

Summer 2024

Archbold

MAGAZINE

A CELEBRATION OF
New Life

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Archbold

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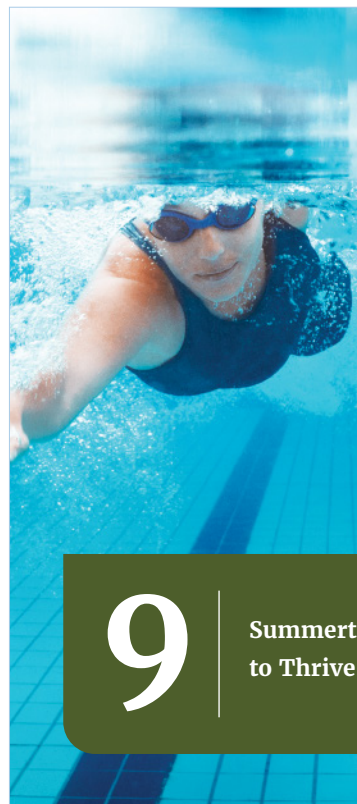
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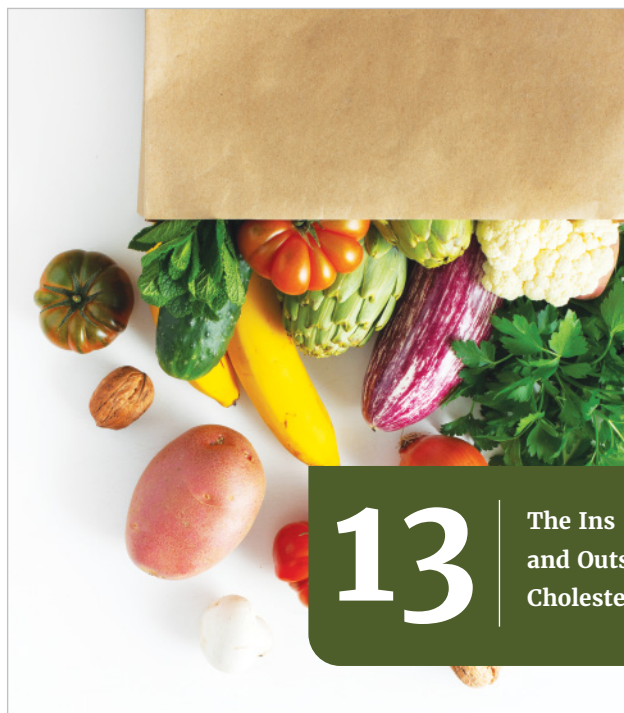
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On the Cover: New mother and Archbold Mother/Baby nurse with newborn baby at Archbold Memorial

From the CEO

Next summer, Archbold will be celebrating its centennial anniversary.

We've accomplished so much over the last 100 years and continue adding services to better serve our community. Whether you plan to celebrate new beginnings here or face uncertain health challenges, Archbold strives to be here for you every step of the way.

As part of our 100-year celebration, we have begun work on a large project that will directly impact our patients and their families. We are excited to announce that we are renovating and expanding Archbold Memorial's new Maternity Center.

Demolition of spaces that will become home to the new Maternity Center began in late 2023, and the new center is planned to open in 2025 in conjunction with our other centennial celebrations. You can read more about this exciting project in the following pages, and we can't wait to reveal the center to our community next year.

Thank you for trusting us with your care for the past 100 years. We look forward to caring for you for 100 more.

Respectfully,

Darcy Craven

President and CEO of Archbold



Roger and Mary Lou Clark, Trustees of the Edward C. Fogg III and Lisbeth A. Fogg Charitable Trust

WHY WE GIVE

As trustees and guardians of the The Fogg Charitable Trust, we have given to Archbold Memorial because of Lis and Ed Fogg's interest in supporting hospitals and educational institutions. Polly Glynn played a vital role in encouraging Lis to consider Archbold as a recipient of the trust. Lis felt a strong desire to support women who would benefit by having a new maternity facility at Archbold available to the citizens of Southwest Georgia. She would be proud of the financial support provided by the The Fogg Charitable Trust for Archbold's Centennial Campaign and the new Maternity Center.

News

Archbold Urology Procedure Is First of Its Kind in South Georgia

The urologists at Archbold Urology recently performed a cutting-edge procedure at Archbold Memorial that was the first of its kind in South Georgia.

The procedure is known as a holmium laser enucleation of the prostate (HoLEP) and is used to treat benign prostatic hyperplasia (BPH). This procedure is the latest innovation in urologic laser technology.

