

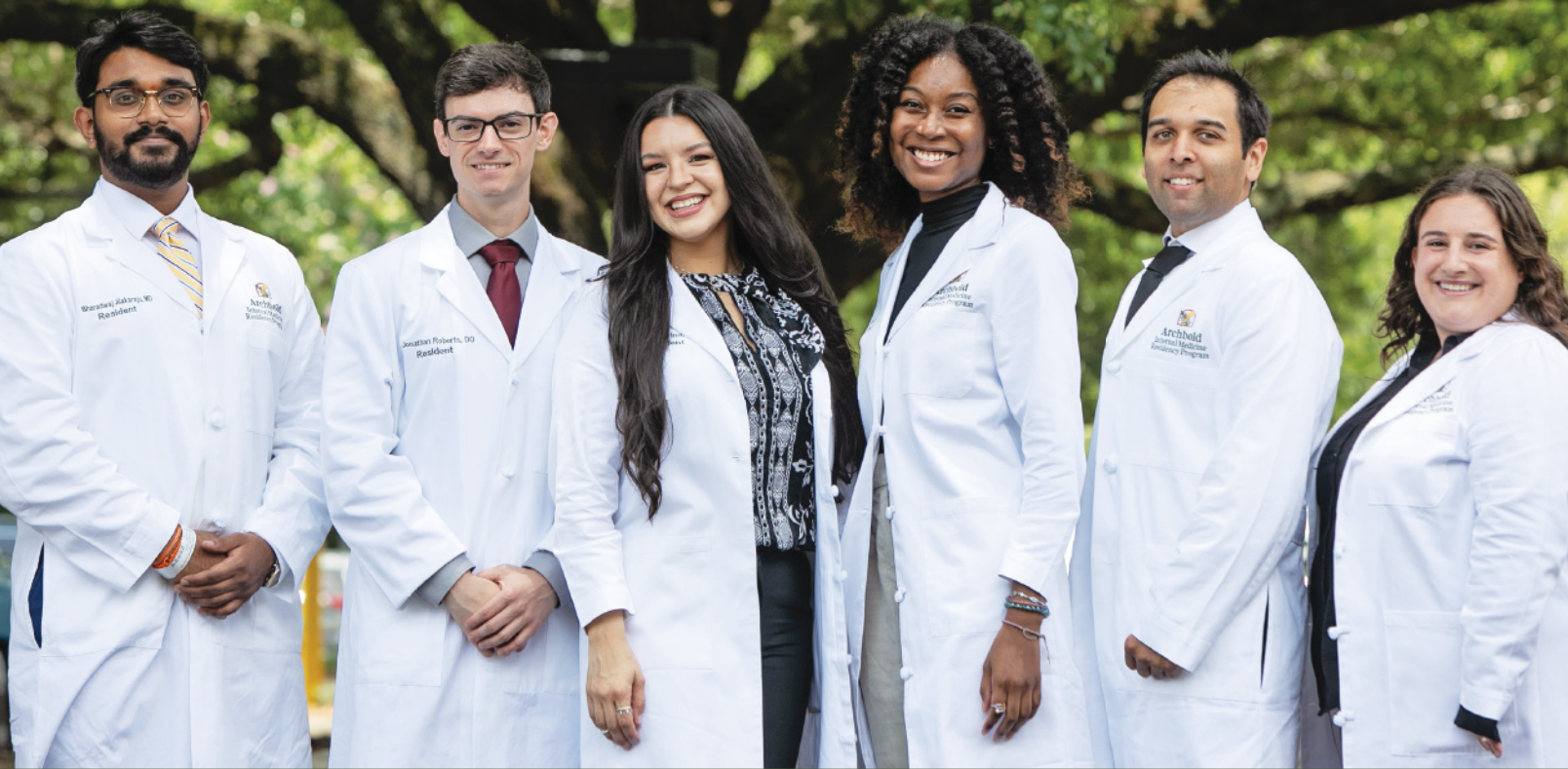
Fall/Winter 2024

Archbold

MAGAZINE

Ensuring Care for the **FUTURE**

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On the Cover (from left to right): Internal Medicine Residents Bharadwaj Jilakaraju, MD; Jonathan Roberts, DO; Lauren Trevino, MD; Diana Rochez, MD; Robby Amin, MD; Alexis Katz, DO.

From the CEO

Archbold has been synonymous with high-quality healthcare since 1925. And this is in large part due to our commitment to recruiting and retaining a world-class medical staff.

Continuing education programs, such as our internal medicine and pharmacy residency programs, are important to small communities, especially in rural and underserved areas, because clinicians are more likely to stay and practice where they completed their training. These programs allow us to grow and train our clinicians without recruiting from outside the area.

To combat the shortage of primary care physicians in South Georgia, we created an internal medicine residency program to focus on training and recruiting physicians who will stay in the area to practice medicine. We started our program in 2022 and now have 13 residents in training.

While residency is required for physicians, it is not required for pharmacists. Pharmacy residency programs allow pharmacists to continue their education and receive a more in-depth clinical experience in a broad area of pharmacy practice. Archbold's program has been in place since 2019, with many graduates continuing to practice in our system.

Investing in these programs shows that we're putting the future of Archbold and our patients first. We're excited to see what these clinicians accomplish and the quality care they'll bring to our area.

Respectfully,
Darcy Craven
President and CEO of Archbold



Meet Your Healthcare Team

INTRODUCING SAMUEL WHITE!

White is a cardiac sonographer here at Archbold and has been a team member for a year and a half.

White's job includes using ultrasound to take pictures of the heart, which helps our cardiologists in assessing any functional or valvular abnormalities.

"I enjoy the camaraderie with my coworkers, as well as a sense of fulfillment with helping to provide aid to our patients," White said. "I was also recently given the opportunity to learn echocardiography on the job and then sit for the board exam, for which I will be forever grateful for the opportunity and support of my coworkers."

