

Seating for our EduCare program is limited. Please pre-register by calling 923-9771 or online at 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

Asthma Camp 2005

Houston Healthcare and Robins AFB are teaming up to slam dunk asthma at the annual Asthma Camp 2005 on Saturday, May 21 from 10 am – 2 pm at Lake Joy Elementary. Join us for educational and fun activities for children and family members living with asthma. Presentations by various speakers, games, door prizes and giveaways. Child must be accompanied by a parent or guardian. Lunch provided for those who pre-register by calling 923-9771.

Hypertension Self-Management

Gain the knowledge and skills you need to control your high blood pressure (hypertension). This class is comprised of an initial 1 hour session followed by five monthly weight and blood pressure screenings. Educational materials will be available. Call 923-9771 to pre-register. **Tuesdays, April 5, May 3, June 7 4 – 5 pm**
Houston Health Pavilion EduCare Center
Cost: \$5 per session

Inches Away

The principle behind losing weight is simple-eat less, move more. Changing our lifestyle behavior is the hard part. This weight management program includes weekly weigh-ins, waist measurements, body mass index calculation and a 15-20 minute class on topics ranging from calorie counting to increasing physical activity tips. You may start any Thursday. **Thursdays 6 – 7 pm**
Houston Health Pavilion EduCare Center
Cost: \$5 per person per session
Call 923-9771 to pre-register.

Abnormal Uterine Bleeding

Dr. Paul Harnetty, OB-GYN, will discuss the many causes of abnormal uterine bleeding, when to be concerned, and the latest treatments. Call 923-9771 to pre-register. **Tuesday, April 12 7 pm**
Houston Health Pavilion EduCare Center

Eating Right On a Budget

Sandy Brenner, RD, PhD, CDE, will discuss how to eat healthy and still stay on your food budget. **Thursday, April 14 7 pm**
Houston Health Pavilion EduCare Center
Please call 923-9771 to pre-register.

Women's HealthWatch: What's Hot, What's Not in Women's Health Issues?

Come and join this informal discussion on how to take better care of ourselves with Kay Hartley, Women's Health Nurse Practitioner, who was also one of the researchers with the largest national health study, Women's Health Initiative. Pre-registration required by calling 923-9771. **Thursday, April 21 6 pm**
Houston Medical Center's Women's Center Classroom

Managing Stress

Burton Carriker, Program Administrator for Houston Medical Center's Behavioral Health Services and a licensed mental health counselor, will lead this class and help you understand and deal with everyday stress. **Monday, April 25 7 – 8 pm**
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

The Facts About Food Labels

Obesity is a leading cause of many health problems today including heart disease, diabetes, some cancers, etc. Reading food labels correctly is a must to control our food portions. "Fat-free and sugar-free" labeling will be addressed. Do not miss this important topic that concerns everyone's health! This is so important, we are offering it twice! **Thursday, May 12 7 pm**
and
Wednesday, June 1 1 pm
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

Lunch & Learn: Stress Management

We all can use a little help with managing our stress better. Burton Carriker, Program Administrator for Behavioral Health at Houston Medical Center, will give us some ideas on how to help ourselves. Bring your own lunch or purchase it at the hospital cafeteria. **Tuesday, May 17 12 noon**
Perry Hospital Medical Library
Pre-registration required by calling 923-9771.

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: \$30 per person **FREE PEDOMETER WITH SIGN-UP**
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. Quarterly free dinners for all walking participants and guests.

TOPS Club Inc.

Weight loss support group
Thursday Evenings at Perry Hospital Medical Library
Weigh-in from 5-5:30 pm
Meeting 5:30-6 pm
\$20 Annual Membership Fee and \$1 Weekly Chapter Fee
For more information call 988-1813 or 988-1827.