“BPH becomes more common as men age because the prostate often gets bigger as you get older,” said Eric Webb, MD, urologist at Archbold Urology. “BPH can cause bladder, urinary tract or kidney problems, but the main symptom is weak stream that can greatly affect a patient’s quality of life. It’s the main reason most men seek treatment.”

The HoLEP procedure is a significant evolution in the treatment of BPH, providing significantly improved outcomes for a majority of patients regardless of prostate size, anticoagulant therapy and age. More than 90% of patients are able to return home the day of the procedure, and less than 1% require reoperation.

“We always strive to offer our patients and community the best care possible by staying abreast of new technologies and treating each patient with the compassion they deserve,” said Jason Burnette, MD, urologist at Archbold Urology.

➡ **Those in need of routine and complex urological treatment may call Archbold Urology at 229.213.7262 to schedule an appointment or visit archbold.org/urology to learn more.**

Archbold Named Top 100 in U.S. for Prostate Surgery

Archbold was recently named one of “America’s 100 Best Hospitals for Prostate Surgery,” according to a recent award from Healthgrades, one of the nation’s leading providers of healthcare reviews and data.

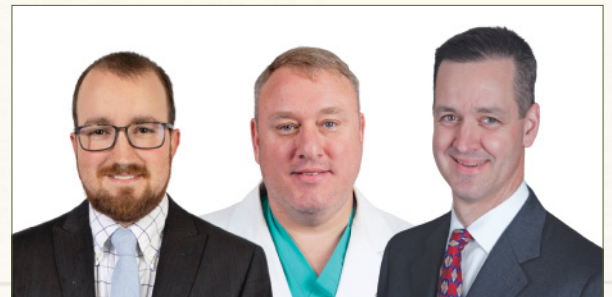
The award recognizes the providers and staff of Archbold Urology for achieving superior outcomes in prostate removal surgeries and transurethral resection of the prostate.

“We are honored to receive this award,” said Archbold urologist Jason Burnette, MD, PhD. “This recognition reaffirms our commitment to advancing techniques and improving outcomes in urological surgery for our patients.”

The recognition follows Archbold’s introduction of several advances in prostate care, including holmium laser enucleation of the prostate (HoLEP), Rezūm Water Vapor Therapy and SpaceOAR Hydrogel.

“We are proud to offer cutting-edge urologic care at Archbold, and this recognition is a reflection of our team’s dedication to patient outcomes and safety,” said Brock Dockery, vice president of Archbold Medical Group.

➡ **Archbold Urology offers comprehensive urologic care, including the latest in enlarged prostate treatment. Visit archbold.org/urology to learn more about treatment options available.**



Archbold Vascular Procedure Is First FDA-Approved Case in Georgia

Archbold interventional cardiologist Clay Sizemore, MD, successfully implanted a first-of-its-kind dissolvable stent last week, making it the first FDA-approved case completed in the state of Georgia.

The device is a newly FDA-approved treatment option for people with chronic limb-threatening ischemia (CLTI) below-the-knee (BTK).

CLTI is a serious form of peripheral artery disease (PAD). CLTI BTK occurs when arteries become clogged with plaque, preventing blood flow and oxygen from reaching the lower leg and foot.


This advancement is designed to keep arteries open and deliver a drug to support vessel before the stent dissolves over time. More than 20 million people in the US are living with PAD, a painful and disabling disease. Unfortunately, treatments for below-the-knee blockages were limited due to small vessels and a high incidence of recurrence.

"This procedure is a significant step forward in the treatment of limb-threatening blockages below the knee," Dr. Sizemore said. "Bioabsorbable scaffolds combined with existing minimally invasive technologies are allowing us to improve long-term patency and therefore limb salvage."

"Avoiding amputations requires a sophisticated team of providers, including local podiatrists like Viet Anh Vu, DPM, who first recognized our patient's threatened limb," Dr. Sizemore added.

The Esprit BTK System joins other recent advances in cardiovascular care at Archbold, including patent foramen ovale (PFO) closure and a newly renovated cardiac catheterization lab.

"The introduction of this procedure at Archbold, and to be the first FDA-approved case performed in the state, demonstrates our mission to provide the residents of our region with the most advanced treatment options available," said Darcy Craven, Archbold president and CEO. "I am proud of our team for their commitment to bringing the latest advancements to Thomasville so our patients don't have to travel to receive the best care."

