

# EduCare Calendar October-November-December 2004

Seating for our EduCare programs is limited. Please pre-register by calling 923-9771 or online at [www.hhc.org/community\\_ed](http://www.hhc.org/community_ed). Classes may be cancelled due to lack of registered participants. All programs are free unless a cost is noted.

## GENERAL HEALTH & WELLNESS

### Walk for Wellness

Need to exercise? Like to set your own schedule? We have the program you are looking for! Where: Sign up at *Houston Health Pavilion EduCare Center*. When: Anytime! Call 923-9771 to make an appointment to sign up and get your first fitness evaluation. Cost: \$25 per person. Monthly evaluations including blood pressure, weight, blood sugar (if diabetic) performed by a registered nurse. Participants will also receive a walking logbook. Walking is done on your own. Incentive awards will be given after completing 100 miles, 500 miles 1000 miles, etc.

### Hypertension Self-Management

Gain the knowledge and skills you need to control your high blood pressure -- hypertension. This class presents a specific topic each month. Educational materials, blood pressure and weight screenings are available. You must have a physician's order to attend. Call 923-9771 to pre-register. Tuesdays, October 5, November 2, December 7 4 - 5 pm *Houston Health Pavilion EduCare Center*

### Weight Watchers

Weight Watchers can help you lose weight and enjoy a healthier lifestyle. Call Faye Tripp at 987-6262 for more information. Mondays 5-6 pm *Perry Hospital Medical Library* Cost: \$18 to join with a weekly member fee of \$12

### Critical Conditions Program

In an age when more Americans fear the process of dying than death itself, the citizens of Houston County are set to be the beneficiaries of improvements in health care at the end of life. Houston Healthcare, in a joint effort with Georgia Health Decisions, is sponsoring Critical Conditions SM, a program to educate and engage adults in planning for health care at the end of life. To learn more about this program and to receive a copy of the legal document that combines durable medical power of attorney and the living will, call 923-9771 to pre-register. Wednesday, November 17 2 - 3 pm *Houston Health Pavilion EduCare Center*

### Pre-Diabetes: Do You Fit The Picture?

Are you overweight (particularly around your middle), do not exercise, have high blood pressure, high cholesterol, sleep apnea, or polycystic ovary disease? Then, you may have pre-diabetes. Sandra Brenner, PhD, RD, CDE and Lynn Cochran, RN, CDE, will discuss the signs, symptoms and how to prevent pre-diabetes from developing into Diabetes Type II. This condition is in epidemic proportions in American today but it can be treated. Don't miss this important medical information. Must pre-register to attend. Call 923-9771. Monday, December 13 7 pm *Houston Health Pavilion EduCare Center*

### Carbs & Calories

Are you on the low-carb bandwagon? Just what causes weight gain - carbs or calories? Sandra Brenner, PhD, RD, will give you the straight facts about carbohydrates, calories, even protein and fat. You do not want to miss this informative lecture on the TRUE facts about carbs. Call 923-9771 to pre-register. Tuesday, November 30 7 pm *Houston Health Pavilion EduCare Center*

### Cancer Bingo

Play cancer bingo with us and learn facts about different types of cancer prevention. Light refreshments will be served and door prizes will be given. Call 923-9771 to pre-register. Thursday, November 4 2 - 3:30 pm *Houston Health Pavilion EduCare Center*

### Beware the Grim Reaper!

He will be out and about in Houston County from 10 am to 2 pm. For those found in possession of tobacco products on this GREAT AMERICAN SMOKEOUT DAY, the Reaper will offer to exchange your tobacco for a Tootsie Pop and smoking cessation information or sentence you to a future of emphysema, lung cancer, chronic obstructive pulmonary disease, heart disease, etc. If your organization would like to schedule a personal visit from the Grim Reaper, call 923-9771 and set up an appointment. Thursday, November 18

### SENIORCARE

Promoting wellness of mind, body and spirit for senior adults in the Houston County area. \*All SeniorCare exercise participants must acquire a signed Physician Referral Form from their family physician.