11 Steps to Limit the Impact of Arthritis

May is Arthritis Awareness Month. Join us for breakfast and learn the 11 steps that limit the impact of arthritis. Lynn Cochran, RN, CDE, will be the guest speaker. **Wednesday, May 18 10 am**
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

Peripheral Vascular Disease (PVD) 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, May 12 9 am - 3 pm
Health Connections Cardiac Rehab Center- Houston Mall
Cost: \$20 per person

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 the citizens of Houston County. 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. **Tuesday, June 21 3 – 4 pm**
Houston Health Pavilion EduCare Center

Tobacco Cessation

A free four-session course to help you quit stress better. Burton Carriker, Program Administrator for Behavioral Health at Houston Medical Center, will give us some ideas on how to help ourselves. Bring your own lunch or purchase it at the hospital cafeteria. **Tuesdays, April 26, May 3, 10 & 17 and June 7, 14, 21, 28 4:30 – 6 pm**
Must pre-register. Call 923-9771.
Houston Health Pavilion EduCare Classroom

American Cancer Society Relay for Life

Georgia National Fairgrounds & Agricenter
Friday, May 13 at 7 pm through Saturday, May 14 at 10 am
For more information contact:
Bill Grabowski @ 478-738-5360 or
Alesia Chadwick @ 478-442-7423

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, April 2, May 21, June 25 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, April 2, May 21, June 25 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. **Thursday and Friday, April 28 & 29 1 – 5 pm**
Perry Hospital Cafeteria
Cost: \$10

Monday and Tuesday, May 9 & 10

Houston Health Pavilion EduCare Center
Cost: \$10

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, April 12, May 10, June 14 9 am - 1:30 pm**
Houston Health Pavilion EduCare Center

Fridays, April 8, May 13, June 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, April 25, May 23, June 27 6 pm**
Houston Health Pavilion EduCare Center

Thursdays, April 7, May 5, June 2

1:30 pm
Perry Hospital Cafeteria

Fridays, April 1, 8, 15, 22; May 6, 13, 20, 27; June 3, 10, 17, 24

9-11:30 am
Houston Health Pavilion EduCare Center

Diabetes "In Control" Course

This American Diabetes Association class is taught by registered nurses, dietitians, and certified diabetes educators. The course will consist of 2 five-hour classes. A pre-assessment and attendance to the diabetic diet class is a pre-requisite. 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.

Diabetes Exercise Program

An exercise program specifically for adults with diabetes who would like to learn more about the correct times and methods for exercising in relation to diet and medication. **Tuesdays and Thursdays**
Between the hours of 8 am and 4 pm
Health Connections – Houston Mall
Call 923-1731 for more information and program fees.

MATERNAL/CHILD

Childbirth Education

The Women's Center at 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 Vicky Alexander, RN, FNP-C at EduCare, 923-9771 or Cindy Ireland at Perry Hospital, 988-1688.

COOKING CLASSES

Crock Pot Cooking

By popular request, Sandy Brenner, RD, Ph.D, CDE, will present "Crock Pot Cooking". Recipes and tasting will be available. Call 923-9771 to pre-register. **Wednesday, April 27 11:30 am - 1 pm**
Health Connections Cardiac Rehab Center, Houston Mall
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, April 26, May 24, June 28 7 pm**
Houston Health Pavilion EduCare Center

Arthritis Support & Education

Wednesdays, April 20, May 18, June 15 10 am
Houston Health Pavilion EduCare Center

Breast Cancer Support & Education

Mondays, April 18, May 16, June 20 7 pm
Health Connections Cardiac Rehab Center, Houston Mall

Cardiac Support & Education

Our quarterly cardiac support and education luncheon will focus on osteoporosis. May is Osteoporosis Awareness Month. Sandy Brenner, RD, PhD, CDE, will be the guest speaker. **Monday, May 23 12 noon**
Houston Health Pavilion EduCare Center
Must pre-register to attend. Call 923-9771.

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

Thursdays, April 28, May 26, June 23 7 pm
Houston Health Pavilion EduCare Center

Diabetes Type II

Wednesdays, April 6, May 4, June 1 1 pm
Houston Health Pavilion EduCare Classroom

Thursdays, April 14, May 12, June 9 7 pm

Houston Health Pavilion EduCare Auditorium

Tuesdays, April 26, May 24, June 28 12 noon

Perry Hospital Cafeteria

"MOMS"- Moms Of Multiples

Tuesday, April 19 7 pm
Houston Health Pavilion EduCare Center

Multiple Sclerosis Support Group

Tuesdays, April 12, May 10, June 14 7 pm
Health Connections Cardiac Rehab Center, Houston Mall

Bereavement Support Group

Contact Hospice of Houston County at 953-5161



923-9771
www.hhc.org



Spring 2005

Doctors and Nurses Helping to Save Lives ... All Over the World

From the jungles of Ecuador to the war-torn streets of Iraq, doctors and nurses of Houston Healthcare have given their time and medical expertise to help save lives all over the world. For some, their service has been a regular uplifting event. For others, it has been a humbling first experience. Still others see it as the pinnacle of their medical careers. No matter how they describe the mission, they all want to go back for more.

