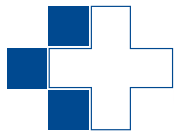


# House CALLS



A Publication of Houston Healthcare

January-February-March 2020

## Upcoming EVENTS

### Annual Go Red for Women Luncheon

Making a commitment to your health isn't something you have to do alone! Grab a friend, wear red, and join Houston Healthcare for our annual luncheon focusing on preventing and managing heart disease in women. Tickets are \$15 each and must be purchased in advance by calling 923-9771.

📅 **Tuesday, February 11**

11:30 am – 1 pm

Doors open at 11 am

Cary W. Martin Conference Center

Houston Health Pavilion - W3 Entrance

233 North Houston Road, Warner Robins

Ticket must be presented at door for admittance.

### COOKING SCHOOL

#### Heart Healthy Winter Soups

What better way to say "I Love You" to a loved one or to yourself than to prepare foods that are healthy for your heart on this Valentine's themed special event. Learn how to cook healthy winter soups prepared in a crock pot or on the stove. Delicious flavors and simple preparations will make the dishes appealing to you and your family.

📅 **Thursday, February 20**

10 am – 12 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call 923-9771 to pre-register.

#### After Hours: Heart to Heart Heart Disease

Join us for light hors d'oeuvres and an opportunity to increase your knowledge about heart disease including how to recognize the signs and symptoms, prevention and treatment of a heart attack, an irregular heartbeat and other conditions that could affect the heart. If you or a family member have experienced any of these conditions or have a history of heart disease, this class is for you!

📅 **Thursday, February 27**

5:30 – 6:30 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call 923-9771 to pre-register.

### LUNCH AND LEARN

#### What to Expect During Testing for COPD

Chronic obstructive pulmonary disease (COPD) is one of the most common lung diseases. This disease can develop slowly making it difficult for the person to breathe. There is no cure for COPD. However, there are many things you can do to relieve symptoms and keep the disease from getting worse. This program is designed for persons diagnosed with COPD and their caregivers. Lunch provided for those who pre-register.

📅 **Thursday, March 5**

11:30 am – 12 pm: FREE spirometry and blood pressure screenings

12 – 1 pm: Lunch and Learn program

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call 923-9771 to pre-register.

## Houston Healthcare Brings Robotic Surgery to Houston County

**H**ouston Healthcare is pleased to announce the recent acquisition of the *da Vinci Xi* Surgical System for **Houston Medical Center**. The *da Vinci Xi* System was designed with the goal of further advancing the technology used in minimally invasive surgery. The System can be used across a spectrum of minimally invasive surgical procedures and has been optimized for multi-quadrant surgeries in the areas of gynecology, urology, thoracic, cardiac and general surgery.

"There are numerous benefits to bringing robotic surgery to Houston County," says **Charles Briscoe**, Interim Chief Executive Officer for **Houston Healthcare**. "It allows us to bring advanced surgery capabilities to our patients, and there are a few of our local physicians who are able to perform general

surgery and gynecological procedures in our ORs because of this. These procedures ensure the patient has a smaller incision, less risk of infection, and faster recovery time."

By enabling efficient access throughout the abdomen or chest, the *da Vinci Xi* System expands upon core *da Vinci* System features, including wristed instruments, 3D-HD visualization, intuitive motion, and an ergonomic design. As with all *da Vinci* Surgical Systems, the surgeon is 100% in control of the robotic-assisted *da Vinci* System, which translates his/her hand movements into smaller, more precise movements of tiny instruments inside the patient's body. The *Xi* System's immersive 3D-HD vision system provides surgeons a highly magnified view, virtually extending their eyes and hands into the patient.

### Houston Healthcare physicians have commented on what the addition of robotic surgery brings to the patients in our community, as well as to Houston Healthcare.