### Perry SeniorCare

Each Monday (10 am), Wednesday (9:30am) and Friday (10am) at **Rozar Park** includes an exercise class featuring strength and flexibility stretching. On Wednesday only, Bingo immediately follows exercise. On Friday only, a healthy lunch (\$5) and a guest speaker targeting senior adults' mental, spiritual and physical health is provided after exercise. Call 988-1813 for more information.

### Warner Robins SeniorCare

Each Tuesday and Thursday (9am) at the **Houston County YMCA** (corner of Highway 96 and Moody Road) strength and flexibility stretching exercise will be led by a certified instructor. Once a month, a mini health check will be provided focusing on required annual checks for senior adults such as blood pressure, blood sugar and/or cholesterol. Call 988-1813 for more information.

### Centerville SeniorCare

Each Wednesday (9am) at the **New Centerville City Hall** includes a strength and flexibility exercise class led by a certified instructor. Once a month, a mini health check will be provided focusing on required annual checks for senior adults. For more information, call 988-1813.

### Psoriasis

Winter time is here. Psoriasis appears to be worse in cold weather. Terrell Wallace, PA-C from the practice of William Freeman, MD, will discuss signs, symptoms and the latest treatment for this common skin disorder. Do not miss this informative lecture. Light refreshments will be served. Call 923-9771 to pre-register. Thursday, November 4 7 pm *Houston Health Pavilion EduCare Center*

## HEALTH FAIRS & SCREENINGS

### Flu Shots

Call 923-9771 for dates, times and locations. Also, if you have a group of 15 or more and would like to have flu shots given at your location, contact 923-9771. Must have Medicare card with you. Cost: \$24

### Blood Pressure Checks for Senior Adults

Flu shots will be available at all October Senior BP screenings. Medicare will be accepted. Mondays, October 18, November 15, December 20 11 am - 12 Noon *Older American Council at Rozar Park - Perry*

Tuesdays, October 26 (9 am), November 9 (8:30 am), December 14 (2 pm) *Recreation Department - Warner Robins Wellston Senior Citizens Center*

Tuesdays, October 26, November 9, December 14 (1 pm) 10:30 - 11:30 am *Older American Council at the Wellston Center Warner Robins*

Thursdays, October 28 (10:30 am), November 9 (8:30 am at Wellston Center), December 14 (2 pm at Wellston Center) *Ted Wright Park - Warner Robins*

Thursdays, October 21, November 18, December 16 *Centerville Seniors 9 am New Centerville City Hall*

### Georgia National Fair Midday Health Fair

Join us at the Georgia National Fair for health screenings. Blood glucose, cholesterol and blood pressure will be done for \$5. Flu shots available for \$24. Medicare cards will be accepted for the shots. Wednesday, October 13 2 - 6 pm *Reeves Arena, Georgia National Fairgrounds and AgriCenter*

### Peripheral Vascular Disease Screenings

Leg pain while exercising may not be due to overexertion, feeling tired or merely a sign of old age. These symptoms may be due to peripheral vascular disease (PVD). You must have an appointment. Call 923-9771 to schedule your appointment. Thursday, December 2 10 am - 3 pm *Health Connections Cardiac Rehab Center - Houston Mall* Cost: \$ 20

Fridays, October 15, 22, 29 & November 5, 12, 19, 26 & December 3, 10, 17 9 - 11:30 am *Houston Health Pavilion EduCare Center*

### COMMUNITY CPR

#### American Heart Association CPR

Learn how to recognize a heart attack and how to perform CPR and the choking maneuver. All participants will receive the American Heart Course C Certification. Class size is limited. Pre-registration is required by calling 923-9771. Saturdays, October 9, November 20 & December 18 9 am - 1 pm *Houston Health Pavilion EduCare Center* Cost: \$25

