

Archives

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Going strong

10 years ago, Archbold's cardiology team saved Tommy Palmer. We haven't slowed down since.



Archbold joins the Emory Winship Cancer Network

NEW PARTNERSHIP PROVIDES THE LATEST IN CANCER RESEARCH AND TREATMENT

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Recruit. Retain. Be reliably successful.

ONE WAY Archbold remains focused on our mission to provide our patients access to high-quality health-care is through our efforts to recruit and retain the best medical talent to practice in our region.

Ten years ago, Archbold established an agreement with the Florida State University (FSU) College of Medicine to give medical students an opportunity to complete required clinical studies with members of the existing Archbold medical staff throughout our system. This agreement marked the first time FSU had established a setting for required clinical rotations to be completed outside the state of Florida.

Each year, Archbold hosts five third- and fourth-year medical students to give them a clinical study opportunity in close proximity to Tallahassee. At the same time, this opportunity increases Archbold's options for

recruiting new physicians to practice in our region.

A training ground for great physicians

To date, 50 medical students have completed clinical training rotations in Thomasville. Four graduates of the FSU College of Medicine program at Archbold have returned to Southwest Georgia and are now practicing medicine locally.

Our partnership with the FSU College of Medicine has proved to be a great investment in the future of healthcare for our community. And it's our hope that the program will continue on the successful path of producing great medical talent that will appreciate the unique qualities of living and practicing medicine in small communities like Thomasville—and throughout Southwest Georgia.



Respectfully,

J. Perry Mustian

President and CEO,
Archbold Medical Center



Why we give

LEE AND RUSSELL CHUBB

"ARCHBOLD IS A VERY IMPORTANT PART of our community. Because we have such a great hospital and medical community, Thomasville is able to attract many people and businesses that could choose to locate elsewhere," said Lee Chubb. "We have good schools, a healthy economy and a diverse population that might not exist without Archbold."

"I have been honored to serve on Archbold's Board of Trustees for over 30 years, and I've seen firsthand how important this organization is to our community," said Russel Chubb. "My great-uncle Percy began the family commitment of giving to the Archbold Foundation in the 1920s. We are happy to continue our 90-year family tradition of giving back to Archbold today."

News and events



Champions for rural health

BROOKS COUNTY HOSPITAL RECEIVES NATIONAL RECOGNITION

Archbold's Brooks County Hospital was recently recognized by iVantage Health Analytics and the National Organization of State Office of Rural Health (NOSORH) as a Champion for Rural Health for overall excellence in patient outcomes. The outcome index is based on patient safety indicators—falls, catheter-associated urinary tract

infections, hospital readmissions and mortality.

The National Organization of State Offices of Rural Health (NOSORH) supports the development of state and community rural health leaders, creates and facilitates rural health-related programs and activities, and enhances access to quality healthcare services

in rural communities.

"I'm so proud of our team at Brooks County Hospital for achieving this award," said LaDon Toole, Archbold Vice President of System Hospitals and Long-Term Care. "Our physicians and staff truly care for this community and for the health and well-being of its citizens."

Glenn-Mor names Slocumb administrator

Archbold's Glenn-Mor Nursing Home recently announced Natalie Slocumb as Administrator for the Thomasville long-term care facility.

Slocumb has seven years of healthcare experience, four of which she spent working in long-term care and rehabilitation facilities. She joined the Archbold Health System in 2015 as a long-term care Administrator in Training at Archbold's Mitchell Convalescent Center in Camilla. Slocumb is licensed by the Georgia

State Board of Nursing Home Administrators.

"I'm confident Natalie will excel in leading the Glen-Mor team," said LaDon Toole, Archbold Vice President of System Hospitals and Long-term Care. "Natalie is enthusiastic and professional, and she is committed to ensuring our residents receive the best care possible. We're delighted to have her join the Archbold long-term care leadership team."



Natalie Slocumb
Administrator
Glenn-Mor Nursing Home

MCH wins statewide patient safety award

Archbold's Mitchell County Hospital was presented a Quality and Patient Safety Award by the Georgia Hospital Association's Partnership for Health and Accountability (PHA) for their successful efforts to improve patient transition of care.

Hospital leaders set a goal to improve the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) transition of care score to the 75th percentile. HCAHPS is a standardized, publicly reported survey of patients' perspectives of hospital care.

"It is very important to us that our patients' perception of care while at Mitchell County Hospital is such that they always feel well cared for and understand the details of their care,"



A multidisciplinary team implemented new processes, such as taking extra steps to ensure that patients were properly educated and understood all instructions for their continued care once they were discharged.

said Carla Beasley, Director of Nursing at MCH. "In addition we want our patients to always feel comfortable about their transition home from the hospital. We know that patients who understand how to care for themselves at home have a reduced chance of returning to the hospital for the same condition. So it was our goal to standardize how we educate patients and

prepare them for their transition home."

"We applaud Mitchell County Hospital for its outstanding work in this area and for its efforts in providing the best and safest care possible to its patients," said Georgia Hospital Association Chief Medical Officer Doug Patten, MD.

Archbold economic impact \$733 million

Today, hospitals do so much more than simply improve the quality of life for sick patients. They contribute to the overall health of our communities—medically and financially.

The Georgia Hospital Association recently released its 2014 *Economic Impact Report*, which quantifies the impact of the Archbold health system in the region at more than \$733 million in revenue for the local and state economy in 2014, taking into account the "ripple" effect of direct hospital expenditures on other sectors of the economy, such as medical supplies, durable medical equipment and pharmaceuticals. During the same time, Archbold provided about \$32 million in uncompensated care while sustaining more than 5,000 full-time jobs throughout South Georgia and the rest of the state.

"Since 1925, Archbold has been known for our role in meeting the healthcare needs of patients in South Georgia and North Florida," said Perry Mustian, Archbold President and CEO. "But we also influence our area's economic health."

The regional health system based in Thomasville employs over 2,200 people. According to the GHA report, for every

Archbold employee, there is more than one supporting job created throughout the region and state. In addition, the funds the organization spends on goods and services flow from the hospital to businesses, and those funds ripple through the local economy as well.

