

The Multitrie Observer



2013

Medical & Wellness Directory

A local guide for all of your health needs

elev8

FITNESS & NUTRITION COACHING

"My experience at elev8 has literally been life-changing!

In one year of Jimmy's fitness & nutrition coaching,
I have gone down 3 pants sizes, gained confidence
and achieved goals that I would have never pursued before.

The nutrition coaching has been key! ..." -vfw

**Developed with a team of local doctors, our
nutrition & exercise coaching programs
are designed to teach you
life-changing habits
of good nutrition & exercise.**

Home
of

e8 CrossFit

Research-Driven Education

Weight Loss

**Individualized
Nutrition Plan**

**Learn Sustainable Habits
of Good Nutrition**

**Professional
Guidance**

Sports Performance

**FREE
initial
consultation**

Weight Gain

www.e8fitness.com



(229) 891-0406

**Winn Dixie Shopping Center
135 Talmadge Dr
Moultrie, GA
31768**

RISE to your POTENTIAL

Chris Bazal, MD

Kirby Smith, DO

Jimmy Bloodworth, CFT

818641

Allergy/ Immunology

Joseph H. Berger, MD
305 West Hansell Street
Thomasville, Ga. 31972
229-228-6355

Anesthesiology

Chauncey (Rusty) Herrington, MD
3131 South Main Street
Moultrie, Ga. 31768
229-891-9548

Venu Madhipatla, MD
3131 South Main Street
Moultrie, Ga. 31768
229-891-9548

Assisted Living

Magnolia Manor South
3011 South Veterans Pkwy.
Moultrie, Ga. 31768
229-985-0265

Cardiology

J. David Waller, MD
1 Sweet Bay Court, Suite B
Moultrie, Ga. 31768
229-890-5305

Chiropractors

Colquitt Chiropractic
2939 South Main Street
Moultrie, Ga. 31768
229-985-5000

Moultrie Chiropractic
1934 South Main Street
Moultrie, Ga. 31768
229-985-1424

Sirey Chiropractic Clinic
720 South Main Street
Moultrie, Ga. 31768
229-985-1370

Clinics

Colquitt Regional Med-Care
633 South Veterans Pkwy.
Moultrie, Ga. 31768
229-890-7009

Colquitt Regional Primary Care
6 Hospital Park
Moultrie, Ga. 31768
229-985-3320

Counseling and Consulting

Covenant Counseling Center
6000 2nd Street S.E.
Moultrie, Ga. 31768
229-890-2288

Dentistry

Alfred Aguero, ED, MD
4 Magnolia Court
Moultrie, Ga. 31768
229-985-6499

Jeffery Barnett, DDS
5 Sweet Bay Court
Moultrie, Ga. 31768
229-985-3367

Jay Cranford, DMD, PC
4 Longleaf Office Park
Moultrie, Ga. 31768
229-985-9087

Farrey Family Dentistry
513 South Main Street
Moultrie, Ga. 31768
229-890-3908

Timothy B. Fagan, DMD, PC
7 Longleaf Office Park
Moultrie, Ga. 31768
229-985-4674

David Howington, DMD
8 Longleaf Office Park
Moultrie, Ga. 31768
229-985-8504

Stephen W. Moore, DDS, PC
3 Longleaf Office Park
Moultrie, Ga. 31768
229-985-7290

Michael D. Marable, DMD
307 5th Street S.E.
Moultrie, Ga. 31768
229-985-5092

Lee C. Redding, DDS, PC
John Lee Redding, DMD
1 Hospital Park
Moultrie, Ga. 31768
229-985-3363

Shane J. Wood, DMD
14 Longleaf Office Park
Moultrie, Ga. 31768
229-890-1510

Dialysis

Moultrie Dialysis Center
2419 South Main Street
Moultrie, Ga. 31768
229-890-1221

Emergency Medicine

Colquitt Regional Medical Center
3131 South Main Street
Moultrie, Ga. 31768
229-890-3400

Family Medicine

Justin Baker, MD
Kirk Clinic
8 Laurel Court
Moultrie, Ga. 31768
229-891-9016

Chris Bazal, MD
Moultrie Center for
Adult & Pediatric Healthcare
760 26th Avenue, S.E.
Moultrie, Ga. 31768
229-985-6700

C. Gary Lodge, MD
Primary Care Clinic
6 Hospital Park
Moultrie, Ga. 31768
229-985-3320

Billy Ray Price, MD
Primary Care Clinic
6 Hospital Park
Moultrie, Ga. 31768
229-985-3320

Michael Schmidt, MD
Primary Care Clinic
6 Hospital Park
Moultrie, Ga. 31768
229-985-3320

Robert Spruill, MD
Kirk Clinic
8 Laurel Court
Moultrie, Ga. 31768
229-891-9016

Kirby Smith, DO
Moultrie Center for
Adult & Pediatric Healthcare
720 26th Avenue S.E.
Moultrie, Ga. 31768
229-985-4700

Gary Swartztruber, MD
Kirk Clinic
8 Laurel Court
Moultrie, Ga. 31768
229-891-9016

Woodwin Weeks, DO
Kirk Clinic
8 Laurel Court
Moultrie, Ga. 31768
229-891-9016

Financial Planning/ Banking

Ameris Bank
225 South Main Street
Moultrie, Ga. 31768
229-985-2222
2513 South Main Street
Moultrie, Ga. 31768
229-873-4444
1707 First Avenue SE
Moultrie, Ga. 31768
229-985-1111
137 West Broad Ave.
Doerun, Ga. 31744
229-782-5358

Gastroenterology

Pavan Manchikalapati, MD
Southwest Gastroenterology
2509 S. Main Street, Ste. A
Moultrie, Ga. 31768
229-785-2015

General and Vascular Surgery

Robert M. Brown, MD
Surgical Associates of South GA PC
3004 2nd Street, S.E.
Moultrie, Ga. 31768
229-985-1080

Thomas L. Estes, MD, FACS
Surgical Associates
2004 2nd Street S.E.
Moultrie, Ga. 31768
229-985-1080

Howard L. Melton, MD, FACS
Surgical Associates of South GA, PC
3004 2nd Street, S.E.
Moultrie, Ga. 31768
229-985-1080

Hearing Aids and Assistive Devices

**South Georgia Audiology
and Hearing Center**
1 Sweet Bay Court
Moultrie, Ga. 31768
229-985-1822

Home Health Services

**Colquitt Regional
Home Care Services**
2516 Fifth Avenue S.E.
Moultrie, Ga. 31768
229-891-2128

Colquitt Regional Private Duty
2516 Fifth Avenue S.E.
Moultrie, Ga. 31768
229-890-1132

Hospice

Colquitt Regional Hospice
2516 Fifth Avenue S.E.
Moultrie, Ga. 31768
229-891-2128

SouthernCare
412 First Street S.E.
Moultrie, Ga. 31768
229-217-0523

Hospitals

Colquitt Regional Medical Center
3131 South Main Street
Moultrie, Ga. 31768
229-985-3420

Hospitalists

Allan Brown, MD
3131 South Main Street
Moultrie, Ga. 31768
229-985-3420

Kathy Hudson, MD
3131 South Main Street
Moultrie, Ga. 31768
229-985-3420

Ndubuisi Ndukwe, MD
3131 South Main Street
Moultrie, Ga. 31768
229-985-3420

Jill Olek, MD
3131 South Main Street
Moultrie, Ga. 31768
229-985-3420

Jeong Seo, MD
3131 South Main Street
Moultrie, Ga. 31768
229-985-3420

Frank Wilson, MD
3131 South Main Street
Moultrie, Ga. 31768
229-985-3420

Internal Medicine

W. James Huffman III, MD
Internal Medicine of Moultrie
2509 South Main Street
Moultrie, Ga. 31768
229-890-1442

Frands Kundi, MD
14 Hospital Park
Moultrie, Ga. 31768
229-985-1156

J. Clyde Lamon, MD
Moultrie Internal Medicine
320 Sunset Circle
Moultrie, Ga. 31768
229-985-5200

Jeanphis Laguerre, MD
3007B 2nd Street, S.E.
Moultrie, Ga. 31768
229-891-9009

Marianne Laguerre, MD
3007A 2nd Street, S.E.
Moultrie, Ga. 31768
229-798-4167

Todd Trebony, MD
Internal Medicine of Moultrie
2509 South Main Street
Moultrie, Ga. 31768
229-890-1442

Nephrology

W. Merrill Hicks Jr., MD
3131 South Main Street
Moultrie, Ga. 31768
229-891-9333

Raul G. Santos, MD
3131 South Main Street
Moultrie, Ga. 31768
229-891-9333

Neurosurgery

Craig A. Fredricks, MD
South Georgia
Neurological Institute
514 South Main Street
Moultrie, Ga. 31768
229-985-7995

Gerald N. Kadis, MD
South Georgia
Neurological Institute
514 South Main Street
Moultrie, Ga. 31768
229-985-7995

Nursing Homes

Agape Health and Rehab
101 Cobblestone Trace
Moultrie, Ga. 31767
229-985-3637

Unihealth Magnolia Manor
3003 Veterans Pkwy. South
Moultrie, Ga. 31768
229-985-3422

Unihealth Post Acute Care
233 Sunset Circle
Moultrie, Ga. 31768
229-985-4320

OB/GYN

Ginger Bennett, CNM, BSN
Moultrie Center for Women's Health
1 Magnolia Court
Moultrie, Ga. 31768
229-985-2198

Charu Jain, MD
Moultrie Center for Women's Health
1 Magnolia Court
Moultrie, Ga. 31768
229-985-2198

Betty Koukis, MD
Moultrie Center for Women's Health
1 Magnolia Court
Moultrie, Ga. 31768
229-985-2198