 **Archbold Heart & Vascular and Cardiovascular Consultants of South Georgia offer comprehensive cardiovascular care, including care for CLTI. Visit archbold.org/services/heart-and-vascular to learn about the advanced care available.**

Archbold Performs PFO Closure Cardiac Treatment

Jared Davis, MD, an Archbold interventional cardiologist practicing with Cardiovascular Consultants of South Georgia, recently performed a minimally invasive procedure to close a patent foramen ovale (PFO).


During fetal development, a small flap-like opening called the foramen ovale exists between the upper left and right chambers of the heart. This opening usually closes shortly after birth, but when it does not, the condition is called PFO. PFO is present in approximately 25% of the population. While many people do not experience symptoms, others can experience serious symptoms or medical events such as stroke, blood clots in the arteries or hypoxemia (low oxygen). For these individuals, the opening in the heart wall must be closed.

"PFO closure is a minimally invasive surgery that uses a specialized device inserted through a catheter that expands inside the PFO and closes the defect," Dr. David said. "With the device in place, blood and blood clots are unable to flow through the opening and future serious events, like stroke, can be avoided."

A layer of heart tissue will heal around the device, furthering this closure. Patients typically return home the same day.

"The PFO closure procedure is just one part of our continued advancements and investments in region-leading cardiac care," said Chris Newman, vice president of clinical services at Archbold.

"Our recently renovated cath lab and other new procedures offered at Archbold reflect our dedication to patient outcomes and safety."

 **Archbold Heart & Vascular and Cardiovascular Consultants of South Georgia offer comprehensive cardiovascular care, including minimally invasive treatment for PFO. Visit archbold.org/services/heart-and-vascular to learn about the advanced care available.**

A Celebration of NEW LIFE

AT ARCHBOLD MEMORIAL'S NEW MATERNITY CENTER, FAMILIES CAN COUNT ON FAMILIAR,
HIGH-QUALITY CARE IN A FRESH SETTING.



**Amy Griffin, RN, MSN,
CENP**
Senior Chief Nursing
Officer

Since 1925, Archbold Memorial has welcomed countless babies into the world. For nearly a century, key upgrades and renovations have helped continuously improve the service we provide to families. When our new Maternity Center opens next year, your labor and delivery experience will be even more memorable.

"We've always aimed to provide excellent care to our community in a welcoming, comfortable, state-of-the-art facility," said Amy Griffin, RN, MSN, CENP, senior chief nursing officer at Archbold Memorial. "Our new Maternity Center will allow us to continue doing that for years to come."

BUILT FOR YOU

Housed on the hospital's second floor, the new Maternity Center will feature more space, increasing in size from 11,000 to 27,500 square feet. The Maternity Center will also feature an abundance of amenities carefully designed to enhance the labor and delivery experience.

Inside the center, a large, modern waiting area invites eager family and friends to gather in comfort as they await baby's arrival. Further inside the Maternity Center, you'll find:

- » A centralized nursing station to ensure women and babies have easy access to the care they need
- » Five large labor and delivery rooms
- » Two operating suites for emergency and planned births via cesarean section
- » Two recovery rooms for use after a cesarean section
- » 11 postpartum rooms with plenty of space for mom to rest and visit with family and friends
- » A private bereavement room where families can grieve the loss of an unborn child due to medical complications
- » Three treatment rooms for outpatient visits and monitoring throughout pregnancy

To ensure excellent care for your new arrival, we also doubled the size of our nursery. Inside the 2,199-square-foot nursery space is an exam and procedure area, level 1 nursery, level 2 intermediate care nursery and isolation nursery.

"Our goal is to welcome and assist each patient and family member through the entire process of prenatal, labor and delivery, and postpartum care," said Kellie Odom, RN, MSN, HRM, CLNC, director of nursing at Archbold. "We've always provided excellent care, and we're thankful our community has entrusted their care to us through the years."

We also added special touches for our medical staff behind the scenes. We have built new lounges and added bigger locker rooms and a meeting room. Our providers can also count on quiet and comfortable on-call rooms where they



Vann Middleton
President of the
Archbold Foundation

can rest between cases and stay nearby for urgent needs.


A LABOR OF LOVE

To aid in funding the new Maternity Center, the Archbold Foundation developed the Archbold Centennial Campaign. The campaign began three years ago and will culminate in 2025, during the hospital's

100th anniversary. The final goal is to raise \$10 million for the Maternity Center.

A number of generous community members have already committed their support. If you have a heart for keeping quality care close to home, we cherish your financial gift.

"A patient and their family are happy to be in the hospital for the anticipated birth of a child," said Vann Middleton, president of the Archbold Foundation. "We want to offer the finest birthing experience possible, and our community's long history of giving back is making this possible."