*"The future of surgery is right now. Robotic surgery allows for improved surgeon visualization and dexterity, making operations safer and more efficiently delivered. Robotic surgery provides surgeons across an array of specialties the opportunity to perform procedures at a higher quality level than those historic surgical techniques would have allowed."*

*Dr. Benji Christie, General Surgeon, member of the Houston Medical Center Medical Staff*

*"As a robotic surgeon, I'm excited we have the da Vinci robotic platform available here in Houston County. Robotic surgery is an advancement that enables minimal invasive surgery and decreases recovery time allowing patients to return to work faster."*

*Dr. Patrick Narh-Martey, General Surgeon, member of the Houston Medical Center Medical Staff*

*"The da Vinci robot is the greatest technological contribution to surgery since the scalpel, and I really love it! Patient recovery has been reduced to days, not weeks, and many patients require no opioid pain medication at all!"*

*Dr. Kerry Rodgers, General Surgeon, member of the Houston Medical Center Medical Staff*

*"The acquisition of the da Vinci Xi and trumpf bed with table motion shows a commitment to patient safety by Houston Healthcare's Board and Executive Team, Robotics Committee, and the physicians. I look forward to guiding the program and bringing up-to-date technology to the patients in Houston County."*

*Dr. John Williams, General Surgeon, member of the Houston Medical Center Medical Staff*

# How to Protect Yourself Against the Flu

**I**nfluenza is among the most common respiratory illnesses in the United States, infecting millions of people every flu season. Every year, flu spreads across the country, from person to person, family to family, and community to community. It can lead to hospitalization and sometimes even death. Healthy children and adults can get very sick from the flu and unknowingly spread it to family and friends. But there is something you can do to protect yourself and your loved ones this holiday season—get a flu vaccine!

## Who should be vaccinated?

According to the Centers for Disease Control and Prevention (CDC), anyone who is at least six months old should receive a flu shot this season. It's very important for certain people to get vaccinated and include the following:

- People who are at high risk of developing serious complications like pneumonia if they get sick with the flu. These people include:
  - o Those who have certain medical conditions including asthma, diabetes and chronic lung disease.
  - o Pregnant women
  - o People who are 65 years and older
- People who live with or care for others who are at high risk of developing serious complications.
  - o This includes household contacts and caregivers of people with certain medical conditions including asthma, diabetes and chronic lung disease.



## Signs and symptoms of the flu

People who have the flu may feel some or all of these:

- **Became sick very quickly**
- **Cough** – often a dry cough
- **Sore throat** – not common in children
- **Runny or stuffy nose**
- **Fever** – not everyone with flu will have a fever
  - **Muscle or body aches**
  - **Headaches**
  - **Fatigue** – feeling tired or achy
  - **Vomiting or diarrhea** – more common in children than adults

## Ways to prevent the spreading of seasonal flu

- Avoid close contact with people who are sick.
- Cover your nose and mouth with a tissue when coughing or sneezing. Avoid touching your eyes, nose or mouth.
- Wash your hands often with soap and water, especially after you have been out in public or touched things that other people have touched. If soap and water are not available, use an alcohol based hand rub.
- Stay home when you are sick. You will help prevent others from catching your illness.
- Follow public health advice regarding school closures and avoid crowds.
- If you are sick with flu-like symptoms, the CDC recommends you stay home for at least 24 hours after your fever is gone – without the use of a fever-reducing medicine – except to get medical care or other necessities.

## Why should you get a flu shot every year?

*There are two reasons for getting a flu vaccine every year:*

1. Flu viruses are constantly changing and so flu vaccines may be updated from one season to the next. You need the current season's vaccine for the best protection.
2. A person's immune protection from the vaccine declines over time. Annual vaccination is needed for the best protection.

*The single best way to prevent the flu is to get a flu vaccine each season. According to the CDC, more than 169 million doses of flu vaccine have been distributed as of December 2019. Talk with your health care provider about the best time for you and your loved ones to get vaccinated. Take the necessary action to protect yourself and those around you.*

# Chronic Back Pain *When to Seek Help?*

**C**hronic pain is defined as pain that is ongoing and lasts over a period of time, typically at least three months. It's a pain that you feel regularly but may also come and go. Chronic pain may be due to a continuing injury or disease, or it could be due to problems with the body's pain-control system. So, what should you do if you have a pain that will just not go away? Seek help!

