  
to Breast Health**

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# Back-To-School Sports Safety

As kids prepare for the new school year, one crucial step to prioritize their well-being is scheduling a sports physical. Your doctor is an important part of the team in keeping your child healthy, and these pre-participation physical exams (PPE) offer valuable assessments and recommendations, ensuring safe participation and reducing the risk of injuries.

## ENSURING SAFE PARTICIPATION

Sports physicals play a vital role in safe sports participation. By evaluating heart health, joint stability, flexibility, and overall physical fitness, your doctor will identify potential risks or underlying health conditions, which helps you plan for any necessary precautions and minimizes the chances of severe injuries.

## EARLY DETECTION OF HEALTH ISSUES

Sports physicals provide an opportunity for early detection of underlying health issues. Through comprehensive evaluations, medical professionals assess medical history, perform screenings, and identify conditions like asthma or musculoskeletal problems. Early detection allows for earlier treatment, specialized support, and adjustments to address your child's health needs effectively.

## PROMOTING OVERALL HEALTH AND WELL-BEING

Sports physicals go beyond assessing readiness for sports; they promote overall health. Your doctor can provide recommendations on nutrition, hydration, sleep patterns, and injury prevention strategies. Following these recommendations will help kids improve their performance, reduce injury risks, and develop healthy habits that benefit them in the long-term.

## ENCOURAGING OPEN COMMUNICATION

Sports physicals foster open communication between young athletes, parents, and healthcare providers. Children can learn the importance of sharing their concerns or any discomfort they may feel, and parents can seek guidance on injury prevention techniques, warm-up routines, stretching exercises, and proper equipment usage to make sure they have the information they need to keep their children safe.

Scheduling sports physicals is essential for kids returning to school and engaging in sports. By prioritizing this important health appointment, you can know that your child is back on the team with less risk.

To find an orthopedist or primary care provider to conduct a sports physical, please visit [mysouthwell.com/providers](https://mysouthwell.com/providers).

Want to learn more about keeping your young athlete safe?  
Turn to page 8 to hear more from Clint Cawley, MD, of Georgia Sports Medicine.





# *The Quarterback*

## OF YOUR HEALTHCARE TEAM

When it comes to managing your health, having a reliable and knowledgeable primary care provider is like having a star quarterback on your healthcare team.



### A LIFE-LONG PARTNERSHIP

Your PCP is your go-to partner for managing and maintaining your long-term health. They will get to know you on a personal level, understanding your medical history, lifestyle, and individual health goals. By conducting regular check-ups, your PCP can proactively monitor your health, identify potential risks, and provide guidance on healthy living habits. With their expertise, they can create personalized care plans to keep you on track towards optimal well-being.

### THE EXPERT YOU NEED

Have a nagging health concern or need some advice? Your PCP is there to address your questions and concerns. They offer a safe space where you can openly discuss any health-related issues, no matter how big or small. From deciphering complex medical jargon to clarifying your diagnosis, your PCP will take the time to listen, educate, and provide you with the necessary information to make informed decisions about your healthcare.

### DAY-TO-DAY CARE WITH A LONG-TERM IMPACT

For individuals living with chronic illnesses like asthma or diabetes, a PCP is an invaluable ally. They will work closely with you to develop a personalized management plan,

offering guidance on lifestyle modifications, medications, and regular monitoring.

Through routine screenings, they can detect potential issues before they escalate into major health concerns. Your PCP can identify warning signs, recommend appropriate interventions, and ensure timely treatment. This proactive approach can save lives and significantly improve health outcomes.

### A TEAM CONNECTION

In some cases, your health may require the expertise of a specialist. Your PCP acts as a valuable link in this process. They have a vast network of trusted specialists and can refer you to the right healthcare professionals when needed. Your PCP will communicate with the specialist, ensuring a smooth transition and coordinating your care.

