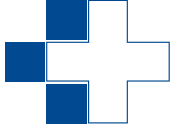


House CALLS



A Publication of Houston Healthcare

October-November-December 2022



Upcoming EVENTS

BINGO for Breast Cancer

An event to celebrate survivors and promote breast cancer awareness screening and services offered by Houston Healthcare. Vendors and businesses will be on-site to provide support and promote services available to our community. Prizes will be awarded for winning cards and heavy hors d'oeuvres will be served throughout the evening. Pre-registration is required as space is limited. Tickets are \$30 per person or \$200 for a table of 8 guests. Please indicate if you are a breast cancer patient or survivor when registering. Call (478) 923-9771 for more information.

📅 **Thursday, October 13**

Doors open at 5:30 pm | Event: 6 - 9 pm

Cary W. Martin Conference Center

Houston Health Pavilion – E3 Entrance

233 North Houston Road, Warner Robins

Must have ticket to attend. Tickets can be purchased with cash or check only at EduCare in the Houston Health Pavilion.

Girls Day Out Brunch for Women's Health

A special after-hours event just for women trying to find time to schedule their annual screening mammogram. **This event requires a pre-scheduled appointment.**

📅 **Saturday, October 22**

8 am - 12 noon

Pavilion Diagnostic Center

Houston Health Pavilion, Suite 1401 – S1 Entrance

233 North Houston Road, Warner Robins

Call (478) 329-3200 or (866) 605-7565 to schedule your annual mammogram or to attend the event.

COOKING SCHOOL: Food Feature

This adult cooking class features a signature staple food that promotes good health. Cooking demonstration focuses on preparing and cooking with highly nutritious whole food items to enhance your overall wellbeing. Recipes will be provided so you can make again at home. A tasting of all recipes prepared will follow the cooking demonstration. Pre-registration is required as space is limited.

📅 **Thursday, November 3**

10 am - 12 noon

Houston Health Pavilion EduCare Center – E3 Entrance

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

Diabetes Day

Strap on your overalls, put on your straw hat, and head down to the farm! Get the latest dirt on diabetes management related to infectious disease, exercise and cardiovascular health. Celebrate a healthy harvest with lunch and give-aways. Reserve your spot by purchasing your \$5 ticket at EduCare.

📅 **Wednesday, November 16**

Registration: 9 am - 9:30 am

Program and lunch: 9:30 am - 2:00 pm

Cary W. Martin Conference Center

Houston Health Pavilion – E3 Entrance

233 North Houston Road, Warner Robins

Call (478) 923-9771 for more information and to purchase tickets.

Houston Healthcare's Breast Center of Excellence: A Comprehensive Approach to Breast Health

Houston Healthcare's *Comprehensive Breast Program* provides breast care services including 3D mammography, breast ultrasound, breast MRI, image-guided biopsy, genetic testing for women at a higher risk of developing breast cancer, genetic counseling, one-on-one consults with a radiologist, and two dedicated patient navigators to coordinate care with your physician for quicker results and an earlier diagnosis.

Houston Healthcare has also created a multidisciplinary *Breast Care Team* consisting of physicians from radiology, general surgery, pathology, medical oncology, and radiation oncology. This team participates in a bi-monthly Breast Cancer Conference to review 100 percent of all newly diagnosed breast cancer cases to determine the best treatment based on National Comprehensive Cancer Network (NCCN) guidelines. **Houston Healthcare** is an American College of Radiology-accredited *Breast Center of Excellence* encompassing accreditations in Mammography, Breast Ultrasound, Breast Biopsy, and Breast MRI.

All screening mammograms at **Houston Healthcare** are routinely completed using the combination of 2D and 3D mammography, depending on an individual patient's needs.

"3D mammography is approved and recommended for all women who need a standard mammogram and is particularly useful for women with dense breasts or a history of breast cancer," explains **Phyllis Briaud**, Director of Imaging Services for **Houston Healthcare**.

Available at the **Pavilion Diagnostic Center** and **Perry Hospital**

for the past five years, 3D mammography takes a series of high-resolution images of the breast at many different angles – providing a clearer image of the breast tissue and more detailed images for the radiologist.

"This advanced technology can find tumors and other abnormalities not seen with 2D mammography alone. Most breast cancers can be felt when they are over one centimeter – depending on the size of the breast and density of the tissue. 3D mammography can detect those cancers when they are much smaller – just a few millimeters in size," explains **Silvie Harrington, MD**, general surgeon on the medical staff of **Houston Medical Center** and member of the multidisciplinary *Breast Care Team*. "The best treatment for breast cancer is early detection, making 3D mammography the gold standard for early detection."