One of the most common areas of chronic pain is back pain due to injury. Often, chronic back pain affects a person to the point that they can't work, be physically active, or fully enjoy life. When the pain becomes such a problem that it impacts your normal activities, you may become preoccupied with the pain, feel depressed and irritable, and can possibly lead to insomnia, weariness, sleeplessness, and sadness. The desire to stop the pain can often mean multiple drugs, surgeries, or questionable treatments – all trying to provide some type of relief for the pain and lack of activity.

So, how can it be treated? One method of treatment is osteopathic manipulation (OM), which is a hands-on diagnostic and therapeutic technique that stimulates the immune system and improves the body's ability to heal itself. "As a Doctor of Osteopathy (DO), the OM technique provides a different approach

to healing the body and has been beneficial for my patients who have chronic back pain," says **Juan Velazquez, DO**, Family Medicine physician on the medical staff at **Houston Medical Center** and **Perry Hospital**. "OM is a non-surgical therapy used to treat many physical ailments such as migraines, back pain, asthma, and arthritis. The goal is to help you reach your maximum

potential – free of disease and pain – and OM, along with natural methods and lifestyle changes, is one way that helps us achieve that."

According to the American Osteopathic Association, Osteopathic-trained physicians receive special training in the musculoskeletal system, which makes up the body's muscles, nerves and bones. This advanced training allows the DO to better understand how the

body's systems are interconnected and how each impacts the other. "By moving your joints, tissues and muscles, we are able to correct tightness and restrictions. This can be done with stretching, gentle pressure and resistance. This training allows us to understand that the tightness and restriction in the muscles and nerves may be an indicator that there could be other areas of concern within your body. Because of this, we examine those areas as well instead of just the one causing you pain," shares **Velazquez**.



**Juan Velazquez, DO**  
Family Medicine



233 North Houston Road, Suite 140F  
Warner Robins, Georgia 31093  
(478) 352-7070  
hhcphysicians.com

Located in the Houston Health Pavilion ~  
S1 Entrance

*“Patients can benefit from this type of treatment for back pain because it can decrease their pain, increase their mobility, and it promotes overall healing.”*

*Juan Velazquez, DO, Family Medicine physician on the medical staff at Houston Medical Center and Perry Hospital*

**Dr. Juan Velazquez** has been practicing in Warner Robins for over 5 years and speaks English and Spanish. *Hablamos español.* He is a member of the Medical Staff at **Houston Medical Center** and **Perry Hospital**. For more information about Dr. Velazquez, visit the Physician Directory on our website, [www.hhc.org](http://www.hhc.org).

# EduCare CALENDAR

Your health is important to Houston Healthcare. It is our desire to meet your healthcare needs through our outpatient educational programs with the goal to improve or maintain your health status. Research shows that people who receive more education and support for their illness and who practice healthy habits have decreased medical costs and improved health. EduCare offers a variety of classes, seminars and support groups tailored to meet your needs, along with the healthcare needs of your caregiver or family. 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, please do not hesitate to call us at (478) 923-9771. You may also sign up for our classes online at [www.hhc.org/calendar](http://www.hhc.org/calendar).

## GENERAL HEALTH AND WELLNESS

### Help for the Heart: Heart Failure Education

An education program designed to improve the quality of life for persons with 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 informative and beneficial program to become a more active part of improving your overall health. Caregivers or support persons are also encouraged to attend. Weight scales and pill dispensers will be given to those who need them.

📍 **Wednesday, January 15, March 18**

11 am – 2 pm

(includes lunch for those who pre-register)

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

### Managing Your Blood Pressure

Persons with uncontrolled blood pressure have a higher risk of heart disease and stroke. This evidence-based educational program is taught by a Registered Nurse and is designed to equip participants to better manage their blood pressure.

