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InformationGUIDE

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ABOUT *Southwell*

Southwell is a leading nonprofit healthcare system serving South Central Georgia.

Our team of medical professionals strive to provide safe, compassionate care with a focus on total quality. Our goal is to help create thriving communities by enhancing the health and wellness of area residents.

Tift Regional Medical Center (TRMC), the main campus for Southwell, is a 181-bed hospital offering acute care, surgical services, cardiovascular care, oncology, women's health, musculoskeletal care, and more. In 2021, TRMC opened a brand new, state-of-the-art emergency center and patient tower to increase access, anticipate future needs, and enhance the level of care.

Southwell includes TRMC, Southwell Medical, Southwell Health and Rehabilitation, and more than 35 outpatient diagnostic and treatment facilities, physician clinics, and endoscopy procedure centers.

Learn more at mysouthwell.com.

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InformationGUIDE

VISIT WWW.MYSOUTHWELL.COM TO LEARN MORE ABOUT OUR PROVIDERS

Click on “Find a Provider” to learn more about the members of our medical staff. Here you will find printable bios on each of our physicians and advanced practice providers, including photos and data on academic and clinical training. This includes medical school, residency, and fellowship information.

MEMBER:

American Hospital Association, Georgia Hospital Association, Georgia Alliance of Community Hospitals, Vizient MidSouth, Horizons Community Solutions

ACCREDITED BY:

The Joint Commission, American College of Surgeons Commission on Cancer, National Accreditation Program for Breast Centers



TIFT REGIONAL MEDICAL CENTER
901 EAST 18TH STREET, TIFTON, GA 31794
229-382-7120

**TIFT REGIONAL MEDICAL CENTER—
WEST CAMPUS**
2225 HIGHWAY 41 NORTH, TIFTON, GA 31794
229-391-4100



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

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Anesthesiology

TRHS ANESTHESIOLOGY
TIFT REGIONAL MEDICAL CENTER
901 E. 18TH STREET
TIFTON, GA 31794
P 229-353-6784
F 229-353-6680



Wayne Darisaw,
MD



Raleigh Haynes,
MD



Keith Phillippi,
MD



Dana Adams,
PAA



Jason Allen,
PAA



Taylor Marie
Anderson, AA



Logan Balkcom,
PAA



Erin Borowski,
PAA



Samantha
Broadwater, CRNA



Jeff Brown,
PAA



Manuel Chavez,
AA



Emily Copeland,
PAA



Anna Driggers,
CRNA



LaShawn Ealey,
CRNA



Briana Emadi,
DNP, CRNA



Jason Geddings,
PAA



Justin Giddens,
CRNA



Wes Harper,
CRNA



Ian Hester,
AA



William
Kreschollek, CRNA



Brent Robinson,
CRNA



Lisa Smith,
FNP-C



Jacob Walker,
DNP, CRNA

Bariatrics

SOUTH GEORGIA SURGICAL
1007 GREENFIELD DRIVE
TIFTON, GA 31794
P 229-382-9733
F 229-353-5522



Paul Cartwright,
MD



Laura Sumner,
FNP-C

Cardiology

SOUTHWELL MEDICAL CLINIC
2225 U.S. HIGHWAY 41 NORTH
TIFTON, GA 31794

P 229-391-4270

F 229-391-4250



Anthony Burke,
DO, FACC, FASNC



Brandy Carr,
NP



Laurie Gautney,
DNP



Radha Patel,
NP



Chelsi Tullos,
NP

TIFTAREA CARDIOLOGY

907 E. 18TH STREET, SUITE 100
TIFTON, GA 31794

P 229-391-9980

F 229-391-9984



William
Hancock, MD



John Dodd,
ACNP-C

TIFT REGIONAL HEART FAILURE AND COPD CLINIC

901 E. 18TH STREET
TIFTON, GEORGIA 31794

P 229-353-4243

F 229-353-7818



Bonnie Cohen,
DNP



Debbie Harvey,
NP-C

TRMC HEART & VASCULAR CENTER

901 E. 18TH STREET
TIFTON, GA 31794

P 229-353-6158

F 229-353-6687



Terry Arthur,
PA



Deanna Sanders,
PA

TRONOLONE CARDIOLOGY

1499 KENNEDY ROAD, SUITE C
TIFTON, GA 31794

P 229-238-3034

F 229-238-3027



Jonathan
Tronolone, MD

Chiropractic Care

SOUTHWELL CHIROPRACTIC
2227 U.S. HIGHWAY 41 NORTH
TIFTON, GA 31794
P 229-353-2025
F 229-353-5135



Ryan Byrnes,
DC



Joshua Pridemore,
DC

Community Care

**SOUTHWELL COMMUNITY
HEALTH CENTER**
2735 CENTRAL AVENUE SOUTH
TIFTON, GA 31794
P 229-388-5690
F 229-382-8483



Marcus
Roberts, MD,
FAAFP



Betty Walker-
Richardson,
MD, MPH



Penny Booth,
FNP-C, PMHNP



Lindsey Fletcher,
NP-C

SOUTHWELL SCHOOL CLINIC
EIGHTH STREET MIDDLE SCHOOL
700 W. 8TH STREET
TIFTON, GA 31794
P 229-353-ESMS (3767)
F 229-387-0655