News

Archbold Women's Center Re-Accredited for Diagnostic Breast Care

The American College of Radiology has again recognized Archbold Women's Center as an accredited facility for breast ultrasound, breast ultrasound with biopsy and stereotactic breast biopsy.

"This recognition demonstrates the high standards we maintain in image quality and patient safety," said Michele Norton, Archbold Women's Center supervisor. "We strive to provide every woman in our region the best care to aid in accurate diagnoses and early detection."

Archbold Women's Center offers advanced, state-of-the-art imaging technology and diagnostic testing services exclusively for women.



➔ For more information, please visit archbold.org/womenscenter.

Tree of Lights

When: Tuesday, Dec. 3

Where: Front Lawn at Archbold Memorial Hospital
For many in South Georgia, making contributions to the Archbold Foundation Tree of Lights to honor and remember loved ones is a holiday tradition.

This year, the community will gather on the hospital's front lawn to celebrate the annual lighting of the hospital tree.

The 2024 Tree of Lights is presented by sponsor TC Federal Bank. Guests will enjoy s'mores, hot chocolate and the anticipated arrival of Santa Claus.



➔ Find out how you can honor your loved ones this holiday season. Learn more at archbold.org/about/archbold-foundation.



Archbold Hospice Named Superior Performer 3 Years in a Row

Archbold Hospice has been recognized by Strategic Healthcare Programs (SHP) as a “Superior Performer” for achieving an overall caregiver and family satisfaction score that ranked in the top 20% for the third year in a row. This award is for the 2023 calendar year.

The SHPBest award program was created to acknowledge hospice providers that consistently provide high-quality service to families and caregivers of patients. Award recipients were determined by reviewing and ranking the overall CAHPS Hospice survey satisfaction score for more than 1,000 hospice providers.

“Our team strives to deliver the highest quality of care to our patients and their families, so it is such an honor to be recognized by Strategic Healthcare Programs again,” said Sheri Walters, administrator at Archbold Hospice. “We are thrilled to be awarded this honor three years in a row.”

➔ For more information on Archbold Hospice, please visit archbold.org/services/archbold-hospice/archbold-hospice.



Archbold Orthopedics

Archbold to Open Orthopedic Surgery Practice in Thomasville

Archbold will open an orthopedic surgery practice in Thomasville, offering another cutting-edge and locally operated option in orthopedic services to the community.

Archbold Orthopedics, an Archbold Medical Group practice, will be located at 505 Gordon Ave. and is slated to open this November.

Orthopedic surgeon Nicholas Richardson, MD, will lead the new practice.

“We have witnessed an increased need for orthopedic services in our region, and we are excited to open Archbold Orthopedics to better serve our patients,” said Brock Dockery, vice president of Archbold Medical Group.





Preparing for the **FUTURE**

LEARN HOW OUR RESIDENCY PROGRAMS HELP US ENSURE ACCESS TO THE HIGHEST LEVEL OF CARE IN THE COMMUNITY FOR YEARS TO COME.



Savannah McGowan,
MHA
Physician Education

At Archbold, our goal is to provide compassionate, high-quality care close to home. Through our internal medicine and pharmacy residency programs, we are helping to shape the future of care in Thomas County and the surrounding area.

“Our main goal within the residency programs is to cultivate a diverse community of high-quality residents dedicated to providing compassionate and empathetic care to our patients,” said Savannah McGowan, MHA, director of physician education at Archbold. “These programs also have a positive impact that spans through the residents we train as well as our hospital system, community, region, state and country.”

TRAINING THE NEXT GENERATION OF PHYSICIANS

The Archbold internal medicine residency program began in 2022 as a way to help increase access to high-quality services in Thomasville and other rural areas. The state of Georgia is currently about 600 residency spots short of where it should be to train the number of physicians needed for the population. A recent study by the Cicero Institute estimates that by 2030, Georgia will be short approximately 3,000 primary care providers.

A 2022 study by the American Medical Association found that residents who spent at least half of their training in a rural setting were at least five times more likely to continue to practice in a rural area. Additionally, 60% of residents stay within 100 miles of where they complete their training.

“Residency programs are a critical part of producing board-certified physicians who can care for the population,” McGowan said. “Training the residents greatly increases the chances of retaining these physicians to serve our community. A residency program also improves patient satisfaction, as residents often spend additional time with patients during their visit, adding value to the relationship established with patients.”

The internal medicine residency program is a three-year accredited training program. Residents work closely with attending physicians to receive comprehensive training. This includes clinical rotations through various specialties in both inpatient and outpatient settings, regular lectures and workshops, quality improvement projects, and community engagement programs.

“We are proud to provide residents with well-rounded, evidence-based training in all areas of internal medicine,” said Raul Santos, MD, program director of

BY THE NUMBERS

Pharmacy Residents:

- » **3 residents** graduate every year
- » **6th** class of residents graduated in 2024
- » **7 current** Archbold clinical pharmacists graduated from the Archbold program

Internal Medicine Residents:

- » **5 new residents** every year for a total of 13 current residents
- » **8 new residents** every year starting in July 2025
- » **1st class** of residents graduating in June 2025



Raul Santos, MD
Internal Medicine

the Archbold internal medicine residency program. “This training prepares them to address a wide range of health issues with competence, confidence while providing patient-centered care.”

After completing the program, residents can take an exam to become board-certified internal medicine physicians. Many go on to do further

subspecialty training.

“Our dedicated faculty members are deeply committed to mentoring residents and take an active role in their career development,” Dr. Santos said. “Our goal is to help our residents achieve acceptance into their desired fellowship programs, such as gastroenterology, cardiology, pulmonology and others.”

COMPREHENSIVE TRAINING FOR PHARMACISTS

The Archbold pharmacy residency program is an in-depth one-year program for people who have completed their Doctor of Pharmacy degree.