📍 **Monday, February 3**

4 – 5 pm

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

### Cholesterol Management Tools

Knowing and understanding your lipid or cholesterol numbers and about coronary artery disease can impact your health. Learn about risk factors and how to improve these numbers. Taught by a Registered Nurse.

📍 **Thursday, February 13**

5 – 6 pm

Houston Health Pavilion EduCare Center  
233 North Houston Road, Warner Robins  
Call 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 ongoing class will teach you healthy habits for life with a different topic each week. You are encouraged to weigh-in weekly and follow your progress for improving weight management, nutrition, exercise, and stress reduction. Program is open to children, adults and families.

📍 **Tuesdays**

Weigh-in: 4 pm

Class: 4:30 – 5:30 pm

Houston Health Pavilion EduCare Center  
233 North Houston Road, Warner Robins  
Call 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, 218-1626.

### Georgia Tobacco Quit Line

Call the Georgia Tobacco Quit Line today – a free and effective service that helps Georgians quit smoking and using tobacco. This service is 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

## SENIORCARE

Promoting wellness of mind, body and spirit for senior adults in the Houston County area.

Once a month, a mini-fitness assessment that includes weight, waist circumference and body mass index (BMI) will be offered to participants, as well as monthly blood pressure screenings. All exercise participants must have a signed Physician Referral Form from their personal physician. Forms are available by calling 923-9771.

### Perry SeniorCare

Each Monday, Wednesday, and Friday (10 am) at Rozar Park includes an exercise class featuring strength and flexibility stretching led by a certified instructor.

**Health Education Sessions** – Monthly health education seminars on topics listed below with a healthy snack provided to those who pre-register.

### Healthspan

We often hear of the Human Lifespan as being the amount of time a person lives. What if we considered the choices we make today could enrich the life we live? Our Healthspan is counted as the part of a person's life during which they are generally in good health. Join us and learn what you can do to enhance your health and extend your life as you begin another year.

📍 **Friday, January 10**

11 am – 12 noon

Rozar Park, 1060 Keith Drive, Perry  
Call 923-9771 to pre-register.

### Get Pumped Up About Heart Health

February is Heart Month. Coronary heart disease, heart attacks, heart failure, arrhythmias and other cardiac issues can have specific signs and symptoms for both men and women. Listen to what your heart is telling you and don't ignore the warning signs.

📍 **Friday, February 14**

11 am – 12 noon

Rozar Park, 1060 Keith Drive, Perry  
Call 923-9771 to pre-register.

### Diabetes Prevention Program: You Can Make A Change For Life

Have you ever been told by a health care provider that you are at risk of getting diabetes, have pre-diabetes, have high blood sugar or glucose, have borderline diabetes, or have gestational diabetes? If so, you may be at high risk for Type 2 diabetes, but there is something you can do about it. Come learn about this free program.

📍 **Friday, March 13**

11 am – 12 noon

Rozar Park, 1060 Keith Drive, Perry  
Call 923-9771 to pre-register.

### Centerville SeniorCare

Each Monday, Wednesday, and Friday (8:30 am) at Centerville City Hall includes an exercise class featuring strength and flexibility stretching led by a certified instructor.

## 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, so contact your insurance agent for details. Cost is \$15 for AARP members and \$20 for non-members.

**Perry:**

📍 **Wednesday, March 25**

9 am – 4 pm

Perry Hospital Dining Conference Room

1120 Morningside Drive, Perry

Call 923-9771 to pre-register.

**Warner Robins:**

📍 **Thursday, March 19**

9 am – 4 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call 923-9771 to pre-register.

## DIABETES MANAGEMENT

### 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 322-5143 for more information and program fees.

### Diabetes Management: “Steps to Success” Course

Houston Healthcare's Diabetes Management Program is an award-winning program that 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 and two comprehensive skill classes. For more information, call 923-9771.