Heart wrenching. That's how **Dr. Horatio V. Cabasares**, a surgeon and member of the medical staff of **Perry Hospital**, describes his recent medical mission trip to the central Philippines and the island of Cebu, his first mission trip ever. "It was heart wrenching to see 300 to 400 people lined up, some for days, just waiting for us to see them," he said. "Then to have the teary-eyed patients and relatives thank you for what you did for them ... it was worth the effort."

Dr. Cabasares traveled to the Philippines as part of the Philippine American Medical Association of Georgia, or PAMAG, to provide surgical services to the indigent people of the area. "They gathered a number of patients with problems ranging from large thyroids to hernias to gynecological problems such as pelvic masses, and then invited PAMAG to go over there and volunteer our services and time to take care of these people," he said. "The entire mission was 10 days, but some of those days were spent on organizing how the patients. So we really only had five days in which to perform the surgeries. We operated from 7:30 in the morning until whenever we finished at night. In one day there, I performed 10 major surgeries."

In addition to volunteering their surgical skills, the physicians also donated some of the equipment and supplies that they had brought with them to the local hospital. "The hospital's four operating rooms, although very nice, were not fully equipped," said **Dr. Cabasares**. "After the mission we donated the supplies and equipment that were left to the hospital for future use. I am very thankful to Perry Hospital for giving me some of their older surgical instruments and equipment, and allowing me to donate those to the hospital there. We also had some drug companies and surgical supply companies donate some of their products as well. The hospital will be able to use these things for at least another 10 years or so."

Eye-opening. According to **Dr. Gerald K. Brantley**, an internist and a member of the medical staff of **Perry Hospital**, his medical mission to Ecuador in 2004 was an eye-opening experience. "I've been to Jamaica on a mission trip, but never to the jungle," he said. "We didn't have clean running water. The water that was available had to be filtered first. We couldn't eat anything that hadn't first been disinfected. We slept in tents and traveled upriver in dugout canoes with the natives. It was a neat experience."

Dr. Brantley traveled to Ecuador with the Evangelism Task Force (ETF), a Christian medical-evangelism organization based in Waycross, Georgia. "A couple of nurses from **Perry Hospital** had been on missions before with this group and they talked me into going with them on this trip," he said. "We spent a week in the Amazon jungle providing medical services and

evangelizing to the people there." "The majority of patients we treated had coughs, colds, skin and respiratory infections, arthritis, your usual aches and pains," said **Dr. Brantley**. "We saw close to 500 people in three different villages during the four days we were there. Then, as we were leaving, we came upon a man whose hand had been blown almost completely off when a dynamite blasting cap exploded in his hand. We were able to dress the hand and bandage it until somebody was able to get a car and drive him to another village nearly 50 miles away to a missionary-type hospital there."

"I would love to go again," said **Dr. Brantley**. "I've been on

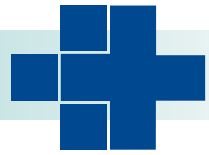
missions before, but I felt this was a chance to do more than just treat people medically. We could also help them spiritually. It was satisfying to help them and to see how appreciative they were to have us there."

Pinnacle. Dr. Robert C. Campbell, a surgeon on the medical staff of **Houston Medical Center** and Army Reserve Lieutenant Colonel, served four months in Iraq during 2004 as part of a highly mobile forward surgical team performing operations practically from within the combat zone.