From managing your long-term health to catching potential issues early, connecting you with specialists, and helping manage chronic conditions, the expertise and guidance of a PCP you trust are crucial to your well-being. So, make sure you have a PCP by your side, and together, you can navigate the complexities of healthcare and achieve a healthier, happier life.

Find a primary care provider near you by visiting [mysouthwell.com/providers](https://mysouthwell.com/providers).



"Regular primary care visits are the cornerstone of lifelong health. By prioritizing these visits, you can connect with a team of healthcare professionals dedicated to your well-being and helping you have a healthy, happy future." - LYNN LEE, MD, SOUTHWELL INTERNAL MEDICINE



## SOUTHWELL'S MULTI-DISCIPLINARY BREAST HEALTH TEAM

When it comes to breast health, comprehensive care and a collaborative approach can make all the difference. Southwell Breast Center understands the significance of a multi-disciplinary team in providing excellent care to patients.

A team approach to healthcare sets every patient and healthcare provider up for success. By including multiple experts, each with a different focus or area of specialty, patient care strategies can holistically address each individual patient's specific needs.

### THE VALUE OF A MULTI-DISCIPLINARY BREAST HEALTH TEAM

At the core of Southwell's approach is the emphasis on a multi-disciplinary breast health team. This team comprises various specialists who collaborate closely to provide comprehensive care and personalized treatment plans. The value of this team-based approach cannot be overstated. By bringing together diverse perspectives and expertise, Southwell ensures that each patient receives the most accurate diagnosis, effective treatment, and compassionate support throughout their breast health journey.

Andrew Nackashi, DO, Medical Director of Southwell Breast Center, explains the significance of the multi-disciplinary team,

sharing, "At Southwell, we believe that the collective knowledge and collaboration of our team members are what truly sets us apart. By working together, we can provide the highest quality of care and achieve the best outcomes for our patients."

### EXCELLENT CARE THROUGH COLLABORATION

Collaboration is the cornerstone of the Southwell Breast Center's commitment to excellent care. When a patient arrives at Southwell, they are welcomed into a nurturing and supportive environment where their needs are the top priority. The multi-disciplinary team conducts a thorough evaluation, utilizing state-of-the-art technologies such as digital mammography, 3D mammography, breast ultrasound, and breast MRI to ensure the most accurate and comprehensive assessments.

The collaboration continues during the treatment phase, where experts from various specialties come together to develop personalized treatment plans. Whether it involves surgery, radiation therapy, hope,

# THE TEAM YOU NEED

Why is a team-based approach to healthcare important to your long-term health and well-being?

- + Leverages the knowledge and skills of different healthcare professionals
- + Promotes shared decision-making, ensuring that patients actively participate in their care and have access to multiple perspectives for informed choices
- + Improves communication, reduces errors, and enhances efficiency, resulting in better overall patient experiences and outcomes
- + Provides holistic care, addressing the physical, emotional, and psychological aspects of patient well-being

chemotherapy, or hormonal therapy, Southwell's multi-disciplinary team coordinates seamlessly to ensure the best possible outcome for each patient. This comprehensive approach not only addresses the physical aspects but also considers the emotional and psychological well-being of the patient.

## RECOGNIZED EXCELLENCE

Southwell Breast Center and the Anita Stewart Oncology Center have earned prestigious accreditations, further validating the high standards of care provided by the institution. The Anita Stewart Oncology Center is accredited by the American College of Surgeons' Commission on Cancer, which recognizes the center's commitment to delivering exceptional cancer care. The breast center itself has earned accreditation from the National Accreditation Program for Breast Centers, underscoring its dedication to quality, patient safety, and comprehensive breast care.

Dr. Nackashi highlights the significance of these accreditations,

sharing, "Accreditation from esteemed organizations such as the National Accreditation Program for Breast Centers reaffirms our dedication to excellence. It serves as a testament to the quality of care our multi-disciplinary team provides to each patient who walks through our doors."