### 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. Call 923-9771 for the schedule of classes and to register.

### Diabetes Prevention Program: You Can Make A Change for Life

Have you ever been told by a health care provider that you are at risk of getting diabetes, have pre-diabetes, have high blood sugar or glucose, have borderline diabetes, or have gestational diabetes? If so, you may be at high risk for Type 2 diabetes, but there is something you can do about it. The National Diabetes Prevention Program, led by The Centers for Disease Control and Prevention, 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 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach. For more information, please call 923-9771.

For more information about Houston Healthcare's Diabetes Management program, call 923-9771.

**MATERNAL/CHILD**

**Breastfeeding Made Simple – Part 1**

Breastfeeding is the best and ideal way of feeding your baby. Your breast milk is perfectly matched to meet your baby's needs for proper growth and development. 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!

📍 **Thursday, January 2, February 6, March 5**  
6:30 – 8:30 pm

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

**Great Expectations 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, cesarean sections, epidurals, basic baby care and maternal care after delivery. A tour of The Women's Center at Houston Medical Center is included. Expectant moms will benefit from information on relaxation along with a variety of coping skills for labor. Great Expectations meets one night a week for five weeks. Participants should dress comfortably. Class is free. For more information or to register, call 923-9771.

📍 **Tuesday, January 7 or March 3**  
6:30 – 8:30 pm

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

**Breastfeeding Made Simple – Part 2**

Most new moms have lots of questions on the "how to" aspect of breastfeeding once they begin getting back to a routine or daily activities. Join this class to learn about milk production, pumping, child care, milk storage and handling, and much more. This class provides answers to these major concerns and serves as a follow up to the initial Breastfeeding Made Simple class.

📍 **Thursday, January 9, February 13, March 12**  
6:30 – 8:30 pm

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

**Grandparenting 101**

Grandparents play a special and important role in any family; however, times have changed, as well as information related to child-rearing. That's why it's important to be familiar with current baby-care issues. This class focuses on infants through three years of age and will include information on safety issues, Sudden Infant Death Syndrome (SIDS), infant development, schedules and routines, along with a car seat overview. If you are new or soon-to-be grandparents or are currently raising your grandchildren, this class is for you.

📍 **Thursday, January 16**  
6:30 – 8:30 pm

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

**Sibling Class**

An exciting way for children to prepare for a new baby's arrival. This class is organized for a child's short attention span with activities that are fast-paced, well-planned, and, above all, fun! The class includes a video, tour of The Women's Center, discussion, storytelling and refreshments. For children ages 3 to 10. A parent is required to attend with their children.

📍 **Saturday, January 25, March 28**  
10 – 11:30 am

The Women's Center at Houston Medical Center  
1601 Watson Boulevard, Warner Robins  
Call 923-9771 to pre-register.

**Baby Care Boot Camp**

This is an excellent class for those who will care for newborns and young infants. The training covers a variety of topics from infant health and safety to caring for fussy babies. Participants will learn baby care essentials including bathing, diapering, feeding, healthy sleeping and eating patterns, cord care, and much more. The class provides education as well as an opportunity to ask questions or discuss concerns.

📍 **Tuesday, February 11, April 7**  
6:30 – 8:30 pm

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

**Gestational Diabetes Education Program**

Gestational Diabetes can be a very serious condition of pregnancy if not controlled. The goal of the program is to work collaboratively with the patient's physician and staff to ensure a good outcome for both mother and baby. The program includes a detailed initial assessment with a Registered Nurse and nutritional instruction with a Registered Dietitian, either on a one-on-one basis or as part of a small group and monthly follow-up phone calls through early post-partum. For more information, call 923-9771.

**ASTHMA EDUCATION**

Asthma can be a frightening and serious condition. Knowing how to prevent, as well as how to treat, asthma in an emergency is important. Houston Healthcare is providing one-on-one asthma education in two locations. Call for an appointment.