"We're committed to continuing the Archbold tradition of recruiting and retaining highly skilled medical talent that will provide the best high-quality healthcare for our citizens," Mustian said. "And in addition to their caregiving role, our providers will continue to support the local economy, shops and restaurants and hopefully encourage even more new businesses to take root, so our region can continue to thrive economically."





Archbold

announces partnership with
Winship Cancer Institute

ARCHBOLD Memorial Hospital's Singletary Oncology Center and the prestigious Winship Cancer Institute of Emory University recently announced a partnership that will enhance access to state-of-the-art cancer research and treatment to patients in Southwest Georgia.

Earlier this year, the Singletary Oncology Center became the first hospital to join an elite group of community hospitals known as Emory's Winship Cancer Network.

Winship is the first and only National Cancer Institute-designated cancer center

Lisa Speigner, RN
Clinical Research Nurse
Singletary Oncology Center

Benefit from direct access

"The clinical research partnership with Emory is such a great thing for patients in our region," said Archbold Oncology Clinical Research Director Teresa Coleman, MD. "Our existing program is already very strong and currently offers more trials than any hospital in the South Georgia/North Florida region. Through the Winship network, Archbold oncology patients will now have access to the largest unit in Georgia for phase I clinical trials, which are very important in introducing new therapies against cancer. It's really incredible what this partnership will mean for patients in our region."

Archbold physicians and patients will benefit from direct access to Winship's multidisciplinary cancer meetings for collaboration in cancer treatment. Archbold physicians, nurses and clinical research staff can also leverage opportunities for specialized training at Winship.

'We're very proud'

Emory's Winship Cancer Institute is ranked in the top 25 cancer care centers in the country, according to *U.S. News & World Report*, and has improved access to high-quality cancer care, the newest research, and continuing patient and provider education for affiliate partners like Archbold.

"We are very excited to join forces with the excellent physicians and clinical staff at Archbold," said Walter J. Curran Jr., MD, Winship's Executive Director. "Patients will benefit from access to expedited second opinions for selected patients and to enrollment in selected Winship clinical trials while receiving treatment and therapy through their local doctors close to home."

"Archbold patients have always had access to state-of-the-art treatments and technology provided by some of the most knowledgeable and dedicated physician specialists in our region," said Becky Troyer, Singletary Oncology

in the state of Georgia. The partnership will complement an already robust clinical research program at the Singletary Oncology Center—a program that is currently accepting patients for nine of 17 existing clinical trials and registries. Through the partnership with Winship, eligible Archbold oncology patients will now have access to more than 250 existing therapeutic clinical trials and research by top clinicians and researchers from around the world—in many cases without having to travel to metro Atlanta or other large cities for access to cutting-edge investigative treatments.



EMORY WINSHIP CANCER INSTITUTE

Network Affiliate



Teresa Coleman, MD
Medical Oncologist
Clinical Research Director
Singletary Oncology Center



Josh Simmons, MD
Medical Oncologist
Associate Medical Director
Singletary Oncology Center

Center Administrator. "We're committed to remaining ahead of the curve and providing the best treatment options for our patients. We have great respect for the research team and physicians at Emory, and the partnership will help us take our already sophisticated clinical trials program to the next level, which will result in many more options for our patients. We're very proud of what the partnership with Emory will mean to oncology patients in our region."

Meet our new providers

THOUSANDS OF PEOPLE choose patient care at Archbold facilities every year. Our new providers are many great reasons why you should too.

Primary care physicians and specialists work together to ensure your good health. For a comprehensive list of Archbold providers, visit www.archbold.org.

Aubrie Ireland, CAA, earned a bachelor of science degree from The United States Air Force Academy, a master of science degree in cell biology from Wright State University and a master of science degree in anesthesia from Nova Southeastern University. She joins South Georgia Anesthesia Associates and sees patients at John D. Archbold Memorial Hospital in Thomasville.



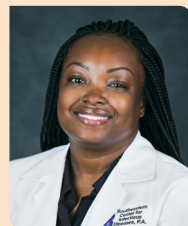
Aubrie Ireland, CAA
South Georgia
Anesthesia
Associates

Michael Barrow, AGPCNP-BC, received his bachelor and master of nursing degrees from Troy University and his master of science degree in nursing and his nurse practitioner post-master's degree from University of Massachusetts Boston. He joins the team at Archbold Northside Center for Behavioral and Psychiatric Care in Thomasville.



Michael Barrow, AGPCNP-BC
Archbold
Northside Center
for Behavioral and
Psychiatric Care

Latarsha Jones, FNP-C, earned an associate of nursing degree from Darton College, a bachelor of science degree in nursing from Thomas University and a master of science degree in nursing from Albany State University. She joins Archbold Neurosurgery Services in Thomasville.



Latarsha Jones, FNP-C
Archbold
Neurosurgery
Services

Ashley Lafferty, BSN, CRNA, earned a bachelor of science degree in nursing from Florida State University and a master of science degree in nursing from Texas Wesleyan University in Fort Worth. She is a board-certified registered nurse anesthetist and practices with South Georgia Anesthesia Associates in Thomasville.



Ashley Lafferty, BSN, CRNA
South Georgia
Anesthesia
Associates

Jenni Wade, NP-C, earned her bachelor of nursing degree from Valdosta State University and her master of science degree in nursing from Frontier Nursing University in Hyden, Kentucky. She joins the nuclear cardiology department at the R. Charles Loudermilk Heart and Vascular Center at Archbold Memorial Hospital and will be seeing patients at the Archbold Specialty Clinic in Bainbridge.



Jenni Wade, NP-C
Archbold
Memorial Hospital

John Allen, CRNA, received a bachelor of science degree in chemistry and nursing from Valdosta State University and a master of science in nursing anesthesia at Augusta University, formerly known as Medical College of Georgia. He joins South Georgia Anesthesia Associates and sees patients at John D. Archbold Memorial Hospital in Thomasville.



John Allen, CRNA
South Georgia
Anesthesia
Associates

Allison (Breezy) Peake, CAA, earned a bachelor of science degree from the University of Georgia and a master of medical science degree in anesthesia science from South University in Savannah. She joins South Georgia Anesthesia Associates in Thomasville and practices at John D. Archbold Memorial Hospital.