"The Army found that soldiers were dying between the battlefield

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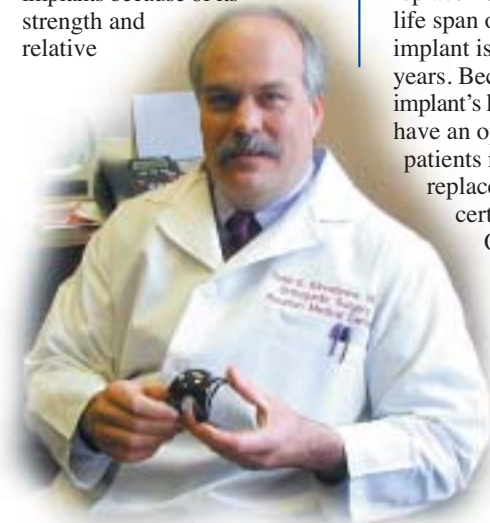




Revolutionary Knee Replacement Surgery ... at Perry Hospital

In September 2004, history was made when the first Oxinium™ knee replacement surgery was performed at Perry Hospital. The patient was Lavona Middlebrooks, and the physician was Dr. Todd E. Kinnebrew, an orthopedic surgeon and a member of the medical staffs of Houston Medical Center and Perry Hospital.

Oxinium™ is the latest advancement in total knee replacement implants and is made from oxidized zirconium, a metallic alloy that combines the strength of a metal with the smoothness of a ceramic surface, which is more easily tolerated by a person's immune system. Typically, cobalt chrome has been the material of choice for knee implants because of its strength and relative



hardness. However, studies show that cobalt chrome implants can roughen over time causing premature wear of the new joint. This can lead to joint failure and additional surgery to replace the implant.

"This implant," said Dr. Kinnebrew, "gives you the strength of cobalt chrome, but it also gives you the smoothness of ceramic. The number one problem you're going to have with any knee replacement is wear. With this particular implant, the premise is that you will decrease wear on the plastic components because it is smoother and the implant will last longer."

In the past, orthopedic surgeons have advised patients younger than age 65 to wait to have knee replacement surgery because the life span of a cobalt chrome implant is limited to 10 to 15 years. Because of the Oxinium™ implant's longevity, surgeons now have an option for younger patients needing a total knee replacement. "There is no certain age limit for the Oxinium implant," explained Dr. Kinnebrew. "In fact, the younger the patient is, the more likely a doctor is to use this implant. I use them on all of my patients because I think it works really well."

Mrs. Middlebrooks is a prime example, according to Dr. Kinnebrew. "She has more than the average range of motion in her knee and she is back to her normal activities at this time," he said. "She did great, and her surgery went smoothly."

Perry Hospital continues to expand its surgical capabilities, explained Corey Lumpkin, Director of Surgical Services. "Our operating suites are truly state-of-the-art," he said. "We've added more technology and equipment, especially for orthopedic surgery, during the last year which gives us the capability to handle more technical procedures such as knee and hip replacement surgery even though we are a 45-bed facility. With our operating room staff, along with the equipment and technology in our facility, the surgeons feel confident in performing these more specialized types of surgery."

Dr. Kinnebrew agreed. "I have already performed approximately 100 of these Oxinium knee replacement surgeries at Houston Medical Center and started doing this procedure at Perry Hospital as well. I perform about 25 surgeries a month at Perry's Surgery Center, and my patients like it too," he added. "Of all of my patients that have had surgery before at Perry Hospital, almost 100% of them request to have



additional surgeries done at Perry. They like the atmosphere because it's more laid back. But what is important to me is my patients' feedback, and they are extremely happy with the Surgery Center at Perry Hospital."

In addition to the surgery capabilities, Perry Hospital offers a full range of physical therapy services to patients who have had joint replacement surgery while they are in the hospital.

Mrs. Middlebrooks agreed. "I was very pleased with everything," she said. "Dr. Kinnebrew is a wonderful doctor and surgeon, and everyone at Perry Hospital was very good to me. I chose to have my surgery at Perry Hospital because it was close to home, and I believe they can handle anything. I don't think I could have been treated any better at any other hospital, and I would recommend Perry Hospital's Surgery Center to anyone."

Helping to Save Lives, continued

and the combat support hospitals, so our unit was designed to move close to the combat zone and do what we called resuscitative care. We tried to save lives – stop the bleeding, do tracheotomies, and get them on a helicopter to the support hospital," he said.

One of the lessons he learned while in Iraq was that surgeons don't really need all of the equipment they use in U.S. hospitals. "In Iraq, I had a digital x-ray, a small lab machine and that's all we needed," he said. "The rest we did with our head, eyes and hands. It was a different kind

of medicine. We had to think on our feet."