Monica Davis,
FNP-C

Convenient Care

**EXPRESSCARE AT
SOUTHWELL MEDICAL CLINIC**
2225 U.S. HIGHWAY 41 N.
TIFTON, GA 31794
P 229-391-4080
F 229-391-4075



David Schaffer,
MD, EMT-P



Shelley Colwell,
FNP-BC



Lindsay Drew,
DNP, FNP-C



Emily Hawsey,
FNP-C



Lindsey McClain,
FNP-BC



Cindy McNeese,
FNP-C



Clayton Tapp,
NP-C



DeAnna Thompson,
FNP-C



GerLana Vargas,
DNP, NP-C

Critical Care

TRMC CRITICAL CARE
901 E. 18TH STREET
TIFTON, GA 31794
P 229-353-7636
F 229-353-6218



Ali Araghi,
MD



Rubal Patel,
MD, FCCP



Luanne Ashton,
NP-C



Leigh Curtis,
PA-C



Stephanie
McDaniel, ACNP-C



Justin Roberts,
PA-C



Angel Valdes,
ACNPC-AG

Dental Surgery

ADEL DENTAL ASSOCIATES
101 W. 5TH STREET
ADEL, GA 31620
P 229-896-7679
F 229-896-3918



Michael T.
McCartney, Jr., DMD

**PEDIATRIC DENTAL
CENTER OF GEORGIA**
820 LOVE AVENUE, SUITE A
TIFTON, GA 31794
P 229-238-3787
F 229-238-2530
W WWW.PDCTIFTON.COM



Luke Webster,
DMD



Aksana Marshall,
DMD

Emergency Medicine

TRMC EMERGENCY CENTER
TIFT REGIONAL MEDICAL CENTER
901 E. 18TH STREET
TIFTON, GA 31794
P 229-353-6185
F 229-353-6220



Olakunle Aina,
MD



Enrique Galliano,
MD



Brian Warden,
MD



Dennis Williams,
MD



Scott Barber,
PA



Justin Fender,
FNP-C



Dawn Glisson,
FNP-C



Coretta Keith,
DNP, FNP-BC



Hali Mallard,
FNP-C



Troy Taylor,
PA

Family Medicine

ADEL FAMILY MEDICINE
707 N. PARRISH AVENUE
ADEL, GA 31620
P 229-896-7007
F 229-896-7627



Thomas Fausett,
MD

**EMPLOYEE PATIENT-CENTERED
MEDICAL HOME [TRHS EMPLOYEES
AND DEPENDENTS ONLY]**
907 E. 18TH STREET, SUITE 260
TIFTON, GA 31794
P 229-353-6546
F 229-353-6228



Laura Bedier,
FNP-C

**FAMILY HEALTH
CENTER OF ADEL**
404 N. PARRISH AVENUE
ADEL, GA 31620
P 229-896-1672
F 229-896-1676



Jairaj Goberdhan,
MD

**FAMILY PRACTICE
ASSOCIATES**

612 LOVE AVENUE
TIFTON, GA 31794

P 229-391-3300

F 229-388-1948



C. David Johnson,
III, MD, FAAFP

**FAMILY PRIMECARE
& SOLÉ MEDICAL SPA**

1489 KENNEDY ROAD
TIFTON, GA 31794

P 229-391-9931

F 229-391-9961



Richard
Pierzchajlo, MD



Julie Hooks,
FNP-C

NEW MEDICAL CENTER

72 KENT ROAD, SUITE 4
TIFTON, GA 31794

P 229-386-5101

F 229-386-2277



Navdeepa
Chainani, MD

**SOUTHWELL MEDICAL ADEL
PRIMARY & CONVENIENT CARE**

172 MJ TAYLOR ROAD
ADEL, GA 31620

P 229-896-8500

F 229-896-8503



*Katie Hudgens,
MD



Vincent Valencia,
MD



Dannyelle Booth,
PA-C



Laura Carter,
FNP-BC



Priscilla Greene,
FNP-BC



Carroll Jackson,
FNP-BC



Melanie Lindsey,
FNP-BC



Melissa Roberts,
FNP-BC



Walt Stone,
FNP-BC

**Internal Medicine/Pediatrics*

**SOUTHWELL MEDICAL ASHBURN
PRIMARY CARE**
611 EAST WASHINGTON AVENUE
ASHBURN, GA 31714
P 229-567-3407
F 229-567-4467



Randall Campbell,
PA



Kimberly Massey,
DNP, FNP-BC, NP-C

**SOUTHWELL MEDICAL NASHVILLE
PRIMARY CARE**
416 E. MCPHERSON AVENUE, SUITE A
NASHVILLE, GA 31639
P 229-686-2093
F 229-686-7150