Allison Peake, CAA
South Georgia
Anesthesia
Associates

Cynthia Westberry, MD, received her bachelor of science degree from Georgia Southern University. She completed her residency in internal medicine at Memorial Health Medical Center in Savannah. Dr. Westberry is joining the team at Southland Hospitalist Group and will be seeing patients at John D. Archbold Memorial Hospital in Thomasville.



Cynthia Westberry, MD
Archbold
Memorial Hospital

Louis Perino, MD, PhD, FACEP, earned a bachelor of science degree from the University of Illinois in Urbana-Champaign, a PhD from Oklahoma State University in Stillwater and a doctorate of medicine from Texas Tech University in Lubbock. He completed his residency in emergency medicine at Emory University in Atlanta. Dr. Perino is board-certified in emergency medicine and is treating patients at Grady General Hospital in the emergency department.



**Louis Perino, MD,
PhD, FACEP**
Grady General
Hospital

Jordan Williams, NP-C, who worked as a nephrology and dialysis nurse at Archbold for eight years before pursuing her nurse practitioner degree, earned a bachelor of science degree in nursing from Thomas University and a master of science degree in nursing from the University of Alabama at Birmingham. She will practice family medicine at Archbold Primary Care.



**Jordan Williams,
NP-C**
Archbold
Primary Care

Jack Sponaugle, DO, earned a bachelor of science degree from Bethany College in Bethany, West Virginia, and a doctorate of osteopathic medicine from the West Virginia School of Osteopathic Medicine in Lewisburg. Dr. Sponaugle is board-certified in emergency medicine and practices at Archbold Urgent Care Center in Thomasville.



**Jack Sponaugle,
DO**
Archbold Urgent
Care Center

Melanie Woods, ANP-BC, received a bachelor of science degree in nursing and a master of science degree in nursing from Florida A&M University. She is practicing with Southland MD hospitalist group and is treating patients at Archbold Memorial Hospital.



**Melanie Woods,
ANP-BC**
Archbold
Memorial Hospital



Taking the pressure off

HOW TO EASE THE PAIN OF SINUSITIS

YOU MIGHT FEEL PAIN at first—some say it's like a mask squeezing tightly over your eyes and across your nose. Your cheeks become tender and sore. Then comes a stuffy nose, along with a nasty postnasal drip down the back of your throat.

Perhaps you were just getting over a lousy cold. What you might have is sinusitis—an all-too-common condition in which blocked sinuses often trigger infections and facial pain or pressure. Bacterial or viral infections, allergies, asthma, and other health problems can cause sinusitis.

How the pressure builds

Within your skull are four pairs of hollow spaces known as your paranasal sinuses. They can be found around the eyes, nose, forehead and cheekbones, and they connect to the nasal passages. Inflammation makes their lining swell,

keeping mucus from draining properly. As a result, mucus and air become trapped inside the sinus cavities.”

And when that happens, your face—and perhaps even your teeth—may hurt. These blocked sinuses make it easy for germs to thrive. So your congested nose might also produce a thick discharge. Other signs and symptoms of sinusitis include:

- Coughing.
- Fever.
- Bad breath.
- A sore throat.
- Decreased sense of smell.

A timeline of symptoms

There are several different kinds of sinusitis. Each is categorized by how long the symptoms last.

Common types include:

Acute sinusitis. Symptoms last less than four weeks.

Recurrent acute sinusitis. You may have this type if you experience four or more infections that clear up and return in a single year.

Chronic sinusitis. These infections last longer than 12 weeks. Because the sinuses are always inflamed, symptoms such as postnasal drip may go on for months or years.

Seeking needed relief

If you think you have sinusitis, tell your doctor. He or she might suggest:

- Using a nasal saline rinse.
- Trying some over the counter or prescription nasal steroid such as Flonase.
- Taking medicines for pain relief.
- Using decongestants or nasal sprays that reduce swelling.
- Getting plenty of fluids and rest.
- Taking an antibiotic if bacteria—not a virus—caused your infection. Usually an antibiotic is not needed if it has been less than a week.

If you have frequent sinus infections ask your primary care provider to refer you to an ear, nose and throat (ENT) specialist.

The ENT will confirm your diagnosis and set up a treatment plan. Surgery is also sometimes an option for persistent sinusitis.

Sources: American Rhinologic Society; Centers for Disease Control and Prevention; National Institute of Allergy and Infectious Diseases



Brian Szwarz, MD
Otolaryngologist
ENT Associates of Southwest Georgia

ALLERGIC RHINITIS

The big sneeze



Lorraine Williams, MD
Otolaryngologist
Archbold Ear, Nose, Throat
and Allergy Center

YOUR NOSE KNOWS when allergic rhinitis comes to call. This allergic reaction causes inflammation inside the nose and sinuses—and those telltale signs of sneezing, itching, nasal dripping and congestion. So what exactly is behind that sniffling drip? Here's what you need to know.

Invasion alert

According to otolaryngologist Lorraine Williams, MD, it all starts with the body's immune response to an allergen, such as pollen.

"The immune system tries to fight the foreign invader," said Dr. Williams. "A part of that reaction is the release of a substance called histamine—the trigger of those pesky and often persistent nasal symptoms."

Dr. Williams said other symptoms that can crop up include:

- Watery eyes.
- Headache.
- Scratchy throat.
- Hives.
- Eczema.

Allergic rhinitis can be seasonal, meaning it flares up at certain times of the year. This type is usually caused by pollens from weeds, grass and trees. It can also be triggered by spores from mold or fungi.

Chronic allergic rhinitis can happen anytime; may last all year; and is caused by allergens like cockroaches, dust mites, molds and animal dander.

Several methods can help combat allergic rhinitis—and it often takes a combination of methods or medicines to

get the symptoms under control.

"The first step is to figure out what allergen is causing the problem, and that's something your doctor can help you with," said Dr. Williams. "Once you've discovered what you're allergic to, then do your best to avoid it."