Dr. Campbell anticipates being called to serve in the near future for another combat tour. "Nothing compares to the opportunities in the war zone," he said. "Certainly nothing here compares to the opportunity to use your brain, your hands and your eyes. Everyone is appreciative and you're doing something good."

Complete. For Shelley Jarrell, an LPN in the Medical/Surgical Unit at Perry Hospital, a medical mission is more than just a trip overseas. It is an inspiration. "The

medical missions are the whole reason I wanted to become a nurse," she said. "I love what I do here, but the real benefit is being able to go on these trips and help the people."

She also travels as part of the ETF group and was one of the nurses who encouraged Dr. Brantley into going to Ecuador. "We had one of the other doctors cancel at the last minute," said Jarrell. "I saw Dr. Brantley in the hall one day at the hospital and just asked him if he would be interested in going to the jungle. We needed another doctor and he

said sure."

Jarrell has been on two medical missions thus far in her career – Ecuador and Venezuela – and is planning another mission in 2006. "I just love it," said Jarrell. "I would drop everything and stay over there if I could. Going on the missions has given me a greater appreciation for what I have here. They make me feel complete."

Excerpts taken from "Lessons Learned: Surgeon says Iraq tour was pinnacle of his career," by Gene Rector and published in The Telegraph, November 13, 2004.

Houston Heart Institute Adds ... New Technology

The Houston Heart Institute, a service of Houston Healthcare, is upgrading technology in its cardiac catheterization laboratory. According to Marsha Denny, RN, nurse manager, the Heart Institute is replacing its current system with the new state-of-the-art Allura XPER FD 20, a combination laboratory that will enable staff and physicians to perform both cardiac diagnostic testing and vascular procedures. "Until now, vascular procedures were performed in the hospital's radiology department," Denny explained. "But with this upgraded system, we will be able to do both types of testing in our lab at Houston Heart Institute, which will help eliminate stress and add convenience for our patients." In addition to its dual testing capabilities, the

new system will also be fully digital, complementing Houston Heart Institute's state-of-the-art digital technology. "Our laboratory has been digital since 1998, so this new system will integrate very well with our current equipment and technology," said Denny. "Having digital capabilities allows us to produce all of our cardiac catheterization images with a clearer picture on CD instead of the older film method."

The Houston Heart Institute combines cardiovascular care with personal attention. It is a comprehensive cardiac catheterization laboratory, equipped with sophisticated equipment for both diagnosis and treatment.

Both non-invasive and invasive testing such as echocardiograms, 24-hour and 48-hour Holter monitoring, temporary and permanent pacemakers, and

pericardiocentesis is offered by a staff of highly trained professionals. For more information on the Houston Heart Institute, call 542-7811.



Women's Health Day ...

Join us for a special day to help you feel healthier, relaxed and inspired!

Enjoy a delicious lunch, informative workshops, a mini-massage and the chance to unwind with a stress-relief walk through beautiful Henderson Village.

Friday, April 22

11 am - 12 noon: Registration
12 noon - 4 pm: Lunch & Event

Keynote Speaker ...

Ronda Rich, best-selling author of

What Southern Women Know (That Every Woman Should)

Cost: \$25 per person

Tickets on sale at Perry Hospital Community Education Office and EduCare at Houston Health Pavilion in Warner Robins. For more information, call 923-9771.



NEW!!! Living with Congestive Heart Failure

This new monthly class will help you learn how to manage congestive heart failure and live a normal, healthy life. Thursdays, March 3, April 14 & May 12 11 am Health Connections Cardiac Rehab Center – Houston Mall

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

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, PVO Bingo immediately follows exercise. On Friday only, a healthy lunch (\$5) and a guest speaker targeting senior adult's mental, spiritual and/or physical health is provided after exercise. Call 988-1813 for more information.

Warner Robins SeniorCare Each Tuesday and Thursday (9am) at the YMCA (corner of HWY 96 and Moody Road-922-2566) strength and flexibility stretching exercise will be led by a certified instructor. Once a month (usually the third Thursday) a mini-check will be provided focusing on required annual checks for Senior Adults such as blood pressure, blood sugar and/or cholesterol.

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

*All exercise participants must acquire a signed Physician Referral Form from their personal doctor.