 **You can help ensure quality maternity care for generations to come by making a gift to the Archbold Centennial Campaign. Call 229.213.8062 or email evmiddleton@archbold.org to learn how.**



**Kayla O'Neal, DPT,
Cert-DN, CAPP-OB
Cert-DN**

SAFE, SOUND, EDUCATED

Kayla O'Neal, DPT, Cert-DN, CAPP-OB, physical therapist at Archbold, recently added a new credential to her name that takes maternity care to the next level. In August 2023, she obtained her Certificate of Achievement in Obstetric Health Physical Therapy (CAPP-OB).

"The education related to this certification focuses on ways to make a normal pregnancy a safe and comfortable experience for mom," O'Neal said. "If, however, a woman has a high-risk pregnancy due to factors such as gestational diabetes or high blood pressure, I can help manage the impact those conditions have on mom and baby thanks to methods I learned in pursuit of this certification."

For O'Neal, the motivation to earn her CAPP-OB was personal as well as professional, as she had a complicated delivery when her first baby was born. She hopes to provide effective intervention to help improve the pregnancy, delivery and postpartum experience for women so they can focus more completely on the joy of their new arrival.

"I'm acutely aware of the pain and discomfort that can accompany pregnancy," O'Neal said. "While such issues are common, they don't have to be normal. If you're pregnant or postpartum, I encourage you to advocate for yourself and ask for the treatment you need."

For help with your pregnancy or overcoming a postpartum issue, ask your provider for referral to O'Neal. Pregnant? O'Neal co-leads a maternity support group every other month.



Left to right: Preliminary renderings of a labor and delivery and postpartum rooms

COMFORT DOESN'T USUALLY COME TO MIND WHEN IT'S TIME FOR YOUR ANNUAL MAMMOGRAM, BUT YOU CAN MAKE THE EXPERIENCE A BIT MORE TOLERABLE.



Making the Most of YOUR MAMMOGRAM

Staying up to date with regular breast cancer screenings can be lifesaving.

“As we learned during the COVID-19 pandemic, delays in screening can lead to increases in late-stage breast cancer diagnoses,” said Brandi Lanier, MD, radiologist at Archbold. “If you are concerned about discomfort you might experience during your exam, please discuss that with our trained technologists who will make you feel as comfortable as possible.”


Annual mammograms should start at the age of 40 for average-risk women and should continue every year. High-risk women, such as those with two or more first-degree relatives with a history of breast cancer, may need additional screening with tools such as MRI.

Try a few of these tips to make the experience a breeze:

- » **Get to know the procedure.** Before your appointment, have a general idea of what to expect. To get a detailed picture, your breasts will be slightly flattened and

X-rayed. The entire process usually takes about 20 to 30 minutes, with the actual breast compression lasting about around 10 to 15 seconds.

- » **Schedule smart.** If you haven't experienced menopause, schedule your mammogram a week after your period when your breasts aren't as tender.
- » **Dress to undress.** For high-quality images, you will be asked to remove any clothing above your waist. Wear a two-piece outfit so you only have to take off your top.
- » **Consider ibuprofen or acetaminophen.** If you get the OK from your doctor, taking ibuprofen or acetaminophen an hour before your appointment may reduce your discomfort.

 **The Archbold Women's Center offers state-of-the-art imaging services you can trust. Learn more at archbold.org/services/womens-center.**

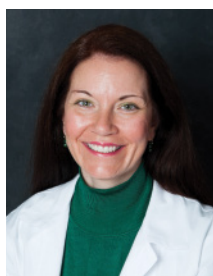
I FOUND A LUMP. NOW WHAT?

Try not to panic. According to the American Cancer Society, most breast lumps aren't breast cancer. However, you still want to learn what has caused the lump, so schedule a checkup with your healthcare provider. Your provider may order a diagnostic mammogram or other test to take a more detailed look at the lump. If he or she suspects cancer, you may need to have a biopsy, or tissue sample, taken from the abnormality and examined.

Thrive

SUMMERTIME TO

CANCER TREATMENT
DOESN'T HAVE TO
CURTAIL SUMMER FUN.



Amanda May, MD, FACP
Oncologist

Worried about how cancer treatment will affect your ability to enjoy everything you love about summer? A few simple changes can help you

stay safe so you can make memories with friends and family. Start by prioritizing sun safety.