Sources: American Academy of Allergy, Asthma & Immunology; National Institutes of Health



Dr. Williams recommends

- Rinse your nasal passages with saline solution or use a saline spray to help rid your nose of allergens every evening.
- Try over-the-counter or prescription medications. These can include nasal sprays, antihistamines and decongestants.
- Consider allergy shots or drops (immunotherapy). This series of shots or drops, given over a period of time (usually three to five years), helps reduce sensitivity to an allergen and may reduce or even eliminate symptoms. It can be a good option when medications aren't providing relief.

Surviving and thriving

ARCHBOLD'S CATH LAB AND ITS
FIRST PATIENT—10 YEARS LATER

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"I'd highly recommend Archbold. They have a great hospital. And they've got very, very good doctors."

—Tommy Palmer,
the first patient treated at Archbold Memorial
Hospital's cardiac catheterization lab

IT'S BEEN 10 YEARS since Archbold Memorial Hospital opened its cardiac catheterization lab. And if anyone is a little fuzzy on that fact, you can just ask Tommy Palmer.

He knows the date because he was the very first patient to be treated at the cath lab. It was also the day he had a heart attack—something you never forget.

'You're having a heart attack right now'

April 16, 2006, was a stressful day in a long string of stressful days for Tommy. His wife had recently been diagnosed with stage IV breast cancer, and she could no longer help operate their joint catering and restaurant business.

Once every few weeks, in the midst of those hectic days, Tommy would get a sharp pain in his back. "I would have to lay on the floor on my stomach until it subsided," he recalled.

Tommy hadn't been well for a while. But without any other clear symptoms, he wrote it off as anxiety. Then one day he was feeling so bad that he decided it was time to see his primary care physician—William Cooper, MD—in Thomasville.

Dr. Cooper hooked Tommy up to an electrocardiogram machine to check his heart. When the doctor returned with the test results, he gave Tommy a pill.

"What is it?" Tommy asked.

"It's an aspirin," Dr. Cooper said.

"Why do I need an aspirin?"

"Because you had a heart attack yesterday and you're having another one right now."

Tommy was immediately taken to the emergency room.

"This was all such a shock to me because I didn't have any classic symptoms of a heart attack," Tommy said. "I never had any shortness of breath or chest pain."

Blockages in two separate arteries were slowly squeezing off his heart's supply of blood and oxygen.



A cardiac catheter—a tube with a small balloon attached to the end—was inserted into a blood vessel leading to Tommy Palmer's heart. Physicians inflated the balloon attached to the catheter to unblock the arteries and restore blood flow to the heart.

But a procedure called cardiac catheterization could find those blockages. And it so happened that Archbold had a brand-new cath lab with the equipment needed to perform the procedure. The lab was so new, in fact, that a visiting cardiologist was still training the local doctors on the equipment.

Opening the lab—and the arteries

"They made me very aware I was the first patient to be treated there," Tommy said.

The cardiologist inserted the catheter tube through Tommy's groin and guided it up to his heart. On the cath lab's screen appeared the two arterial blockages. A small balloon attached to the catheter's tip opened one blockage and then the other. Mesh tubes, called stents, were left in his arteries to ensure they didn't close up again.

Tommy was sedated during the procedure and doesn't remember much about

it. He knows he wasn't afraid. "Everything was in God's hands. And I knew there were good doctors at Archbold."

The procedure—called a coronary angioplasty with stenting—took place on Thursday. Tommy left the hospital the following Monday.

"I went home, got on the lawnmower, weeded, trimmed and cut the grass," he said. "I haven't slowed since, as far as my heart's concerned."

A few things have changed in 10 years. Tommy's wife died four years after his heart attack. And he now takes an aspirin every day to help protect against further blockages in his heart.

But he hasn't had any more heart problems. And he still has his restaurant in Pelham, the Chicken Trax.

He offers this advice: "I'd highly recommend Archbold. They have a great hospital. And they've got very, very good doctors."

AN EXPERT TEAM

A collaborative environment. Expanding access to care.

HEART DISEASE remains the leading cause of death in the United States, claiming the lives of 610,000 annually. That's 1 in every 4 deaths every year.

It's also the leading cause of death in Georgia, accounting for one-third of all deaths in the state. And Thomas County and the surrounding counties rank among those in Georgia with the highest heart disease-related mortality levels.

That's why local access to advanced diagnostic, therapeutic and lifesaving cardiovascular services is critical.

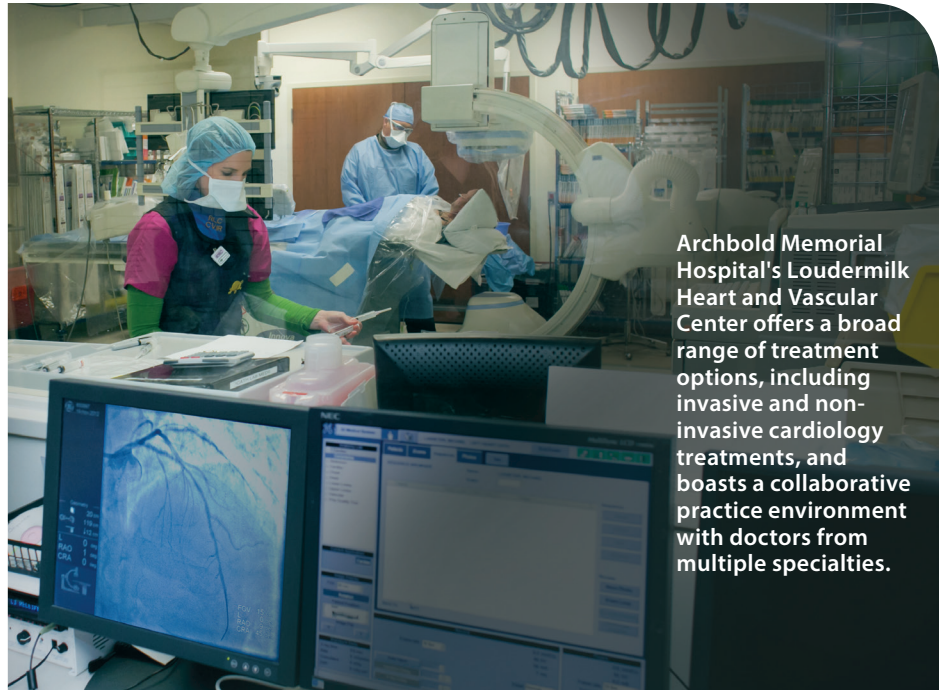
Archbold offers a broad range of advanced treatment options and has a collaborative practice environment with doctors from multiple specialties.

