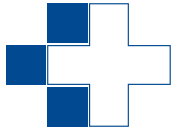


# House CALLS



A Publication of Houston Healthcare

January-February-March 2021

## Upcoming EVENTS

### 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. Pregnant moms are encouraged to bring support person. This free class meets one night a week for four weeks. For more information or to register, please call 923-9771.

📍 **Tuesday series begins January 12 or February 23**

6:30 - 8:30 pm

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

### New Year, New You

If lifespan is the amount of time a person lives, HEALTHSPAN is the amount of that time in which a person is in good health. New Year, New You is an event centered on making positive choices that enrich the life we live. Join us and learn what you can do to enhance your health for life as you begin another year. Wear comfortable shoes and clothes as this will be an interactive program. Call EduCare at 923-9771 for more information and to pre-register.

📍 **Wednesday, January 13**

8:30 - 9 am: Screenings (BMI, Blood Pressure, Blood Glucose)

9 am - 1 pm: Program - Lunch provided

Cary W. Martin Conference Center  
Houston Health Pavilion - W3 Entrance  
233 North Houston Road, Warner Robins

### Annual Red 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. Call EduCare at 923-9771.

📍 **Thursday, February 25**

11:30 am - 1 pm

Doors open at 11 am - Lunch provided

Cary W. Martin Conference Center  
Houston Health Pavilion - W3 Entrance  
233 North Houston Road, Warner Robins  
Tickets must be presented at door for admittance.

### 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 for diabetes, pre-diabetes, high blood sugar, borderline diabetes, or gestational diabetes? Did you know YOU can stop the progression and prevent a diabetes diagnosis? The National Diabetes Prevention Program, led by The Centers for Disease Prevention and Control (CDC), 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 923-9771.

## Houston Healthcare Facilities Receive Quality-Based Reaccreditation from DNV GL

*Houston Healthcare announces the successful completion of the reaccreditation process from DNV GL - Healthcare.*

**B**y earning full accreditation, **Houston Healthcare** facilities, located throughout Houston County, have demonstrated they meet or exceed patient safety standards (Conditions of Participation) set forth by the U.S. Centers for Medicare and Medicaid Services. DNV GL's accreditation program is the only one to integrate the ISO 9001 Quality Management System with the Medicare Conditions of Participation.

"Patient safety includes each of us at **Houston Healthcare** and providing our patients and their family members with safe, quality care is our top priority," says **Charles Briscoe**, President and Chief Executive Officer for **Houston Healthcare**. "It's imperative that we remain committed to patient safety and through the DNV GL program, we are able to consistently integrate their ISO 9001 quality standards with

our clinical and financial processes to help improve the overall patient experience."

**Houston Healthcare** has three years from the date of its accreditation to achieve compliance with ISO 9001, the world's most trusted quality management system used by performance-driven organizations around the world to advance their quality and sustainability objectives.

"We have taken an entirely different approach to accreditation, and hospitals are really responding," says DNV GL -

Healthcare CEO Patrick Horine. "Since accreditation is a must-have credential for just about every hospital in this country, why not make it more valuable, and get more out of it? That's where ISO 9001 comes into play, and turns the typical get-your-ticket-punched accreditation exercise into a quality transformation."



# Protecting Your Health This Season with a Flu Vaccine is More Important Than Ever

Getting a flu vaccine this season is more important than ever to protect yourself, your family, and your community, says The Centers for Disease Control and Prevention (CDC). A flu vaccine this year can also help lessen the burden on local healthcare systems currently responding to the COVID-19 pandemic and help save medical resources needed for the care of COVID-19 patients.

**What is the flu?** Influenza is a contagious respiratory illness caused by influenza viruses that can cause mild to severe illness. Serious cases of flu infection can result in hospitalization or death, especially for older adults, young children, or people with compromised immune systems. Influenza A and B viruses commonly spread in people are usually responsible for seasonal flu outbreaks each year.

“Symptoms of the flu are very similar to that of a cold, so if you do start feeling sick during the winter months, talk with your doctor to find out how to best care for your illness,” explains **Cyrenah Stokley, DO**, Family Practice physician on the Medical Staff at **Houston Medical Center**. “The flu can be a very serious illness. The sooner you recognize the symptoms and begin taking medication, resting and staying home, the more likely you are to recuperate faster.”