“Residents become super diversified in their competency, as they are exposed to every area of our clinical practice during the course of the year. This includes internal



Andrea Jarzyniecki,
PharmD
Pharmacy

medicine, nephrology, critical care, emergency medicine and infectious disease,” said Andrea Jarzyniecki, PharmD, BCPS, director of pharmacy at Archbold. “They leave our program ready to practice in an advanced capacity.”

Pharmacists are active members of the healthcare team at Archbold, providing services in many areas, including oncology, the emergency department, intensive care units and more. Specialty pharmacy services also include “meds to beds” services for patients being discharged from the hospital, prescription services for nursing homes, home infusion services and more.

“We do many different things that people may not be aware of,” Jarzyniecki said. “Our residents are able to learn through and participate in every part of the process. Many then stay with Archbold for advanced practice.”



For more information on the internal medicine residency program, call 229.463.1951
For information on the pharmacy residency program, call 229.536.2441.



A PRIMER ON

Heart Palpitations

WHEN YOUR HEART RACES, POUNDS OR SKIPS A BEAT, ALSO KNOWN AS HEART PALPITATIONS, IT'S IMPORTANT TO KNOW WHEN SOMETHING SERIOUS MIGHT BE HAPPENING.

Heart palpitations are usually not serious—most are caused by a temporary disruption to the heart's normal rhythm and can be triggered by dehydration, low blood sugar or too much caffeine. They may also occur when you're feeling anxious or stressed. Palpitations like these can be felt in your chest, throat or neck and they usually fade away, but sometimes they require a more careful examination. While heart palpitations are most often harmless, speak with your healthcare provider if you experience them on a regular basis.


WHEN PALPITATIONS POINT TO TROUBLE

In some cases, prolonged palpitations are a symptom of a potentially dangerous irregular heart rhythm, such as certain arrhythmias. A persistent heart arrhythmia is a signal that the heart isn't performing as it should. One type of arrhythmia, called atrial fibrillation, is the most common type treated and can increase the risk of blood clots, stroke and heart failure.

Serious symptoms to be aware of include:

- » Chest pain or pressure
- » Dizziness or lightheadedness
- » Fainting or near-fainting spells
- » Fatigue or weakness
- » Rapid heartbeat or pounding in the chest
- » Shortness of breath

Arrhythmias, also known as irregular heartbeats, can range from harmless to life-threatening. If you experience symptoms such as ongoing palpitations, dizziness or shortness of breath, consult a healthcare professional so you can get a proper diagnosis and treatment.

 **If you have ongoing heart palpitations or any other cardiac issue, call 229.595.9138 to schedule an appointment with Cardiovascular Consultants of South Georgia. Call 911 if you are experiencing a medical emergency.**

SUBSTANCES THAT CAN CAUSE AN ABNORMAL HEARTBEAT

These substances can contribute to an irregular heartbeat:

- » Alcohol
- » Antiarrhythmic medications may, in some cases, have heartbeat-related side effects
- » Beta-blockers for high blood pressure
- » Caffeine
- » Cold and cough medications
- » Diet pills
- » Some recreational drugs (cocaine, marijuana, methamphetamines)
- » Psychotropic medications used to treat certain mental illnesses
- » Tobacco



DON'T LET THE CHANGING TIMES TAKE PHYSICAL ACTIVITY OUT OF YOUR DAY.



**Pranav Diwan, MD,
FACC, FSCAI**
Interventional Cardiology

You already know that physical activity is good for you. And you don't have to go to the gym to get the positive effects of exercise. Every little bit counts, from going grocery shopping to walking from your car to your office building.

But with advances in technology and changes in behaviors since the COVID-19 pandemic, some of these everyday activities that got people up and moving are no longer daily occurrences. For example, instead of driving to the store to do your shopping, you might shop online and have items delivered. If you work at home instead of at an office, you no longer get in steps walking through the parking lot or getting up to talk to co-workers.

"Our lives have changed greatly in recent years, and many of these changes can lead to more sedentary lifestyles," said Pranav Diwan, MD, FACC, FSCAI, interventional cardiologist at Cardiovascular Consultants of South Georgia. "It's very important to make sure that you fit in physical activity as part of your daily routine. Not only does regular exercise boost your mood and improve sleep, it also lowers your risk

of many serious conditions, such as heart disease, diabetes, dementia and certain cancers."

EASY WAYS TO MOVE MORE

The good news is that it's easier than you might think to sneak exercise into your day. Try some of these ways to get moving, even when you are at home.

- » **Add new activities.** Take up a hobby that gets you on your feet, like gardening, ballroom dancing or karate.
- » **Schedule time to move.** Add walk or dance breaks to your work calendar, and stick to them. Walk outside when you can; this is also good for your mental health.
- » **Step up your TV time.** When bingeing your favorite shows, walk or jog in place, do yoga or lift weights. Or go for a quick walk or take a dance break between episodes.
- » **Walk while you work.** If you sit at a desk all day, be sure to get up and walk at least once per hour. Try marching in place while on the phone or during informal discussions with coworkers.



Ready to start an exercise program? Find a provider who can help at archbold.org/providers.

12 TIPS FOR A Healthier Holiday

YES, YOU CAN ENJOY THIS FESTIVE SEASON WITHOUT LOSING YOUR MIND OR YOUR WAISTLINE.

1

1 alcoholic beverage.

Limit yourself to one celebratory drink at parties.



2



2 egg whites.

Swap 1 egg for 2 whites to lower cholesterol and calories in dishes.

3

3 meals a day.

Skipping breakfast or lunch can lead to overeating at big holiday meals.



4



4 cups of fruit and veggies daily.

Nutrient-rich fruits and veggies will keep your diet on track.

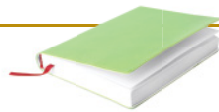
5

5 minutes of meditation.

Take a quick timeout for deep breathing to recenter your mind.



6



6 things to be thankful for.

Start a daily gratitude journal to honor your blessings.

7

7+ hours of sleep.

Get plenty of rest. When you are tired, you may eat more and choose foods that are high in fat and sugar.