“Protecting yourself from the sun’s ultraviolet rays reduces skin cancer risk, but it’s even more important if you’re receiving treatment for cancer,” said Amanda May, MD, FACP, oncologist at Archbold Cancer Center. “Radiation therapy and some forms of chemotherapy can make your skin dry or itchy or cause sores, all of which increase your sensitivity to sunlight.”


Use a broad-spectrum sunscreen with an SPF of at least 30 and reapply frequently. Wear sun-protection pants and long-sleeved shirts, a wide-brimmed hat, and ultraviolet-blocking sunglasses.

COOL TIPS

In addition to following sun safety best practices, you can do more to thrive during cancer treatment this summer, including:

- » **Drink up.** “Treatment side effects, such as vomiting and diarrhea, rob your body of fluids, which can lead to dehydration,” Dr. May said. “Drink plenty of water and other fluids, suck on ice chips, or eat hydrating foods, such as cucumbers and watermelon.”
- » **Swim with caution.** Ask your medical provider whether it’s OK to swim in the pool, where chlorine can irritate sensitive skin.
- » **Wear cool clothes.** Light, cotton garments can help prevent overheating.

Avoid exercising outdoors during high heat and humidity. Instead, exercise inside your house or in an air-conditioned fitness center, and ask your medical provider which activities would be most appropriate for you.

 **Call 229.206.9943 to learn about treatments at Archbold Cancer Center.**

RECOGNIZE AND RESPOND TO HEAT ILLNESS

Heat illness can sneak up on you, especially if cancer treatment makes you vulnerable to dehydration. Stay alert for signs your body is overheating—also known as heat exhaustion—including:

- » Cold or pale skin
- » Dizziness
- » Headache
- » Heavy sweating
- » Nausea or vomiting
- » Rapid heartbeat
- » Weakness

If you experience symptoms of heat exhaustion, move to an air-conditioned space and sip water or place cool washcloths on your body. Call 911 or go to an air-conditioned or shady place right away if you have difficulty breathing, a lack of sweating or a body temperature of 103 degrees Fahrenheit or higher—symptoms of a more serious condition called heatstroke.



PEOPLE DIAGNOSED WITH
CANCER, ESPECIALLY
THOSE YOUNGER THAN
AGE 55, FACE HIGHER RISKS
OF CARDIOVASCULAR
DISEASE. BEING PROACTIVE
CAN HELP YOU PROTECT
YOUR HEART.

The Heart of CANCER

When people think about the side effects of cancer treatment, short-term symptoms, such as nausea and fatigue, come to mind. However, the long-term effects of treatment can be more serious. Recent studies have shown that cancer survivors are at much higher risk of death from cardiovascular disease than other people.

Fortunately, you can take steps to shift the narrative. Following a healthy lifestyle plan can help reduce risks and keep your heart in the best possible shape.



Kashyap B. Choksi,
MD, PhD, FACC
Cardio-Oncologist

“During and after cancer treatment, the most important lifestyle change that a person can make to reduce their risk of cardiovascular disease is exercise,” said Kashyap B. Choksi, MD, PhD, FACC, cardio-oncologist at Cardiovascular Consultants of South Georgia. “Eating healthy foods and staying away from tobacco can also be lifesaving.”

THE CONNECTION BETWEEN CANCER AND HEART DISEASE

According to Dr. Choksi, there are several reasons behind

the heightened cardiovascular risk for cancer survivors.

“Cancer itself is a pro-inflammatory state, and these inflammation markers lead to damage of the blood vessels in the entire body, especially the coronary arteries,” he said. “This can cause plaque buildup and lead to coronary artery disease, or CAD.”

Some risk factors for cancer overlap with those for cardiovascular disease, such as high blood pressure and obesity. This means that some people diagnosed with cancer may already be more likely to develop heart disease.

But a main cause of cancer-related heart disease is the cancer treatment itself. Many heart conditions can develop—or worsen—following cancer treatment, including:

- » CAD
- » Cardiomyopathy, which causes heart muscles to enlarge
- » Congestive heart failure
- » Heart valve problems
- » Myocarditis, or inflammation of the heart muscle

“The two main types of cardiovascular disease caused by cancer therapy are cardiac dysfunction, or heart failure, which is a pump problem, and CAD, which is a pipe problem and can lead to heart attacks,” Dr. Choksi said. “Up to 90%

of chemotherapy for traditional treatment of all cancers can lead to pump problems, and some lead to CAD.”

Depending on the type of cancer it is treating, radiation therapy can contribute to heart failure, CAD and valve problems.

“Any chest radiation, even to the right side of the chest, is going to cause problems to the heart,” Dr. Choksi said.