## **Why should you get a flu vaccine, especially**

**this year?** Every flu season is different, and this season could be particularly challenging with the COVID-19 pandemic. A typical influenza infection for millions of people every season results in fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and several miserable days spent in bed. Unfortunately, hundreds of thousands of others are hospitalized each flu season with flu-related complications, while thousands to tens of thousands die from flu-related causes. Hospitals have already experienced shortages in ICU beds and ventilators this year from the COVID-19 virus. During flu season, when both the flu and COVID-19 could be circulating in communities, hospitals may again be limited in their abilities to care for people seriously ill with the flu, COVID-19, or both.

“Getting an annual flu vaccine has been shown to prevent millions of flu illnesses and flu-related doctor visits each year. It is especially crucial this year for those individuals who are at a higher risk for flu-related complications. We also recommend vaccination for anyone providing care to another person. Take the time to get the flu vaccine so you can protect yourself and those around you,” advises **Stokley**.

**How effective is the flu vaccine?** While not perfect, the flu vaccine effectiveness ranges between 40 to 60 percent during a

typical season. Those who do contract the flu after vaccination usually experience a milder case because the vaccine reduces the risk of severe illness and flu-related death. According to the CDC, half of all Americans received the flu shot during the 2019-2020 flu season, thus preventing an estimated 4.4 million cases of the flu, 58,000 hospitalizations, and 3,500 deaths – roughly saving 10 lives per day during last year’s flu season.

**When should you get a flu vaccine?** While the CDC recommends getting vaccinated between September and October for best results, vaccination into December and later can be beneficial to help prevent the spread of the flu. It takes about two weeks after vaccination for antibodies that protect against influenza virus to develop in the body.

**Who should get a flu vaccine?** The CDC recommends a yearly flu vaccine for everyone six months of age and older as the first and most important step in protecting against seasonal flu viruses. There are 11 vaccines approved by the Federal Drug Administration (FDA) for the 2020-2021 season, and most are available as shots. This season, the CDC again recommends that providers use any licensed, age-appropriate influenza vaccine (Inactivated influenza vaccines (IIV); Recombinant influenza vaccine, quadrivalent (RIV4); or Live attenuated influenza vaccine (LAIV4)) with no preference

expressed for any one vaccine over another.

**Who should NOT get a flu vaccine?** Infants under six months of age are too young for the flu vaccine; however, if their mother received a flu shot while pregnant, the infant should have partial protection against the flu after birth. Anyone who has had severe, life-threatening allergies to the flu vaccine or any of its ingredients should not be vaccinated. Individuals with egg allergies, a history of allergies to vaccines or ingredients of the flu vaccine, or those who have had Guillain-Barre syndrome should talk to their doctor before getting vaccinated.

**Where to get a flu vaccine?** Flu vaccines are offered in many locations, including doctors’ offices, health departments, pharmacies, health centers, and travel clinics, as well as by many employers and schools.



*“Getting the flu vaccine is simple, and it’s the most important thing you can do to protect yourself and your family from the flu.”*

*Dr. Cyrenah Stokley, Family Practice physician on the Medical Staff at Houston Medical Center*



# February is Heart Month

## Know the Warning Signs of a Heart Attack

Nothing says heart attack like chest pain, or does it? Getting treatment within 90 minutes of the onset of a heart attack plays a major role in having a successful outcome. But does that pressure and nausea require an antacid or a trip to the emergency room? While it may be tempting to blame that chest pain on lunch, for some 30,000 Americans each year that pain is actually a heart attack. But how can one be sure?

### Warning Signs of a Heart Attack

So, what are the warning signs of a heart attack? Severe pain is not always an accurate indicator. Sometimes gas or indigestion can be mistaken for a heart attack. If a person experiences any of the following symptoms, seek medical attention immediately:

- Pressure, fullness, pain or squeezing in the center of the chest that lasts for more than a few minutes or goes away and comes back;
- Chest pain that radiates to the shoulder, neck, jaws or arms;
- Chest discomfort along with light-headedness, fainting, sweating, clamminess, nausea or shortness of breath;
- For women, shortness of breath, fatigue, nausea and upper abdominal pain along with any of the above.