Richard
Wheeler, MD



Mandy McMillan,
PA-C



Anna Money,
NP-C

**SOUTHWELL MEDICAL SYLVESTER
PRIMARY CARE**
1010 WEST FRANKLIN STREET
SYLVESTER, GA 31791
P 229-776-3500
F 229-777-8269



Louise Wilder,
MD



Todd McDonald,
FNP-C

**TIFTON PRIMARY CARE AT
SOUTHWELL MEDICAL CLINIC**
2225 HIGHWAY 41 NORTH
TIFTON, GA 31794
P 229-391-4100
F 229-391-4374



James Graham,
MD



Robert Hawes,
MD, FAAFP



Dawn Floyd,
FNP-C



Deidre Peacock,
MSN, APRN, FNP-C



Lori Laycock,
NP

Gastroenterology & Endoscopy

SOUTHWELL GASTROENTEROLOGY-LOWNDES

3790 OLD US 41 NORTH, SUITE B
VALDOSTA, GA 31602

P 229-262-6800

F 229-247-7539



Edward Fricker,
MD

SOUTHWELL GASTROENTEROLOGY - VALDOSTA

2922 NORTH OAK STREET, SUITE C
VALDOSTA, GA 31602

P 229-244-1570

F 229-247-1084



Eric Ward,
MD



Nancy Roe,
FNP-C



Kathryn
Watt, FNP-C

SOUTHWELL MEDICAL CLINIC GI

2225 U.S. HIGHWAY 41 NORTH
TIFTON, GA 31794

P 229-391-4030

F 229-391-4291



George Yared,
MD, CNSP



Nicole Durden,
FNP



Martha Gibbs,
FNP-C



Jerry Sullivan,
PA



*Larry Taylor,
FNP-C

*Inpatient care only

General Surgery

SOUTH GEORGIA SURGICAL

1007 GREENFIELD DRIVE

TIFTON, GA 31794

P 229-382-9733

F 229-353-5522



William Hornback, IV,
MD, FACS



David McEachin,
MD, FACS



Andrew Nackashi,
DO



Elizabeth Norman,
PA-C



Lindsey Seagraves,
FNP-C



Courtney Stevens,
PA-C



Laura Sumner,
FNP-C



Judy Weaver,
FNP-C

Hospice Care

HOSPICE OF TIFT AREA
618 N. CENTRAL AVENUE
TIFTON, GA 31794
P 229-353-6330
F 229-353-6338



Craig Smith,
MD



Kaitlyn Marshall,
NP-C

Hospital Medicine

AFFINITY HOSPITAL MEDICINE
TIFT REGIONAL MEDICAL CENTER
901 E. 18TH STREET
TIFTON, GA 31794
P 229-353-7050
F 229-353-6053