Ronald Trescot, MD
115 31st Avenue S.E.
Moultrie, Ga. 31768
229-890-1665

Sharon Nichols, CNM, BSN
115 31st Avenue, S.E.
Moultrie, Ga. 31768
229-890-1665

Cheau Williams, MD
115 31st Avenue, S.E.
Moultrie, Ga. 31768
229-890-1665

Oncology

Michael Alleyne, MD
3131 South Main Street
Moultrie, Ga. 31768
229-985-3420

Ophthalmology

Terrence A. Croyle, MD
Moultrie Eye Center
2375 South Main Street
Moultrie, Ga. 31768
229-985-2020

Josh Newton, MD
Moultrie Eye Center
2375 South Main Street
Moultrie, Ga. 31768
229-985-2020

Orthodontics

Moultrie Orthodontics
12 Long Leaf Office Park
Moultrie, Ga. 31768
229-985-4715

Orthopedics

Robert Bartosh, MD
D.W. Adcock Clinic
3 Magnolia Court
Moultrie, Ga. 31768
229-891-9028

D.Q. Harris, MD
Moultrie Orthopedic Clinic
316 Sunset Circle
Moultrie, Ga. 31768
229-985-6377

Saurabh Khakharia, MD
D.W. Adcock Clinic
3 Magnolia Court
Moultrie, Ga. 31768
229-891-9028

Otolaryngology

Raymond Aldridge, MD
3 Hospital Park
Moultrie, Ga. 31768
229-891-3325

Joseph H. Berger, MD
1 Sweet Bay Court, Suite D
Moultrie, Ga. 31768
229-985-1822

Pain Management

Colquitt Regional Pain Management Service
3131 South Main Street
Moultrie, Ga. 31768
229-891-9548

Physicians Insitute Pain Management
1912 South Main Street
Moultrie, Ga. 31768
229-985-7246

Pathology

Anthony Moser, MD
P.O. Box 2047
Moultrie, Ga. 31776
229-985-7977

Pediatrics

Patricia Lee June, MD
1317 South Main Street
Moultrie, Ga. 31768
229-985-7177

Andrew Wills, MD
Children's Medical Group
of Southwest GA
1 Sweet Bay Court, Suite A
Moultrie, Ga. 31768
229-985-1293

Melanie Wills, MD
Children's Medical Group
of Southwest GA
1 Sweet Bay Court, Suite A
Moultrie, Ga. 31768
229-985-1293

Thes Randon, MD
Kids Care After Hours Clinic
633 Veterans Pkwy. Bldg. 6
Moultrie, Ga. 31788
229-890-7009

Kid's Care After Hours Clinic
633 Veterans Pkwy., Bldg. 6
Moultrie, Ga. 31788
229-890-7009

Pharmacies

The Apothecary Pharmacy
130 West Broad Avenue
Doerun, Ga. 31744
229-782-5500

Arwood Drug
101 North Main Street
Moultrie, Ga. 31768
229-985-6725

Crystal Pharmacy
705 South Main Street
Moultrie, Ga. 31768
229-985-4137

Prescription Shoppe
203 31st Avenue SE
Moultrie, Ga. 31768
229-985-9296

Westside Pharmacy
720 West Central Avenue
Moultrie, Ga. 31768
229-890-6054

Prosthetic Devices

Central Orthotics and Prosthetics
304 Sunset Circle
Moultrie, Ga. 31768
229-891-2636

Hanger P & O
8 Live Oak Court
Moultrie, Ga. 31768
229-502-4225

Pulmonology

Cesar Trillo, MD
7 Hospital Park
Moultrie, Ga. 31768
229-985-4469

Radiology

Mark Blanchard, MD
Radiology Associates of Moultrie
P.O. Box 2977
Moultrie, Ga. 31776
229-985-8802

James W. Keith, MD
Radiology Associates of Moultrie
P.O. Box 2977
Moultrie, Ga. 31776
229-985-8802

Jake Schwartz, MD
Radiology Associates of Moultrie
P.O. Box 2977
Moultrie, Ga. 31776
229-985-8802

Rehab

Agape Health and Rehab
101 Cobblestone Trace
Moultrie, Ga. 31767
229-985-3637

Unihealth Magnolia Manor
3003 Veterans Pkwy. South
Moultrie, Ga. 31768
229-985-3422

Unihealth Post Acute Care
233 Sunset Circle
Moultrie, Ga. 31768
229-985-4320

Spine Surgery

Andrew Cordista, MD
South Georgia Spine Care Institute, PC
8 Live Oak Court
Moultrie, Ga. 31768
229-890-6612

Urology

David B. Baddour, MD
Moultrie Urological Clinic
2 Hospital Park
Moultrie, Ga. 31768
229-985-3066

Lynn Lyons, MD
Southwest Georgia Urology
15 Hospital Park
Moultrie, Ga. 31768
229-890-1040

Urgent Care

**Med-Care Clinic & Kid's Care
After Hours Clinic**
633 Veterans Pkwy., Bldg. 6
Moultrie, Ga. 31788
229-890-7009



Moultrie Observer/Kevin C. Hall

Colquitt Regional Medical Center gave Jerry Vereen a portrait as a token of appreciation for his contributions to local health care. From left are Vereen, Colquitt Regional President and CEO Jim Matney, Colquitt Regional Director of Marketing Nicole Gilbert, and Tina Anderson, president of Moultrie Technical College.

Ceremony marks expansion at Colquitt Regional

By Kevin Hall

kevin.hall@gafnews.com

MOULTRIE — A ceremony in May celebrated both the completion of Colquitt Regional Medical Center’s rehabilitation facility and the beginning of the hospital’s major expansion.

The hospital hosted a ribbon cutting at the Vereen Rehabilitation Center, a 13,000-square-foot facility that features physical therapy, occupational therapy, aquatic therapy, wound care, speech language pathology and The Learning Center in one convenient location.

The facility is named in honor of the Vereen family, whose support for the local hospital dates to the 1930s.

“When the Public Works Administration approved a funding request for the construction of a new hospital in Moultrie contingent upon the community matching the request, Mr. W. C. Vereen began a grass-roots campaign for the community to match his personal donation of \$50,000,” a hospital spokesperson said. “The community matched his gift, and Vereen Memorial Hospital was built.”

Jerry Vereen, chairman of the Community Welfare Association, cut the ribbon on the center. A plaque on the building will honor the family, and the hospital presented Vereen with a portrait of himself as

a token of gratitude.

The lobby of the rehabilitation center will be named in honor of Waldo DeLoache, whose charitable trust, managed by Southwest Georgia Bank, provided a significant sum of money for both the rehab center and the upcoming hospital renovation.

Colquitt Regional CEO Jim Matney also used the ceremony as an opportunity to welcome Marcus Wells, a longtime local physical therapist, to the hospital staff. Wells will move his practice from South Main Street to the new facility on Veterans Parkway at 31st Avenue.

After the ribbon cutting, participants walked across the driveway to a vacant area for a ceremonial groundbreaking. The hospital announced plans more than a year ago for a \$30 million renovation, and it’s about to get under way. When it’s complete, the hospital will have a new emergency department, intensive care unit and surgical services, according to a hospital spokesperson.

“This major renovation project will bring a new, modern face to our community hospital,” Matney said. “This is the first time since its establishment in 1975 that the Hospital Authority has taken on such an endeavor.”

Among the most visible changes: the entrance to the hospital will face 31st Avenue instead of South Main Street as it does now.

Colquitt Regional honored for patient safety

Staff Reports

MOULTRIE — Georgia Hospital Association's Hospital Engagement Network (HEN) recognized Colquitt Regional Medical Center for its accomplishments in the patient safety field in 2012.

The HEN is a national contract awarded by the Centers for Medicare & Medicaid Services (CMS) which approaches hospitals all over the country to enhance patient safety and quality, and achieve lower costs. The HEN's primary goal is to reduce unnecessary readmissions by 20% and avoidable harm by 40% by 2103.

Colquitt Regional is named in the prestigious Elite Circle and is recognized as one of the 2013 Hospital Patient Safety Leaders.

The Elite Circle is the highest recognition of three categories in the HEN's recognition program. The other two categories include the Presidential Circle and Chairman's Circle.

The recognition program Patient Safety Leader's Circle highlights the hospitals with the most improvement and participation in all Hospital Acquired Conditions

(HAC) improvement activities through the HEN Learning Collaboratives.

To participate in Georgia's HEN program, hospitals must meet certain requirements, including completing the Organizational Assessment Tool (OAT) by attending training activities, completing evaluations, submitting data and other activity assignments based on learning collaborative requirements, and implement improvement strategies to reduce HAC's by 40% and Readmissions by 20%.

"Patient safety is one of our highest priorities and concerns," said Jim Matney, President & CEO of Colquitt Regional. "Being among the top hospitals in Georgia in the HEN's Elite Circle guarantees our commitment to providing the highest quality of safety to our patients."

Rev. Hugh Ward, Hospital Authority member, stated, "Success has many parents. Our accomplishments in safety and quality are evidence of a unified effort of our CEO, our medical staff, our cadre of nurses and their staff and our trustees. Colquitt Regional's recognition is an inspiration as we continue our quest for excellence."



NEWLY-RENOVATED ROOMS

Agape Health & Rehab of Moultrie

Offering Specialized Treatment Programs for
Improved Recovery and Independence for over 10 years

Featuring the following services:

- Specialized Rehab Therapy
- Private & Semi-Private Rooms
- Orthopedic Care
- 24 / 7 Admissions
- Wound Care Therapy
- Restorative/Exercise Programs
- I.V. & Oxygen Therapy
- Post Operative Care
- Outpatient Rehab Services
- Stroke Recovery
- Cardiopulmonary Care
- Hospice & Palliative Care
- Pain Management
- Beauty Salon



www.covenantdove.com

Admissions:
(229) 456-0303

SHORT STAY FOR LONG TERM SUCCESS



101 Cobblestone Trace, SE • Moultrie, GA • 229.985.3637

818642

Locating technology enhances patient care at CRMC

Staff Reports

MOULTRIE — If you've spent time at Colquitt Regional Medical Center recently, you may have noticed hospital staff wearing small white badges labeled "Versus" clipped to their lapels.