“Radiation directed to the stomach and the pelvic region is less likely to cause heart disease, but it can cause acceleration of heart disease that’s already there.”

WHY YOUNGER PEOPLE ARE AT HIGHER RISK

While all cancer patients diagnosed at age 85 or below are at increased risk, younger people are most vulnerable. Cancer survivors diagnosed before age 55 are 10 times more likely to die from heart disease than the general population.

“Young people often get higher chemotherapy dosages, because their young bodies tend to handle it better,” Dr. Choksi said. “But later in life, they are going to develop pump problems.”

Likewise, the damage from radiation can appear 10 to 15 years later.

“Someone in their 30s who gets radiation therapy to the left or middle portion of the chest can develop heart disease in their 40s and 50s, compared to those who don’t get radiation therapy, who will develop CAD or pump problems in their 60s and 70s,” he said. “So, these cancer survivors develop damage about two decades before their counterparts.”


TAKING CONTROL

If you are going through cancer treatment or are a cancer survivor, making your heart health a priority can help prevent future problems.

“The best thing you can do, during and after treatment, is become active,” Dr. Choksi said. “But how much and what type of exercise is very important.”

Dr. Choksi recommends 30 to 45 minutes of moderate-intensity exercise five to six days per week. Activities such as brisk walking, jogging, swimming and biking are good ways to stay active.

“The second part is diet,” he said. “During treatment, many people lose their appetite. The best thing to do is eat small portions of very healthy things. Fruits and veggies that are high in antioxidants and other superfoods can help prevent cardiovascular disease.”

 **If you have questions about your heart health, find an Archbold provider who can help at archbold.org/providers.**

FOODS THAT FIGHT HEART DISEASE

During and after treatment, eating superfoods can help you protect your heart. Good choices include:

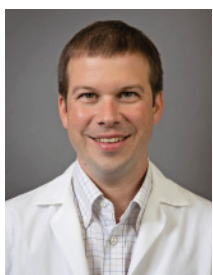
- » **Berries:** Strawberries, blueberries, raspberries
- » **Cruciferous veggies:** Broccoli, cabbage, cauliflower
- » **Fish:** Salmon, herring, trout
- » **Leafy greens:** Spinach, kale, Swiss chard
- » **Legumes:** Kidney and black beans, soybeans, peas
- » **Nuts:** Walnuts, hazelnuts, almonds, pecans
- » **Whole grains:** Oatmeal, whole wheat bread





Are You Appendicitis AWARE?

RECOGNIZING THE SIGNS OF AN INFLAMED APPENDIX CAN HELP YOU GET TREATMENT QUICKLY AND AVOID COMPLICATIONS.



William Lee, MD
General Surgeon

Pain around your belly button is nothing to shrug off. It could be the first sign of appendicitis. This condition is an inflammation of the appendix, a small pouch branching off from the large intestine. Appendicitis is a medical emergency.

“If you ignore the symptoms of appendicitis and it goes untreated for too long, the appendix could burst,”

said William Lee, MD, general surgeon at Archbold South Georgia Surgical. “A burst appendix can cause a serious abdominal infection or an abscess. Seeking emergency treatment for abdominal symptoms right away not only helps you stay safe but also may allow you to avoid more complex treatment.”

A STOMACHACHE LIKE NO OTHER

What does appendicitis feel like? For many people, it begins, often without warning, as pain close to the belly button that then moves to the lower right abdomen. The pain can be intense—maybe worse than any you’ve felt before—and surges when you move. You may have an uncomfortable feeling of fullness in your belly.

Eventually, you may experience other symptoms, such

as nausea or vomiting. You may also develop a fever. If appendicitis-like symptoms occur, go to the nearest emergency department (ED) immediately.

SO LONG, APPENDIX

In the ED, medical providers will ask about your symptoms and perform a physical exam to see where your pain is concentrated. They’ll also take a blood sample to check for signs of infection, and you’ll likely have a CT or ultrasound scan of your abdomen to look for appendix inflammation.

“In most cases, treating appendicitis is straightforward: We take out the appendix, which is called an appendectomy,” Dr. Lee said. “When possible, we perform this procedure as laparoscopic surgery, which involves making just a few small incisions in your abdomen instead of a single large one.”


You’ll likely go home just a few hours after surgery. Your stomach will be sore, so you may want to sleep propped up in bed for a few nights. Within a couple of weeks, however, you’ll feel like you again.



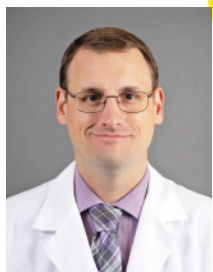
Don’t wait until it’s too late. Inform yourself about how Archbold can help you in the event of an emergency. Visit archbold.org/services/emergency-trauma-services for details.