#### Re-certification for American Heart Association CPR Course C

Is it time to renew your CPR card? With current CPR card you can re-certify for 1/2 the class time. Saturdays, October 9, November 20 & December 18 1 pm *Houston Health Pavilion EduCare Center* Cost: \$25

### ACCIDENT PREVENTION

#### 55 Alive

A comprehensive driving course designed to update drivers aged 50 and over on the knowledge and skills of driving. Upon course completion, participants are eligible for a 10% discount on auto insurance. Pre-registration is required by calling Phil Baker at (478) 922-4680. Monday & Tuesday, November 8 and 9 5 pm *Houston Health Pavilion EduCare Center* Cost: \$10

**Houston HEALTH SOURCE**

## DIET INSTRUCTION FOR SPECIAL DIETS

Taught by Sandra Brenner, Ph.D., this class is for persons who have been prescribed a specified diet by a physician. Call 923-9771 to pre-register. Please state type of diet when registering. Tuesdays, October 12, November 9 & December 14 9 am - 1:30 pm *Houston Health Pavilion EduCare Center*

Fridays, October 15, November 12 & December 10 11:30 am - 1 pm *Houston Health Pavilion EduCare Center*

## DIABETES MANAGEMENT

### Diabetes Diet Instruction

This class, taught by Sandra Brenner, Ph.D., is for individuals with diabetes who need a diet review or people with newly diagnosed diabetes. A physician diet prescription is required. Mondays, October 25, November 22 & December 27 6 pm *Houston Health Pavilion EduCare Center*

Thursdays, October 14, November 4 & December 2 1:30 - 4 pm *Perry Hospital Cafeteria*

Fridays, October 15, 22, 29 & November 5, 12, 19, 26 & December 3, 10, 17 9 - 11:30 am *Houston Health Pavilion EduCare Center*

### Diabetes "In Control" Course

This American Diabetes Association class is taught by certified diabetes educators. The course will consist of 2 five-hour classes. Attendance to the diabetic diet class is a prerequisite. Physician referral is required. Medicare and most insurance companies accepted. Pre-assessment is also required. For more information and to pre-register call 923-9771. Tuesdays, November 16 and 23 4 - 9 pm *Perry Hospital Cafeteria*

Thursdays, October 21 and 28 and December 9 and 16 10 am - 3 pm *Houston Health Pavilion EduCare Center*

## MATERNAL/CHILD

### Childbirth Education

Houston Medical Center offers a series of childbirth education classes. The cost is covered by many insurance plans, including Medicaid. Other classes offered include Breastfeeding, Early Pregnancy, Big Brother/Big Sister Sibling, and Infant Safety and CPR. For more information and to pre-register call 923-9771.

## PARISH HEALTH PROGRAM

Sponsored by Houston Healthcare this program provides resources for churches to promote a healthy lifestyle. If you are interested in becoming a volunteer nurse for your church, please call EduCare at 923-9771.

### Asthma Education

Asthma education is recognized as a vital part of asthma management. AsthmaCare can help you take charge of your asthma. For more information on this free program, call Vicki Alexander, RN, FNP-C at EduCare, 923-9771 or Cindy Ireland at Perry Hospital, 988-1688.

## COOKING CLASSES

### Healthy Party Foods

Get ready for the holidays! Sandra Brenner, PhD, RD, will have recipes and tasting for healthy party foods that will get us through the holidays without ruining our blood sugar, cholesterol and waistline. Class size is limited so register early. Call 923-9771. Wednesday, October 27 11:30 am to 1 pm *Health Connections* Cost: \$5 per person

## EDUCATION/SUPPORT GROUPS

### Alzheimer's Support Group

For families, caregivers and friends dealing with Alzheimer's disease and related disorders. Sponsored by the Alzheimer's Association - Central Georgia Chapter. Tuesdays, October 26, November 23, December 28 7 pm *Houston Health Pavilion EduCare Center*