## PATIENT-CENTERED SUPPORT AND EDUCATION

Southwell Breast Center goes beyond diagnosis and treatment; the team is dedicated to supporting patients throughout their breast health journey. Recognizing that breast health is a deeply personal experience, the center offers resources, educational materials, and a compassionate support system to



**Andrew Nackashi, DO,**  
*Medical Director of Southwell Breast Center*

empower patients to make informed decisions and navigate their care confidently.

The Southwell Breast Center's team provides exceptional care that is centered around collaboration, compassion, and excellence. Through the integration of various specialties, state-of-the-art technologies, and personalized treatment plans, Southwell ensures that each patient receives the highest quality of care. At Southwell, the power of collaboration shines brightly, offering hope, healing, and support to every patient who walks through our doors.

**For more information, visit [my-southwell.com/womens-services/breast-center](https://mysouthwell.com/womens-services/breast-center).**

## EARLY SCREENINGS AND DETECTION

**BREAST SELF-EXAMS:** Age 20+

**CLINICAL BREAST EXAMS:**

**Age 20-39:** Every 1 to 3 years as part of routine check-ups

**Age 40 and older:** Every 1 year

**MAMMOGRAMS:**

**Age 40-44:** Every 1 year for women with higher risk

**Age 45-54:** Every 1 year

**Age 55 and older:** Every 2 years



# UNDERSTANDING GI CANCER, COLONOSCOPIES, AND TREATMENT OPTIONS

When it comes to gastrointestinal (GI) cancer, knowledge and early intervention are key.

GI cancer refers to the presence of cancerous cells in the digestive system, including the esophagus, stomach, liver, pancreas, small intestine, and colon. Regular screenings are crucial for the early detection of GI cancer; your doctor will help you identify the best method and timing for screening. Generally, individuals at average risk are recommended to undergo their first colonoscopy at the age of 50. However, if you have a family history of GI cancer or other risk factors, your doctor may advise screenings at an earlier age.

## THE ROLE OF COLONOSCOPIES

Colonoscopies play a vital role in preventing and detecting GI cancer, particularly colon cancer. This procedure involves the examination of the large intestine using a flexible tube with a camera called a colonoscope. During a colonoscopy, precancerous polyps or early-stage cancer can be identified and removed before they develop into a more serious condition.

## TREATMENT OPTIONS

If GI cancer is detected, there are various treatment options available. The choice of treatment depends on the type, stage, and location of the cancer, as well as individual factors such as overall health and preferences. Here are some common treatment types:

**Surgery:** Surgery is often the primary treatment for GI cancer. It involves removing the cancerous tumor and surrounding tissues to prevent its spread.

**Chemotherapy and Targeted Therapy:** Chemotherapy uses drugs to kill cancer cells, while targeted therapy targets specific molecules or pathways involved in cancer growth. These treatments can be administered orally, intravenously, or directly into the affected area.

**Radiation Therapy:** Radiation therapy utilizes high-energy X-rays or other radiation sources to kill cancer cells or shrink tumors. It is often used alongside surgery or chemotherapy to improve treatment outcomes.

**Immunotherapy:** Immunotherapy stimulates the body's immune system to recognize and destroy cancer cells. This approach has shown promising results in certain types of GI cancer, including colorectal cancer.

To find a gastroenterologist, visit [mysouthwell.com/providers](https://mysouthwell.com/providers).



## COULD YOUR HEARTBURN LEAD TO ESOPHAGEAL CANCER?

When it comes to our health, early detection is key to successful treatment. In the realm of gastroenterology, a remarkable advancement has been made with the introduction of the EsoGuard™ DNA test. Now offered by George Yared, MD, gastroenterologist at Southwell Medical Clinic in Tifton, this cutting-edge test sets a new standard for proactive healthcare.

