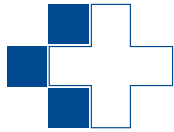


House CALLS



A Publication of Houston Healthcare

July-August-September 2020

Upcoming EVENTS

Due to COVID-19, we have not been able to hold classes for the past several months. We are working to add more classes as appropriate moving forward. Please see the list below for what is available currently. If you have any questions about classes and availability, please call EduCare at 923-9771.

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, 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 6 monthly follow-up sessions with a trained Lifestyle Coach. For more information, please call 923-9771.

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, August 6**

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, August 13**

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 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, July 28**

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.

Pink Picnic 2020

Due to circumstances surrounding COVID-19, we will not be having our annual breast cancer awareness luncheon, The Pink Picnic, this year. We are saddened by this and always look forward to this wonderful event with our community members. Please continue to check with EduCare to see what upcoming events may be of interest to you.

Houston Healthcare Opens Wound Healing Center at Perry Hospital

It is estimated that chronic wounds affect 6.7 million people in the United States and that number is rising, fueled by an aging population and increasing rates of conditions such as diabetes, obesity and the late effects of radiation therapy. If left untreated chronic wounds can lead to diminished quality of life and possibly amputation of the affected limb.

The Wound Healing Center at Perry Hospital offers advanced wound care for people living with chronic, non-healing wounds. Houston Healthcare has partnered with Healogics, the nation's leading provider of advanced, chronic wound care services. Healogics is headquartered in Jacksonville, Florida, and has a nationwide network of nearly 700 Wound Care Centers®.

“Partnering with Healogics allows us to bring their expertise in wound care healing to our patients and families,” says Charles Briscoe, Chief Executive Officer for Houston Healthcare. “As a system, we’ve provided a similar service for years within our hospitals, but this opportunity enhances the delivery of care for our patients and provides an even broader array of services our community members can take advantage of when needed.”

The Wound Healing Center at Perry Hospital offers an evidence-based, systematic approach to advanced wound care. A patient's individualized treatment plan may include specialized wound dressings, debridement, compression therapy, advanced cellular products and topical growth factors, edema management and/or non-invasive vascular assessment. These treatments are the result of a team

approach between the Center's physicians, nurses and the referring physician. A treatment plan is developed and scheduled based on the patient's needs. Once treatment is complete, the patient will return to their primary physician to continue routine care.

Additionally, the Wound Healing Center at Perry Hospital will be equipped with Healogics newest technologies: Clinical OptimizationSM and Decision SupportSM. These applications on Healogics' WoundSuiteSM platform, enable the critical connection between people living with chronic wounds and their multi-disciplinary healthcare team for collaborative, evidence-based, patient-centered care.

“As a Vascular Surgeon, I see the benefits first hand of quality wound care and what an impact it can make on the patient's quality of life,” shares Todd Jenkins, MD, Medical Director for the Wound Healing Center and member of the Medical Staffs at Houston Medical Center and Perry Hospital. “I'm looking forward to working with the staff to help educate our patients and their family members, as well as the community, on the benefits of our wound healing services.”

Likely candidates for treatment at the Wound Healing Center are those suffering from diabetic ulcers, pressure ulcers, infections, compromised skin grafts and flaps, and wounds that haven't healed within a reasonable time frame. People with wounds that have not improved with traditional methods of treatment may benefit from a visit to the Wound Healing Center at Perry Hospital. A physician referral is not needed, so call today.



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Fall Prevention Tips for *Babies* and *Toddlers*

September is Baby Safety Month

As parents, our job is to keep our children safe and secure so they can reach their full potential. Part of that job is being proactive and aware of things that can harm our children, such as falls. According to the Centers for Disease Control and Prevention, approximately 8,000 children are treated in U.S. emergency rooms each day for fall-related injuries. Fortunately, most falls can be prevented by following these tips:

Protecting Babies

Babies grow and move so fast from one stage of development to the next during their first year. Being knowledgeable about your baby's abilities and what skills he or she is likely to develop with each stage can help you prevent injuries. Keep these tips in mind to reduce fall risks:

- **Never leave a baby unattended in high places**, such as a tabletop, in a crib with sides down, or even on a bed or sofa.
- **Don't leave a baby unattended in any type of infant seat** or "sitting" toy, such as a swing or jumper. Use all the safety straps provided according to the directions.
- **Remember a baby with a pacifier or other object in their mouth can also injure their face and/or mouth if they fall.**
- **Use sliding "baby" gates at top and bottom of stairways.** Look for a gate with openings no larger than 2.3 inches wide. Avoid using accordion-style gates because a child's head could get caught in the gate.
- **Never leave a baby unattended in a baby walker near stairs or other drop-offs.**
- **Keep babies away from elevated porches, decks and landings.**
- **Never leave your baby alone** in or around a bathtub or swimming pool.
- **Make your home safe from falls** by removing potential hazards that could cause a fall.