### Arthritis Support & Education

Wednesdays, October 20, November 17, December 15 10 am *Houston Health Pavilion EduCare Center*

### Breast Cancer Support & Education

Mondays, October 18, November 15, December 20 7 pm *Health Connections*

### Cardiac Support & Education

Join us for lunch and get the latest cardiac information. Pre registration is required. Call 923-9771 to register. Guest speaker is Carol Moyses, Ed.D. She will speak on holiday stress. Monday, November 22 12 noon *Health Connections*

### Compassionate Friends (For anyone dealing with the loss of a child.)

Thursdays, October 28 and November 18 (no December meeting) 7 pm *Houston Health Pavilion EduCare Center*

### NEW! DIABETES TYPE II SUPPORT GROUP MEETINGS

For adults with Type II Diabetes and their support system. Warner Robins: October 6, November 3, December 1

1 pm *Houston Health Pavilion EduCare Classroom* Or October 14, November 11, December 9 7 pm *Houston Health Pavilion EduCare Auditorium*

Perry: October 26, November 23, December 28 12 noon *Perry Hospital Cafeteria*

### "MOMS"- Moms Of Multiples

Tuesdays, October 19 & November 16 7 pm *Houston Health Pavilion EduCare Center*

### Multiple Sclerosis Support Group

Tuesdays, October 12, November 9, December 14 7 pm *Health Connections*

### Bereavement Support Group

Contact Hospice of Houston County at 953-5161

### SEAS- Surviving Everyday After Suicide

Adult support group meeting. There is no charge for attending this group. Anyone is welcome who has lost a loved one by suicide. Mondays, October 25, November 22, December 27 6 pm *Houston Health Pavilion EduCare Center*



Fall 2004

# Take Action Against the Flu ... Facts You Need to Know

Houston Healthcare



[www.hhc.org](http://www.hhc.org)

This Fall and Winter, many children and adults in Georgia will experience flu-like symptoms, and some will deal with a severe strain of the flu. Each year, 10 to 20 percent of Americans become ill, approximately 114,000 are hospitalized, and more than 36,000 die from influenza and related complications.

"Influenza (flu) is a viral infection that can cause a severe illness with serious life-threatening complications in children as well as adults," says Dr. M. Ogunsakin, Infectious Disease specialist and member of the medical staff of **Houston Medical Center**. "The good news is that it is preventable by taking the flu shot once a year in October."

Houston Healthcare urges adults and children over the age of six months to get a flu shot and take the following steps to help prevent the flu:

- **Avoid close contact with people who are sick.** When you are sick, keep your distance from others to protect them from getting sick too.
- **Stay home when you are sick.** If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.
- **Wash hands often,** especially after you have been out in public or touched things that other people have touched, like a grocery cart, a gas pump, public telephone or even a magazine in the doctor's office. Children should wash their

hands after sharing toys or books with other friends or classmates.

• **Cover your cough.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Avoid touching your eyes, nose or mouth.

• **Teach your children to cover their nose and mouth with a tissue** whenever they cough or sneeze. Throw away used tissue.

• **Make sure your children don't share drinking glasses or eating utensils.**

• **Take everyone in the family to get a flu shot every year.** The single best way to prevent the flu is to get vaccinated each fall, preferably during October or November. The flu shot is not a live virus, and it is safe for most people. Both the American Academy of Pediatrics and the Centers for Disease Control (CDC) encourage flu shots for children as young as six months of age. People who get the flu shot are much less likely to get sick or pass the flu virus to others.

"It takes two weeks after receiving the flu shot for protection to develop," Dr. Ogunsakin explains. "The flu shot is relatively safe and you cannot get the flu from taking it. Protect yourself and your family, take the flu shot today!"