8

8 glasses of water.

Hydrating can help you eat less and digest heavy meals more easily.



9



9 minutes after eating.

Hit pause on second helpings until you give yourself time to feel full.

10

10 minutes of walking.

Burn calories and decrease stress with a brisk walk.



11

11 minutes of "me time."

Take a shower, soak your tired feet or watch a funny movie and spend a few minutes alone.

12

12 days of planning.

Use the week after Christmas and the first week of the New Year to plan your healthy resolutions for 2025.

Let's Plan!

What Causes EMOTIONAL EATING?

EMOTIONAL EATING IS A COPING MECHANISM MANY PEOPLE USE TO MANAGE STRESS AND OTHER UNPLEASANT FEELINGS. LITERALLY, EMOTIONAL EATING MEANS TO EAT WHETHER OR NOT YOU HAVE PHYSICAL HUNGER IN ORDER TO FILL THE EMOTIONAL HUNGER INSIDE OF YOU.



Mary K. Hanisee, MD
Bariatric Surgery

There's nothing wrong with occasionally turning to food for comfort after a bad day. But when you're regularly turning to favorite foods such as ice cream to squash unpleasant feelings, it can be damaging for both your physical and mental health. Just like drinking, gambling or shopping binges, overeating can become an addictive or

compulsive behavior.

If you struggle with emotional eating and turn to food for comfort, you may find yourself justifying unhealthy eating choices to cope with a wide range of emotions, such as anger, boredom, exhaustion, frustration or insecurity. You may also be using emotional eating to treat yourself when you're happy or want to celebrate.

"Any emotion can be a food trigger," said Mary K. Hanisee, MD, FACS, FASMBS, metabolic and bariatric surgery director at Archbold South Georgia Surgical. "But because our health is tied directly to our food, the best thing you can do is find a good relationship with it and have a plan for when emotional urges hit."


HOW TO STOP EMOTIONAL EATING

You can't stop eating. But you can learn to stop eating solely because you feel good or bad. There are several strategies you can try to be less of an emotional eater, including:

- » **Distract yourself from cravings.** Most immediate emotional cravings will pass within five to 15 minutes. When you have a craving for comfort food, text a friend,

watch a video online or walk up and down your street. If it's still not passing, try a longer workout or meditation.

- » **HALT.** When you feel the urge to eat, ask yourself, "Am I Hungry? Or am I Angry, Lonely or Tired?" This simple practice can help you learn to identify how you feel when experiencing physical hunger versus emotional hunger.
- » **Keep a food diary.** Recording what you eat (in an app or on paper) and then writing down how you felt when eating can help you learn to identify your eating triggers. Knowing that you're more likely to eat when feeling stressed, for example, means that you can learn to manage the stress in other ways besides stress-eating.
- » **Practice mindful eating.** Make eating a sensory affair. Sit at a table. Feel gratitude for this food that is making your body strong. Eat slowly, savoring the tastes and smells. Paying attention to your food can help you stop overeating.
- » **Talk to others.** Find a support group for emotional eating or bariatric surgery patients and learn from others how they handled the same problems. "Just take it one day at a time," Dr. Hanisee said. "Change doesn't have to happen all at once. If you did better today than the day before, you're on the right track."

 **If you have tried to change your eating habits without success, bariatric surgery may be right for you. Call 229.595.9190 to learn about your weight loss surgery options.**

Still Time to Quit



Jackson Hatfield, MD
Primary Care

Smoking is the leading cause of preventable death in the United States, with more than 400,000 lives claimed per year. If you've smoked for a long time, quitting can seem very difficult. Nicotine in cigarettes is highly addictive, and the longer you smoke, the more accustomed your brain becomes to the nicotine.

"Quitting smoking is one of the best things you can do for your health," said Jackson Hatfield, MD, primary care physician at Archbold Primary Care – Thomasville. "It significantly reduces your risk for heart disease, stroke, lung cancer and other serious illnesses."

QUIT FOR YOUR HEALTH

The health benefits of quitting smoking are numerous, and many of them can be seen in months, days and even minutes.


- » After 20 minutes, your heart rate returns to normal.
- » After 12–24 hours, your blood's carbon monoxide levels return to normal.
- » After 72 hours, all of the nicotine leaves your body.
- » In as little as two weeks, your risk of heart attack drops.
- » After one to nine months, coughing and shortness of breath decrease.
- » After three months, dopamine levels normalize.
- » After one year, your added risk of coronary heart disease is half of what it was when you smoked.

CREATING A PLAN

The American Cancer Society offers these tips to anyone who plans to quit smoking.

- » **Save the date.** Pick a quit day within the next month so you have enough time to prepare.
- » **Find a plan and stick to it.** Whether you choose nicotine replacement, medication or sheer willpower, find the path you think will work best for you.
- » **Get support.** There are helplines you can call and support groups you can join to receive professional assistance and support from other people trying to quit. Also, tell your friends and family you're quitting. They can encourage your efforts and keep you accountable.
- » **Know it's a process.** It might take multiple tries for you to quit for good. That's OK. What's important is that you make the change, and remember in less than half an hour, your body benefits from your decision to quit.

"Success often requires multiple attempts," Dr. Hatfield said. "Don't be discouraged by setbacks. Persistence and resilience are key to achieving your goals."

 **Over-the-counter and prescription medications are available to help you quit smoking. Talk with your primary care provider to learn more strategies for success.**

IT'S NEVER TOO
LATE IN LIFE TO
STOP SMOKING. IN
FACT, YOU CAN SEE
BENEFITS IN AS LITTLE
AS **20 MINUTES.**





Changing the 'Self-Talk'

CONVERSATION

TO HARNESS THE POWER OF POSITIVE THINKING, YOU
MUST FIRST SILENCE YOUR INNER CRITIC.



Eugene Sun, MD
Psychiatry

A continuous stream of internal dialogue enters your mind every day. Known as “self-talk,” this dialogue helps shape your perceptions about many things, including your self-worth and abilities.