An expert team

Components of Archbold's heart and vascular program have existed for decades. But in 2005, the services were consolidated under one roof, and the service line became known as the R. Charles Loudermilk Heart and Vascular Center at Archbold.

In 2015, Archbold welcomed a third board-certified interventional cardiologist to the Loudermilk Heart and Vascular team—Pranav Diwan, MD. Dr. Diwan joined the Thomasville-based Interventional Cardiology Consultants practice and works alongside interventional cardiologists Clay Sizemore, MD, and Chris Daniels, MD.

"Archbold is committed to investing substantial resources that make access to cutting-edge heart and vascular facilities possible for patients in this region," said Dr. Diwan.



Archbold Memorial Hospital's Loudermilk Heart and Vascular Center offers a broad range of treatment options, including invasive and non-invasive cardiology treatments, and boasts a collaborative practice environment with doctors from multiple specialties.

Archbold interventional cardiologists, along with the hospital's four board-certified cardiologists—William W. Ellis, MD, FACC; James S. Karas, MD, FACC; Robert D. Miles Jr., MD; and Philip D. Troyer, MD—maintain regular clinic schedules at Archbold Specialty Clinic locations in Brooks, Decatur, Grady and Mitchell counties.

Expanding access to care

"Heart disease is clearly an identified health concern in our region," said Dr. Miles. "The ability to provide cardiology care to patients in rural communities is extremely important, and to meet the increasing demand for access to specialized cardiology care, we recently increased our office hours and scope of services in neighboring communities throughout the region—most notably

in Decatur County at the Archbold Bainbridge Specialty Clinic."

Archbold cardiologists also now provide cardiology care for patients admitted to Bainbridge Memorial Hospital.

In addition, The Archbold Bainbridge Specialty Clinic added nuclear cardiology studies to its list of diagnostic testing capabilities available at the clinic, in addition to stress testing and echocardiograms that were already available.

"Nuclear cardiology testing is a noninvasive technique that assesses myocardial blood flow, evaluates the pumping function of the heart and can visualize the size and location of a heart attack," said Dr. Miles. "It's very convenient for Decatur County patients that we offer this service in Bainbridge."

Archbold makes advanced cardiology care easily accessible to patients in South

Georgia through unique partnerships with highly specialized hospitals and physician practices.

A network of support

Relationships with Southern Cardiac and Vascular Associates, a cardiothoracic surgery group, and pediatric cardiology specialists from Children's Healthcare of Atlanta and The Medical College of Georgia at Augusta University have resulted in office space for each practice in Archbold's Loudermilk Heart and Vascular Center.

A recently established partnership with electrophysiology physicians at Southern Medical Group based in Tallahassee has provided resources to help build a much needed electrophysiology program at Archbold. Dr. Daniels and physicians from Southern Medical Group began implanting automatic implantable cardiac defibrillators (ICDs) at Archbold last year.

Over the years, there have been many clinical areas where Archbold's heart and vascular team has successfully embraced cutting-edge technologies that have resulted in better patient outcomes.

Lifesaving treatment

Archbold's percutaneous coronary intervention (PCI) program has saved hundreds of lives since it began in 2006. Now, just 10 years later, Archbold's invasive cardiology team is leading the region in transradial approach for cardiac catheterization—an innovative technique where physicians use the wrist as an entry point to insert a long, thin tube called a catheter into a major blood vessel that leads to the heart.

In addition, Dr. Sizemore said Archbold physician's experience with ultrasound-guided transradial access for heart catheterizations has provided

a competitive advantage using similar cutting-edge techniques for treating lower extremity blockages through small vessels in the feet.

"We recently introduced orbital and directional atherectomy technologies that allow us to modify or debulk plaque making it less likely that a permanent implant (stent or graft) will be necessary to treat blockages in the leg arteries," Dr. Sizemore said.

In this procedure, a drug-coated balloon, which is actually part of a device clinical trial that Dr. Sizemore and Archbold physicians are participating in, delivers medication that helps arteries stay open.

Innovative testing and treatment

Archbold physicians recently completed two clinical trials testing medication in patients undergoing revascularization and stenting procedures. They also completed two clinical trials testing minimally invasive treatment for carotid artery disease. Archbold physicians are also now testing two medications in patients who've had a heart attack to determine if the medications will reduce their risk of recurrent cardiovascular events.

"It's very important for people in Thomasville and surrounding communities to know they can receive the same state-of-the-art cardiology care and cutting edge treatment at Archbold that is provided in large metropolitan and university hospitals," said Dr. Sizemore. "What really sets Archbold's cardiology program apart, though, is the continued commitment to a collaborative rather than competitive practice environment where doctors from multiple specialties can work together to give patients the best possible long-term result in terms of reducing the risk of stroke and the



Clay Sizemore, MD
Interventional Cardiologist
R. Charles Loudermilk
Heart and Vascular Center



Chris Daniels, MD
Interventional Cardiologist
R. Charles Loudermilk
Heart and Vascular Center



Robert D. Miles Jr., MD
Cardiologist
R. Charles Loudermilk
Heart and Vascular Center

need for amputations, as well as resolving debilitating symptoms of leg pain. While this type of collaboration is a widely accepted ideal, it is actually accomplished at relatively few centers across the country—but we are proud to offer this high level of collaboration at Archbold that is so beneficial for our patients."

DIABETES

Take this information to heart

IF YOU HAVE DIABETES, you have a higher risk for getting heart disease.

"It's a proven fact that people who have diabetes are more likely to have heart attacks or get heart disease than people who don't have diabetes," said James S. Karas, MD, FACC. "For men, the risk is double. For women, the risk is triple."

But you don't have to let heart disease win. There are many things you can do to help keep your heart healthy.

Why the higher risk?

"A big part of living with diabetes is managing your blood sugar (glucose) level," Dr. Karas said.

Having a glucose level that is too high can make plaque build up in your coronary arteries. Plaque reduces the blood flowing to your heart, raising your risk of heart attack, heart failure or stroke.