What you might not know is these badges are part of a high-tech Real-time Locating System that automates and enhances patient care.

Jim Matney, President and CEO of Colquitt Regional, says the system is "one of many tools we utilize to free up nursing time in order for them to spend more time at the bedside taking care of patients."

Prior to implementing the locating system, when a patient pressed their call button at the bedside, the responding nurse would have to remember to cancel the call by pressing a button in the room.

Now, thanks to the Versus locator badge, the nurse simply has to enter the room and the call is automatically cancelled, allowing the nurse to immediately tend to the patient.

Additionally, the system allows staff at Colquitt Regional to find each other immediately in urgent situations, simply by looking at a computer screen displaying the current location of all team members.

Chief Nursing Officer Dena Zinker advised that the system coverage has recently been expanded to include staff in environmental services, maternal infant unit and physicians.

"With the system implemented throughout the hospital, we will be able to search on a computer in the facility for an employee and reach them without overhead paging," Zinker said. "This will greatly contribute to a quiet healing environment that we want for our patients."

Kim Brinson, RN, says the new functionality helps nurses to provide better patient care.

"The system has helped staff to respond much more quickly to our patients' needs. Everyone has had such a positive response," she said.

Zinker says the system also helps maintain accurate records of caregiver and patient interactions, such as hourly rounding, the practice of checking on each patient every hour to help prevent sentinel events such as patient falls.

"Prior to this upgrade, when a patient called for service, the nurses would provide it but then often forget to cancel the call," Zinker says.

The discrepancy meant data on call response times was often unreliable.

Now, since the call is cancelled automatically, the statistics Zinker keeps are



Submitted Photo

Amanda West, LPN, enters a patient room on the fourth floor of Colquitt Regional Medical Center. The light by the door indicates that the patient has pressed the nurse call button and needs assistance. When the nurse enters the patient's room and attends to the patient's needs, the light is reset.

much more accurate.

"It helps measure the effectiveness of our hourly rounding by measuring the patient call volume, it allows me to measure the responsiveness of our staff, and it can be used to document our hourly rounding," Zinker adds, "This system upgrade has given us so many opportunities to fine tune our delivery of patient care."

The locating system, provided by Versus Technology, Inc. and integrated with Colquitt's Rauland Responder nurse call system, uses a combination of Infrared (IR) and Radio-Frequency (RFID) technology.

The Versus badges emit IR and RFID signals, the same safe, low-powered signals used in TV remote controls and keyfobs.

When received by sensors installed in each room, the signals identify the badge's location and transmit it to the Rauland nurse call software.

Colquitt Regional Mammography receives reaccreditation

Staff Reports

MOULTRIE — Colquitt Regional Medical Center's Radiology Department recently received reaccreditation from the Mammography Quality Standards Act (MQSA).

In order to provide mammography services, certain criteria must be met annually. One of the criteria includes being accredited by an accreditation body, such as the American College of Radiology (ACR). Colquitt Regional's Mammography Department is certified by the ACR.

Since 1992, the MQSA has provided guidelines for accreditation, certification and inspection of mammography facilities nationwide. Applying and implementing these standards encourages all healthcare providers and equipment manufacturers to provide the highest quality of mammography care available.

"With this accreditation, women who receive mammograms at Colquitt Regional Medical Center can be confident they are receiving the highest quality, consistent and reliable resources for breast imaging," said David Spence, Director of Diagnostic Imaging at Colquitt Regional. "I am



Submitted Photo

The Mammography staff at Colquitt Regional includes, from left, Susan Bennett, RTRM; Cissie Rowell, RTRM; Theresa Thomas, RTRM; and Vickie Tucker, RTRM.

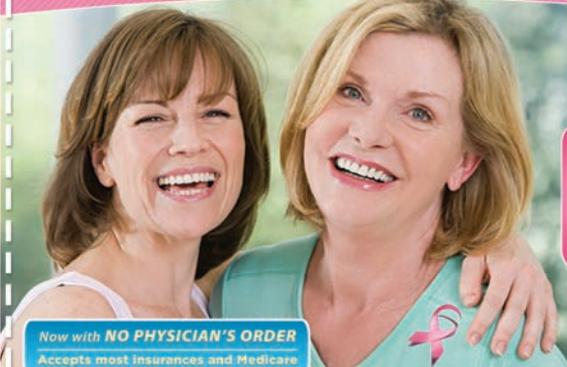
thrilled to announce that our mammography team scored a perfect score on our 2013 MQSA inspection," said Spence.

The guidelines provided by the MQSA have helped enhance standard radiation doses, and contribute to improved detection, earlier treatment and better outcomes for breast cancer patients.

"Our Mammography Department has a GE Senographe Essential Digital Mammography system with Image Computer Aided Detection (ICAD)," said Dr. Jim Keith, Radiologist at Colquitt Regional Medical Center.

There is no excuse now.

We've made it easy.



You can now call and get a mammogram same day.

1. Call 985-EXAM for an appointment today!
2. Come to hospital and no appointment necessary.
3. Expect your test results in the mail. (A copy will be sent to your physician as well).
4. Also offering a \$100 CASH OPTION which includes radiologist fee.

Now with NO PHYSICIAN'S ORDER
Accepts most Insurances and Medicare

We've made it easier for women to fight breast cancer.

Breast Self Examination Easy as 123



1. Feel each breast for change. In the shower, using the fat pads of the three middle fingers, Begin at the top of the breast and move around and around in at least 3 smaller circles until reaching the nipple, looking for lumps, knots or changes. Gently squeeze each nipple to look for any discharge.



2. Repeat while lying down with towel or small pillow under your back.



3. Stand in front of mirror and look for visual changes in size, skin dimpling or color.

Repeat on the same day each month.

It can not hurt - it might save your life.
You owe it to the ones you love.





www.colquittregional.com
229-985-EXAM

COLQUITT REGIONAL
MEDICAL CENTER

818638

Colquitt County EMS personnel are honored at banquet

Staff Reports

MOULTRIE — Colquitt County EMS Director Amy Williams was named Director of the Year at the annual Georgia Region VIII EMS Appreciation Banquet, and Chrystal Vickers, also of the Colquitt County EMS, was named EMS-C of the Year.

In addition, 17 local emergency medical technicians and paramedics were recognized with Pre-Hospital Save Awards.

The banquet, which recognizes EMS staff from 27 counties, was held at the Moultrie Community Center at Spence Field.

Williams, who has led Colquitt County EMS for five years, has been employed there for 15 years.

She holds an EMT-P certification, and she is a member of the Region VIII Advisory Council, Region VIII EMS Directors Association, and MTC & SWGTC Emergency Medical Service Advisory Council.

The mission of the EMS-C is to reduce child and youth mortality due to severe illness or trauma by providing state-of-the-art emergency medical care for the ill and injured child.

Vickers has been a member of Colquitt County EMS for nine years.

Colquitt County EMS employees recognized for the 2012-2013 Pre-Hospital Save Awards, given to those who are credited with saving a life in pre-hospital care, included Clarence Arnold, Ken Sikes, Mark Brown, Josh Long, Eddie Arnold, Lamar Weeks, Michael Chafin, Dustin Hart, Anthony White, Gabe Knight, Ricky Smith, Josh Pollock, Paul Bynum, Greg Souders, Amy Gray, Nancy Patterson and Jared Gibson.

Awards were also given for EMT of the Year, Benny Sadler of Mid GA Ambulance in Mitchell County, and for EMS Service of the Year, Turner County.

Colquitt County EMS recently purchased a new ambulance, equipped with an additional AC/heater in the patient compartment to keep the ambulance cool/heated between calls.

This is to ensure proper temperatures for equipment and medication and an attempt to keep patients comfortable.

The new ambulance also comes with special LED lights to increase visibility for EMS providers and fellow motorists.

Colquitt County EMS currently has three ambulances covering the county 24 hours a day, 7 days a week.

“We are pleased that we have this new state-of-the-art ambulance,” said Jim Matney, president and CEO of Colquitt Regional. “Our fleet of ambulances and EMS team will be able to provide the citizens of



Submitted Photo

Amy Williams, left, received the award for EMS Director of the Year and Chrystal Vickers, right, was awarded the EMS-C of the Year at the Region VIII EMS Appreciation Banquet. Williams is director of the Colquitt Regional EMS, and Vickers is an EMT with the agency. In addition, 17 local emergency medical technicians and paramedics were recognized with Pre-Hospital Save Awards.

Colquitt County the highest quality of patient care.”

TELEPHONE: 985-7177

*Specializing in Pediatrics
and Adolescence*

(Birth thru College)

Patricia Lee June, M.D.

SOUTH MAIN PLAZA

**OFFICE HOURS
BY APPOINTMENT**

**1317 SOUTH MAIN ST.
MOULTRIE, GA 31768**

818640

ARWOOD DRUG

Complete Prescription Service



Pharmacists:

*Richard Bass
Jerry Herndon*

DRIVE THRU

*Medication • Vitamins
Medicare Part D • Medicaid*

**101 N. Main Street • Moultrie, GA
985-6725**

818912

Colquitt Regional begins 'swing bed' program this year

Staff Reports

MOULTRIE — After just holding an open house for a new rehabilitation center and describing other expansions coming up, Colquitt Regional Medical Center announced the Swing Bed Program.