Parisa Abraham,
MD



Raymond Alvarez,
DO



Summer Alvarez,
DO



Nicholas Arnold,
MD



Neslyne Augustin,
MD



Xavier Capalla,
MD



Dokun Dairo,
MD



Sanjay Desai,
DO



Oladipo Fadayomi,
MD



Vinay Garlapati,
MD



Jordan Godbey,
MD



Robert Jeter,
MD



Leo Larios,
DO



Barbara Lewis,
MD



Nancy Maignan,
MD



Tresa Nesbitt,
MD



O. Martins
Ogundipe, MD



Richard Pearson,
DO



Abeeku Ricks,
MD



Suzana Rocha,
MD



Willie Tapp,
MD



Adam Traill,
DO



Brisandi Villar,
MD



Cynthia Westberry,
MD



Garrett Blalock,
PA-C



Kristin Campbell,
PA-C



Sarah Jordan,
FNP-C



Ashley Parrish,
FNP-C



Israel Saucedo,
FNP-C



Kay Willingham,
FNP-C

Internal Medicine

INTERNAL MEDICINE AT
SOUTHWELL MEDICAL CLINIC
2225 HIGHWAY 41 NORTH
TIFTON, GA 31794
P 229-391-4100
F 229-391-4429



Calvin Abraham,
MD



Brittney Berckman,
MD



Channing
Hampton, MD



Richard E.
McCullough, MD



Cameron Nixon,
MD



Margaret Richardson
-Nixon, MD



Cynthia Phillips,
DO



Alpa Ray,
MD



Haiden Edore,
FNP-C



Rachel Holloway,
DNP, FNP-C, APRN



Mary Anne Knox,
NP-C



Michael Perri,
PA-C



Miranda Lewis,
PA-C



Lakesha Williams,
DNP

ON POINT HEALTH
39 KENT ROAD, SUITE 1
TIFTON, GA 31794
P 229-234-0555
F 229-391-3560



Kaine Brown,
MD

SOUTHWELL INTERNAL MEDICINE
3014 N. PATTERSON ST.
VALDOSTA, GA 31602
P 229-262-6815
F 229-219-1790



Lynn Lee,
MD



Kenneth Kiser,
NP-C

TIFT INTERNAL MEDICINE CENTER
39 KENT ROAD, SUITE 1
TIFTON, GA 31794
P 229-391-3555
F 229-391-3560



Brent Savelli,
MD

Nephrology
**SOUTHWELL
NEPHROLOGY**
39 KENT ROAD, SUITE 1
TIFTON, GA 31794
P 229-391-4310
F 229-391-4243



Abduljalil Elfasi,
MD



Arvind Mudunuru,
MD



James Mason,
NP



Kasey Mays,
NP

Neurology
**AFFINITY
NEUROLOGY**
2227 U.S. HIGHWAY 41 NORTH
TIFTON, GA 31794
P 229-391-4110
F 229-391-4460



Tarek Bakdash,
MD



Brad Lindsey,
MD



Deborah Stokes,
DO

Obstetrics & Gynecology

SOUTHWELL PHYSICIANS FOR WOMEN

1493 KENNEDY ROAD
TIFTON, GA 31794

P 229-391-4130

F 229-391-4138



Shannon Price,
MD



Kristin Yates
Coleman, DO



Ana Hernandez,
MD



Callie Haynes,
FNP-BC



Marlee Morris,
FNP-C



Brooke Robbins,
FNP



Mendi Stone,
FNP-C



Marcy Tankersley,
WHNP



Hannah Vickers,
NP-C

SOUTHWELL OB/GYN

814 NORTHWOOD PARK DRIVE
VALDOSTA, GA 31602

P 229-262-6810

F 229-219-1634



Joe Clifton,
MD



Michelle Shifflett,
CNM, FNP-C



Heather Stroh,
CNM, APRN

SOUTHWELL MATERNAL FETAL MEDICINE

901 E. 18TH STREET
TIFTON, GA 31794

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Helen How,
MD



Pranita Nirgudkar,
MD



C. Anne Patterson,
MD



Crystal Ledwith,
NP

*Telemedicine Only

**THE HOWARD CENTER
FOR WOMEN'S HEALTH**
A UNITED OBSTETRICS AND
GYNECOLOGY (UOG) PRACTICE
1948 OLD OCILLA ROAD
TIFTON, GA 31794
P 229-391-3500
F 229-391-3499



James Andrew
"Drew" Howard, MD



Kaylar Howard,
MD



Donald Menya,
DO



Bonnie Simpson,
WHNP



Amanda Tomberlin,
FNP-C

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**TIFT REGIONAL MEDICAL CENTER
HOSPITAL OB TEAM**
901 E. 18TH STREET
TIFTON, GA 31794
P 229-382-7120



Kristin Yates
Coleman, DO



Roslyn Banks-
Jackson, MD



Joe Clifton,
MD



Robin Dillard,
MD



Ana Hernandez,
MD



Dwight Hooper,
MD



Laura Callaway,
CNM



Alison Fitzgerald,
CNM



Cynthia Foster,
CNM



Amber Guyton,
CNM



Hillary Midler,
CNM



Shakyra Robinson
-Price, CNM



Michelle Shifflett,
CNM, FNP-C



Heather Stroh,
CNM, APRN

**Inpatient Care Only*

TIFTON WOMAN'S CENTER
A UNITED OBSTETRICS AND
GYNECOLOGY (UOG) PRACTICE
1806 LEE AVENUE, TIFTON, GA 31794
P 229-386-1528
F 229-382-2958



Bridgett Ashbury,
MD



Sandra Brickman,
MD



Dina Herren,
FNP-C



Michelle Pierce,
FNP-C



Maria Wood,
FNP-C

Occupational Medicine
WORKSMART OCCUPATIONAL HEALTH
4468 UNION ROAD
TIFTON, GA 31794
P 229-353-6320
F 229-353-6343



Langston
Cleveland, MD



Rita Taylor,
FNP-C

*Oncology-
Medical Oncology*
**TRMC ANITA STEWART
ONCOLOGY CENTER**
1623 MADISON AVENUE
TIFTON, GA 31794
P 229-353-7720
F 229-353-7791