According to Dr. Karas, there are other things that can raise the risk of heart disease in people who have diabetes. They include:

- Being overweight.
- Having unhealthy cholesterol levels.
- Smoking.
- Not being active.
- Eating an unhealthy diet.

What can I do?

To help your heart stay healthy, the National Heart, Lung, and Blood Institute says you should:

- Work with your doctor to keep your



James S. Karas, MD, FACC
Cardiologist
Cardiology Consultants of South Georgia

blood sugar level under control.

- Take all medicines exactly as prescribed.
- Eat a balanced diet that is low in saturated fat, trans fat, cholesterol, sodium and added sugar.
- Lose weight if you're overweight.
- Make time for exercise. Find activities that you enjoy, but make sure that your doctor approves.

Everyone needs a primary care provider—a doctor who knows you and is on your side. For a list of Archbold providers, visit www.archbold.org.

- If you smoke, quit. Talk to your doctor about things that can help you quit for good.

Make it a team or family effort

Talk to your doctor about which of these things are most important for you. He or she can work with you to control your risk factors and help you lower your risk for heart disease.

Don't play the waiting game

TAKE HEART ATTACK SYMPTOMS SERIOUSLY

CHANCES ARE you've heard this before: "I'm as serious as a heart attack."

People say it when they want you to pay close attention—which is exactly what you need to do if you have symptoms of a heart attack.

"A myocardial infarction, or heart attack, occurs when blood flow to a section of heart muscle is abruptly blocked," said interventional cardiologist Pranav Diwan, MD. "If blood flow is not restored quickly, the affected muscle begins to die. Acting swiftly can prevent or limit damage to the muscle—and save your life."

That's why it's crucial to get immediate emergency care if you're having symptoms of a heart attack. The three most common ones are:

- Chest pain.
- Upper-body discomfort, such as pain in your back, jaw, neck, shoulders or stomach.



- Shortness of breath.

Other signs of a heart attack include breaking out in a cold sweat, feeling unusually tired for no reason, and feeling sick to your stomach and vomiting.

Never wait and wonder

According to the National Heart, Lung, and Blood Institute, more than 1 million people every year in the U.S. have a heart attack. And many of them don't make it to the hospital in time to get help.

"Unfortunate delays in care can arise when people make assumptions and erroneously attribute their symptoms to a noncardiac cause, such as indigestion," Dr. Diwan said. "If you have any of the aforementioned symptoms or are uncertain about your condition, please seek emergent medical attention and allow a health-care professional to thoroughly evaluate you. It's better to be safe than sorry."



Pranav Diwan, MD

Interventional Cardiologist
Archbold Interventional Cardiology
Consultants

If you feel like you're having a heart attack, Dr. Diwan suggests that you:

- Call 911 if you're having symptoms of a heart attack. Don't wait in the hope you'll soon feel better.
- Don't drive yourself to the hospital. Emergency medical services personnel can start lifesaving treatments right away.

High blood pressure

Know your risk factors

THERE'S A LOT you should know about high blood pressure.

"High blood pressure can affect anyone," said internal medicine physician Rick Fenlon, MD. "High blood pressure often causes no symptoms. Yet if not controlled, it can lead to heart attack and stroke."

According to Dr. Fenlon, the key thing to know about high blood pressure is it's sometimes preventable—and prevention starts with recognizing risk factors.

Some risk factors for high blood pressure you can't change, such as:

- **Age.** Blood pressure tends to go up as

you get older.

- **Gender.** Men are more likely than women to have high blood pressure before age 45. After age 65, women are more likely than men to be affected.

- **Family history.** If close family members have high blood pressure, you're more likely to get it too.

"Even though you can't do anything about those risk factors, you can stay vigilant about keeping your blood pressure in a healthy range," Dr. Fenlon said. "Get your pressure checked regularly, and stay on top of the following risk factors, which you can control."



Rick Fenlon, MD
Internal Medicine Physician
McIntosh Clinic

RISK FACTOR	WHY IT'S A RISK	WHAT YOU CAN DO ABOUT IT
Being overweight or obese	Excess weight forces your heart to work harder, and that raises your blood pressure.	Losing just 10 pounds may lower blood pressure. That's possible by cutting calories and getting more exercise.
Eating a less-than-healthy diet	A diet high in calories, fat and sugar can add pounds. And too much sodium (salt) may make your body retain fluid and can increase blood pressure.	<ul style="list-style-type: none"> • Focus on eating more fruits; vegetables; whole-grain, high-fiber foods; low-fat dairy products; and fish. • Limit salt, fats and added sugars. • Ask your doctor about getting more potassium—it may lessen sodium's effects on blood pressure. • Know the risks of alcohol.
Not exercising	You're more likely to gain weight if you're not active. When you exercise, your arteries vasodilate, which is good for your circulatory system.	It is now recommended that people get 30 minutes of physical activity five days of the week or take 10,000 steps a day.
Smoking	Smoking damages blood vessels.	Ask your doctor for tips on quitting. It's doable!
Having too much stress	Stress may cause you to eat poorly and engage in unhealthy behaviors, like smoking or drinking. Stress can cause vasoconstriction.	Find healthy stress relievers, such as exercising. Yoga and tai chi are also beneficial.

Get a leg up on better blood flow

WHEN YOU WALK, do your legs protest? If they seem to tire out or cramp during physical activity, your muscles might not be getting the oxygen they need.

Fatigue and pain in the legs during exercise can be symptoms of a condition called peripheral arterial disease (PAD). Older adults, smokers and people with diabetes have an increased risk of the condition, according to the Society for Vascular Surgery.

"PAD is a serious disorder," said interventional radiologist Craig Yokley, MD. "Fortunately, it can be easily diagnosed with a simple outpatient test."

Muscles deprived

Fatty deposits can build up in the walls of your arteries and restrict the circulation of blood and oxygen.

When the build-up occurs in arteries leading to your heart, it's called coronary artery disease. When it occurs in the arteries that lead to your lower body, it's PAD.

"When you exercise, your muscles need more blood," Dr. Yokley said. "Leg pain that occurs during walking and disappears with rest is the most common symptom of PAD. It's a sign that your leg muscles aren't getting enough blood to meet their needs."

