



Pre-registration required for all programs except the support Groups (unless a meal is being served). Seating for our EduCare programs 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.

LUNCH & LEARN

Join us for a series of programs focusing on health issues and topics important to women and men of all ages. Each program is open to the public at no charge and features a presentation by a Houston Healthcare physician or healthcare professional. A free light lunch will be served. Seating is limited and pre-registration is required. To register, call 923-9771.

“Handling Emergencies in Houston County”

David Borghelli, Manager, Houston Healthcare Emergency Medical Services
Monday, May 21
12 noon
Perry Hospital Medical Library

GENERAL HEALTH AND WELLNESS

Walk for Wellness

Need to exercise? Like to set your own schedule? We have the program you are looking for!
What: Houston Healthcare sponsored walking program
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 PODEMETER WITH SIGN-UP
Monthly evaluations include 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 and up to 2000 miles. Quarterly free dinners for all walking participants and guests.

Hypertension Self-Management

Gain the knowledge and skills you need to control your high blood pressure (hypertension). This free class is comprised of an initial 1 hour session followed by 5 monthly follow ups. Educational materials will be available. Call 923-9771 to pre-register.
Tuesdays, April 3, May 8, June 5
Houston Health Pavilion EduCare Center
Call 923-9771 for times.

Weight Watchers

Weight Watchers can help you lose weight and enjoy a healthier lifestyle. Call Faye Tripp at 987-4468 for more information.
Mondays
5 – 6 pm
Perry Hospital Medical Library
Cost: \$18 to join with a weekly member fee of \$12

TOPS Club Inc.

Weight loss support group.
Perry Hospital
Thursdays
Weigh-in: 5 – 5:30 pm
Meeting: 5:30 – 6 pm
Perry Hospital Medical Library
\$24 annual membership fee and \$1 weekly chapter fee. For more information call 988-1813 or 988-1827.

Houston Health Pavilion EduCare
Thursdays
Weigh-in: 6:30 - 7 pm
Meeting: 7 – 8 pm
Houston Health Pavilion EduCare Center

Rheumatoid Arthritis

Dr. Alan Struth, internist, will discuss the physiology of RA and the treatments for it. Breakfast will be served. (This is also the regular monthly Arthritis Support Group meeting.)
Wednesday, April 18
10 am
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

Stress Management

Burton Carriker, Program Administrator for Houston Healthcare’s Behavioral Health Services and a licensed counselor, will lead this class to help you understand and deal with everyday stress.
Wednesday, June 27
2 pm
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

Critical Conditions Program

This program will educate and engage you in planning for health care at the end of life. You will receive a copy of the legal document that combines durable medical power of attorney and the living will.
Wednesday, May 16
1 – 2 pm
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

Tobacco Cessation

A free four-session course to help you quit smoking and/or using tobacco.
Mondays, April 9, 16, 23, 30
Mondays, May 7, 14, 21 and Tuesday, May 29 (note may change due to Memorial Day Holiday)
Mondays, June 11, 18, 25 and July 2
4:30 – 6:30 pm
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

SENIOR CARE

Promoting wellness of mind, body and spirit for senior adults

16 Week Program for SeniorCare – Seniors Taking Charge

Beginning in January and running through April will be a program provided through a grant with the University of Georgia and the Middle Georgia RDC/Area Agency on Aging. The program’s focus is Senior nutrition, heart health, fall prevention and other health concerns. Each week will be information on a different topic with screenings, handouts, resources and small giveaways included.
Fridays, January – April
11 am – 12 noon
Perry SeniorCare
Perry Recreation Department
Rozar Park

Perry SeniorCare

Each Monday (10 am), Wednesday (9:30 am) and Friday (10 am) at Rozar Park includes an exercise class featuring strength and flexibility stretching. On Monday only, line dancing is offered at Rozar Park from 1 - 2 pm. On Wednesday only, PVO Bingo immediately follows exercise. On Friday only, a healthy lunch (cost is \$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 (9 am) at the Houston County 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 a mini-check will be provided focusing on recommended annual checks for senior adults such as blood pressure, blood sugar and/or cholesterol.

Centerville SeniorCare

Each Monday, Wednesday and Friday (8:30 am) at the Centerville City Hall, exercise class including strength and flexibility led by a certified instructor. Once a month, a mini-check will be provided focusing on recommended annual checks for senior adults. For more information, call 988-1813.

Antebellum Grove SeniorCare

A new site for SeniorCare exercise at Antebellum Grove (1010A South Houston Lake Road, Warner Robins). Includes same strength and flexibility stretching exercises by a certified instructor as our other SeniorCare exercise sites. If this location is closer for you, we encourage you to attend and maybe meet some new friends along the way. For more information, call 988-1813.

***All exercise participants must have a signed physician referral form from their personal physician.**

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 certificate. Class size is limited. Pre-registration is required.
Call 923-9771.
Saturdays, May 12 and June 2
9 am – 1 pm
Houston Health Pavilion EduCare Center
Cost: \$35 in advance (includes course book)
MUST PRE-PAY AT EDUCARE DEPARTMENT.