**Houston Heart Institute**, a service of **Houston Healthcare**, has a 24-hour, on-call staff to treat patients with emergency heart problems. The **Heart Institute** team has the capabilities and equipment to treat an active heart attack and restore blood flow to the heart to minimize damage. Emergency procedures may include placement of a temporary pacemaker to treat slow heartbeat caused by heart attack, surgery complication or medicine overdose. Another emergency procedure includes placement of an intra-aortic balloon pump (IABP) inside the heart to help the heart function until it becomes stronger after a heart attack.

**If there is any reason to suspect a person is having a heart attack, do not wait.  
Call 911 and get to an Emergency Room as quickly as possible.**

## Celebrating our Physicians

Each year, Houston Healthcare celebrates the service and commitment of our physicians on staff at Houston Medical Center and Perry Hospital. With more than 300 physicians on staff at our facilities, we could not provide the level of care that we do to our patients without their compassion and dedication.

“Every day we see how committed our physicians are to our patients and to improving their health and quality of life,” says **Charles Briscoe**, President and Chief Executive Officer for **Houston Healthcare**. “However, since the beginning of this COVID-19 pandemic, we have seen our physicians shine in so many different ways. They have been such assets to our nursing and clinical teams, and we are so incredibly proud to have each of them as a partner to improve the health of our community.”

*The first Doctors' Day was observed in 1933 in Winder, Georgia, and in 1990 President George Bush designated March 30<sup>th</sup> as National Doctors' Day. The red carnation is commonly used as the symbolic flower for the day.*



**March 30<sup>th</sup> is  
National Doctors' Day**

# EduCare CALENDAR

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](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 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, January 20, February 17, March 17**  
1 – 3 pm

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

### Protect Your Heart: Blood Pressure Management

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.

📍 **Wednesday, February 3**  
5 – 6 pm

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

### Protect Your Heart: Cholesterol Management

Knowing your lipid or cholesterol numbers and understanding how they relate to coronary artery disease can help you make changes that protect your heart and long-term health. Learn about risk factors of high cholesterol and how to improve these numbers. Taught by a Registered Nurse.

📍 **Wednesday, February 10**  
5 – 6 pm

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

### Protect Your Heart: Inflammation Management

Research has linked inflammation to nearly every critical chronic disease. Persons with long-term inflammation are more susceptible to diabetes, cancer, dementia, arthritis, depression, and heart disease. Learn how to protect your heart and your body from these harmful effects.

📍 **Wednesday, February 17**  
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 free, 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.

📍 **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, *Houston Medical Center* – 975-5346 or *Perry Hospital* – 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 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.

📍 **Wednesday, January 6, February 3, March 3**  
1 – 2 pm

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

### 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 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 923-9771 or fax referral to 975-6776.

### Diabetes Self-Management Education Course

Houston Healthcare's Diabetes Self-Management Education 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 with a Registered Dietitian, and two comprehensive skill classes. A physician referral is required. For more information, call 923-9771 or fax referral to 975-6776.

### 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 923-9771 or fax referral to 975-6776.

## 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!

📍 **Wednesday, January 6, February 3, 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 Make 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 activity. 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, January 13, February 10, March 10**  
6:30 – 8:30 pm

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

### Baby Care Boot Camp

This class is an introduction to caring for a newborn. 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. This free class provides education as well as an opportunity to ask questions or discuss concerns.

📍 **Tuesday, February 9 or March 23**  
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 the family. This class focuses on infant through toddler and includes information on home safety issues and poison control. Sudden Infant Death Syndrome (SIDS), infant development, along with a car seat overview. If you are a new or soon-to-be grandparent, this class will get you ready for your new adventure becoming a GRAND-parent!

📍 **Wednesday, February 17**  
6:30 – 8:30 pm

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

Join the Conversation at ...





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## Houston Healthcare's Physician Practices

[www.hhcphysicians.com](http://www.hhcphysicians.com)

### BEHAVIORAL HEALTH



#### HOUSTON BEHAVIORAL HEALTH ASSOCIATES

*Dr. John Bocock, Dr. Sheldon Brown, and Dr. Dan Ioanimescu*

233 North Houston Road, Suite 103  
Warner Robins | (478) 352-7001

### EAR, NOSE & THROAT



#### HOUSTON ENT ASSOCIATES

*Dr. Nancy Butler*

233 North Houston Road, Suite 171  
Warner Robins | (478) 352-7050

### ENDOCRINOLOGY



#### HOUSTON DIABETES & ENDOCRINE ASSOCIATES

*Dr. Olena Klindukhova*

233 North Houston Road, Suite 101  
Warner Robins | (478) 352-7010

### GASTROENTEROLOGY



#### HOUSTON GASTROENTEROLOGY ASSOCIATES

*Dr. Fredrick Oni*

1700 Watson Boulevard  
Warner Robins | (478) 922-2930

### PRIMARY CARE



#### HOUSTON FAMILY CARE ASSOCIATES

*Dr. Juan Velazquez (Bilingual/Bilingüe)*

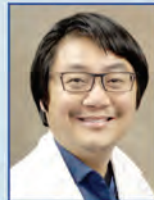
233 North Houston Road, Suite 140F  
Warner Robins | (478) 352-7070