“Your thoughts have a powerful impact on your overall well-being,” said Eugene Sun, MD, psychiatrist at Archbold Northside. “Challenging negative self-talk is crucial for building resilience and a positive mindset.”

A FRAMEWORK FOR NEGATIVITY


Self-talk plays a role in determining how you view yourself and the situations you encounter. People who engage in negative self-talk, for example, may automatically blame themselves when things go wrong or tell themselves they will fail if they attempt a new task. They focus on their flaws rather than their abilities.

Some people may look at negative self-talk as a means of self-improvement. However, harsh critical comments can stand in the way of success and lower your self-esteem.

FOR BETTER HEALTH, REFRAME YOUR THOUGHTS

Positive thinkers are often better able to cope with stress and may even take better care of themselves, both of which can result in improved health. Try these tips to reshape your self-talk:

- » **Pay attention to your inner dialogue.** You may be surprised to find that your negativity stems from a specific trigger, such as your job. If one area of your life is bringing you down, come up with some realistic changes you can make that will help you feel better.
- » **Focus on the positives.** If you made a mistake at work, for example, do your best to correct it and move on. When you later reflect on the day, focus on what went well instead of your mistake.
- » **Be kind to yourself.** Striving for perfection will only add to your stress levels and distance you from your goals.
- » **Expand your inner circle.** Spend time with other positive thinkers who can provide support and help you find solutions to obstacles.
- » **Don't be afraid to ask for help.** Negative self-talk and pessimistic thinking are hallmarks of depression. Other depression warning signs that may surprise you include fatigue, difficulty concentrating and unexplained aches and pains, according to the National Institute of Mental Health. Talk with your doctor if you feel depressed or are experiencing any of these depression symptoms.
“Remember, small steps can lead to big changes,” Dr. Sun said. “By focusing on positive thoughts and taking action, you can change negative self-talk into positive and encouraging self-talk.”

 **Find a behavioral health provider at**
archbold.org/providers.



Get the Facts About Cervical CANCER

LEARN HOW TO DO YOUR PART TO REDUCE
YOUR RISK OF CERVICAL CANCER.



Esther Tan, MD
Oncology

Cervical cancer death rates have dropped dramatically in the past 50 years, thanks in part to the Pap test and HPV vaccine. However, cervical cancer continues to affect more than 10,000 women each year.

“Cervical cancer is largely preventable through a combination of HPV vaccination and regular Pap tests,” says Esther Tan, MD, medical oncologist at

Lewis Hall Singletary Archbold Cancer Center. “By taking these proactive steps, women can significantly reduce their risk of developing this potentially life-threatening disease.”

RISK FACTORS AND SYMPTOMS

The most significant risk factor for cervical cancer is human papillomavirus (HPV) infection. HPV is a group of viruses that can cause warts but may also have no symptoms at all. This sexually transmitted infection occurs mainly in young women.

Precancerous or even cancerous changes of the cervix do not typically cause pain or other symptoms until cancerous cells develop further. At that time, common symptoms are abnormal bleeding or vaginal discharge. These signs include spotting between periods, after sexual intercourse or after a pelvic exam—but the symptoms do not necessarily mean you have cancer. Other conditions can cause symptoms associated with cervical cancer.

So how can you protect yourself or someone you love from the disease?

“The HPV vaccine, available for those ages 9 to 26, is highly effective in preventing most HPV-related cervical cancers,” Dr. Tan said. “It’s a crucial tool in cancer prevention and offers strong protection for both boys and girls before they become sexually active.”

TAKE ACTION WITH PAP TESTS

The HPV vaccine for those eligible, along with early detection through Pap tests, offers the best protection from cervical cancer. Providers typically recommend regular Pap tests beginning at age 21. Pap tests can detect abnormal changes in the cervix before cancer develops.

During the Pap test, your provider sweeps your cervix with a wand to remove cells, which are then sent to a laboratory. The results are sent back to the physician for review. If these results show that an infection is present, the doctor treats the condition. If the exam or Pap test suggests something other than an infection, the doctor may repeat the Pap test and run additional tests to determine the problem.

“Cervical cancer is a highly preventable and treatable disease,” Dr. Tan said. “Be proactive about women’s health now to reduce your risk for cervical cancer in the future.”



Schedule a well-woman visit with an Archbold provider to learn more.

Don't Let Joint Pain Leave You in the Cold

COLD WEATHER
MAY INCREASE
JOINT PAIN,
BUT IT DOESN'T
HAVE TO.



Jami Stephenson,
OT, CHT
Occupational Therapy

The change in seasons brings holidays, time spent with loved ones and beautiful scenery. If you're experiencing joint pain, it's hard to enjoy these winter activities. Many people report an increase in joint and orthopedic implant pain when the weather turns colder.

"You've probably heard people say that they can feel cold weather in their bones—and that's kind of true," said Jami Stephenson, OT, CHT, director of therapy services at Archbold Therapy and Sports Medicine. "Your joints and muscles react to changes in temperature, so you may feel more pain when the temperature changes."

Winter weather can be a real cause for discomfort. Weather-related reasons for joint pain include:

- » **Barometric pressure.** As weather cools, air pressure dips causing joints to expand. Swollen joints put pressure on nerves resulting in discomfort.
- » **Inactivity.** It's natural to be less active in lower temps. Joints that move less often will cause more pain.
- » **Muscle tension.** Muscles tense in cold weather as a way of keeping the body warm. This increased tension makes it harder to remain active.
- » **Thickened joint fluid.** All joints in the body contain a fluid that keeps them lubricated. Cold weather can thicken joint fluid which creates stiffness.

FREEZE OUT JOINT PAIN

Just because the seasons change doesn't mean joint pain is here to stay. Try these easy ways to combat discomfort if colder weather puts a cramp in your style:

- » **Heat up.** Use heating pads, electric blankets or warm showers to keep joints and orthopedic implants warm.
- » **Layer it on.** Wear layers in cooler weather to keep body temperature up and improve circulation.