It is an extended care option designed to provide skilled nursing and therapy in the hospital setting to patients who require additional recovery time as they make the transition from hospital to home. Frequently, patients are discharged from a traditional hospital setting and need a little more time to recover from hospitalization before going home.

The Swing Bed Program provides medical and rehabilitation care for patients after an acute care stay. Care will be provided by the same medical professionals the patient had during their hospital stay. Visits from a physician will occur as often as medically necessary, since the hospital has physicians on staff 24 hours a day, seven days a week.

The focus of the Swing Bed Program is to provide medical and rehabilitative therapies to assist patients in becoming more independent and return to their highest



Submitted Photo

Swing bed coordinator Ruth Crockett, RN, BSN, CM, MDS, presented the first swing bed patient, Daisy Kemp, with a gift basket filled with items to help make her stay more comfortable.

level of functioning. Patients will receive individualized attention from Colquitt Regional's dedicated multi-disciplinary team. These services include physician care, nursing care, physical therapy, occupational therapy, speech therapy, recreational therapy, case management, dietary assessments, respiratory therapy and pharmacists.

Ameris Bank Solutions for All Your Banking Needs

Ameris Bank is known for its steadfast combination of character, service and value. For over 40 plus years, Ameris Bank continues to hold true to these core traits, while also providing innovative, individualized banking and lending solutions for those in the medical industry.

- **SBA Preferred Lender**
- **Solutions designed to manage and maximize working capital**
- **Optimize usage of funds, reduce costs, improve operating efficiencies**
- **Reduce transaction and fraud risks**
- **Understand how funds come into the practice, so that opening and transitioning accounts is hassle and error free**

**Ameris
Bank**

amerisbank.com

Moultrie Location

225 S. Main Street | 229.985.2222

Moultrie Location

2513 S. Main Street | 229.873.4444

Moultrie Location

1707 First Avenue SE | 229.985.1111

Doerun Location

137 W. Broad Avenue | 229.782.5358

All loans subject to credit approval.



818752

Colquitt Regional offers Single-Site surgery

Staff Reports

MOULTRIE — A surgical team at Colquitt Regional Medical Center recently performed their first da Vinci Single-Site cholecystectomy to remove a patient's gallbladder. Colquitt Regional is among the few hospitals in South Georgia to offer this virtually scarless surgery.

The surgical team was led by general surgeon Howard Melton, M.D., who has been trained in the Single-Site da Vinci robotic system, a press release from the hospital said. Melton removed the patient's gallbladder using the Single-Site system, which allows specific types of surgeries to be performed with a tiny incision in the belly button, minimizing scarring and incisional pain associated with multiple site incisions used during traditional laparoscopic procedures.

Additional medical staff members from Colquitt Regional are undergoing training in Single-Site robotic surgery, including general surgeons Dr. Robert Brown and Dr. Thomas Estes; obstetrics and gynecologists Dr. Ron Trescot, Dr. Charu Jain and Dr. Betty Koukis; urogynecologist Dr. Cheau Williams; and urologist Dr. Lynn Lyons. Nurses and surgical technologists working in the Operation Room will also be specially trained, the hospital said.

"Our physicians will be among a very small group of surgeons in the region who have received training to perform this type of advanced surgery," the press release said.

Although the system is often referred to

as a "robot," the da Vinci cannot perform the surgical procedures on its own. The surgery is entirely performed by a physician who has gone through extensive training.

Benefits from the Single-Site da Vinci Surgery include minimal pain, low blood loss, fast recovery, short hospital stay, minimal scarring, lower infection risk and high patient satisfaction. The Single-Site system allows surgeons to reduce the traditional number of incisions from four to one incision in the navel that is less than one inch in length.



Submitted Photo

In December 2011, the FDA cleared the specialized Single-Site instruments for use with the da Vinci System. The da Vinci robotic surgical system is widely used in complex minimally invasive procedures.

Colquitt Regional upgrades its sinus surgery system

Staff Reports

MOULTRIE — Colquitt Regional Medical Center's Surgical Services recently upgraded its sinus surgery equipment with the Fusion ENT (Ear Nose and Throat) Navigation System.

The Fusion ENT Navigation System provides electromagnetic image-guided surgery, offering dependable accuracy for more informed decision making for the surgeon in the OR. Beth Bridges, RN, Med, CNOR, Director of Surgical Services, stated, "Sinus navigation has been used for ENT surgeries for many years at Colquitt Regional. We recently upgraded to the Fusion System to keep current with the latest technology."

Medical staff members at Colquitt Regional who are trained and able to perform surgeries with the upgraded system include otolaryngologists Raymond Aldridge, M.D., and Joseph Berger, M.D. Drs. Aldridge and Berger specialize in diseases

and disorders of the ear, nose, throat and related structures in the head and neck.

The image-guided system helps surgeons perform surgical procedures by providing the maximum amount of information regarding each patient's distinct anatomy for safer, more precise procedures. The system provides precise, real-time images which facilitate the surgeon's navigation in the sinuses while performing procedures to treat chronic sinusitis.

Benefits to patients who undergo this less-invasive surgery include less tissue trauma, faster healing time, fewer and smaller incisions, and patient confidence.

"Image-guided surgery has become an industry standard for many endoscopic sinus surgeries," said Jim Matney, President and CEO of Colquitt Regional. "We want our patients to feel confident that Colquitt Regional provides the most advanced, high tech equipment available."



SOUTH GEORGIA AUDIOLOGY & HEARING CENTER

* A Division of Dr. Berger's Practice

Hearing Aids
Complete Hearing Evaluations
Hearing Loss Rehabilitation
Education & Counseling
Complete Diagnostic Services



*Accepting
New Patients
(229) 985-1822*

*Nathan A. Rhodes, Au.D.
Board Certified - Doctor of Audiology*

SOUTH GEORGIA AUDIOLOGY & HEARING CENTER

Joseph Berger, M.D.

*Board Certified in Otolaryngology - Head & Neck Surgery
Ear, Nose, Throat, Sinus & Allergy Clinic*

#1 Sweet Bay Court • Moultrie, GA (229) 985-1822
305 W. Hansell Street • Thomasville, GA (229) 228-6355
940 4TH St. • Cairo, GA (229) 397-8282



Submitted Photo

The da Vinci Si Surgical System is a robot that allows surgeons to perform operations with greater precision. Colquitt Regional Medical Center recently purchased one, and eight physicians have been trained to use it.

Colquitt Regional advances surgery with new robot

Staff Reports

MOULTRIE — Colquitt Regional Medical Center recently purchased the da Vinci Si Surgical System, representing the newest, most high-tech equipment in robotic surgery.

The da Vinci robot will allow specially trained surgeons to perform more complex and delicate procedures while making smaller incisions. This new technology demonstrates a single-site system that allows procedures to be completed with one incision. With smaller and fewer incisions, patients experience less discomfort and a shorter recovery time after surgery.

Medical staff members from Colquitt Regional Medical Center who will be or are currently trained in robotic surgery include general surgeons Dr. Howard Melton, Dr. Robert Brown and Dr. Thomas Estes; obstetrics and gynecologists Dr. Ron Trescot, Dr. Charu Jain and Dr. Betty Koukis; urogynecologist Dr. Cheau Williams; and urologist Dr. Lynn Lyons. Nurses and surgical technologists working in the Operating Room have also completed extensive training.

“A misconception is that the ‘Robot’ does the surgery — not the case,” Melton said. “The surgeon still does the procedure, just using the da Vinci system as one more tool to improve efficiency and decrease the trauma to the patient usually associated with conventional surgical techniques.”

A camera and mechanical arms are oper-

ated by a surgeon at a control console. The surgeon’s hand, wrist and finger movements guide the mechanical arms and the camera’s viewing angle.

Beth Bridges, RN, MED, CNOR, director of surgical services, said, “It is important to note that the surgeon will perform any given procedure using the same steps he/she has always used.

The use of the robot, which is a very sophisticated instrument, allows the surgeon to be more precise in the surgical procedure.”

Colquitt Regional’s surgeons will use the da Vinci robot to perform operations in urological, gynecological and general surgery areas. The robot can be used for multiple conditions, including bladder cancer, colorectal cancer, endometriosis, gynecological cancer, obesity, prostate cancer and kidney cancer as well as gallbladder surgery and procedures to treat gastroesophageal reflux.

“The purchase of the da Vinci robot by Colquitt Regional Medical Center is evidence of our on-going commitment to providing the latest technology for our physicians and patients,” Bridges stated.

“The da Vinci robotic system at Colquitt Regional is a great step forward in surgical technology,” said Jim Matney, president and CEO. “This equipment is renowned for being less invasive and more precise, which represents Colquitt Regional’s dedication to the comfort and satisfaction of our patients.”

Colquitt Regional Medical Foundation celebrates 25 years

Staff Reports

MOULTRIE — Colquitt Regional Medical Foundation held its annual Founder's Gala honoring alumni and new members of the Founder's Society and the recipient of the Walter E. Harrison, Jr. Humanitarian Award Feb. 21 at the Colquitt County Arts Center.

This year marks the 25th anniversary of the Foundation, having been incorporated in 1988, according to a press release from the foundation. The first chairman of the Foundation Board was Mitchell Smith, followed by Dr. D. W. Adcock who served 20 years in that capacity. Jimmy Jeter was named chairman this past January. Jeter has served on the board since its inception in 1988.

The Founder's Society is made up of individuals and organizations who have contributed \$10,000 or more to the Foundation. The Founder's Society consists of 94 Founders, including new members Bank of America Merrill Lynch, represented by Carlester Crumpler; Coopercraft Communications, Inc., represented by Jerry Cooper and Darrell Powell; Credit Bureau Associates of Georgia, represented by Deidra Baerwald; Martha Greene of the Colquitt Regional Volunteer Auxiliary; and Whelchel & Carlton, LLP, represented by John Carlton. Funds raised by the Foundation are used to purchase medical equipment and other requested items for the hospital.