The flu virus can be passed from person to person beginning a day before the person feels sick. The virus is spread when someone with the disease coughs or sneezes and spreads the virus. A person can also get the flu by touching a surface, such as a doorknob, that has the flu virus on it and then touching the nose, mouth or

eyes. Adults may be contagious from one day before developing symptoms to up to seven days after getting sick. Children can be contagious for longer than seven days.

If you or your child is already sick with a sore throat, cough and fever, how can you tell if it is the flu or just a common cold or virus? You may have the flu if you have the following symptoms:

- *Became sick very quickly*
- *A high fever (102 degrees or higher)*
- *Stuffy nose*
- *Headache*
- *Muscle aches*
- *Feels very tired and achy*
- *Does not feel like eating*

- *Chills*
- *Dry cough*
- *Gastro-intestinal symptoms such as nausea, vomiting and diarrhea are much more common among children than adults.*
- *Usually children with the flu do not have a sore throat*
- *Sinus problems and ear infections may develop*

These symptoms typically last about seven days. If you or your child has a fever or other flu-like symptoms, it is important to stay home, rest and drink plenty of fluids. If you suspect you or your child has the flu, contact your family doctor or pediatrician's office as soon as possible.





## Caring for Children with Diabetes

**D**iabetes is one of the most common chronic diseases of childhood, and its prevalence continues to increase daily. More than 13,000 children, teenagers or young adults are diagnosed with diabetes in the United States each year.

According to **Vicky Alexander, RN, FNP**, Disease Management Coordinator for **Houston Healthcare**, the majority of these children are diagnosed with Type 1 diabetes, often referred to as juvenile diabetes or insulin-dependent diabetes. However, recent studies have discovered an increase of Type 2 diabetes (a metabolic disorder typically diagnosed in adults over age 40) among children and adolescents who are overweight and physically inactive.

For a child diagnosed with Type 1 diabetes, the pancreas does not produce the hormone insulin. Without insulin, the sugar in the blood cannot be used and builds up in the bloodstream. According to the Juvenile Diabetes Research Foundation (JDRF), children with

Type 1 diabetes must monitor their blood sugar frequently, inject insulin several times a day, and coordinate physical activities with their meal plan and insulin intake in order to stay alive. The symptoms of Type 1 diabetes can strike a child suddenly, and include one or more of the following: extreme thirst; frequent urination; drowsiness or lethargy; sugar in the urine; sudden vision changes; increased appetite; sudden weight loss; fruity, sweet, or wine-like odor on the breath; heavy, labored breathing; and/or unconsciousness.

In Type 2 diabetes, the pancreas still produces insulin, but the body does not produce enough of the hormone or is not able to use it effectively. According to the JDRF, treatment for Type 2 includes diet control, exercise, self-monitoring of blood glucose and, in some cases, oral drugs or insulin may be prescribed. About 40 percent of people diagnosed with Type 2 diabetes require insulin injections. The warning signs of Type 2 usually develop gradually and include the following: any of the symptoms listed for Type 1 diabetes; recurring or slow-healing skin, gum, or urinary tract



infections; tingling or numbness in the hands or feet; and itching of the skin or genitals.

Controlling diabetes involves maintaining the level of sugar, or glucose, in the blood as close to normal as possible. This can be accomplished through proper diet, exercise, and insulin. The self-monitoring of blood glucose is the tool for tracking and maintaining the fine balance among these variables. According to the JDRF, if the balance is not maintained, one of two diabetic emergencies may occur: *hypoglycemia*, also known as low blood sugar, an insulin reaction, or insulin shock; or *hyperglycemia*, also known as high blood sugar.

When a child is diagnosed with either Type 1 or Type 2 diabetes, their parents and immediate family members are the first to be educated about the disease, its management, and how to handle emergency situations. However, the majority of

these children attend school or day care while under the care and supervision of adults who may know nothing about diabetes. These people and their lack of knowledge can mean the difference between life and death for a child on a daily basis.