"By participating in a Comprehensive Breast program, our patients are guided step-by-step starting from a screening mammogram where they receive their results within 24 hours to diagnostic imaging, biopsy, cancer diagnosis, and scheduled surgical consult all within 5-7 business days. This time frame is drastically reduced from the average of 30 days from screening to diagnosis when patients are referred using traditional scheduling methods."

Phyllis Briaud, Director of Imaging Services for Houston Healthcare

Houston Medical Center Earns AHA Stroke Quality Achievement Award

Houston Medical Center has received the American Heart Association's (AHA) **GOLDPLUS Get With The Guidelines® - Stroke** quality achievement award for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines—ultimately leading to more lives saved and reduced disability.

In addition, **Houston Medical Center** received the **AHA's Target: StrokeSM Honor Roll** award for meeting specific criteria to reduce the time between an eligible patient's arrival at the hospital and treatment with clot-buster alteplase. The hospital also received the **AHA's Target: Type 2 Diabetes Honor Roll** award for ensuring patients with Type 2 diabetes—who might be at higher risk for complications—receive the most up-to-date, evidence-based care when hospitalized due to stroke.

Stroke is the fifth leading cause of death and a leading cause of disability in the United States. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood and oxygen it needs, so brain cells die. Early stroke detection and treatment are key to improving survival, minimizing disability, and accelerating recovery times.

"We are incredibly pleased to recognize **Houston Medical Center** for its commitment to caring for patients with stroke," said Steven Messe, M.D., chairperson of the Stroke System of Care Advisory Group. "Participation in *Get With The Guidelines* is associated with improved patient outcomes, fewer readmissions and lower mortality rates – a win for health care systems, families, and communities."



Get With The Guidelines® puts the expertise of the American Heart Association and the American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest research- and evidence-based guidelines. *Get With The Guidelines – Stroke* is an in-hospital program for improving stroke care by promoting consistent adherence to these guidelines, which can minimize the long-term effects of a stroke and even prevent death.

Each year, program participants qualify for the award by demonstrating how their organization has committed to providing quality care for stroke patients. In addition to following treatment guidelines, *Get With The Guidelines* participants also educate patients to help them manage their health and recovery at home.

"This was a huge accomplishment for our team considering these patients were treated during the height of the COVID 19 Delta surge last year," explains **Francis Peed**, MSN, RN, EMTP, Director of Critical and Cardiovascular Care for **Houston Medical Center**. "Despite the unprecedented volume of extremely critical ill patients, our team provided a high standard of care to this very important patient population in our community. Many of the stroke patients we managed during this time received specialized treatment in nursing units not dedicated to stroke management care due to the overwhelming surge of COVID patients requiring care in our critical care units. This speaks to the strength and clinical resilience of our stroke team here at **Houston Medical Center**."

Free Sports Injury Clinic for Student Athletes

Certified Athletic Trainers at each public high school in Houston County serve as health care liaisons between student athletes, their coaches, physicians, and parents as part of Houston Healthcare's Sports Medicine Program.

Houston Healthcare offers a Saturday Morning **Sports Injury Clinic** for middle and high school athletes who have been injured during the week or football season. Certified athletic trainers at the schools are the first line of defense and can provide an initial assessment and treatment options after an injury occurs. As a follow-up, student athletes can utilize the services offered at the **Sports Injury Clinic** to meet with a physician and determine the next level of care or treatment needed.

- Middle and high school athletes can attend
- No cost to the student or school for the evaluation
- Convenient hours after the end of the week games
- Certified athletic trainers on-site to facilitate and assist
- Local orthopedic surgeons on-site to evaluate and recommend treatment options



**Saturday Mornings
During Football Season**

8:30 - 11:30 am

**Pavilion Rehab Center
Houston Health Pavilion**

Call (478) 975-6740 for more information.

Statement of Nondiscrimination

Houston Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: Language assistance services, free of charge, are available to you. Call 478-975-5662 (Houston Medical Center) or 478-218-1635 (Perry Hospital).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 478-975-5662 (Centro Médico de Houston) o 478-218-1635 (Hospital de Perry).
Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 478-975-5662 (Houston Medical Center), 478-218-1635 (Perry Hospital) 번으로 전화해 주십시오.

EduCare CALENDAR

Join the Conversation at ...



Research shows that people who receive education and support and who practice healthy habits have decreased medical costs and improved health. EduCare offers a variety of classes tailored to meet specific health needs. Our classes are free or low cost as a service for you. If you have any questions regarding our classes or overall services provided by Houston Healthcare, call us at (478) 923-9771. You may also sign up for our classes online at www.hhc.org/calendar.