Sahithi Chittamuri,
MD



Apurva Shah,
MD



Kim Johnson-
Barnes, FNP-C



Pat Olivas,
FNP-C



Kristy Redlinger,
PA-C

Oncology-Radiation Oncology

TRMC ANITA STEWART ONCOLOGY CENTER
1623 MADISON AVENUE
TIFTON, GA 31794
P 229-353-7720
F 229-353-6360



Wesley Walker,
MD



Libby Brown,
PA-C

Ophthalmology & Optometry

SOUTH GEORGIA/NORTH FLORIDA EYE PARTNERS
416 TIFT AVENUE NORTH
TIFTON, GA 31794
P 229-391-4180
F 229-391-2929



Wes Ross,
MD

TIFT REGIONAL OPHTHALMOLOGY
1803 OLD OCILLA ROAD
TIFTON, GA 31794
P 229-386-2181
F 229-386-2193



Bret B.
Wagenhorst, MD



Trevor Shealy,
OD, FAAO

Orthopedics

GEORGIA SPORTS MEDICINE
2227 U.S. HIGHWAY 41 NORTH
TIFTON, GA 31794
P 229-386-5222
F 229-386-0900



David Banks,
MD



Clint Cawley,
MD



Kyle Fleck,
MD



Celestine Nnaeto,
MD



William Smith,
MD



Christopher
Gravitt, FNP-C



Bridgette Harper,
FNP-C



Kristopher
Murphy, PA-C



Cal Ridley,
PA-C



Ashley West,
FNP-C

HUGHSTON CLINIC
4340 KINGS WAY
VALDOSTA, GA 31602
P 229-333-9736
F 229-333-0225



Brook Bearden,
MD



Kevin Collins,
MD



Matthew Heaton,
MD



Aaron Courington,
NP



Robert Roethel,
PA

Orthopedics - Spine

GEORGIA SPORTS MEDICINE
2227 U.S. HIGHWAY 41 NORTH
TIFTON, GA 31794
P 229-386-5222
F 229-386-0900



Edward Hellman,
MD



Landis Gordon,
PA-C

SOUTHERN SPINE CENTER
1622 MADISON AVENUE
TIFTON, GA 31794
P 229-387-8061
F 229-387-8064



Hewatt McGraw
"Mac" Sims, MD



William Dobbins,
FNP-C



Joshua Hughes,
ANP-BC

Pain Management

TRMC PAIN MANAGEMENT CENTER
2227 U.S. HIGHWAY 41 NORTH
TIFTON, GA 31794
P 229-386-5405
F 229-386-5571



Sterling Haring,
DO, MPH



Brooke Bennett,
NP-C



Candice Cain,
PA-C

Palliative Care

**SOUTHWELL
PALLIATIVE CARE**
104 W 8TH STREET, SUITE A
TIFTON, GA 31794
P 229-391-4426
F 229-391-4304



Craig Smith,
MD



Spencer Connell,
FNP-BC



Christie Griffin,
NP



Kaitlyn Marshall,
NP-C



Anita Ross,
FNP-C



Emma Waldrop,
FNP-C

Pathology

SOUTHWELL PATHOLOGY
901 E. 18TH STREET
TIFTON, GA 31794
P 229-353-7535
F 229-353-7701



Jessica Beier,
MD, FCAP



Catherine Ross,
MD, FCAP



Meng-Jun "Marsha"
Xiong, MD, FCAP

Pediatrics

AFFINITY PEDIATRICS
TIFTON
39 KENT ROAD, SUITE 5
TIFTON, GA 31794
P 229-353-PEDS
F 229-391-4051



Hannah Batten,
MD, FAAP



Nikkia Johnson,
MD, FAAP



Flavia Rossi,
MD, FAAP



Nicolas "Cole"
Webster, MD, FAAP



Dorothy Agyepong,
CPNP, PMHS



Ramona Cawley,
FNP-C



Alisha Holloway,
FNP-C



Kelly Grummer-
Smith, FNP-C



Nalitia Zow,
FNP-C

KIDS CARE CLINIC
72 KENT ROAD, SUITE 4
TIFTON, GA 31794
P 229-386-5101
F 229-386-2277



Nandlal Chainani,
MD

OCILLA PEDIATRICS
813 N. IRWIN AVENUE
OCILLA, GA 31774
P 229-468-7323
F 229-468-7320



Casey Conner,
MD



Cady Bowen,
NP-C

Pediatric Hospitalists

**AFFINITY PEDIATRICS
HOSPITAL MEDICINE**
901 E. 18TH STREET
TIFTON, GA 31794
P 229-353-7650
F 229-353-6264



Christina Davis,
FNP



Jennifer Howell,
FNP-C



Allison Presley,
FNP-C

Plastic & Reconstructive Surgery

**ALLURE PLASTIC AND
RECONSTRUCTIVE SURGERY**
907 E. 18TH STREET, SUITE 340
TIFTON, GA 31794
P 229-391-3600
F 229-391-3620