"It was a pleasure honoring alumni Founders welcoming new members into our Founder's Society," said Jim Matney, President and CEO of Colquitt Regional Medical Center. "These companies and individuals have been loyal supporters of our medical foundation throughout many years. We gratefully appreciate their efforts in providing assistance to our medical community."

The Walter Harrison Humanitarian Award was established in 2011 to annually recognize and honor an individual health-care worker who demonstrates a commitment to compassionate healthcare service and community outreach, which were the guiding principles of Harrison's medical career.

Denise Linnenkohl, RN, BSN, was named the 2013 recipient of the Walter Harrison Humanitarian Award. Linnenkohl has been employed at the Colquitt County Health Department as a nurse for the past 25 years. In 2007, she was named director and nurse manager at the Health Department.

"She is very involved with community health fairs and educational outreach and serves on several community advisory



Submitted Photo

Denise Linnenkohl, RN, BSN, was presented the Walter Harrison Humanitarian Award for 2013 at the Colquitt Regional Medical Foundation's gala Feb. 21.

committees," the foundation press release said. "Coworkers, family and friends nominated Linnenkohl for her 'servant heart' and for going above and beyond the call of duty."

Dr. Seth Berl was named the first recipient of the award in 2012. Recently retired, Berl practiced internal medicine in Moultrie for 28 years and has participated in several medical mission trips throughout the years.

The evening's entertainment was provided by the Southern Art Music Ensemble, led by musician Michael Ryce. Chef Venessa catered the event with a delicious menu of Southern favorites. The Arts Center ballroom was decorated in a Mardi Gras theme by florist Ronnie Barrett. Proceeds from the gala's ticket sales benefited Colquitt Regional Hospice.

CRYSTAL PHARMACY

SAFETY & SERVICE

*Scotty Jarvis, Pharm.D., Dafney Jarvis,
Kimberly Weaver, C.Ph.T. and Staff*

705 South Main Street
Moultrie, Georgia 31768
Phone 229-985-4137
Fax 229-890-6968



Hours: Mon-Fri 9am-6pm Sat 9am-10pm

818910



MetroCreative

When moving a relative into a nursing home, find a facility that's close to home so men and women can still enjoy regular contact with friends and relatives.

Tips for helping a loved one adapt to a nursing home

MetroCreative

Many older men and women find the transition to a nursing home somewhat difficult. Men and women tend to see a move to a nursing home as a step toward surrendering their independence, and this can be a difficult hurdle for seniors and their loved ones to overcome.

Adding to the difficulty is the fact that many men and women move into nursing homes because their physical or mental status requires the help of a professional nursing staff, leaving family members with little to no recourse when aging relatives protest the move. But there are ways to ease a loved one's transition into a nursing home.

- Keep a positive attitude. The stress of moving an aging relative into a nursing home can be significant for all parties involved. But focusing on the positives of nursing homes, such as around-the-clock care and daily activities, can help aging relatives look at nursing homes in a new light. In addition, family members who familiarize themselves with nursing homes will begin to see they are often great places for aging men and women to socialize with others their age while receiving the care and attention they need. When discussing the move to a nursing home, focus on these positives and your relative will be more likely to follow your lead.

- Choose a nursing home that's close to home. One of the more difficult parts of transitioning to a nursing home is the notion that men and women are leaving their lives behind once they move into a home. Choosing a nursing home that's close to home and makes routine visits from friends and relatives possible enables men and women maintain a connection to their current lifestyle. A home that is miles and miles

away from a person's support system can foster feelings of isolation and loneliness.

- Plan trips with your loved one. Just because an aging relative lives in a nursing home does not mean he or she can no longer travel. If a relative is healthy enough to travel, include them on family trips and outings. This includes more routine events like weekly Sunday dinners, kids' sporting events and other extracurricular activities. The more involved your aging relative are in the daily life of your family, the more likely they are to see the advantages of living in a nursing home.

- Encourage your loved ones to take some personal items with them. When moving into a nursing home, men and women must leave behind many of their possessions. This is a simple space issue, as the rooms in a typical nursing home cannot accommodate a life's worth of keepsakes and possessions. But that doesn't mean men and women have to leave everything behind. Encourage your loved one to bring along some possessions, such as his or her family photos, a favorite chair or smaller mementos from places he or she visited throughout his or her life. Such items can make a nursing home seem less antiseptic and more like a home.

- Set up an e-mail account for your loved one. If your loved one still has his or her mental health, then set him or her up with an e-mail account. This allows your loved one to maintain daily contact with family and friends. Many of today's nursing homes provide facilities where residents can access the Internet. If not, speak to the staff and ask if your relative can bring his or her own computer. If your relative will be able to routinely access the Internet, consider purchasing a digital subscription to the local newspaper so he or she can further maintain a connection to the community.

The Foundation's Love Light Garden to be relocated

Staff Reports

MOULTRIE — Citizens driving by Colquitt Regional Medical Center may have noticed considerable changes to the outside appearance of the hospital's main campus due to the beginning phases of construction for the hospital's renovation and expansion.

One of the most significant changes is the location of the current Love Light Garden, which was on the north side of the main lobby entrance. The bricks have been pulled from the Garden and placed in storage in order for the expansion to begin.

Due to the renovations and expansion, the Love Light Garden will be repositioned to the south side of the main lobby entrance and is estimated to be completed by Spring 2014. The new Garden will include a beautiful fountain, walking path and sitting areas, as well as pristine landscaping for our employees, visitors and patients to enjoy.

The Love Light Garden is a major project of Colquitt Regional Medical Foundation. Funds raised by selling the brick pavers in the Garden are contributed to the Children's Fund, which purchases materials and equipment for the maternal infant services unit at Colquitt Regional Medical Center.

Jimmy Jeter, Foundation Chairman,

said, "Since 1991, the Love Light Garden has been a special place for hundreds of patients and family members. We expect that the relocated Garden will be equally important to our citizens and other users for many years into the future."

Nicole Gilbert, director of Marketing and Foundation, stated, "We want to assure our donors that the bricks were pulled in order of which they were placed so that we can keep the Garden in its original order. Many families have requested their bricks stay together, and we will do everything in our power to honor the wishes of our donors."

Though the Love Light Garden has been temporarily removed, donations for brick pavers are still being accepted through the Foundation. All of the bricks ordered through the years will be displayed in the new Garden. Also featured in the newly renovated hospital will be a Tree of Life in the new main lobby. Leaves for the Tree of Life may be purchased through the Foundation.

Those who would like to make a contribution in honor or in memory of a loved one by purchasing a Love Light Garden brick paver or a leaf of the Tree of Life, please do so by calling Marianne Bridges at 229-890-3552 or visiting www.colquittregional.com to donate online.



Unihealth Post Acute Care (UPAC) Moultrie
previously Magnolia Manor South that was across from Embers is now located at 233 Sunset Circle.

A beautiful completely renovated facility offering private and semiprivate rooms. The same loving professional staff are here for your therapy and nursing needs.

Call us for a tour and/or information:
985-4320
233 Sunset Circle • Moultrie, GA

UNIHEALTH
Post-Acute Care
Moultrie
Committed to Caring

8180618

Here are some common children's eye injuries

MetroCreative

The active lives that children lead often lead to a few bumps and bruises along the way. While a few bandages and antiseptic creams are par for the course when caring for a child, parents worry about more significant injuries, including eye injuries.

According to the Boston Children's Hospital, any injury to your child's eye should be considered a medical emergency. Unlike the heart, lungs and brain, there is not much natural protection for the eye beyond a thin eyelid. This makes it easy to suffer an eye injury, especially for kids who play sports.

The American Academy of Ophthalmology says that eye injuries are a significant health problem in the United States, second only to cataracts as a cause of visual impairment.

Each year, more than 2.5 million eye injuries occur, and 50,000 people permanently lose part or all of their vision. Nearly half (47.6 percent) of all reported eye injuries occur in people between the ages of 18 and 45. Children ages 0 to 18 experience roughly 25 percent of those injuries.

Projectiles and flying debris account for the vast majority of eye injuries across all age groups. Among children, some of the more common injuries occur when children are participating in various sports, including:

- hockey
- archery
- darts
- BB guns
- bicycling
- sports that involve rackets
- baseball
- boxing
- basketball

Toys, fingernails and even chemicals are responsible for some eye injuries in children. It is important to note that 90 percent of all eye injuries can be prevented by using protective eyewear. Some sports organizations mandate that children use protective eyewear. But even if it isn't mandatory, parents should urge children to wear safety goggles.

Common Eye Injuries

Certain injuries to the eye are more common than others. Here is a look at the various types of injuries that can occur.

•Chemical burns: This is when a child gets any type of chemical into the eye. Chemicals may be household cleaning objects. These injuries require immediate medical attention because they can cause permanent vision loss.

•Bruising: Black eyes or ecchymosis occurs from some sort of trauma to the eye.



MetroCreative

Eye injuries in children frequently occur but are largely preventable.

The tissue around the eye becomes bruised, but usually the eye itself is spared. However, only a doctor can determine if the eye is unscathed.

•Corneal abrasions: The cornea is the clear, dome-shaped covering at the front of the eye. A foreign item entering the eye, like sand or debris, may scratch the cornea. It also can become scratched by a fingernail or an insect that flies into the eye. A doctor can determine the severity of the abrasion and if any treatment is required.

•Hyphema: This is a condition of blood in the anterior chamber of the eye where fluid normally flows in and out to nourish eye tissues. Hyphema is caused by an injury, and blood can be seen in the eyeball. It requires prompt medical attention.