- » **Stay active.** Light activity and frequent stretching help promote good circulation and prevent joint stiffness.

"It may seem counterintuitive, but exercising the correct way is often the key to managing joint pain," Stephenson said. "Regular physical activity helps strengthen muscles, improve flexibility and reduce overall discomfort."

👉 If you have arthritis-related joint pain that isn't improving, rehabilitation might be the right option for you. Archbold Therapy and Sports Medicine offers outpatient physical therapy and occupational therapy that can help you get moving—safely. Talk with your doctor about a referral.





LATE FALL AND WINTER CAN BRING ON A SURGE OF RESPIRATORY ILLNESSES. HERE'S HOW TO PROTECT YOURSELF AND YOUR FAMILY.

More Than Just

FLU

SEASON



Christian Trujillo, MD
Pulmonology

If you're like many people, you might have noticed that the past couple of years brought cold and influenza (flu) seasons that seemed to drag on forever. For some, it might have felt like their respiratory symptoms, like cough and stuffy nose, were worse and lasted longer than in the past.

"A combination of factors have been at play making the past couple of flu seasons seem worse than years past," said Christian Trujillo, MD, pulmonologist at Archbold Pulmonology. "In addition to the flu, cases of COVID-19 and RSV were up at the same time. It's also possible to have back-to-back infections or for symptoms to linger or recur after seeming to get better. We don't yet know what this flu season will look like, but the best way to protect yourself and your family is to get vaccinated against all three viruses."

IS IT A COLD, FLU, COVID-19 OR RSV?

The common cold, flu, COVID-19 and respiratory

syncytial virus (RSV) are all caused by viruses that cause respiratory symptoms, which can affect the nose, throat, lungs and airways. Because symptoms of these viruses are similar, it can be difficult to know what you have if you get sick.

- » **A cold** is a minor viral infection of the nose and throat, usually caused by rhinovirus but sometimes brought on by other viruses. It usually lasts about a week but can be longer in children and older adults. Symptoms include runny or stuffy nose, sneezing, minor sore throat and cough.
- » **The flu** is caused by influenza viruses that infect the lungs, nose and throat. Certain people are at higher risk of having complications from the flu. Those at higher risk include older adults, young children, pregnant women and people with weakened immune systems or certain chronic conditions. Flu symptoms include fever and chills, cough, sore throat, runny or stuffy nose, body aches, fatigue and headaches. Some people, most commonly children, also experience vomiting and diarrhea. Symptoms last anywhere from a few days to two weeks.



STOP THE SPREAD

Whenever you have symptoms of a respiratory virus, it's important to take steps to lower the chances of spreading the disease.

Follow these tips:

- » Stay home and avoid contact with other people, including people you live with who are healthy.
- » You can return to your regular activities when you've been fever-free for 24 hours (without the use of medication) and you are feeling better overall.
- » After you go back to work or school, take extra precautions around others indoors, as you could still be contagious. Wash your hands frequently, wear a mask and practice physical distancing.

- » **COVID-19** is caused by a coronavirus called the SARS-CoV-2 virus. Symptoms can feel similar to those of a cold or the flu, including cough, fever, sore throat, body aches, headache and fatigue. Shortness of breath and loss of taste or smell can also be signs. Symptoms are mild for most people and last a few days to a few weeks. But for some the illness can become severe and last much longer.
- » **RSV** is a common respiratory virus that usually causes mild symptoms, much like a cold. But for older adults and young children, the virus can become severe and lead to complications. Common symptoms include coughing, runny nose, sneezing, decreased appetite, fever and wheezing. RSV usually goes away within one to two weeks.

"It can sometimes be impossible to tell the difference between these illnesses," Dr. Trujillo said. "If you think you have the flu or COVID-19, we recommend getting tested. In addition, if symptoms worsen instead of getting better, see your doctor, and seek emergency care for severe symptoms such as having trouble breathing."

WHO SHOULD GET VACCINATED AND WHEN?

The good news is that vaccines are available for the flu, RSV and COVID-19. Getting vaccinated can protect against getting severe forms of these viruses. The Centers for Disease Control and Prevention recommends the following:

- » **RSV:** Babies under 8 months old and older infants who are at severe risk should get a vaccination, which lasts about five months. Pregnant women can also get vaccinated between 32 and 36 weeks of pregnancy to protect their infants. Everyone age 75 and older, as well as those ages 60 to 74 at an increased risk of RSV, should also get vaccinated.
- » **COVID-19:** Everyone age 6 months and older should get one dose of an updated vaccine.
- » **Flu:** Everyone 6 months old and up should get a flu vaccine every year. September and October are the best months to get vaccinated for most people.

👉 **Have questions about getting vaccinated?**
Find a provider at archbold.org/providers.



Don't Let Autumn Allergies

KEEP YOU INDOORS

SEASONAL SNEEZING THREATENING TO PUT A DAMPER ON YOUR FALL?
HERE'S HOW TO TAKE CONTROL.



Lorraine Williams-Rahming, MD, FACS
ENT & Allergy

For many people, the transition from summer to fall brings more than cooler temperatures and falling leaves. The changing conditions can also trigger allergy symptoms that can take the joy out of outdoor autumn activities.

“If you have seasonal allergies, August through November can be a particularly challenging time as ragweed and other plants bloom and

spread pollen,” said Lorraine Williams-Rahming, MD, FACS, physician at Archbold ENT & Allergy. “But you don’t have to resign yourself to suffering all season long. There are many steps you can take to help relieve symptoms, including seeing a doctor if your symptoms are severe.”

SIZING UP YOUR SYMPTOMS

As anyone who has seasonal allergies knows, the symptoms can mimic those of a cold. But with allergies, the discomfort doesn’t disappear after a week or two. Common allergy symptoms include:

- » Coughing
- » Itchy nose or throat
- » Itchy, watery eyes
- » Nasal congestion
- » Runny nose
- » Sneezing

Many allergy sufferers also have asthma, which can be triggered by allergens. Allergy asthma can bring on symptoms like shortness of breath, coughing and wheezing.