“Appendectomy is one of the most common surgeries I perform. Patients have a **low risk of complications**, and most recover quickly without needing to make major changes to their lifestyle or daily routine in the meantime.”

—William Lee, MD, general surgeon at Archbold South Georgia Surgical



HERE'S WHAT TO
KNOW ABOUT
ONE OF THE
BODY'S CELLULAR
BUILDING BLOCKS.



Jason NeSmith, MD,
Internal Medicine Physician

The Ins and Outs of Cholesterol

You may have heard that high cholesterol is bad for your health. But did you know that your body also needs cholesterol to function properly? So why is having too much of it a bad thing?

WHAT DOES CHOLESTEROL DO?

Cholesterol is a fatty, wax-like substance that circulates in your blood. Your body uses it to make vitamin D and hormones, build cells, and help you digest food. However, your liver already produces all the cholesterol your body needs. The rest of your cholesterol comes from the foods you eat.

“When you eat too many foods high in saturated or trans fats, your body makes more cholesterol than needed,” said Sarah Brooks, NP, primary care nurse practitioner at Archbold Primary Care – Pelham. “These include foods from animals, such as meat, poultry and dairy products, as well as foods made with tropical oils, including many baked goods.”

LDL VS. HDL

There are two main types of cholesterol: HDL, or the “good” kind, and LDL, or the “bad” kind.

“If you have too much LDL and not enough HDL in your blood, your risk for heart disease and stroke can increase,” said Jason NeSmith, MD, primary care physician at Archbold Primary Care – Cairo. “This is because cholesterol can build up on the walls of your arteries, blocking or reducing blood flow to your heart and brain.”

HOW TO DECREASE YOUR RISK

By maintaining a healthy lifestyle, you can reduce your risk for cholesterol-related health problems.

- » Eat a heart-healthy diet that includes plenty of fruits, vegetables and whole grains.
- » Engage in regular physical activity.
- » Don't smoke.
- » Know your cholesterol numbers and follow your doctor's advice if you need to lower your cholesterol.

➔ **Talk to your primary care provider about a cholesterol screening. To find a provider, visit archbold.org/providers.**

HOW TO MAKE A HEART-HEALTHY BURGER

Tossing burgers on the grill is a favorite way to serve up fun during the summer months.

Follow these tips to make your burgers not only delicious but also good for your heart:

- » Use lean ground beef or turkey. You may also consider making a patty with meatless meat or portobello mushroom slices.
- » Garnish your burger with fresh vegetables and low-fat sauces, such as mustard or ketchup free from added sugars.
- » Substitute whole wheat slices of toast or tortillas for buns made with white flour.

Around **90%** of bariatric surgery patients successfully lose half of their extra body weight.



Katie Hanisee, MD,
FACS, FASMBS
General and Bariatric
Surgeon

Bariatric Surgery Basics

GET THE SKINNY ON WEIGHT LOSS SURGERY AND WHAT YOU CAN EXPECT.

WHO IT'S FOR

To be a candidate for bariatric surgery, you must meet one or more of the following:

- » Have a body mass index (BMI) of **40 or greater**
- » Have a BMI of **35 or greater** and **at least one obesity-related health condition** (diabetes, heart disease, etc.) that puts you at risk
- » History of trying to lose weight with **no lasting success**

Around 90% of bariatric surgery patients successfully lose half of their extra body weight.

BEFORE SURGERY

Before surgery, there's work to do.

- » **Get authorization.** Secure final medical clearance from your provider.
- » **Have a surgical consultation.** Your bariatric surgeon can fill you in on what to expect.
- » **Remember the goal.** "Surgery is about more than trimming your waistline," said Katie Hanisee, MD, FACS, FASMBS, general and bariatric surgeon and metabolic and bariatric surgery director at Archbold South Georgia Surgical. "It gives you a new lease on life."

AFTER SURGERY

Once surgery is finished, you'll develop a lifetime of new habits.

- » **Have a positive relationship with food:** Focus on balanced meals that include lean meat, low-fat dairy products, low-fat starches, whole grains, fruits and vegetables. Try to avoid empty calories and foods high in sugar or fat that do not contain protein, vitamins or minerals.
- » **Keep moving.** Regular exercise helps you burn calories, manage stress and control your appetite.
- » **Stay in touch.** Working with your provider helps you stay on the path to victory.