•Eyelid lacerations: This is a cut on the eyelid. An eyelid laceration may be paired with bruising or even corneal abrasion, depending on what struck the eye.

•Fractures: The orbit is the bony area around the eyeball, and an orbital fracture is when the bones around the eye are broken. This may cause severe eye damage depending on where the eye was struck. It definitely requires immediate medical assistance, and facial reconstruction may be necessary.

•Burns: Sunburn not only occurs to the skin but can affect the eyes, too. It is important to wear UV-protective sunglasses outside.

Prevent Eye Injuries

Eye injuries are largely preventable. Wearing eyewear during sports is essential. Frequent washing of hands and avoiding touching the eyes can prevent the transfer of debris from fingers to the eye. All chemical products should be kept out of reach.

If children use cosmetic products, they should not be applied around the eye.

Knowing the risks to the eye and how to prevent injury can help ward off serious injuries.

Hospital honors Nurse of Year, G.R.E.A.T. Ambassador

Staff Reports

MOULTRIE — Nurse of the Year and G.R.E.A.T. Ambassador, two very special honors, were recently given at Colquitt Regional Medical Center during a week-long celebration of National Hospital Week.

Laura Griffin, RN, BSN, assistant director of outpatient surgery, was named Colquitt Regional's Nurse of the Year for 2012-2013.

Griffin was chosen out of six finalists, who also included Christie Johnson, RN, Home Health; Laura Griffin, RN, Outpatient Surgery; Carol Campbell, LPN, Primary Care Clinic; Melinda Allegood, RN, 4th floor; and Lisa Warren, RN, 4th floor. The award was presented to Griffin by last year's Nurse of the Year, Janet Saunders, RN, Oncology Department.

Pam Chapman, RT(R)(CT), a CT and x-ray technologist in Diagnostic Imaging, was selected as Colquitt Regional's G.R.E.A.T. (Giving Recognition for Excellence, Advocacy and Teamwork) Ambassador.

This award represents the employee recognition program of Georgia Hospital Association (GHA) to annually recognize outstanding healthcare workers who take

pride in their work and the commitment they have to their patients, hospital, community and profession. Chapman will represent Colquitt Regional at the state level and will be designated a GHA G.R.E.A.T. Ambassador.



Submitted Photo

Pam Chapman, RTR, left, was presented the award for G.R.E.A.T. Ambassador and Laura Griffin, RN, BSN, right, was presented the award for Colquitt Regional Medical Center's Nurse of the Year.



THE APOTHECARY Pharmacy in Doerun

Locally owned & operated by

Julie B. Montgomery, R.Ph

229-782-5500

130 West Broad Avenue • Doerun, GA

Phone: 229-782-5500 • Fax: 229-782-5602

Your trusted pharmacy for over 30 years.

818902

Explore the many hats worn by nurses

MetroCreative

Enter a hospital, doctor's office, adult care facility or medical clinic and you are bound to encounter nurses. Nurse is a broad term used to describe most individuals who perform patient-based care in a variety of settings. A nurse's duties and title will vary depending on his or her educational background and the certifications and licenses he or she has received.

The field of nursing is seemingly recession-proof. According to the U.S. Bureau of Labor Statistics, there are roughly 2.6 million nurses in the United States. No other career choice within the field of healthcare can claim such strength in numbers, both in the United States and Canada.

There are many advantages to becoming a nurse, including growing employment opportunities. Over the next 20 years, the BLS predicts 800,000 vacancies in the field of nursing in the United States, alone. Financial gain is to be had as well. Depending on the type of nurse, he or she has the potential to make anywhere between \$43,000 and \$115,000 a year, according to the BLS' Occupational Employment Statistics Program. Furthermore, because of the wide breadth of nursing services, there is plenty of room for specialty application and advancement.

Here are the common types of nurses and the type of education required to become a nurse.

- Nursing aide/orderly: Nursing aides and orderlies help nurses care for patients and perform routine tasks. They spend most of their time with patients, serving meals, keeping patients comfortable, answering call lights, making beds, and giving baths. Most nursing aides work in a hospital setting or long-term facilities for the elderly. A high school diploma may be all that's needed to become a nursing aide.

- Licensed Practical Nurse (LPN): An LPN studies for a year after earning a high school diploma and must be licensed in the state in which he or she will work. LPNs typically record medical histories, weigh and measure patients, record symptoms, and administer injections.

- Registered Nurse (RN): An RN typically pursues a two-year Associate's degree in nursing or may receive a Bachelor's degree in the field. RNs must pass a national exam before they are licensed. The duties of an RN are generally more varied and in-depth than those of an LPN and can include helping patients manage treatment plans.

- Nurse practitioner (NP): Nurse practitioners are among the most educated hospital employees. In addition to their RN study, they earn a Master's degree and may specialize in one area. Also, NPs may be able to work outside of the authority of a physician. In such instances, an NP can run a



MetroCreative

Nurse is a broad term used to describe most individuals who perform patient-based care in a variety of settings.

medical practice, diagnose and prescribe medication just as a doctor would.

Nurses honored

MOULTRIE — The following nurses were recognized by Colquitt Regional Medical Center this year for their professionalism, leadership, and commitment to excellence in patient care:

Fifth floor: Ola Faye Hamner, Carol Poole, Kim Brinson, Stephanie Ellis, Angie Herndon and Isha Taylor.

Fourth floor: Tammy Horne.

Maternal Infant: Debra Hayes, Anita Johnson, Barbara James, Rebecca Peters and Ashley Lane.

Oncology: Brian Elliott and Janet Saunders.

Emergency Room: Beckie Nowland and Cecelia Bodiford.

Education and Training: Carla Herrington and Erin Haskin.

Operating Room: Beth Bridges.

ICU: Cassidy Fowler, Sue Houston and Tiffany Gibson.

Outpatient Surgery: Laura Griffin, Barbara Hayes and Dottie Sinclair.

Dialysis: Phyllis Hughes, Alicia Horkan and Elaine Russell (LPN).

Home Care: Nancy Kautzman and Vickie Smith.

Hospice: Leigh Andre Wilkes.

Nursing Administration: Cynthia Everett and Dena Zinker.

Case Management: Sandra Cook.

Cardiology: Annette Bell.

Quality: Gail Sparkman.

Encourage children to floss their teeth

MetroCreative

Learning to brush their own teeth is a lesson all children must master. Although parents ultimately may have children who become proficient at brushing their own teeth, getting them to floss is generally more difficult.

The National Health and Nutrition Examination Survey from the Centers for Disease Control and Prevention found that 41 percent of children aged 2 to 11 had tooth decay in their first teeth. Dental caries are common among children, likely because they have not become proficient at taking care of their teeth.

Soft, sticky foods are commonplace in young kids' diets, and these can promote decay. Even well-intentioned gummy vitamins can be sources of dental decay. Oftentimes, these foods become lodged between the teeth or on the surface of molars. If left in contact with the teeth for too long, food particles become a source of carbohydrates for oral bacteria, and cavities may appear as a result.

To remove food particles from between the teeth, children must floss, advises the American Academy of Pediatric Dentists. It is recommended that parents help their children to floss as soon as two teeth are touching and continue to do so until the child is around the age of 8, when a child should have enough dexterity to do it on his or her own.

Flossing is essential to making sure children do not experience cavities at an early age, and it can establish practices that promote oral health throughout life. Despite being so important, many parents fail to encourage flossing or are at a loss as to how to make it enjoyable and effective.

Although regular dental floss is one of the first tools for flossing, the dexterity required to wind the floss around little fingers and then thoroughly clean the teeth may discourage children. Parents can look into the wide array of flossing helpers available at the store. In fact, many age-appropriate flossers are now available that feature fun designs and smaller profiles to fit into kids' mouths more easily. Flossers may be attached to a handle to make back teeth more accessible and promote more effective flossing. Manufacturers such as DenTek, Butler GUM, Plackers Kids, Dr. Fresh, Oral-B, and Brush Buddies offer children's flossers.

Kids who shy away from flossing may be more likely to use a children's water flosser. In lieu of string floss, a water flosser uses a pressurized stream of water to dislodge food from between teeth. Although a water flosser may be more messy, children may enjoy the opportunity to "play" with water and the cleaning sensation provided.



MetroCreative

Children should learn that flossing is just as important as brushing.

Surgical Associates of South Georgia PC

**General, Vascular, Endoscopy,
Thoracic, Laparoscopic Surgery
and Lap Band Procedures**

- Thomas L. Estes, M.D., F.A.C.S.
- Howard L. Melton, M.D., F.A.C.S.
- Robert M. Brown, M.D.
- Jerry W. Sullivan, P.A. - C

By Appointment

229-985-1080
3004-Second Street S.E.
Moultrie, Georgia

8163918

What women should know about heart disease

MetroCreative

Millions of women around the country live with cardiovascular disease and may not know it. The consequences of being uninformed can be fatal.

According to the National Coalition for Women With Heart Disease, heart disease is the leading cause of death in American women. More women die from heart disease than breast cancer in any given year, and the Public Health Agency of Canada says that heart disease is the leading cause of death among Canadian women over the age of 55. That's a frightening reality that might surprise some.

What puts women at risk?

There are a number of factors that can put a woman at risk for heart disease.

- Hypertension:** High blood pressure can exert extra stress on blood vessel walls and make them more likely to get clogged.

- Cholesterol levels:** Cholesterol in the blood can build up on the inside of blood vessels and lead to blockages that can cause a number of different problems.

- Smoking:** Women who smoke have a higher risk of heart attacks than nonsmoking women. Those who smoke and take birth control pills are at an even higher risk.

- Obesity:** The chance for heart disease increases with a woman's weight. Even losing a little bit of weight can help diminish the chance.