#### PAVILION FAMILY MEDICINE CENTER

*Dr. Cyrenah Stokley*

233 North Houston Road, Suite 140E  
Warner Robins | (478) 975-6880



#### PERRY FAMILY MEDICINE ASSOCIATES

*Dr. Andrew Wang*

1019 Keith Drive, Suite A  
Perry | (478) 218-1801

### UROLOGY



#### HOUSTON UROLOGY ASSOCIATES

*Dr. Victor Andress and Dr. Trent Sterenchock*

233 North Houston Road, Suite 100  
Warner Robins | (478) 293-1580

### VASCULAR



#### HOUSTON VASCULAR ASSOCIATES

*Dr. Todd Jenkins*

233 North Houston Road, Suite 173  
Warner Robins | (478) 352-7040



HOUSTON HEALTHCARE

*Serving Houston County and surrounding areas since 1960*



# My Child Needs a Tonsillectomy. What's Next?

Your child's pediatrician has recommended a tonsillectomy for your child's recurring throat infections, and referred you to an ear, nose and throat surgeon, or an ENT.

## What are tonsils?

Tonsils are small, round clumps of lymph tissue located at the back of the throat – one on either side. They are part of the body's immune system. There are three sets of tonsils, and it is rare that all three sets are ever removed.

## What is a tonsillectomy?

A tonsillectomy is the surgical removal of the tonsils. The procedure is typically performed in the operating room under general anesthesia by an ear, nose and throat surgeon, or an otolaryngologist. The tonsils are removed through the mouth without any visible scars following surgery.

Usually in patients less than 18 years of age, the adenoids – also known as the pharyngeal tonsils – are also removed.

## Will my child's immune system be weaker if their tonsils are removed?

The tonsils are just a very small part of our body's immune system. On average, children who have a tonsillectomy are no more susceptible to illnesses than children who "keep" their tonsils. Some children will get sick less often after their tonsils are removed.

## Why does my child need a tonsillectomy?

"A tonsillectomy may be recommended for your child if they are experiencing frequent throat infections called tonsillitis," explains **Nancy N. Butler, MD, MPH**, otolaryngologist on the medical staffs at **Houston Medical Center** and **Perry Hospital**. "Recurring tonsillitis cases are usually defined as seven or more

infections in a single year, five or more in each of the last two years, and three or more in each of the last three years. However, the vast majority of tonsils and adenoids are removed to improve sleep quality."

While removing the tonsils will not protect your child from the common cold or every sore throat, it will prevent your child from getting tonsillitis again.

"Your pediatrician may also recommend a tonsillectomy

for your child if their tonsils are enlarged and they are having difficulty breathing or swallowing, or if your child has obstructive sleep apnea caused by enlarged tonsils," adds **Dr. Butler**.

## What can I expect after surgery?

"A tonsillectomy is an outpatient procedure that usually takes 20 to 30 minutes," says **Dr. Butler**.

"Your child's throat will be very sore for roughly two weeks following surgery. Even though it will be painful to swallow, it's very important that your child drink plenty of fluids after the procedure to prevent dehydration."

In addition, your child may run a slight fever for a few days and complain of an earache in one or both ears. "Ear pain can be caused by the throat surgery and goes away when the sore throat gets better. Neck soreness, bad breath and snoring are also common after a tonsillectomy and will usually go away within a few weeks," adds **Dr. Butler**.

Most children will need to be kept out of school or daycare for at least seven to 10 days after surgery and avoid vigorous physical activity for at least two weeks. Upset stomach and vomiting are also common during the first 24 to 48 hours after the procedure. If the vomiting persists or you notice any signs of dehydration in your child, call your pediatrician immediately.