"It is imperative that any adult charged with caring for children have an understanding of diabetes as well as be trained in its management and in the treatment of diabetic emergencies," said **Alexander**. "Sometimes the teacher, coach, or bus driver may be the first person to notice low blood sugar symptoms in a diabetic child. So it is important that anyone who works with a child with diabetes, and certainly parents of children with diabetes, be educated about this disease and feel comfortable in handling an emergency situation."

## Curbing Your Risk of Cancer

**T**hink there's nothing you can do to prevent cancer? Think again. You may have the power to cut your risk of cancer by as much as two-thirds. Believe it or not, wise everyday lifestyle choices may be your best weapon yet in the war against cancer.

Heredity, or "bad genes," can be blamed for only about five percent of cancers. Your diet, lifestyle and level of activity all play a role in cancer prevention. Though you cannot control some risk factors – your age, sex or family history – you can live a healthier lifestyle as your best cancer-proofing strategy.

**• Begin with healthy diet.** Researches have confirmed time and again that people who eat a healthy diet, low in fat and high in fiber, have a reduced risk of colon, rectal, stomach, breast and pancreatic cancers. Lycopene, a phytochemical found in cooked tomatoes, has been shown to lower the incidence of prostate cancer. Green tea, garlic, fish and soy products also appear to have cancer-fighting properties. Foods such as broccoli, cabbage, spinach, strawberries, and carrots are rich in antioxidants, containing dozens of other nutrients that may protect against

cancer. A well-balanced, high-fiber diet that incorporates five servings of fruit and vegetables a day provides your body with all the vitamin C and beta carotene you need.

**• Get active.** Regular exercise cuts a person's risk for colon cancer in half. Ongoing research also suggests that exercise may lower the risk for breast or prostate cancer. Physical activity also fights cancer by helping people control their weight. Obesity is associated with a higher risk for colon, gallbladder, uterine and breast cancer.

**• Extinguish a smoking habit.** Approximately one-third of all cancer cases are caused by tobacco including cigarettes, cigars, pipe tobacco, chewing tobacco and even second-hand smoke. Smoking cessation can dramatically decrease a person's risk of lung, oral and stomach cancers.

**• Drink in moderation.** Women who have more than one alcoholic drink a day increase their risk of breast cancer by nearly 25 percent. Adults who drink alcohol and smoke double their chance of esophageal cancer and greatly increase their risk of mouth, throat and larynx cancers.

**• Stay in the shade.** The sun's ultraviolet rays are directly responsible for most of the one million skin cancer cases

detected each year. Play it safe by avoiding the sun from 10 a.m. until 3 p.m. and applying sunscreen with an SPF protection of at least 15. Protect children from sunburn. Kids who burn frequently have a greater risk of melanoma, the deadliest skin cancer, when they become adults.

Unfortunately, not all cancer is preventable. However, regular screenings recommended by the American Cancer Society help ensure that cancer is detected in its earliest, most treatable stages. For women, this means getting a yearly pelvic examination and Pap smear and, from age 40 on, an annual mammogram. Men age 50 or older should get an annual PSA (prostate-specific antigen) test.

Starting at age 40, both men and women should have an annual digital rectal exam. Beginning at age 50, both men and women should have an annual stool blood test. A sigmoidoscopy is recommended every five years beginning at age 50, a barium enema every five to 10 years, and a colonoscopy may be performed at 10 year intervals.

Additionally, monthly breast, testicular and skin self-exams can alert you to lumps, discolorations or discharges that require medical attention.