Houston Medical Center: Respiratory Department – 975-5228  
Perry Hospital: Respiratory Department – 218-1688

**FAITH COMMUNITY NURSING**

Faith Community Nurses, often called Parish Nurses, provide health screenings, health education and connection to community resources. Houston Healthcare serves as a resource center for area churches wanting a health ministry by providing health educational materials and training for Registered Nurses in the church family who are willing to provide this service. Call 923-9771 for more information.

**EDUCATION/SUPPORT GROUPS**

**Alzheimer's Education and Support Group**

Sponsored by the Alzheimer's Association-Central Georgia Chapter, this program is for families, caregivers and friends dealing with Alzheimer's disease and related disorders.

📍 **Tuesday, January 28, February 25, March 24**  
7 pm

Houston Medical Center, Northwest Tower Lower Lobby  
Classroom 3  
1601 Watson Boulevard, Warner Robins

**A.W.A.K.E Sleep Disorder**

A.W.A.K.E. (Alert, Well, and Keep Energetic) is a free education and support group for people affected by sleep disorders, their family, or anyone with questions about sleep disorders or CPAP (continuous positive airway pressure) treatment. Sleep is not just resting or taking a break from busy routines – it is essential to physical and emotional health. Adequate sleep may also play a role in helping the body recover from illness and injury. Inadequate sleep over a period of time can be associated with obesity, diabetes, heart disease, and depression.

**Topic: How Much Sleep Do We Really Need?**

CPAP Equipment Support: If you are having trouble

with your CPAP mask, please bring it with you to this class and a trained technologist will work one-on-one with you to ensure proper fit and use.

📍 **Wednesday, February 12**  
12 noon

Houston Medical Center, Lobby Conference Room  
1601 Watson Boulevard, Warner Robins  
Call 542-7805 to sign up.

**Better Breathers Club**

Better Breathers provides methods to cope with lung diseases such as COPD and Adult Asthma. The group includes discussions of ways to face the challenges of lung disease while improving your quality of life. The program is affiliated with the American Lung Association.

📍 **Thursday, January 2** – Recognizing Signs and Symptoms of COPD

**February 6** – Adult Asthma

**March 5** – What to Expect During Testing\*

(\*This will be a Lunch & Learn; location changed to the Houston Health Pavilion EduCare Center)

12 noon

Houston Medical Center  
Northwest Tower Lobby Conference Room  
1601 Watson Boulevard, Warner Robins

**Diabetes Support Group**

For adults with diabetes and their support system. Meetings are led by a Diabetes Educator with Houston Healthcare. Caregivers and support persons are encouraged to attend.

**Perry:**

📍 **Tuesday, January 28, February 25, March 24**  
12 noon

Perry Hospital Cafeteria  
1120 Morningside Drive, Perry

**Warner Robins:**

📍 **Wednesday, February 5, March 4**  
1 pm

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

**Multiple Sclerosis Support Group**

This program is dedicated to educating, motivating, and supporting those coping with MS, their families and friends in an atmosphere of fun. Call 396-9702 for more information.

📍 **Tuesday, January 14, February 11, March 10**  
6:30 pm

Houston Medical Center, Northwest Tower Lower Lobby  
Classroom 2  
1601 Watson Boulevard, Warner Robins

**Pediatric Multiple Sclerosis Support Group**

This program is for kids and teens with MS. This educational, fun and positive setting will let young people know they are not alone in their journey through life by sharing hope, experiences and information. Call 318-8195 or email suerob27@yahoo.com for more information.

📍 **Tuesday, January 7, February 4, March 3**  
6:30 pm

Houston Medical Center, Northwest Tower Lower Lobby  
Classroom 2  
1601 Watson Boulevard, Warner Robins

Join the  
Conversation at ...



# Are You at Risk for Diabetes?

**T**he Georgia Department of Public Health (GDPH) reports that more than 1 in 10 adults in Georgia has diabetes. While this number may be surprising, the GDPH also reports that over one third of adults in Georgia have prediabetes. The fact is, most people with prediabetes may not even know that they have it. Type 2 diabetes doesn't only affect adults. The number of children being diagnosed with type 2 diabetes is also on the rise.