Protecting Toddlers and Young Children

Toddlers and young children are rarely still, move quickly and love to explore, climb, run and dance -- all of which put them at risk for injuries and falls. Be proactive with these tips to prevent accidents:

- **As soon as your baby takes his or her first step, lock doors to all dangerous areas and keep the keys out of sight and arms' reach.**
- **Always use the safety straps when using high chairs and changing tables, and don't leave a child unattended.**
- **Keep stairs clean and safe.** Train your child to hold onto the rail and to walk carefully down, taking each step one at a time.
- **Attach double-sided tape, foam backing, or a rubber pad to throw rugs to secure them to flooring.**
- **Pay attention to your toddler walking outside** on uneven ground to prevent trips and falls.
- **Have your child stay seated when eating or drinking,** and don't allow them to walk or run with objects in their mouth.
- **Install window guards.** Make sure all windows are closed and locked securely. Don't place chairs or other furniture close to windows.
- **Don't allow children to climb onto furniture.** Secure top-heavy furniture to the walls to prevent tip overs.

Other preventive measures to consider include:

- **Playground equipment**, particularly slides and monkey bars. Avoid playgrounds that don't have a soft surface beneath equipment.
- **Avoid trampolines.**
- **Only allow your child to ride solid, stable tricycles that are low to the ground.** Make sure they always wear a helmet and avoid steep downhill slopes.
- **Install bed rail guards to prevent falls.** Make sure rail openings are small enough to prevent a child from getting trapped, which can lead to suffocation or choking.

Making a Changing Table Safe for Baby

Falls from changing tables cause serious and debilitating injuries to children each year. It just takes a few seconds for an unattended baby or toddler to roll or pull themselves off a changing table. The following tips can help make any changing table safer for your baby or toddler:

- **Guardrails:** a suitable changing table should have a guardrail at least two inches tall on all four sides.
- **Concave Changing Surface:** a safe changing table will have a concave design, meaning the center is slightly lower than the sides. This design makes it harder for your baby to roll towards the sides.
- **Safety Straps:** changing tables with a safety strap offer an extra level of protection; however, the strap is designed to keep your baby still, not to secure them to the table. Even with the strap, never leave your baby unattended on the table.
- **Keep All Supplies in Reach:** keep everything you need to change your baby's diapers handy and within easy reach to avoid leaving your baby unattended.
- **Inspect Changing Tables:** never place your baby on a changing table that hasn't been thoroughly inspected, particularly if you haven't used the table before.



Tips for a Healthy Prostate

September is Prostate Cancer Awareness Month

At some point in their lives, almost all men are guaranteed to develop an issue with the prostate, a walnut-sized gland located below the bladder whose primary function is to produce fluid that nourishes and protects sperm. According to the Centers for Disease Control and Prevention (CDC), prostate cancer is the most common non-skin-related cancer among men in the U.S., with approximately 180,000 new cases diagnosed each year. More common conditions of the prostate are an enlarged prostate, or benign prostatic hyperplasia (BPH), and prostatitis, an inflammation of the prostate.

“Even though it’s a relatively small gland, the prostate can cause big problems if it gets infected or grows larger than normal,” explains **Trent Sterenchock, MD**, Urologist and member of the **Houston Medical Center** and **Perry Hospital Medical Staffs**. He offers the following tips to keep the prostate healthy and functioning normally.

Maintain a Healthy Lifestyle

While many men don’t worry about their prostate health until later in life, **Sterenchock** recommends making healthy lifestyle decisions early.

“A healthy, balanced diet combined with regular exercise has been shown to reduce a man’s chance of developing an enlarged prostate,” says **Sterenchock**. “It’s important to start working on a healthier lifestyle when you’re younger to reap the benefits later.”

A diet rich in fruits, vegetables, and healthy fats has been shown to have a positive impact on testosterone levels and prostate health. In addition to reducing your risk of heart disease, stroke and diabetes, regular exercise is also beneficial for prostate health. Studies have shown that men who exercise at least five hours per week have a 50 percent less chance of developing an enlarged prostate.

“Exercise can be as simple as walking 30 minutes a day. Any exercise that is good for the heart, is also good for the prostate,” says **Sterenchock**.

Stop Smoking

According to the CDC, roughly 480,000 deaths occur each year in the U.S. due to smoking or exposure to secondhand smoke. Stopping smoking is very important for a healthy prostate, says

Sterenchock. “The carbon monoxide in tobacco attaches to red blood cells and reduces their oxygen-carrying capacity. This makes it harder for oxygen to travel through the body, including the prostate.”