Derron Spikes,
MD

Podiatry

ANKLE & FOOT ASSOCIATES, LLC
39 KENT ROAD, SUITE 9
TIFTON, GA 31794
P 229-382-3338
F 229-382-1253



Eric G. Massa,
DPM, FACFAS



Emily Quinn,
DPM

Psychiatry

**PSYCHIATRY AT
SOUTHWELL MEDICAL CLINIC**
2225 U.S. HIGHWAY 41 NORTH
TIFTON, GA 31794
P 229-391-4355
F 229-391-4360



Abhinav Saxena,
MD



Kristy Daniels,
LCSW



Beth Hendley,
LCSW



Ashley McDaniel,
FNP-C



Amanda Smith,
LCSW



Ferrell Soles,
FNP-C



Alexia Tanner,
LCSW



Chari Williams,
PMHNP-BC, FNP-C

**SYLVIA BARR CENTER
AT SOUTHWELL MEDICAL**
260 MJ TAYLOR ROAD
ADEL, GA 31620
P 229-896-8100
F 229-896-8101



Abhinav Saxena,
MD



Ashley McDaniel,
FNP-C



Ferrell Soles,
FNP-C



Chari Williams,
PMHNP-BC, FNP-C

Pulmonary Medicine

**SOUTHWELL
MEDICAL CLINIC**
2225 U.S. HIGHWAY 41 NORTH
TIFTON, GA 31794
P 229-391-4200
F 229-391-4443



Rubal Patel,
MD, FCCP



Caroline Hendley,
NP



Preston Thornhill,
AGACNP-BC,
FNP-C

Radiology

**SOUTH GEORGIA
RADIOLOGY ASSOCIATES**
901 E. 18TH STREET
TIFTON, GA 31794
P 229-353-7500
F 229-353-7515



Beau
Cannington, MD



Joel Marquess,
MD



Carl Stalvey,
MD



Stephen Thombley,
MD



Timothy Luke,
FNP-C

Rheumatology

**ARTHRITIS AND
OSTEOPOROSIS CENTER
OF SOUTH GEORGIA**
2227 U.S. HIGHWAY 41 NORTH
TIFTON, GA 31794
P 229-391-3320
F 229-391-3325



Carolyn Felton,
MD



James Mossell,
DO, FACR



Jessica Boyd,
NP-C

Sleep Medicine

**TIFT REGIONAL
SLEEP MEDICINE CLINIC**
907 E. 18TH STREET, SUITE 130
TIFTON, GA 31794
P 229-353-7425
F 229-388-5617



Yash Nandola,
MD



Kimberley Rodgers,
FNP-BC



*Ali Araghi,
MD

*Sleep studies only

Urology

TIFT REGIONAL UROLOGY
1815 OLD OCILLA ROAD
TIFTON, GA 31794
P 229-391-3535
F 229-391-3529



Jeffery Peters,
MD



Allen Pate,
FNP-C



Jody Seagraves,
FNP-C

Vascular Surgery

TIFT REGIONAL VASCULAR
1641 MADISON AVENUE
TIFTON, GA 31794
P 229-353-CATH (2284)
F 229-353-2285



William Kaiser,
MD, FACS



Christopher Floyd,
FNP-C



Bradley Holt,
PA



Zoye McDonald,
DNP-AGACNP-BC

Wound Care

**TIFT REGIONAL WOUND CARE
& HYPERBARIC CLINIC**
907 E. 18TH STREET, SUITE 140
TIFTON, GA 31794
P 229-353-HEAL (4325)
F 229-353-4330