PINPOINTING YOUR ALLERGIES

If you think you have seasonal allergies, it’s a good idea to visit your doctor for a diagnosis and treatment suggestions. He or she will discuss your symptoms with you and might refer you to an allergist for testing if your symptoms are severe.

“Knowing exactly what triggers your symptoms can help you better understand your allergies and how to find relief,” Dr. Williams-Rahming said. “Skin testing can show your doctor the specific substances you are allergic to and help him or her recommend the best course of treatment.”

To perform skin testing, your doctor will have you lie on your stomach and prick the skin on your back or your arm with tiny needles. The needles contain small amounts of plant pollens on the tips. He or she might also test you for allergies to mold spores, dust mites, animal dander, certain foods and medicines. A small red bump will appear on your skin if you are allergic to the substance on the needle.

HOW TO TACKLE YOUR SYMPTOMS

The first line of treatment is often prescription or over-the-counter allergy medicines. These antihistamines or decongestants come in different forms, including oral tablets, nasal sprays or eye drops. If you get allergies at certain times of the year, starting medication two weeks before symptoms are expected to begin can help.

“Another option, especially if you tend to get severe symptoms, is immunotherapy,” Dr. Williams-Rahming said. “This helps your immune system become desensitized to allergens over time and trains your body not to react with symptoms like sneezing or stuffy nose.”

Immunotherapy involves receiving shots that contain a small amount of the allergen, with the dose increasing over time to help your body become less sensitive to it. Usually, shots are given weekly in the beginning and gradually transition to monthly. However, it can take about five years before therapy is complete.

LIFESTYLE CHANGES THAT CAN HELP

In addition to medications and testing, making certain changes to your daily habits and routines can help you avoid triggering your allergies. Some helpful strategies include:

- » Avoiding being outside when pollen counts are highest (in late summer and early fall, ragweed pollen is generally highest in the morning)
 - » Cleaning your house regularly to banish allergens
 - » Keeping windows and doors in your house and car closed during allergy season
 - » Monitoring pollen and mold counts, which are often included in weather reports
 - » Remove pollen from your skin and clothes by taking a shower, washing your hair and changing your clothes after being outside
 - » Wearing a mask over your nose and mouth when mowing the lawn or doing other outdoor chores
- “Remember that you don’t have to give up your favorite fall activities to avoid suffering from allergies,” Dr. Williams-Rahming said. “By talking to your doctor and trying different strategies, you can overcome allergy symptoms and enjoy the season.”

➔ To learn more about allergy services at Archbold, visit archbold.org/locations/archbold-ent-allergy.

Cocklebur



WHAT TRIGGERS FALL ALLERGIES?

Ragweed, a plant that grows in most areas of the country, is the most common cause of autumn allergy symptoms. Levels of ragweed pollen are usually highest from early to mid-September but can linger much longer in warmer areas like the South.

However, ragweed isn’t the only culprit. Other fall allergy triggers include:

- | | |
|-------------------|----------------------------------|
| » Burning bush | » Pigweed |
| » Cocklebur | » Sagebrush and mugwort |
| » Grass | » Tumbleweed and Russian thistle |
| » Lamb’s-quarters | |


Mold spores can also lead to allergy symptoms throughout much of the year.

Mugwort



Pigweed





DON'T LET THE
HOLIDAYS SABOTAGE
YOUR HEALTHY EATING
GOALS. PLAN AHEAD
AND AVOID SEASONAL
WEIGHT GAIN.

PLANNING

Healthy Holiday Plates

Even when you have the best intentions, it's easy to fall off the healthy eating wagon during the fall and winter holidays. With delicious temptations everywhere, making a plan is essential to help you stay on track and avoid the dreaded holiday weight gain. (But don't worry; you can still have a few treats!)

SAVVY STRATEGIES

With a little planning, you can stick to your goals while still enjoying the tastes of the holidays. Try these tips:


- » **Avoid office indulgences.** If your workplace is known for having an overabundance of treats and snacks around the holidays, take steps to plan ahead. Make sure plates of cookies and candies are not right next to you but in a high traffic area and bring your own healthier snacks to help curb temptation. If your team is going out for lunch, have a lighter breakfast and dinner that day, and choose lower-calorie menu items.
- » **Be a healthy host.** If you are hosting a party or family gathering, serve some healthy choices like raw veggies with yogurt-based dips and fresh fruit. Send leftovers of entrees and desserts home with guests. If you like to taste foods while you are preparing them, try having a healthy snack instead or chewing sugar-free gum while you are cooking.
- » **Beat the buffet.** Check out all the options before you begin to load your plate and be sure to choose some healthier items while limiting fatty foods. Avoid going back for second helpings.
- » **Don't arrive hungry.** Before heading to an event where food will be a star attraction, have a healthy snack so you aren't starving when you arrive. This will help you avoid overindulging on treats.
- » **Drink wisely.** Don't let your drinks add extra calories. Limit alcohol and sugary beverages and instead choose water or low-calorie drinks.



- » **Keep moving.** Don't forget to exercise! Be sure to get in plenty of physical activity during the holiday season to help combat extra calories and try to stand for at least 10 minutes every hour.
- » **Mark your calendar.** Take time to add all the parties, gathering or other events you'll be attending to your calendar so you can be prepared. For example, eat lighter meals the day before going to a party to help balance out the extra calories you might eat while with your friends. Be careful when adding food to your plate. Watch your portion sizes, especially for foods that are high in sugar or fat. A good rule of thumb is to fill half your plate with veggies and fruits.

GO EASY ON YOURSELF

No one is perfect, especially during the holiday season. Even if you find you have gotten off track and have been making unhealthy food choices, don't throw in the towel for the whole season. You can start changing your habits at any time, and every little bit helps.