GENERAL HEALTH & WELLNESS

Protect Your Heart: Blood Pressure, Cholesterol and Inflammation Management

Persons with uncontrolled blood pressure have a higher risk of heart disease and stroke. Knowing your cholesterol numbers and how they relate to coronary artery disease can help you make changes to protect your heart. Research has linked inflammation to nearly every critical chronic disease. Learn how to protect your heart by developing a heart healthy lifestyle.

📍 **Wednesday, November 2**

6 - 7:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Help for the Heart: Heart Failure Education

An education program designed to improve the quality of life for persons with congestive heart failure. Taught by a multidisciplinary team of healthcare professionals, educational topics include *Understanding Heart Failure, Nutrition, Combating Fatigue, and Medications*. Join us for this free program to become a more active part of improving your overall health. Caregivers or support persons are also encouraged to attend.

📍 **Wednesday, October 19, December 14**

1 - 3 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Healthy Living for Life

Weight control, healthy eating, exercise, and stress reduction are the most effective ways to reduce your risk for chronic diseases such as heart disease, diabetes and some cancers. This free, ongoing class will teach you healthy habits for life with a different topic each week. Topics include strategies for improving weight management, nutrition, exercise and stress reduction.

📍 **Every Tuesday**

Weigh-in (optional): 5 pm

Class: 5:30 - 6:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Critical Conditions/Advance Directives

Do your loved ones know—really know—how much or how little life-extending care you would want at the end of life? Don't leave them wondering. Having a family conversation is the most loving thing you can do to make your wishes known. Call our Life Choices Team for free assistance in preparing an Advance Directive. *Houston Medical Center* - (478) 975-5346 or *Perry Hospital* - (478) 218-1626.

Georgia Tobacco Quit Line

Call the Georgia Tobacco Quit Line today - a free and effective service available from your own phone. Tobacco use is a major cause of lung cancer and other types of cancer, heart disease and chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema. It also contributes to asthma, diabetes and pregnancy complications. Tobacco cessation assistance is provided by highly trained coaches. The services are available at no-cost to Georgia adults, pregnant women, and teens (ages 13 and older). To learn more about the Georgia Tobacco Quit Line, please call the toll-free number or visit the website: <https://dph.georgia.gov/ready-quit>. 1-877-270-7867 (English) 1-855-DEJELO-YA (Spanish) For Hearing Impaired: TTY services: 1-877-777-6534

DIABETES MANAGEMENT

Diabetes Nutrition and Meal Planning Class

For individuals with pre-diabetes or diabetes who need a nutrition review or people with newly diagnosed diabetes. A physician referral is required. For more information, call (478) 923-9771 or fax referral to (478) 975-6776.

Diabetes Exercise Program

An exercise program designed specifically for adults with diabetes who would like to learn more about the correct times and methods for exercising in relation to nutrition and medication.

📍 **Monday, Wednesday and Thursday**

Between the hours of 8 am and 6 pm

Health Connections - located inside *Houston Medical Center*
1601 Watson Boulevard, Warner Robins
Call (478) 322-5143 for more information and program fees

Diabetes Prevention Program: You Can Make a Change for Life

Did you know YOU can stop the progression and prevent a diabetes diagnosis? The CDC-researched National Diabetes Prevention Program can help you make changes for life. This free program helps you learn how to change your lifestyle to prevent Type 2 diabetes. Groups meet for a year-long program with a trained Lifestyle Coach. For more information, call (478) 923-9771.

Diabetes Self-Management Education Course

Houston Healthcare's Diabetes Self-Management Education Program has earned National Recognition by the American Diabetes Association. The course is designed to improve blood sugar control and decrease complications from diabetes. It includes a one-on-one session with a Registered Nurse, nutrition class with a Registered Dietitian, and two comprehensive skill classes. A physician referral is required. For more information, call (478) 923-9771 or fax referral to (478) 975-6776.

Reset: Path to Reversing Pre-Diabetes

Reset is for individuals that have been diagnosed with pre-diabetes or are at risk of developing Type 2 diabetes. A trained Lifestyle Coach provides the tools needed to reset your blood sugar with lifestyle changes that prevent or delay the onset of Type 2 diabetes. Enrollment options for the National Diabetes Prevention Program are also provided. For more information, call (478) 923-9771.

MATERNAL/CHILD

Breastfeeding Made Simple - Part 1

This class provides expectant moms with all the information needed to be successful in breastfeeding your newborn. Learn about the proper latch, various feeding positions, infant feeding cues, guidelines for frequency and duration of feedings, and much more!

📍 **Wednesday, September 28, November 2, November 30**

6:30 - 8:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Breastfeeding Make Simple - Part 2

Join this class to learn about milk production, pumping, milk storage and safety. This class serves as a follow up to the initial Breastfeeding Made Simple class.