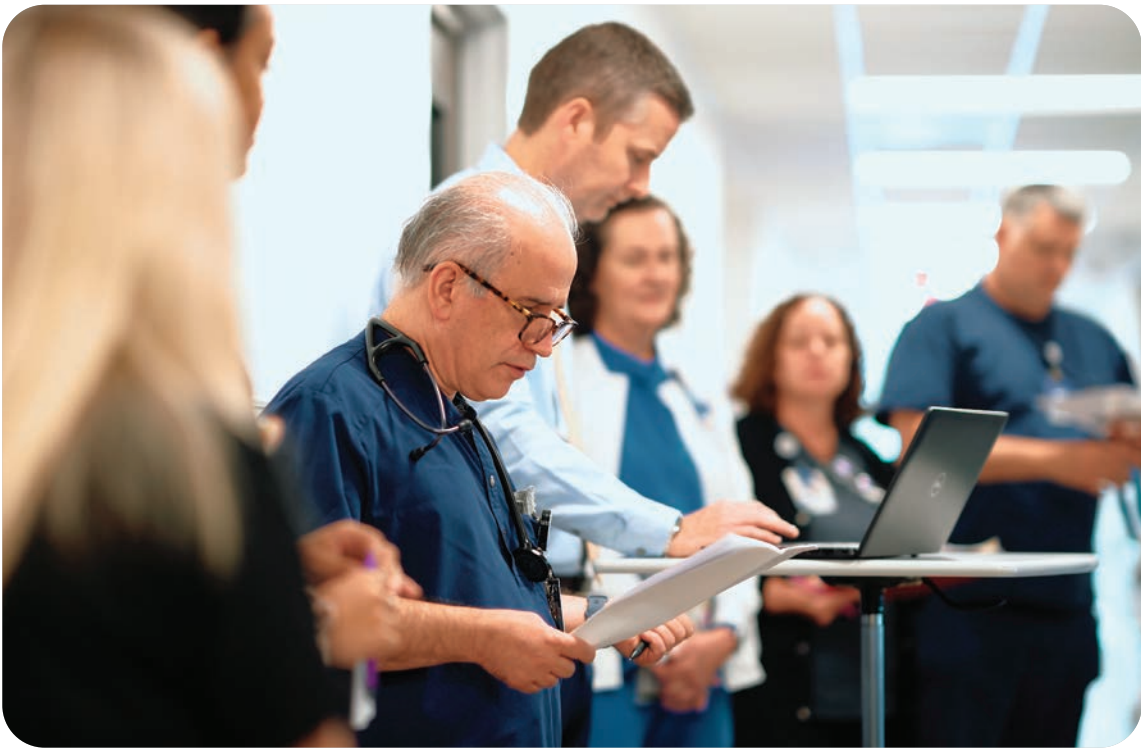
Kent Burton,
MD



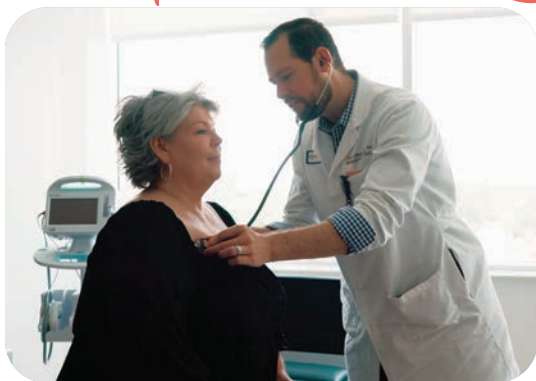
Catherine Cravey,
MD



Donna Galliano,
ANP-C



Spotlight



The weight is over. Bariatric surgery at Tift Regional Medical Center

Diet and exercise are proven pathways to weight loss, but there is no one-size-fits-all approach. Fortunately, Southwell's bariatric surgery solutions offer new hope to those still struggling to lose weight.

Specializing in bariatric weight-loss surgery, Dr. Paul Cartwright practices with South Georgia Surgical in Tifton and performs procedures at Tift Regional Medical Center.

Dr. Cartwright employs minimally invasive surgical techniques to guide patients on their journey. Each personalized treatment plan can help alleviate complications for weight-related issues, including diabetes, heart disease, high blood pressure, sleep apnea, arthritis, and back and joint pain.

Dr. Cartwright is certified by the American Board of Surgery with Focused Practice Designation in Bariatric Surgery. He is also certified by the American Board of Obesity Medicine.

Medicare and most forms of insurance cover bariatric surgery for qualified patients.

South Georgia Surgical is in Tifton at 1007 Greenfield Drive. Please call 229-382-9733 to schedule an evaluation. Visit [MySouthwell.com](https://www.mysouthwell.com) for additional information.

Robotic-assisted procedures:

Greater precision,
shorter recovery times

Robotic-assisted technology allows Southwell specialists to perform minimally invasive surgical and diagnostic procedures with greater precision and accuracy.

Advanced robotic platforms are designed to expand the specialist's capabilities and offer an alternative to open surgery. The robotic instruments have a wider range of motion than the human hand. And, because robotic-assisted procedures only use small incisions, it's less traumatic on the body, resulting in less pain, fewer complications, and shorter recovery time.

Which robotic-assisted procedures are offered by Southwell?

At Tift Regional Medical Center in Tifton:

+ **Colorectal surgery, gallbladder removal, and inguinal hernia repair** – performed by general surgeon Dr. Andrew Nackashi

+ **ION robotic bronchoscopy** - performed by pulmonary medicine and critical care specialist Dr. Rubal Patel

At Southwell Medical in Adel:

+ **Hysterectomy** – performed by gynecologic surgeon Dr. Joe Clifton. Southwell Medical is accredited as a Center of Excellence in Minimally Invasive Gynecology (COEMIG) and Dr. Clifton is a designated Master Surgeon by the Surgical Review Corporation (SRC).

When it comes to surgery and bronchoscopy, experience matters. That's why all our robotic specialists undergo rigorous training and certification to master this sophisticated technology.

Please visit [MySouthwell.com](https://www.mysouthwell.com) for more information.

Southwell's obstetrical services:

Growing to serve expectant mothers

In the past year, Southwell has made significant investments into the community to increase access to quality obstetrical care and women's health services.

In May 2024, Southwell entered into a cooperative agreement to assume maternity care services from The Howard Center for Women's Health in Tifton. The obstetrical (OB) providers with The Howard Center moved to Southwell Physicians for Women in Tifton and Southwell boosted its inpatient obstetrical program at Tift Regional Medical Center (TRMC).

Numerous new providers have joined the team since that time, including Dr. Ana Hernandez, who provides both OB and gynecological care. The clinic facility for Southwell Physicians for Women was also expanded and renovated to accommodate growth. The Medical Director of Southwell Physicians for Women is OB/GYN Dr. Shannon Price and the Medical Director for the OB Hospital Team is OB/GYN Dr. Kristen Yates Coleman.

Southwell also has Lowndes County covered with OB/GYN Dr. Joe Clifton and certified nurse midwives Michelle Shifflett, CNM, FNP-C and Heather Stroh, CNM, APRN. These expert providers practice at Southwell OB/GYN in Valdosta.

In addition, Southwell is developing a Maternal Fetal Medicine (MFM) program at TRMC thanks to funds allocated from the Georgia HEART program*. Having a MFM program is particularly important in rural areas because women often face limited access to specialized care for high-risk pregnancies. Close monitoring of the fetus during pregnancy can help identify potential complications early on, allowing for timely intervention and potentially preventing adverse outcomes.