According to Dr. Yokley, other



Craig Yokley, MD
Interventional Radiologist
Vascular Interventional of
Thomasville, Associates

symptoms of PAD include coldness, numbness or tingling, and changes in skin color in the lower legs or feet.

"Left untreated, PAD can potentially lead to gangrene or amputation," Dr. Yokley said. "People with PAD are also likely to have narrowed arteries elsewhere, raising the risk for heart attack and stroke."

Where you stand

A simple check of the blood flow to your lower limbs can help your doctor determine if you have PAD.

Called an ankle-brachial index test, it compares the blood pressure in your legs with that in your arms.

Even if you don't have symptoms, it's a good idea to ask your doctor about testing.

According to the Society of Interventional Radiology, about two-thirds of older adults with PAD do not have symptoms. Women appear to be more likely than men to have the condition without experiencing symptoms.

If testing indicates PAD, it can often be treated with lifestyle changes, such as:

- Quitting smoking.
- Getting regular exercise.
- Eating a low-fat diet.
- Controlling diabetes and high blood pressure.

Your doctor may also prescribe medication to help reduce blood clotting and lower cholesterol. In some cases, angioplasty (with or without stenting) or surgery is needed.



Summertime...

...AND THE LIVING IS (STILL) EASY

VACATION SEASON is quickly approaching. And if you have a complex medical conditions, you may be reluctant to leave home. However, with a little planning and preparation there's no reason you can't travel anywhere you'd like—for a few hours or even a few weeks.

Travel planning

Here are some tips to help home care patients prepare for a successful and fun summer vacation.

Give your providers a heads up. Well in advance of your trip, be sure to contact all medical professionals involved in your care. Your doctor and pharmacist can help ensure you have necessary prescriptions and medications, so you can stay healthy while enjoying your trip. Archbold Home Health Services and Hospice of Southwest Georgia can help connect you in advance with agencies that provide excellent specialized care in the area you are traveling to. The Archbold hospice and home health teams can also provide care for patients that are visiting the Southwest Georgia area temporarily.

Travel safely with medications. It's important to carry a list of your current medications with you at all times, but especially when traveling. It's also a good idea to take along a note from your doctor that explains why you take the medications, especially if syringes or other medical supplies are involved. Make sure you have enough medication to last while you're away. And remember, some prescriptions can't be refilled over the phone. Schedule an appointment with your physician before



From in-home medical care, to purchasing or renting medical equipment, the Archbold Health Services team can help ensure you're prepared to travel anywhere you'd like this summer. For more information, please call **229-228-5886** or **800-533-8014**.

you leave, to obtain written prescriptions that may need to be filled while away from home.

Consider travel-friendly oxygen options. If you require medical oxygen, portable oxygen concentrators are a small, lightweight, convenient and affordable oxygen option that is engineered for the active patient. The Archbold HomeCare Store carries a variety of equipment and support for oxygen dependent travelers, and with two respiratory therapists on-site, you'll be sure to find the most appropriate, convenient and affordable oxygen options that will make your trip enjoyable.

Arrange home medical equipment for travelers and guests in advance. Whether you are actually doing the traveling or are anticipating a guest's arrival, it's important to think ahead and prepare for your home medical equipment needs. For the traveler, the Archbold HomeCare Store has a variety of walkers, walking canes and wheel chairs, as well as lightweight portable oxygen and compact CPAP machines. For those expecting guests, the store also offers rental options for a wide variety of medical equipment, including hospital beds and scooters. They also have a great selection of lift chair recliners.

Hands down

HANDWASHING IS ONE OF THE BEST WAYS TO FIGHT DISEASE

WE HAVE MANY marvels of medicine these days. But when it comes to protection from illness, not much does better than a good old-fashioned sudsy scrub of your hands.

Handwashing is a simple, even mundane, task—with big health benefits.

Washing your hands regularly is your first line of defense against getting sick and spreading germs to others, reports the Centers for Disease Control and Prevention.

In healthcare settings, handwashing can prevent serious infections from spreading and even save lives.

Handwashing how-tos

TO WASH IN SOAP AND WATER:



Wet hands and apply soap. Rub hands together and scrub all surfaces.



Continue rubbing for 20 seconds, about two rounds of singing "Happy Birthday."



Rinse hands under running water, and dry them using a paper towel or air dryer.

When to wash

Most of us know to wash our hands after going to the bathroom.

But you should also scrub up:

- After blowing your nose, coughing or sneezing.
- Before eating or preparing food.
- After changing diapers

or helping a child in the bathroom.

- Before and after caring for someone who's sick.
- Before and after treating a cut or wound.
- After handling an animal or animal waste.
- After handling garbage.



If soap and water aren't available, rub an alcohol-based hand sanitizer over your hands.

Healthy food, healthy kids



Sean Austin, Archbold's Director of Nutrition Services, taught children how to make healthy food choices.



Archbold caterer Erika Freeman ensured children received servings of dairy to complete their MyPlate.



Children learned that making healthy food choices and cooking can be fun.



Children used healthy ingredients selected from the Archbold Supermarket to build a heart-shaped pizza.



Eric Sprague, Archbold chef (right), helped children bake pizzas in Archbold's kitchen.

Archbold Memorial Hospital recently hosted a free healthy kids cooking class for students in kindergarten through fifth grade. Children learned the MyPlate concept, a visual place setting of the five food groups representative of building blocks for a healthy diet. MyPlates were used to guide children as they selected ingredients to build their own healthy, heart-shaped pizzas. Each child received a MyPlate, courtesy of Archbold, to reinforce the importance of making healthy food choices at home.



TRIGLYCERIDES

Their role in good health



Lauren Clemmons, DO
Family Physician
Medical Group of Mitchell County

A FANCY WORD for fats.

In a nutshell, that's what triglycerides are.

Perhaps you've noticed that when you get your cholesterol checked, you sometimes get a report on your blood triglyceride level too. There's a good reason for that—and a good reason to pay close attention to your results.

Although experts can't say for sure that high blood triglyceride levels by themselves lead to heart attack and stroke, there's evidence they can, especially if you also have high levels of bad cholesterol (LDL) or low levels of good cholesterol (HDL).