### 10 Tips to Help You Sidestep Cancer

1. Stop smoking. It's your most controllable risk factor. Realize that smoking a single cigar yields the same blast of nicotine and carcinogens as 20 cigarettes.
2. Refuse to chew tobacco. It causes cancers of the mouth, gums and throat ... and terrible breath.
3. Combine nicotine patches with regular clinical monitoring when kicking the habit. This technique can improve your odds of success by 50 percent.
4. Cut down on salt. Excessive dietary salt is suspected of promoting cancer in the digestive tract.
5. Stop barbecuing meats beyond recognition. High heat forms heterocyclic amines in meat, strongly implicated in stomach cancer.
6. Enjoy a daily cup of green tea – it may reduce stomach cancer.
7. Eat whole grain products rich in vitamin E.
8. Exercise and maintain your proper weight.
9. Test your home for radon, a gas that causes lung cancer. Protect yourself when using home-repair materials such as tiles, flooring and roof shingles which contain asbestos. Never saw, drill or tear them without wearing gloves and a mask.
10. Talk to your doctor about your health and the important screenings you need such as for breast, prostate and colon cancers – and have them done.

## Is It An Emergency? You Can Help Reduce ER Crowding

**B**ecause of the increased number of children and adults experiencing upper respiratory infections and other similar illnesses, the Fall and Winter months are often the busiest for local hospitals and Emergency Departments. Unfortunately, the wait time in an Emergency Department for patients with non-emergency conditions such as colds, sinus infections and flu-like symptoms can be quite long, especially during this time of year.

According to the American College of Emergency Physicians, ER visits have increased by 20 percent over the last 10 years while the number of Emergency Departments across the nation has decreased by more than 130 in the past five years. The Emergency Nurse's Association reports that 97 percent of Emergency

Departments in the United States experience overcrowding with more than half reporting that the increase in visits by people who have non-emergency conditions.

Visits to the Emergency Departments at **Houston Medical Center** this year are expected to exceed 50,000, a record number of visits in the hospital's history. **Perry Hospital's** Emergency Department continues to see an increasing number of patients, expecting to reach nearly 13,000 this year.

Emergency Departments are designed to treat patients in the order of the severity of their illness or injury, not in the order they arrive. Persons experiencing a critical or life-threatening illness or injury, such as chest pain, respiratory distress or head trauma, are treated immediately upon arrival. Those with less serious ailments, such as cold and flu symptoms or sprains and

strains, are treated as soon as they can be seen.

According to staff at **Houston Medical Center** and **Perry Hospital**, reasons to visit the Emergency Department include Chest Pain, Severe Abdominal Pain, Severe Cuts, Serious Injuries, Major Burns, Head Trauma, Pregnancy Complications, Fever in children three months and younger, Severe Allergic Reactions, Open Fractures, Severe Nosebleeds, Respiratory Distress and Sexual Assault.

"Patients with cold and flu-like symptoms should see their family doctor first or visit one of our local Med-Stop urgent care centers for treatment," said **Laurie Darsey, RN**, Nurse Manager at **Houston Medical Center's** Emergency Department. "By doing so, they are most likely going to receive care in a more timely manner than in the Emergency Department.

Emergency Departments are really for true emergencies – those critical injuries and illnesses that need immediate attention by a highly specialized staff of medical professionals. When we are treating these critical patients, other patients may have to wait and that wait time can be several hours, especially on weekends and holidays during this busy time of year when the flu season is upon us."

**Darsey** and her staff, along with the Emergency Department staff at **Perry Hospital**, try to educate patients not only about when to use the Emergency Department versus the doctor's office and Med-Stop but also about why patients often experience a wait time while in the Emergency Department.

"Once a patient is in our Emergency Department, the physician will often order specific tests, such as x-rays or lab work, to

diagnose the illness. These tests add time, sometimes up to several hours, to the overall visit," explained **Andrea Sellers, RN**, Nurse Manager of **Perry Hospital's** Emergency Department. "Certain treatments such as suturing cuts, checking eye injuries or inserting special IV lines require additional time as well as attention from the physician and Emergency Department staff. When that happens, other patients with less serious symptoms have to wait."