Visit [MySouthwell.com/providers](https://www.mysouthwell.com/providers) to learn more about our OB/GYN specialists.

* The Georgia HEART program allows individuals, married couples, and businesses to donate to rural hospitals like TRMC in Tifton and Southwell Medical in Adel and receive a 100 percent state tax credit. Visit [MySouthwell.com](https://www.mysouthwell.com) or [GeorgiaHEART.org](https://www.georgiaheart.org) for more information.



Dreaming of a good night's sleep?

The Sleep Medicine Clinic can help

Did you know that the National Institutes of Health estimate as many as 70 million Americans suffer from a sleep disorder?

Sleep disorders include insomnia, sleep apnea, narcolepsy, and restless leg syndrome. If you experience poor sleep quality or your primary care provider suspects one of the above disorders, it may be time to visit Dr. Yash Nandola with Tift Regional Medical Center's Sleep Medicine Clinic.

With special training in sleep medicine, Dr. Nandola diagnoses and treats sleep disorders. The goal is to help patients get more restful sleep and address related health concerns.

Getting enough sleep has many benefits. It can help you get sick less often, stay at a healthy weight, lower your risk for serious health problems (such as diabetes and heart disease), reduce stress, and more.

Dr. Nandola and his expert team will work tirelessly to get you the quality sleep you need. Talk to your provider about a referral or call 229-353-7425.

Tift Regional Medical Center's Sleep Medicine Clinic is in Tifton at 907 E. 18th Street, Suite 130 (inside the Professional Building next to Tift Regional Medical Center). Visit [MySouthwell.com](https://www.mysouthwell.com) for more information.

Look and feel your very best

with Allure Plastic Reconstructive Surgery

Go no further than Tifton for advanced cosmetic procedures and reconstructive surgery. Dr. Derron Spikes and the team at Allure Plastic and Reconstructive Surgery are available to develop an individualized treatment plan that will help refine, rejuvenate, and enhance the way you look and feel.

Dr. Spikes specializes in cosmetic surgery and non-surgical techniques to enhance aesthetics. He offers procedures for the face, breasts, and body. He can also improve the quality of life in people who experience severe injuries, life-changing illnesses, and congenital defects. Dr. Spikes uses a variety of surgical techniques to improve function and improve appearance.

Dr. Spikes is board certified by the American Board of Plastic Surgery and is an active member of the American Society of Plastic Surgery.

Whether you need a simple in-office cosmetic procedure or major reconstructive surgery, Dr. Spikes offers a personalized, confidential consultation for skin care, cosmetic procedures, plastic surgery, or reconstructive surgery needs.

To make an appointment, call 229-391-3620. Allure Plastic and Reconstructive Surgery is in Tifton at 907 E. 18th Street, Suite 340. Visit [MySouthwell.com/allure](https://www.mysouthwell.com/allure) for more information.



Southwell Chiropractic:

We've got your back

Struggling with chronic back pain? Chiropractors Dr. Ryan Brynes and Dr. Josh Pridemore with Southwell Chiropractic may be able to help.

Using evidence-based techniques, Dr. Brynes and Dr. Pridemore are neuromusculoskeletal specialists who focus on the diagnosis and treatment of patients with back pain, neck pain, and headaches. They do not use medications or surgery as treatments, but rather utilize natural, hands-on methods tailored to each patient's needs.

Although most cases can be diagnosed through discussion of the problem and physical examination, chiropractors also routinely utilize blood tests, MRI, CAT scans, X-rays, and other diagnostic tests when necessary.

Dr. Brynes and Dr. Pridemore work in cooperation with medical physicians and other practitioners to provide high-quality, well-rounded care for each patient.

To make an appointment, please call 229-353-2025. Southwell Chiropractic is in Tifton at 2227 U.S. Hwy 41 North, 2nd Floor. Visit [MySouthwell.com/chiropractic](https://www.mysouthwell.com/chiropractic) for more information.



Better Health. One Patient at a Time.

Southwell offers quality Cancer Treatment, Cardiovascular Care, Geriatric Psychiatric Care, Neurodiagnostics, Nursing Home Care, Primary Care, Radiology, Rehabilitation, Women's Health, Sleep Studies and Surgery, including:

- + Bariatrics
- + da Vinci Robotics
- + General Surgery
- + Gynecology
- + Ophthalmology
- + Orthopedics
- + Orthopedic Spine
- + Plastic and Reconstructive
- + Podiatry
- + Urology
- + Vascular



Enroll in our Patient Portal at mysouthwell.com/portal



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229-391-4100



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ADEL, GA 31620
229-896-8000



**SOUTHWELL HEALTH AND
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260 MJ TAYLOR ROAD
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*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:
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Please consider a contribution to the Tift Regional Medical Center
Foundation: **www.TRMCF.com | 229-391-3310**

Find a physician at
mysouthwell.com