Get Screened

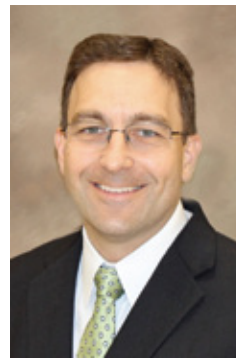
It is recommended that men with an increased risk of prostate cancer—those with a family history of breast or prostate cancer, or are African-American—should consider getting screened for prostate cancer starting at age 40. Men with an average risk should begin screening at age 55. Screenings for prostate cancer can include a digital rectal exam and a prostate-specific antigen (PSA) blood test.

“It’s important to talk with your primary care provider about your options for screening and how often so you can make a well-informed decision.”

Trent Sterenchock, MD, Urologist and member of the Houston Medical Center and Perry Hospital Medical Staffs.



HOUSTON UROLOGY ASSOCIATES



Houston Healthcare is pleased to welcome **Dr. Trent Sterenchock** to the Medical Staffs of **Houston Medical Center** and **Perry Hospital**. For more information about **Dr. Sterenchock**, visit the Physician Directory on our website, www.hhc.org.

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10 Tips for Healthy Aging

September is Healthy Aging Month

Staying healthy, feeling your best and living life to the fullest is important at any age. Below are 10 tips to help you enjoy growing older:

- Stay Active.** Regular exercise has shown to be highly effective for your overall physical and mental wellbeing. It can significantly reduce your risk of diseases, such as heart disease and cancer, as well as lower stress and improve sleep. The Department of Health and Human Services recommends adults do between 2.5 to 5 hours per week of moderate to vigorous-intensity exercise along with muscle strengthening activities two or more days per week.
- Mind Your Diet:** Healthy foods are best when it comes to aging well. Try to eat nutrient-dense foods, such as fruits, vegetables, whole-grain foods, and lean protein like fish and beans. Avoid overindulging on sweet, salty and highly processed foods. For best results, follow your doctor’s suggestions regarding your personal dietary restrictions.
- Get Enough Sleep:** Adequate sleep is important for optimal physical and mental health. Not getting enough sleep can cause depression, irritability, increased fall risk and memory problems. Adults over age 18 should aim for at least seven to eight hours of sleep every night. Try to create a regular bedtime routine. Keep your bedroom dark, cool and noise-free, and avoid caffeine late in the day.

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4. **Reduce Stress:** It is estimated that approximately 90 percent of illnesses can be attributed to stress. Left untreated, stress can damage brain cells and lead to depression, memory loss and fatigue. You can manage stress by getting enough sleep, exercising regularly, getting the proper nutrition and trying some relaxation techniques. Talking to a loved one or counselor can also help.
5. **Maintain Your Brain:** Keeping your brain active is just as important as exercising your body. Maintaining critical and creative thinking can actually help to prevent cognitive decline and memory problems. Participating in games or sports, putting together puzzles, trying out new cooking recipes, or learning a new language are all fun ways to maintain your brain.
6. **Stay Social:** Meaningful relationships and a strong social support system can improve your mental and physical health and overall quality of life. Maintain communication with family and friends, schedule regular meet-ups, or reach out to friends and family who might be isolated or lonely. Even having a furry four-legged friend can lower stress and blood pressure, reduce loneliness and lift your spirits.
7. **Stop Smoking and Reduce Alcohol Consumption:** Smoking and alcohol have both been linked to premature aging and increased risk of disease. Quitting smoking is hard, but there are resources available to help. Ask your doctor for recommendations. Limiting your intake of alcohol to one drink per day for women and two drinks per day for men can help you avoid other health risks as well.
8. **Practice Good Dental Hygiene:** Neglecting your teeth not only ages your smile but also puts you at risk for gum disease, which has been linked to heart disease, stroke and bacterial pneumonia. According to the American Dental Association, with regular visits, your dentist can spot early signs of nutritional deficiencies, infection, oral cancer, and other illnesses, including diabetes. It's recommended you brush your teeth twice per day, floss once per day and use a mouth rinse.
9. **Drink Plenty of Water:** How much water you should drink depends on your thirst, activity level, how often you go to the restroom, how much you sweat, and your gender. Drinking enough

water can keep you regular, improve your energy level and brain function, and reduce signs of aging by keeping your skin healthy.

10. **Visit Your Doctor Regularly:** With regular visits, your primary care physician can find problems early or even before they start. Ask your doctor how often you should have checkups and what age-appropriate screening tests you need. Don't forget to visit your doctor anytime you experience anything unusual or have any changes to your health.

Andrew Wang, DO, Family Medicine physician and a member of the **Perry Hospital Medical Staff** says the keys to aging gracefully are living your best life and having the physical and mental health to enjoy it. "Stay active, maintain a healthy lifestyle, surround yourself with people that care about you, and do things you enjoy. If you're worried about your health, are having trouble seeing the positive side of getting older, or have any concerns about how you're aging, don't hesitate to talk to someone. Growing old should be an adventure!"