**Houston Healthcare** operates two urgent care centers, **Houston Lake Med-Stop** (located on Highway 127 at Moody Road) and the **Pavilion Med-Stop** (located at Houston Mall), both staffed by a physician, registered nurse and certified medical assistants. Basic lab and x-ray services are available on-site. The **Houston Lake Med-Stop** is open Monday through Saturday from 7 am until

6:30 pm, and the **Pavilion Med-Stop** is open seven days per week from 8 am until 7:30 pm.

"Our Emergency Departments at **Houston Medical Center** and **Perry Hospital** are always open and available to treat patients 24 hours a day, seven days per week, 365 days per year, and we encourage people to try their doctor's office or one of the Med-Stop centers first as alternative before coming to the Emergency Department when they have non-emergency symptoms," **Darsey** said. "Our goal is to provide quality patient care in the shortest time possible. We ask that patients understand that we must see patients in the order of how critical they are, and that we strive to keep every patient's wait time as minimal as possible."

### Physicians Specializing in Cancer Treatment

#### Oncology/Hematology

**F. Akbar, MD**  
1654 Watson Boulevard  
Warner Robins  
329-0100

**Bruce Burns, MD**  
**Kenneth D. Deaton, Jr., MD**  
**Linda K. Hendricks, MD**  
**Frederick N. Schnell, MD**  
**James F. Smith, MD**  
233 North Houston Road, Suite 141  
Warner Robins  
328-2330

#### Radiation Oncology

**David A. Cole, MD**  
**David Elkon, MD**  
212 Hospital Drive, Suite L  
Warner Robins  
929-5800

#### General Surgery

**Horatio V. Cabasares, MD**  
1020 Keith Drive  
Perry  
987-0035

**Robert C. Campbell, MD**  
**Michael A. Hellwege, MD**  
**Walid A. Khuri, MD**  
**T. Kent McBride, MD**  
**Virgle W. McEver, III, MD**  
1701 Watson Boulevard  
Warner Robins  
923-0144

**Charles H. Mann, III, MD**  
1020 Keith Drive  
Perry  
987-0035

304 Margie Drive  
Warner Robins  
218-2835



### Flu Shot Schedule

**Houston Healthcare** will be offering flu shots for the community during the following dates and times:

Flu shots will be available at **Houston Lake Med-Stop** Monday – Friday from 7 am – 6:30 pm, beginning Monday, October 4<sup>th</sup>.

**Monday, October 11**  
2 – 4 pm  
*Houston Lake Med-Stop Lobby*  
2510 Highway 127, Kathleen

**Tuesday, October 12**  
8 am – 1 pm  
*Houston Medical Center*  
Main Lobby  
6 pm – 8 pm  
*Houston Health Pavilion*  
South Entrance Lobby

**Wednesday, October 13**  
2 pm – 6 pm  
*Georgia National Fair*  
Reeves Arena

**Friday, October 15**  
10 am – 12 noon  
*Perry Hospital Main Lobby*

**Monday, October 18**  
11 am – 12 noon  
*Rozar Park – Perry*

**Thursday, October 21**  
9 am – 10:30 am  
*Centerville City Hall*

**Friday, October 22**  
10 am – 12 noon  
*Houston Lake Med-Stop Lobby*  
2510 Highway 127, Kathleen

**Tuesday, October 26**  
9 am – 10:30 am  
*Wellston Center – Warner*  
Robins  
10:30 am – 11:30 am  
*Wellston Center/OAC – Warner*  
Robins  
2 pm – 4 pm  
*Galleria Mall (Fountain area)*

**Thursday, October 28**  
8:30 am – 9:30 am  
*Ted Wright Park*

**Wednesday, November 3**  
10 am – 2 pm  
*Houston Health Pavilion*  
South Entrance Lobby

*The cost for the flu shot is \$24. Payment is available by check or cash. The cost will be filed only for persons covered under Medicare (must present current copy of Medicare card).*

*For more information regarding Houston Healthcare's schedule of flu shots for the community, please call 478-923-9771.*