What's high?

"Triglyceride levels are considered high when they're 200 milligrams per deciliter (mg/dL) of blood and above," said family physician Lauren Clemmons, DO. "Levels less than 150 are normal, but it's even better to have readings less than 100."

Eating foods high in carbohydrates, saturated fat, trans fat and simple sugars can boost your triglycerides.

Other things known to increase triglyceride levels include smoking, being

overweight, not exercising and drinking alcohol.

Taming triglycerides

Specific recommendations for improving triglyceride levels will depend on your readings. "If your triglyceride levels are very high, for instance, your doctor may prescribe medication," Dr. Clemmons said. "In general, though, if you need to bring triglyceride levels down—or keep them at a healthy level—healthy lifestyle choices can help."

Dr. Clemmons offers these tips:

- If you're overweight, try to reach a healthy weight.
- Reduce saturated fat, trans fat and cholesterol in your diet.
- Cut down on added sugars, which are often found in regular soda, desserts, syrups, candy and other foods.
- Eat nonfat or low-fat dairy products, vegetables, and fruits most often. But be aware—it may be best to limit how much high-fructose fruit, such as cherries and grapes, you eat. Fructose is a type of sugar.
- Know the risks of drinking alcohol.
- Get at least 30 minutes of moderate-intensity exercise five or more days each week.
- Work more omega-3 fatty acids into your eating plan. Good sources include oily fish, such as salmon and albacore tuna.

High triglycerides may lead to stroke or heart attack. Talk to your doctor to learn how you can improve your triglyceride levels.

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Investing in our community

A VITAL COMPONENT of Archbold's strength is the enormous generosity of donors in our community. Community support built John D. Archbold Memorial Hospital in 1925. Starting with one visionary donor who knew he could make a difference by making an investment in bringing the highest caliber of care to southwest Georgia.

Annual gifts to the Archbold Foundation directly impact the communities we serve. These contributions help bring new technologies, new treatment options, more advanced training for our medical and clinical staff, and modern facilities designed specifically for the delivery of the absolute best patient care possible.

The following pages list the numerous gifts made to the Archbold Foundation in 2015. We are grateful for each and every one of them. Your support truly makes a difference at Archbold.

Visit www.archboldfoundation.org to find out how you can make a difference.

If there are any noticeable errors or omissions on this list, please let us know by calling **229-228-2924**.

Thank you again for your support!

Tree of Lights

Due to space constraints, the 2015 Tree of Lights tribute list is not included in this issue of *Archives*. We are grateful to all donors who honored or remembered a loved one in our Tree of Lights Campaign. A full listing of all Tree of Lights tributes can be found on our website, www.archboldfoundation.org. Thank you for your generous support!

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Bettye Henderson (left) and granddaughter Brady Lynn Henderson (right) were honored by lighting the live tree during the Archbold Foundation's annual Tree of Lights ceremony, which benefits Hospice of Southwest Georgia.

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The Brookwood Lower School Chorus performed at the 2015 Tree of Lights event.

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The Archbold Corporation meets every January at Archbold Memorial Hospital to elect Archbold board members, receive information on the Medical Center's annual performance, and enjoy delicious food and fellowship. Pictured at the 2016 annual meeting are (from left) Suzanne Boykins-Rome, Katie Spence, Julie Spence, Rosemary Boykins and Imogene Conyers.

Hospice of Southwest Georgia hosted the 10th annual Camp HEAL in 2015, a day camp for children ages 6 through 17 who are dealing with the death of a loved one. Camp HEAL is made possible by donations that are made to the Archbold Foundation.

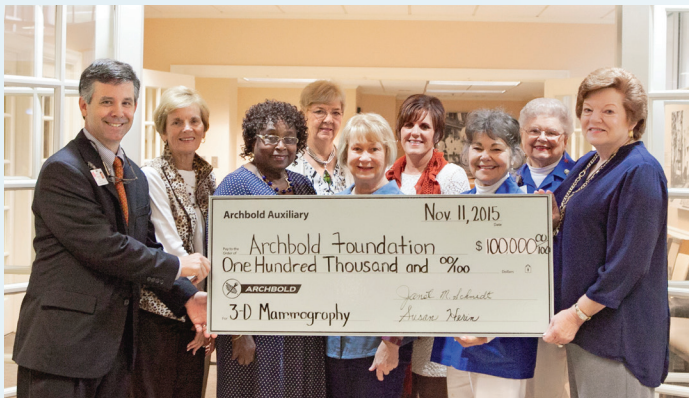


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The John D. Archbold Memorial Hospital Auxiliary generously donated \$100,000 to help purchase 3-D mammography technology for the Archbold Women's Center.

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“The Archbold Foundation Scholarship helped supplement some of my school costs and gave me the opportunity to start my nursing career with such a great organization.”
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The Archbold Pink Affair is held every October at the Singletary Oncology Center. The 2015 Pink Affair raised funds to help Archbold purchase 3-D mammography technology for the Archbold Women's Center.

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The 2015 Archbold Classic raised over \$215,000. Proceeds from the Archbold Classic pay for scholarships for area students pursuing a healthcare-focused education. Members of the 2015 Archbold Classic winning team (from left to right): Rick Singletary, Philip Davis, Jerry Pate (professional golfer), Steve McDermond and Lewis Singletary.

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"I was able to focus on my studies and worry less about financial burdens while pursuing my nursing degree with the help of the Archbold Foundation. And I had a great job at Archbold once I finished school."

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Staff from Thomasville Toyota joined Gregg Isaacs, President of Thomasville Toyota; J. Lee Graham, General Manager; Harry L. Cheney, General Sales Manager; and Brad Ramsey, Service Manager, to present the Archbold Foundation with a check for \$10,000 in support of Archbold's annual A Pink Affair, a fashion show featuring cancer survivors. Archbold Foundation President Vann Middleton; Archbold Radiologist Mary Anne Bullard Grayson, MD; Archbold Director of Radiology Allison Donaldson; and Singletary Oncology Center Breast Cancer Navigator Debbie Beeson were present to receive the donation.

'Committed to remaining ahead'



The chemistry is great between Archbold and the Emory Winship Cancer Institute.

See page 6

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