📍 **Wednesday, October 5, November 9, December 7**

6:30 - 8:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Baby Care Boot Camp

This class is an introduction to caring for a newborn. Participants will learn baby care essentials including bathing, diapering, feeding, healthy sleeping and eating patterns, cord care, and much more. This free class provides education as well as an opportunity to ask questions or discuss concerns.

📍 **Thursday, October 6, December 15**

📍 **Tuesday, November 15**

6:30 - 8:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Prepared Childbirth Series

These classes are designed for the expectant family to make informed decisions about their birth experience. Topics include stages of labor, birth, potential medical interventions, comfort measures, and maternal care after delivery and a tour of the Women's Center. Pregnant moms are encouraged to bring a support person. This free class meets one night a week for four weeks. Call (478) 923-9771 for more information or to register.

📍 **Tuesday 4-week series begins October 18, November 29**

6:30 - 8:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins

Gestational Diabetes Education Program

Gestational Diabetes can be a very serious condition of pregnancy if not controlled. The program includes a detailed initial assessment with a Registered Nurse and nutritional instruction with a Registered Dietitian. A physician referral is required. For more information, call (478) 923-9771 or fax referral to (478) 975-6776.

Super Sibling Class

A class for new brothers and sisters to prepare for a baby's arrival! Includes a "Super Sibling" movie, basic baby care, infant safety, and a snack. For children ages 3 to 10. A parent is required to attend with their children.

📍 **Wednesday, November 16**

6:30 - 7:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

GRANDparenting

Grandparents play a special and important role in every family. This class provides up-to-date research and information related to child-rearing and baby-care issues. Topics include information on home and infant safety, stages of development, schedules and routines, and a car seat overview for newborns through 3 years old.

📍 **Wednesday, October 19, December 14**

6:30 - 8:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

EXERCISE & MOVEMENT

Senior Exercise

Exercise and health talk options to promote wellness of mind, body and spirit for senior adults. Movement options for chair, standing and other modifications provided throughout sessions by trained instructors. **All senior exercise participants must have a signed Physician Referral Form from their personal physician. Forms are available by calling (478) 923-9771.**

📍 **Perry SeniorCare:** Monday and Wednesday (10 am) at Rozar Park includes an exercise class featuring strength training, flexibility and stretching. Mini-fitness assessment provided on the 2nd Wednesday of each month includes health talk and snack to follow.

📍 **Pavilion SeniorCare:** Each Monday and Wednesday (8:30 am) at Houston Health Pavilion. Includes an exercise class featuring strength training, flexibility and stretching. Mini-fitness assessment on the 2nd Monday of each month includes health talk and snack to follow.

Walk with Ease

An Arthritis Foundation-approved program that promotes regular walking as the easiest and safest way to get needed cardiovascular exercise while promoting physical and mental benefits. This 6-week program meets 3 times a week to gradually increase walking time and educate on walking strategies, benefits and support. Pre-registration is required.

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

Tai Chi

Developed by Dr. Paul Lam and led by a certified instructor, these one hour classes use gentle Sun-style Tai Chi routines that are safe, easy to learn, and suitable for every fitness level. Medical studies confirm Tai Chi relieves pain, reduces falls, and improves quality of life. It will also reduce stress, increase balance and flexibility, and improve overall mind, body, and spirit. Call (478) 923-9771 for more information and to pre-register. Class size is limited.

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

ACCIDENT PREVENTION

AARP Driver Safety Program

A comprehensive driving course designed to update drivers of all ages on the knowledge and skills of driving. Upon course completion, you could be eligible to receive an insurance discount (contact your insurance agent for details). Participants must sign a disclosure from AARP upon entry to class. Cost is \$20 for AARP members and \$25 for non-members. Make checks payable to AARP (no cash accepted).

📍 **Tuesday, October 18, December 13**

8:30 am - 3 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

To register, visit AARPDiversSafety.org or call (478) 396-9705.



HOUSTON HEALTHCARE

*1601 Watson Boulevard
Warner Robins, Georgia 31093*

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Your Choice for **Comprehensive Breast Care**



Houston Healthcare is invested in state-of-the-art technologies and skillfully trained, friendly staff to provide excellent breast care.

With a comprehensive approach to breast care, our patients enjoy:

- New state-of-the-art technology in mammography and ultrasound
- Personal consultations with radiologists
- A dedicated patient navigator to coordinate care
- 24-hour turn-around time of screening reports

Houston Healthcare Offers True Breast 3D Mammography

A combination of 2D traditional mammography and 3D mammography increases the odds of early detection of breast cancer with a clearer image of the breast.



Houston Medical Center | Pavilion Diagnostic Center | Perry Hospital

An Accredited Breast Center of Excellence



HOUSTON HEALTHCARE