- Diabetes:** High blood sugar can damage the arteries that supply blood to the heart.

- Family history:** A woman with blood relatives who were diagnosed with heart disease is at a heightened risk of developing heart disease.

- Lack of physical exercise:** Inactivity can promote heart disease. Daily physical activity can go a long way to help the heart and prevent heart disease.

Preventing heart disease

Recognizing the risk factors for heart disease is just the beginning when it comes to prevention. Once those risk factors are known, it's up to women to take steps to live a more healthy lifestyle. Fortunately, there are many ways women can do just that.

- Exercise daily.** Thirty minutes of exercise per day is recommended. This can improve cardiovascular health by getting the blood moving through the body. It can also help women lose weight, decreasing risk for other ailments as a result.

- Quit smoking.** Do not use tobacco products. Smoking is one of the biggest risk factors for developing heart disease. Smoking narrows the arteries in your heart and can also contribute to the hardening of arteries, called atherosclerosis. This condition can ultimately lead to a heart attack. Car-



MetroCreative

Many women do not realize that heart disease kills more women than breast cancer. Routine screenings are part of preventing the onset of the disease.

bon monoxide in cigarette smoke replaces some of the oxygen in the blood, according to the Mayo Clinic. This can raise blood pressure and force your heart to work harder.

- Eat healthy.** Eating foods that are low in cholesterol and sodium can help with heart disease risk. A diet rich in fruits, vegetables, whole grains, low fat dairy products, and other sources of whole fiber can help. Consumption of fish, which is high in omega-3 fatty acids, is also beneficial.

- Maintain a healthy weight.** A doctor or nutritionist can help you determine a healthy weight for your body type and height. Most use calculations to determine a body mass index, or BMI, which considers certain factors, including height and weight, to determine if you have a proper amount of body fat. Waist circumference is also a tool used to measure how much abdominal fat a person has.

- Go to the doctor regularly.** A doctor can run certain tests to discover any red flags for potential heart problems. He or she will check blood pressure, cholesterol levels, conduct screenings for diabetes, and discuss family history. With all of this information, the doctor will be able to make certain assumptions about heart disease risk and guide you on the path to finding a program that will be effective for you.

When is the right time for your child to get braces?

MetroCreative

Orthodontic braces are used to help position and align an individual's teeth. Getting braces is something that is typically seen as a rite of childhood. But many parents are unsure as to when their children should be fitted for braces.

Although many children benefit the most from getting braces between the ages of 10 and 15, the American Association of Orthodontists as well as international orthodontic authorities advise that children should get their first orthodontic screening by the age of seven, when there may be a mixture of permanent and juvenile teeth in the child's mouth. The orthodontist may be able to forecast any future problems that may arise and note if there are any preliminary steps that can be taken.

Even though many children wait until adolescence to get braces, and most doctors will want to monitor kids' oral structure as they grow, familiarity with a child's mouth enables an orthodontist to act when the time is right. Some orthodontists work to remedy an overbite or underbite, and they also may address spacing issues.

How braces work

Braces straighten teeth by putting steady pressure on the teeth to help shift the teeth

into correct position. The orthodontist will determine how long to keep the braces on.

As the teeth shift, the wires that are part of the braces will be cut and adjusted accordingly. Teeth that require extra help may necessitate the use of specialized headgear to impart extra pressure on the mouth.

Today's braces are much less noticeable than those of yesteryear. Some braces are smaller in profile, and there are clear varieties and those that are placed behind the teeth.

The wires used in braces also have changed. They are smaller and more technologically advanced to help straighten teeth faster and easier.

Living with braces

Braces will require some alterations to a child's diet as well as his or her oral hygiene routine. Sticky foods or ones with small particles that tend to lodge between the teeth should be avoided as much as possible. Chewing gum can be exceptionally troublesome. Sticky candies may get stuck, and you could pull off brackets trying to unlodge the candy.

Keeping teeth clean also will require a few extra steps. Because of the small parts and crevices braces create in the mouth, food can lodge in areas more easily.



MOULTRIE ORTHODONTICS

Dr. Dallas Margeson & Dr Roger Mills

- Complimentary Exams
- Most major insurances accepted
- Accepting New Patients
- Orthodontics for Children and Adults
- Invisalign and Invisalign Teen
- Advanced Orthodontic Treatment utilizing the SmartClip Bracket Technology

12 Longleaf Office Park
Moultrie, GA 31768
229-985-4715

818901

Ear infection treatment has been revised

MetroCreative

Few illnesses plague young children as frequently as ear infections. In fact, research suggests at least half of all children age one or younger will experience an ear infection. Antibiotics have long been the standard method of treatment for ear infections. However, new guidelines have emerged and a pediatrician may not be so quick to use amoxicillin as a remedy.

What is an ear infection?

An ear infection is an abnormality in the appearance or function of the ear. It may be the result of bacteria, viruses or injury to the ear. An ear infection is known as "otitis media," and there are three primary kinds of ear infections that may occur. Acute otitis media is an infection of the middle ear with symptoms that include pain, redness of the eardrum, pus in the ear, and fever. Otitis media with effusion is a buildup of fluid in the middle ear without infection. This type of ear infection is more common than acute otitis media and is often a side effect of viral upper respiratory infections or allergies. Otitis externa is an infection of the outer ear canal and is commonly referred to as "swimmer's ear."

What causes ear infections?

A bacteria or a virus is the culprit behind many ear infections. Bacteria or viruses can cause inflammation in the ear, which may result in pain, redness and the buildup of fluid.

The ear canal also can become blocked by fluid that forms as a result of a cold or an allergic reaction. The eustachian tube is the part of the ear that connects from the inside of the ear to the back of the throat. When clogged, this tube cannot drain properly, much in the way the nasal passages can become congested. In some instances, the fluid becomes infected. Sometimes it is the fluid pushing on the eardrum that causes pain.

Symptoms of an ear infection

Adults may be able to voice their symptoms when an ear infection is present, but children are more apt to offer physical clues. If a child is exhibiting any of the following behaviors, an ear infection may be to blame:

- Difficulty sleeping
- Irritability
- Pulling or tugging at ears
- Loss of balance
- Fever
- Presence of fluid draining from the ear
- Unresponsiveness to quiet sounds

Treatment for ear infections

In early 2013, the American Academy of

Pediatrics revised its previous guidelines for treating acute otitis media, the common middle-ear infection. The changes include asking doctors to be more stringent in diagnosing a cause of the ear infection in order to cut down on the unnecessary use of antibiotics. Overuse of antibiotics can result in antibiotic-resistant bacteria.

In children ages 6 months to 12 years, it is the opinion of the AAP that children without severe symptoms should be observed for a few days, as viral ear infections can clear up on their own. Children should be given immediate antibiotics if they have a severe ear infection, defined as a fever of 102.2 F or higher, with or without significant pain. A ruptured ear drum with drainage or an infection in both ears in kids age two or younger also warrants the use of an antibiotic. The guidelines also confirm that amoxicillin should be the antibiotic of choice unless the child is allergic to penicillin or if the child has been treated with amoxicillin during the past month.

Richard Rosenfeld, a professor and chairman of otolaryngology at SUNY Downstate Medical Center in Brooklyn, N.Y., who co-authored the AAP recommendations, advises that an ear infection should improve in 72 hours. If the symptoms get worse or don't improve, antibiotics should be used.

Parents can take some preventive measures to minimize ear infections in children. Breast-feeding infants for at least four months reduces overall episodes of ear infections. Preventing exposure to second-hand tobacco smoke also can reduce ear infections during infancy. Children who get recurrent ear infections may benefit from the insertion of ear tubes to drain fluid. Any methods that reduce viral infections also may cut down on the frequency of ear infections.

Antibiotic safety

•Children and adults who are prescribed antibiotics should take the medicine as prescribed for the full duration, not just until symptoms wane. Otherwise the infection may not be fully eradicated and symptoms may recur.

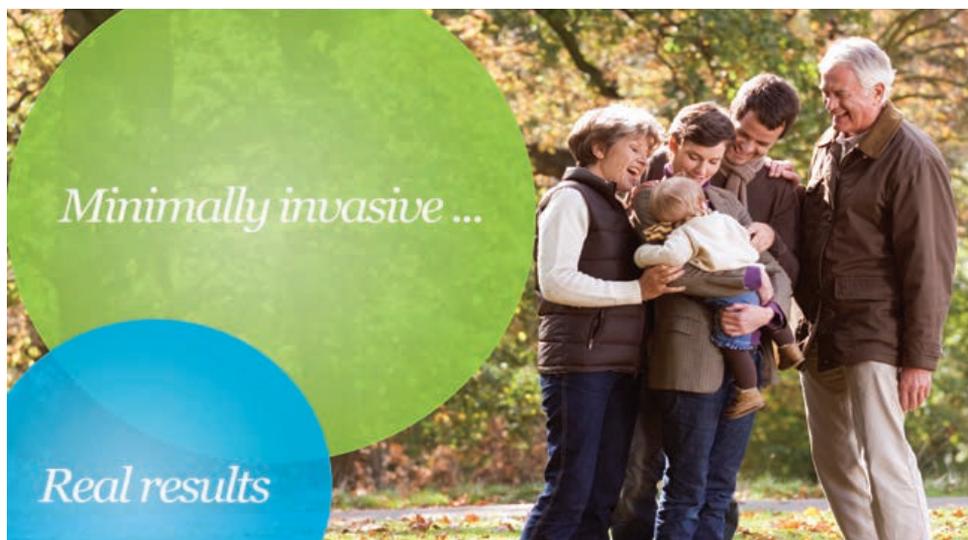
•Do not share antibiotics as doctors usually prescribe a certain type that is most effective against the bacteria causing the infection.