Prediabetes is a condition in which blood sugar levels are above normal, but not elevated enough to be diagnosed as type 2 diabetes. It may occur as a result of the body not making enough insulin or insulin is not working as effectively. "It's important to be aware of how insulin impacts your body. Insulin is a hormone used by the body to convert sugar, starches and other food to energy for daily life," says **Marlene Noles, RN and Director of Community Education and Services for Houston Healthcare**. "When we talk about symptoms for prediabetes, the important thing to know is that some people may have no symptoms or have vague symptoms of prediabetes for years without knowing they have it, and prediabetes can increase a person's risk for not only type 2 diabetes, but also heart disease and stroke."

If you suspect that you might be at risk for type 2 diabetes, the Centers for Disease Control and Prevention (CDC) has a simple prediabetes risk test you can take. Also, talk with your doctor about your risk for type 2 diabetes. Often times, a person can have prediabetes for years, but it can go undetected until serious health problems show up. Knowing your risk can help. "Some risk factors for prediabetes are being overweight, being 45 years or older, having a parent, brother, or sister with type 2 diabetes, and being physically active less than three times a week," shares **Noles**. "In addition, having ever had gestational diabetes, which is diabetes during pregnancy, giving birth to a baby who weighed more than nine pounds, or having polycystic ovary syndrome can also put you at risk."

**Houston Healthcare** offers the CDC-recognized National Diabetes Prevention Program. The program is a lifestyle change program designed to help a person learn how to make lasting lifestyle changes to prevent or delay type 2 diabetes. The free class is offered at the **Houston Healthcare Pavilion** in the EduCare classrooms.



*Not sure if the lifestyle change program is right for you? Attend a free class known as Session Zero to find out more about the program. EduCare will be hosting several Session Zero classes to share information about the program.*

## The Session Zero classes will be held:

**March 9<sup>th</sup> and 23<sup>rd</sup>** – Houston Health Pavilion, EduCare Classrooms, 5:30 pm

**March 13<sup>th</sup>** – Rozar Park, Perry, 11 am

**March 30<sup>th</sup>** – Houston Medical Center, Lower Lobby Classroom 1, 5:30 pm

*“Making small healthy lifestyle changes can have a big impact on your health, and a healthy lifestyle is the way to add life to your years. Take time to have a conversation with your healthcare provider about your risks and any concerns you are having about your health.”*

*Marlene Noles, RN and Director of Community Education and Services for Houston Healthcare*

# Primary Care Available to the Community through the **Pavilion Family Medicine Center**

**H**aving a medical home – a patient-centered health care provider or facility who offers comprehensive and continuous medical care with the goal to obtain maximal health outcomes – is key to monitoring and improving an individual’s health.

The **Pavilion Family Medicine Center (PFMC)** is just that for many of our community members. Located in the **Houston Health Pavilion**, PFMC also houses the Family Medicine Residency Program, which began in 2012 with the goal of training proficient family medicine physicians and is facilitated by **Houston Healthcare**.

The PFMC provides care and services for patients throughout all phases of life – from newborns to more seasoned individuals. As for most primary care physician offices, PFMC sees patients for a variety of medical needs including: asthma, hypertension, diabetes, COPD, pregnancy and post-natal care, immunizations, school physicals and more. Referrals are also given for those patients who need to see a specialist.

For those who are unfamiliar with the PFMC, it operates the same as a primary care physician’s office. Patients are able to call and share why

they need to be seen by a physician and an appointment will be made for them. Because the office is part of **Houston Healthcare**, patients are also able to qualify for the Financial Assistance Program available through **Houston Healthcare**. Patients who do not have an established primary care physician are encouraged to call the PFMC to make an appointment.