➔ Interested in learning more about weight loss? Visit archbold.org/services/bariatric-surgery-weight-loss-management or call 229.458.8437.

Can You Add Years TO LIFE?



THESE EIGHT ESSENTIALS MAY HELP YOU LIVE LONGER.



Jason Griffin, MD
Primary Care Physician

There's no magic pill to help you live a longer and healthier life. But there are several things you can do that are likely to improve your chances.

"The American Heart Association [AHA] recommends eight essential behaviors to improve your cardiovascular health," said Jason Griffin, MD, primary care physician at Archbold Primary Care – Thomasville.

"Research shows these factors can reduce your risk of cancer, heart disease, stroke and other major health conditions."


WHAT ARE THE ESSENTIAL EIGHT?

You can't control some risk factors for disease, such as your age, family history or ethnic background. However, you can change or improve the eight essentials identified by the AHA as likely to lengthen lifespan.

- » **Control cholesterol.** Lowering your low-density lipoprotein (LDL) cholesterol (aka "bad" cholesterol) and triglyceride levels can help improve heart health. High LDL and high triglyceride levels are associated with fatty buildup in your arteries.
- » **Eat a healthy diet.** Sticking to a heart-healthy diet (such as the Mediterranean or DASH diet) will make it easier to

meet cholesterol, blood sugar and weight goals.

- » **Get enough sleep.** Try to average 7 to 9 hours of sleep per night to give your body plenty of time to rest and recover.
- » **Maintain a healthy weight.** Being overweight increases your risk of several types of cancer and heart disease, along with many other diseases. Aim for a body mass index of 18 to 25.
- » **Manage blood sugar.** Keeping blood sugar numbers in the healthy range lowers your risk of diabetes. Aim for an A1C below 5.7 or a fasting blood glucose below 99.
- » **Manage blood pressure.** High blood pressure, or hypertension, can cause heart and kidney disease. Your resting blood pressure should average 120/80 mm Hg.
- » **Quit tobacco.** Giving up smoking, vaping or other types of tobacco greatly reduces your risk of preventable death.
- » **Stay active.** The Centers for Disease Control and Prevention recommends that adults average 150 minutes of moderate- to high-intensity exercise weekly. You also need at least two days of muscle-strengthening activity, such as weight training.

 **Need help maintaining your essential eight?**
Find an Archbold primary care provider to help you get on track at archbold.org/providers.

Heart disease is the leading cause of death in the U.S.

Around **1 in 5** deaths is due to heart disease.

Heart disease is preventable for many people.

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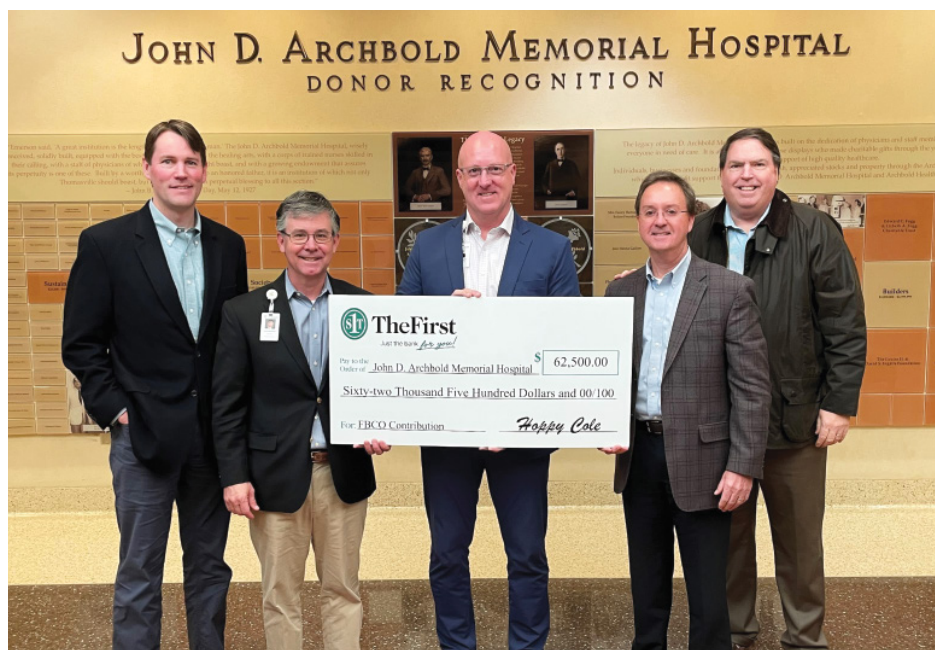
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