•Antibiotics tend to work rapidly, so if symptoms do not ease up in a short period of time, talk to your doctor.

•Many antibiotics, especially liquid varieties, should be stored in the refrigerator.

•Some antibiotics need to be taken with food, others on an empty stomach. Read all prescribing information carefully.

Become a Sinusitis Success Story



Minimally invasive ...

Real results

... with a quick office procedure.

Do you suffer from pain, pressure and other symptoms of sinus infections? Dr. Berger now offers a new, in-office treatment called balloon sinus dilation that reopens blocked sinuses without painful surgery or costly medication. Get life-changing, instant relief that lasts today.

Joseph H. Berger, M.D.
Board Certified

Serving South Georgia
for over 25 years.

www.sgaberger.com



Dr. Berger also specializes in:

- Snoring and Sleep Apnea
- Head and Neck Surgery
- Medical and Surgical Treatment of Ear, Nose and Throat Disorders
- Facial Plastic and Reconstructive Surgery
- Allergy Testing and Treatment
- Hearing and Balance Disorders
- Hearing Aid Sales and Service

This technology is now available.

**305 West Hansell St
Thomasville, GA 31792
229-228-6355**

**940 4th St SE,
Cairo, GA 39828
229-397-8282**

**#1 Sweet Bay Court
Moultrie, GA 31768
229-985-1822**

Caution: Federal (USA) law restricts this device to sale by or on the order of a physician.

Aging not always the culprit behind cataracts

MetroCreative

Many men and women develop cataracts as they approach their golden years. While aging is the single biggest risk factor for cataracts, there are other factors that can contribute to cataracts, which can afflict people of all ages. According to the American Optometric Association, the following factors can contribute to the development of cataracts.

- Alcohol consumption: Studies have shown that higher alcohol consumption can increase a person's risk of developing cataracts.

- Diabetes mellitus: Persons with diabetes are at a higher risk of developing cataracts than those who do not have diabetes.

- Medications: Certain medications have been associated with the development of cataracts. Corticosteroids and chlorpromazine and other phenothiazine related medications have been linked to cataracts in the past.

- Nutrition: Men and women who do not eat a nutritious diet may be increasing their risk of developing cataracts. The AOA admits studies examining a potential

link between nutrient deficiency and cataracts are inconclusive, but some studies have suggested there is such a link between the formation of cataracts and low levels of antioxidants like vitamins C and E.

- Smoking: Smoking can increase a person's risk for a host of ailments, including cataracts.

- Ultraviolet radiation exposure: Persons who aren't adequately protected when exposed to ultraviolet, or UV, radiation have a greater risk of developing cataracts.

Some people may be born with cataracts or develop them during childhood. Such cataracts are known as congenital cataracts and may be the result of the mother having contracted an infection while pregnant. Kids born with cataracts may also have inherited them. For example, cataracts may be a side effect of Alport syndrome, a genetic condition characterized by kidney disease, hearing loss and abnormalities in the eye.

Cataracts are often mistakenly considered a byproduct of aging. But not every aging man or woman will develop cataracts, and not all cataracts are a byproduct of aging.

Alfred Aguero, D.M.D., P.C.

4 Magnolia CT

Moultrie, GA 31768

Phone: 229-985-6499



Are Dental Implants right for you?

Do you have...

Loose fitting dentures?

Unsightly Partials?

Missing teeth?

Thankfully, its an easy fix. Dental implants offer a strong secure solution to missing teeth. They can replace a single tooth, several teeth or even secure a loose partial or denture. With over 25 years of experience in Implant Dentistry, Dr. Aguero can offer an affordable solution for you.

So please call 229-985-6499 for a free implant consultation today.

818907

Sciatica is a concern for many men

MetroCreative

According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases, eight out of 10 people have some type of backache. Back pain does not discriminate, and men, women and even children can find themselves dealing with the unfortunate and uncomfortable side effects of a hurt back.

Sciatica is one type of back pain that many men, particularly those who drive a vehicle or carry heavy loads for a living, deal with on a regular basis. Though a symptom and not a disorder, sciatica causes pain that can be quite uncomfortable. But as painful and as prevalent as sciatica can be, and some estimates suggest it affects as much as 10 percent of the population, many men don't know much about sciatica, which makes it harder to affectively address the situation should it suddenly appear.

What is sciatica?

Sciatica is pain caused by pressure on or damage to the sciatic nerve, a nerve that starts in the lower back and runs down the back of each leg. The pain that results from sciatica can occur anywhere from the lower back down to the sole of the foot. Sciatica can also affect the muscle power in the legs.

What causes sciatica?

It's not always easy to pinpoint the specific cause of sciatica, but there are many conditions that can put pressure on the sciatic nerve and result in sciatica. Some of those causes include:

- Herniated disk: A herniated disk in the lower back can compress a nerve root in the lower back and cause sciatica. Disks are pads of cartilage that separate the vertebrae in the spine, and gel can seep out and press on a nerve root, causing pain in either the back or leg, or even both.

- Spondylolisthesis: This occurs when one of the spine's vertebra slips forward over another vertebra. This typically happens as a result of degenerative disk disease, and the displaced bone can pinch the sciatic nerve, causing sciatica.

- Spinal tumors: Tumors that develop within the spinal cord, membranes that cover the spinal cord or in the space between the spinal cord and the vertebrae can grow and compress the nerves, including the sciatic nerve, or even the spinal cord itself.

- Trauma: Any trauma to the spine, which can occur after a car accident or a fall, can injure the sciatic nerve and result in sciatica.



Regional Therapy Services, Inc.

**REGIONAL THERAPY SERVICES, INC.
SERVICING THERAPY NEEDS OF
COLQUITT COUNTY FOR OVER 30 YEARS**

Physical Therapy

Speech Therapy

Treatment areas of experience include Back and Neck Pain, Balance Program, Sports Injury, Speech Pediatric Therapy, Orthopedic Problems, Stroke Rehab and Arthritis Management

Belinda Allen, PT
Steve Allen, MSPT
Jonathan Jones DPT

Melody Baker, CCC-SLP
Robin Roberson, PTA

819593

Making mosquitoes less dangerous

MetroCreative

What is the most dangerous creature on Earth? No, it's not a jaw-snapping alligator, enormous elephant or even the king of the jungle himself. The Illinois Department of Public Safety says the tiny mosquito has killed more people than all the wars in history and more than many of the most ferocious animals.

Mosquitoes may be a nuisance in most backyards, but these small insects also have a dramatic impact on how diseases are transferred. Genetic manipulation of wild mosquitoes could help reduce the number of people who become sick or die because of mosquito bites.

There are scores of diseases that are passed on through the bite of a mosquito. West Nile virus, malaria and encephalitis are just a few of the diseases or viruses transmitted by mosquitoes.

There are reasons to be cautiously optimistic that the mosquito population can be controlled. Pesticide is one such method. But even pesticides have not been hugely successful at stopping the spread of disease, partly due to mosquito insecticide resistance. Changes in weather patterns, includ-



MetroCreative

Changing the genetic makeup of a mosquito can render them incapable of passing on disease, including malaria.

ing warmer winters, have helped the mosquito repopulate.

Over the past 20 years, researchers have attempted to genetically modify mosquitoes so that they cannot infect humans with malaria — one of the most common mosquito-spread diseases. In 2010, University of Arizona entomologists succeeded in genetically altering the insects in a way that renders them completely immune to the malaria parasite. The mosquitoes are then incapable of passing the disease along to others as vectors. Although this genetic research is still in its infancy and no modified mosquitoes have yet been released into the wild, it may provide the blueprint for making mosquitoes immune to the parasites that lead to other serious diseases.

South Georgia's Premier Rehab and Therapy Source



Rehabilitation & Skilled Nursing Center

Call Today for a Tour! (229) 985-3422

3003 Veterans Pkwy South, Moultrie, GA

A Proud Member of the UHS PRUITT Family of Providers | Connect with us online: [f](#) [t](#) [in](#) [URReady.com](#)

818645



Convenient Care

207 31st Ave SE • Moultrie, Georgia 31768

Always Accepting New Patients - Walk-ins Welcome!

We treat all types of illnesses and minor injuries and office visits start as low as \$50.

Monday - Friday 9:AM - 5:PM • Saturday 9:AM to 1:PM

(229) 217-0088 • (229) 217-0086 (fax)



Westside Pharmacy

720 West Central Ave.

Moultrie, Georgia

(229) 890-6054

24 Hour Refill Line: (229) 985-2698

*Hours: Monday-Friday 9:AM - 6:PM • Saturday
9:AM-1:PM*



The Prescription Shoppe

203 - 31st Ave. SE

Moultrie, Georgia

(229) 985-9296

24 Hour Refill Line: (229) 985-2698

*Hours: Monday-Friday 9:AM - 6:PM
Saturday 9:AM-1:PM*



Jackson Street Pharmacy

519 Jackson Street

Thomasville, Georgia

(229)226-2203

Hours: Monday-Friday 9pm - 6pm

Saturday 9am-1pm



At Baddour Urology Center, ***We Put Our Patients First***

- **State of the art Diagnosis & Treatment for all Urological Conditions**
- **ESWL Shockwave treatment for Stone Fragmentation**
- **Management of Female Urinary Incontinence**
- **Brachytherapy for Prostate Cancer**
- **Transurethral Vaporization for Enlarged Prostate**
- **Vasectomy**

Nationally Accredited and Certified Ambulatory Surgical Center on site. We provide convenience, cost savings and a private comfortable environment where patients receive Outstanding Surgical Care from a team of highly skilled physicians and staff.

CALL US FOR AN APPOINTMENT - NO REFERRALS NECESSARY

**2 Hospital Park, S.E.
Moultrie, Georgia**

229-985-3066