 **Have questions about healthy eating? Find a provider at archbold.org/providers.**

MAKE SMART SWAPS

Another way to ensure you aren't missing out while still watching what you eat is to make healthy substitutions when you're the cook.

When baking, you can tweak the recipe to slash sugar and fat while still getting lots of flavor. Try:

- » Cutting the sugar down by one-third to one-half of what the recipe calls for and adding spices like cinnamon, allspice or cloves. You can also boost flavor with extracts like vanilla or almond.
- » Replacing half the butter with unsweetened applesauce or mashed bananas.
- » Scaling back large amounts of frosting, chocolate chips or nuts in a recipe.

When preparing meals, you can boost fiber content so the food will be more filling and take steps to cut down on fat. Try:

- » Basting with fruit juice or vinegar instead of oil.
- » Broiling, grilling or steaming meats and veggies instead of frying them.
- » Cutting back on the amount of cheese in recipes. Use half the amount called for, which will still give you the flavor without adding so many calories.
- » Leaving butter or mayonnaise out of a recipe.
- » Serving whole wheat pasta, brown rice and whole-grain bread and rolls instead of their white counterparts.
- » Using non-stick pans so you can leave out oil when cooking.

Travel With Confidence



HITTING THE ROAD FOR THE HOLIDAYS? DON'T LET BLADDER ISSUES BRING YOU DOWN.



Jason Burnette, MD
Urology

If you have urinary incontinence, a condition that causes involuntary urine leakage, traveling can cause extra stress and worry. But with a little planning, you can put fears to rest and focus on enjoying the holidays.

“Having urinary incontinence or an overactive bladder can overshadow the fun of traveling,” said Jason Burnette, MD, PhD, urologist at Archbold

Urology. “But taking precautions like watching what you eat and drink and talking to your doctor in advance about medications can help you avoid leakage and enjoy yourself.”

TIPS FOR A GOOD TRIP

Before you hit the road (or the skies), take these steps to help keep symptoms of urinary incontinence at bay:

- » **Ask about meds.** Several weeks before your trip, ask your doctor if there are any medications you can try to help control your bladder issues. You’ll want to start any new medications at least a couple of weeks in advance so you know how your body reacts to them.
- » **Practice urge suppression.** Exercises that work the pelvic floor can help train your muscles to suppress the need to urinate. When you’re at home and feel the sudden urge to go, practice by squeezing the muscles you use to hold in

urine. Hold for five seconds, then walk calmly to the bathroom.

- » **Make a plan for restroom breaks.** If you will be taking a long drive, use an online tool to find rest stops along your route. You can also use websites or apps to map out locations of public restrooms in your destination city. If you are flying, reserve an aisle seat so you can easily get to the restroom. Making a plan for restroom breaks ahead of time will allow you to feel more comfortable about your trip.
- » **Pack wisely.** Be sure to pack absorbent pads or underwear for situations where it will be difficult to get to a restroom quickly.
- » **Avoid triggers.** Starting the day before your travels, adjust your diet to avoid foods and drinks that can irritate the bladder, such as caffeinated or carbonated beverages, alcohol and spicy foods.

“Remember, any time you have problems with bladder urgency or if you have to urinate more than 10 times per day, it’s a good idea to talk to your doctor to ensure the underlying cause isn’t more serious,” Dr. Burnette said. “Your doctor can also give you additional tips for how to control your symptoms.”



Find a provider at Archbold Urology, call 229.575.1762.

Is It Time to Schedule YOUR HERNIA SURGERY?

PROTECT YOUR HEALTH AND TAKE ADVANTAGE OF END-OF-YEAR BENEFITS.



Cianna Pender, MD
General Surgery

If you have a hernia with mild or no symptoms, your doctor might suggest monitoring it rather than having surgery immediately. However, if symptoms worsen, surgery might be the next step.

If your doctor has recommended surgical hernia repair, the end of the year might be the perfect time to schedule it.

“If you have met your annual insurance deductible or out-of-pocket max and have extra time off around the holidays, it could be more affordable and convenient to do it now rather than wait until next year,” said Cianna Pender, MD, general surgeon at Archbold South Georgia Surgical. “It’s also a good idea to have surgery before symptoms get worse to prevent complications.”

WHY YOU MIGHT NEED HERNIA REPAIR

A hernia is a bulging out of an internal organ caused by a tear in a weak area of muscle or tissue. Most hernias occur in the groin or abdomen as a result of strain or pressure, such as from lifting a heavy object, coughing or being overweight.

Some hernias don’t cause any symptoms, but sometimes you might see a noticeable bulge and have pain and discomfort. Medications and lifestyle changes can sometimes help with symptoms. If a hernia gets bigger, however, it can eventually cause strangulation, which means it gets stuck in the hole in the tissue and loses its blood supply, which can lead to serious complications.

“If you have a hernia that continues to grow, surgery might be required to repair the tissue and fix any holes,” Dr. Pender said. “Surgical repair is the only permanent treatment for a hernia.”

ADVANCED PROCEDURES WITH BETTER OUTCOMES

At Archbold, surgeons can repair many hernias using a minimally invasive robotic approach. The da Vinci robotic surgery system allows surgeons to perform the procedure through small incisions while operating robotic arms equipped with special instruments. The surgeon controls the arms from a console while viewing the surgical site on a 3D screen.

Robotic surgery offers many benefits as compared to open surgery, including faster recovery, shorter hospital stays, fewer complications and less scarring and discomfort.



Visit archbold.org/services/surgical-services/da-vinci-robotic-surgery/ to learn more about robotic surgery at Archbold.





Archbold

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Tree of Lights

Join us on the hospital's front lawn for a tree lighting ceremony—an event that heralds the beginning of the holiday season and offers a celebration of light and remembrance for attendees. Enjoy s'mores, holiday music and the arrival of Santa Claus.

**Tuesday, December 3, 2024
6pm**

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