*National health statistics indicate that pediatric ear, nose and throat disorders are still among the top reasons children visit a physician – with ear infections ranking as the number one reason. Children with their little developing bodies and senses sometime require special attention. ENT, or otolaryngology, specialists treat birth defects of the head and neck, developmental delays, ear infections, tonsils and adenoids, asthma and allergy, airway problems, and more.*



**Nancy N. Butler, MD, MPH**  
Otolaryngologist



233 North Houston Road, Suite 171  
Houston Health Pavilion – W3 Entrance  
Warner Robins, GA 31093

(478) 352-7050  
hhcphysicians.com

**Dr. Nancy N. Butler** is board certified by the American Academy of Otolaryngology Head and Neck Surgery. She is on the medical staffs at **Houston Medical Center** and **Perry Hospital**. For more information about Dr. Butler, visit the Physician Directory on our website, [hhc.org](http://hhc.org).

*"How can a parent know if their child might benefit from having their tonsils or adenoids removed? Parents can assess if the child snores, is restless, and seems hard to wake up in the morning. There are also cases of bed wetting that will resolve after removal of tonsils and adenoids."*

*Dr. Nancy N. Butler, MD, MPH, otolaryngologist on the Medical Staffs of Houston Medical Center and Perry Hospital*

# New Year, New You 2021

**H**ouston Healthcare’s “New Year, New You” is a chance to reset and re-engage in healthy habits for the New Year. This year’s event will focus on “Healthspan” – or living healthier, not just longer. If lifespan is the amount of time a person lives, HEALTHSPAN is the amount of that time in which a person is in good health.

*New Year, New You* is an event centered on making positive choices that enrich the life we live. Sessions focus on lifestyle habits that contribute to health as well as resources available through Houston Healthcare to assist in making those positive changes for life. Join us and learn what you can do to enhance your health as you begin another year. Wear comfortable shoes and clothes as this will be an interactive program.



*Houston Healthcare will host their annual “New Year, New You” event January 13<sup>th</sup>, 9 am - 1 pm in the Cary W. Martin Conference Center. Lunch will be provided. To register, call EduCare at (478) 923-9771.*

## Houston Healthcare da Vinci Robotic Cases Surpass 400

**O**n Thursday, October 22<sup>nd</sup> **Houston Medical Center** completed its 400<sup>th</sup> robotic assisted surgical case. In November 2019, the first robotic case was performed with assistance of the *da Vinci Xi* Surgical System.

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.

“Houston Healthcare is proud to offer robotic surgery. Our robotic equipment assists the skilled physician in providing minimally invasive surgery,” shares **Dr. Mindy Hartley**, DNP, MBA-MHA, RN, NE-BC, Chief Operating Officer for Houston Healthcare. “This tool allows the physician to make small incisions and obtain a high definition look inside the body while the physician performs the surgical procedure. Investment in this technology is another way **Houston Healthcare** is working

to provide our community with exceptional care ‘at home’ in our county.”

**Houston Healthcare** physicians using the *da Vinci Xi* system initially included general surgeons but has now expanded to a gynecologist. Robotic surgery significantly decreases recovery time, infection rates, blood loss, and pain. Because of this, the use of robotic surgery improves patient care, reduces length of stay, and consumes fewer resources.

One physician, **Dr. Kerry Rodgers**, general surgeon on the medical staff at **Houston Medical Center**, has championed the program from its inception and continues to be an advocate for the benefits to the patient.

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

**Dr. Rodgers** has now completed his 200<sup>th</sup> case using the *da Vinci Xi* robot.



*Dr. Kerry Rodgers, General Surgeon, demonstrates how the da Vinci Xi robot works.*

### Statement of Nondiscrimination

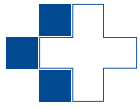
Houston Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**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.





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## da Vinci Xi Surgical System

The latest in surgical  
technology at our fingertips.

### Benefits to the patient:

- Less invasive than open surgery.
- Smaller incisions, thus less scarring.
- Less blood loss and lower infection risks.
- Shorter hospital stays thus faster recovery and return to work/daily life.

### Common robotic procedures:

- Bariatric Procedures
- Cholecystectomy
- Colectomy
- GYN Procedures
- Hernia Repair



**HOUSTON HEALTHCARE**

*Continuing to bring the most innovative advances in healthcare technology to our community.*

For more info on the da Vinci Xi Surgical System, please contact us at **(478) 975-6585**