During 2018, the **Pavilion Family Medicine Center** had nearly 16,000 visits. In total, there are 18 resident physicians, four full-time, and two part-time faculty physicians providing care at both the PFMC and at **Houston Medical Center**. The physicians and staff are dedicated to providing quality care and ensuring our community members establish a medical home.



## Pavilion Family Medicine Center

Located in the Houston Health Pavilion  
233 North Houston Road, Suite 140E  
Warner Robins, Georgia 31093

For more information or to make an appointment, call  
(478) 975-6880.

# Houston Healthcare’s Speakers Bureau Available to You

**A**s part of our commitment to educating the community, **Houston Healthcare** offers a comprehensive Speakers Bureau with topics that are relevant to today’s healthcare trends and statistics.

Information is presented by physicians, medical personnel and other staff members associated with **Houston Healthcare**. “Our staff enjoy going into the community and speaking to the various groups about topics that can impact and improve a patient’s overall health,” says **Kevin Rowley**, Executive Director of Marketing and Business Development for **Houston Healthcare**. “This also allows us to share information with our community about new services and physicians in our area.”

Topics available for presentation through **Houston Healthcare’s Speakers Bureau** include general information about the healthcare organization, as well as a variety of specific health and medical topics. Speakers are available to talk to local clubs, churches, civic organization, and industries at no charge.

“As a major health care resource in the community, we want to make sure those we serve receive educational information that is up to date and will increase their health care knowledge,” states **Rowley**. “There is so much information at your fingertips online, and it’s helpful to hear a trusted medical professional confirm your suspicions or educate you on what’s new.”



## Available topics include, but are not limited to, the following:

- Children’s Health
- Diabetes
- Heart Disease
- Men’s Health
- Mental Health
- Nutrition
- Organization Updates
- Orthopedics
- Senior Health
- Teen Health
- Women’s Health

For more information regarding the Speakers Bureau and to review a complete list of available topics, visit our website at [www.hhc.org/About-Us/SpeakersBureau](http://www.hhc.org/About-Us/SpeakersBureau). If you would like a representative from Houston Healthcare to provide a program to your organization, please contact the Marketing department at (478) 975-6585.

### 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.



## HOUSTON HEALTHCARE

1601 Watson Boulevard  
Warner Robins, Georgia 31093

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# Houston Healthcare Now Offers Pediatric Urgent Care

When your child is sick or hurt, you want them to feel better quickly. **Houston Healthcare** now offers an urgent care option for your little one, located at Lake Joy Med-Stop, and staffed by pediatricians and family medicine providers who are committed to providing you with quality care.

“The goal for opening this side for pediatric care is to provide the community with a resource that bridges the gap between primary care and emergency care for pediatric urgent care needs,” states **Laurie Darsey, RN**, Director for **Houston Healthcare Med-Stops**. “We’re streamlining the Med-Stop process to encourage parents to bring their children who need to be seen to one location where they

can be treated by a pediatrician, family medicine physician, or pediatric provider.”

After patients are seen by the provider and staff, they will be referred back to their pediatrician for additional follow-up, unless a transfer to the Emergency Department is needed based on their medical needs, or additional diagnostic services are required. “We feel it’s important for all children to have an established pediatrician who they can see for regular check-ups and sick visits,” says **Darsey**. “However, there are times when your doctor doesn’t have an available appointment or it may be after hours. We are here to put your mind at ease and provide the necessary care for your child.”



### The Specifics

- **Pediatric patients** – up to age 17 – can be seen
- Open daily from 9 am – 9 pm
- Located at Lake Joy Med-Stop, near the intersection of Lake Joy and Highway 96 in the Paradise Shoppes
- Treating patients for (but not limited to):
  - **Fever**
  - **Colds**
  - **Cough**
  - **Cuts**
  - **Sprains**
  - **Strains**
- **Walk-ins are accepted** but reservation times are available by using the Check-in Express option on our website to reserve your best time to arrive.  
[www.hhc.org/checkin](http://www.hhc.org/checkin)