The EsoGuard™ test is a quick and painless procedure that accurately identifies abnormal esophageal cells, including conditions such as Barrett's Esophagus, dysplasia, and even cancer. Barrett's Esophagus, commonly associated with chronic gastroesophageal reflux disease, is the primary precursor to esophageal adenocarcinoma, a highly lethal cancer with a rising incidence over the past decades.

For more information, call Southwell Medical Clinic Gastroenterology at (229) 391-4030.

# Provider Spotlight

## CLINT CAWLEY, MD, Orthopedist with Georgia Sports Medicine



**GIVING BACK:** “I was born and raised in Turner County, so this is home for me. My dad is a farmer, so it was important to me that I went to school nearby so I could go home on the weekends to help. Family and community is very important to me. Now, my area of expertise is in knee and hip replacements and sports injuries in young children. I really value that chance to give back and to be able to take care of people in my community.”



**THE RIGHT FIX:** “One of the most rewarding things about my work, and the thing that attracted me to orthopedics, is how much of an impact we can have on a patient’s quality of life with one procedure. I’ve worked with many patients who have serious pain that is impacting their day-to-day life, and it’s wonderful to develop a relationship with them and to treat their pain, seeing them return to their baseline and get back into the activities that they enjoy the most.”



**A TEAM EFFORT:** “I couldn’t make a difference in my patient’s lives without the support of an excellent team. We have a great team in the office and in the operating room... these folks are experts at what they do. Christopher Gravitt, FNP-C, is by my side every day in and out of the operating room. There are so many healthcare providers that are a part of taking care of patients and making sure that they receive excellent care. This team approach really benefits patients.”



**TAKING TIME TO RECOVER:** “More and more, I’m seeing children that specialize in one sport, rather than playing multiple sports throughout the year. It’s very important to be aware that this can lead to overuse or stress injuries, because you are making repetitive movements throughout the year. It’s very important to make sure that children are doing the appropriate warm-ups and taking time off from their sports to make sure they have time to recover.”

Dr. Cawley is accepting new patients at Georgia Sports Medicine. Call (229) 386-5222 to learn more.

## KEEPING THE TEAM SAFE

Keep these tips in mind as you prepare your children for their upcoming school year and sports participation.

### Make sure your children are equipped with the right...

**GEAR:** Properly fitted protective gear is on the frontline of keeping your student athlete safe.

**WARM UPS:** Understanding the right way to warm up their muscles will keep your child moving.

### Make sure your children get enough...

**REST:** Taking time to recuperate is a vital part of staying healthy throughout the sports season.

**HYDRATION:** When it’s hot out, your child needs to know that dehydration can be dangerous.

### Make sure your children know to talk about...

**PROPER TECHNIQUE:** Asking for help with their sport can help children perform better, safely.

**ACHES AND PAINS:** When things hurt, your child should discuss it with a trusted adult to assess.



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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.

**Free COVID-19 vaccines** are now available. Learn more at [mysouthwell.com/vaccine](https://mysouthwell.com/vaccine).

Access your health information via the Southwell Patient Portal. Learn more at [mysouthwell.com/portal](https://mysouthwell.com/portal).

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**A list of participating providers can be found at [mysouthwell.com/connect](https://mysouthwell.com/connect).**



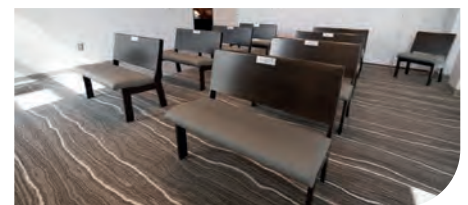
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The “**Give a Gift, Leave a Legacy Campaign**” is a unique way of giving. It is a way to honor and/or remember family and friends. It’s also a lasting way to advertise, all while supporting your local hospital. The bricks and benches are located in the new courtyard outside of the newly constructed tower at Tift Regional. This is the main hub of the hospital, and is a visual piece of art to the community. These special gifts will touch the lives of many and will last a lifetime.



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