ACCIDENT PREVENTION

AARP Driver Safety Program

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 Lamar Odum (for Warner Robins classes) at 478-788-5121 and Paul Bennett (for Perry classes) at 478-783-1988. **Cost is \$10 per person.**
Thursday and Friday, April 26 and 27
Perry Hospital Cafeteria
12:30 – 5:30 pm

Monday and Tuesday, May 7 and 8
Houston Health Pavilion EduCare Center
5 – 9 pm

DIET RELATED DISEASES

Sandra Brenner, RD, PhD, CDE, and Lynn Cochran, RN, CDE, will present a different “diet-related disease” each quarter. Examples include diverticulitis, celiac disease, kidney disease, liver disease, pancreatitis, and more. Information on the physiology of the disease and the related diet will be presented. Food served will also be food recommended for that particular disease/condition. **Do not miss this new program.**
Diverticulitis
Wednesday, June 20
12 noon
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

DIET INSTRUCTION FOR SPECIAL DIETS

Taught by Sandra Brenner, RD, PhD, CDE, this class is for persons who have been prescribed a specified diet by a physician. Call 923-9771 for schedule of classes and to pre-register. Please state type of diet when registering.

DIABETES MANAGEMENT

Diabetes Diet Instruction

This class, taught by Sandra Brenner, RD, PhD, CDE, is for individuals with diabetes who need a diet review or people with newly diagnosed Diabetes Type 2. A physician diet prescription is required.
Call 923-9771 for the schedule of classes and to register.

Diabetes “Steps to Success” Course

This course recognized by the American Diabetes Association is taught by registered nurses, dietitians, and certified diabetes educators. The course will consist of a one-hour initial assessment and education, a two-hour nutrition class, and two five-hour comprehensive education classes. Follow up at three, six and 12 months after completion of the entire program. Physician referral is required. Medicare and most insurance plans accepted. For more information 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
Call 923-1731 for more information and program fees.

How to Prevent or Delay Type 2 Diabetes

Small steps. Big reward. That’s the game plan for preventing Type 2 diabetes. Research has proven that Type 2 diabetes can be delayed or prevented in persons at risk. This course will provide basic tools to help individuals make appropriate lifestyle changes and reduce their risk for developing diabetes.
Call 923-9771 to register.
Tuesdays, April 24 and May 29
4 – 5 pm
Houston Health Pavilion EduCare Center

Diabetes Type 2 support group meetings

For adults with Diabetes Type 2 and their support system.
Warner Robins:
First Wednesday of each month
1 pm
Houston Health Pavilion EduCare Center

Second Thursday of each month

7 pm
Houston Health Pavilion EduCare Center
Perry:
Fourth Tuesday of each month
12 noon
Perry Hospital Cafeteria

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 923-9771 or Cindy Ireland at 988-1688.

Asthma Camp

Free jungle-themed educational and fun activities for adults, parents, children and family members living with asthma. Presentations by various speakers. Games, door prizes and giveaways. Lunch provided for those who pre-register. For more information and to pre-register, call 923-9771.
Saturday, May 5
10 am – 2 pm
Lake Joy Elementary

COOKING CLASS

Increasing Calcium in Your Diet

Join Sandra Brenner, RD, PhD, CDE, for this cooking class. Must pre-register.
Wednesday, May 30
11:30 am – 1 pm
Health Connections
Cost: \$5
Call 923-9771 to pre-register.

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 24, May 22, June 26
7 pm
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

Cardiac Education and Support

Program is on pacemakers and defibrillator implants. Pre-registration is required. Lunch will be served.
Monday, June 4
11:30 am – 1 pm
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

Arthritis Support and Education

Wednesdays, April 17, May 16, June 20
10 am
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.
(Note: Must pre-register for April meeting. Breakfast will be served. Dr. Struth, internist, will be the guest speaker.)

Breast Cancer Support and Education

Mondays, April 16, May 21, June 18
7 pm
Health Connections

Lupus Support Group

For adults diagnosed with lupus.
Thursdays, April 6, May 3, June 7
6 pm
Houston Health Pavilion EduCare Center

Multiple Sclerosis Support Group

Tuesdays, April 10, May 8, June 12
7 pm
Houston Health Pavilion EduCare Center

Bereavement Support Group

Contact Heart of Georgia Hospice at 953-5161.



Spring 2007

Houston Healthcare



www.hhc.org

Houston Medical Center ... Tower Expansion Underway

Houston Medical Center will break ground April 10th on a new five-story Northwest Tower. The 130,581-square-foot tower will add 12 new inpatient medical/surgical beds and relocate 102 beds into brand new patient rooms as well as add more observation/23 hour patient beds. The tower will feature a dedicated orthopedic unit, critical care/intensive care units, intermediate step-down care units and new areas for pediatric and post-partum patients. The project also includes new construction and more than 21,000 square feet of renovated space for ancillary support services including Dietary, Clinical Laboratory and Central Sterile Supply. Other improved areas will include expanded space for admissions and patient registration, education and meeting rooms, lobby and public areas, as well as new parking areas and improved access to the campus.

According to Skip Philips, Administrator of Houston Medical Center, the new tower will enable the hospital to accommodate the growth in patient volumes.

“We have a critical need for inpatient beds, and we will continue to request additional beds from the state as we move forward in construction. Houston Medical Center has experienced tremendous growth in almost every service area of our facility including inpatient admissions, surgeries, emergency department visits, radiology and laboratory

tests,” he explained. “With the growth in population that we are experiencing and continue to anticipate, we must be able to meet the needs of the community. The new tower along with the future phases of our master facilities plan focuses on how we need to allow for growth with both new construction and renovated facilities at this campus.”
The project is being designed by HKS, Inc., a premiere healthcare facility planning and architectural firm in Atlanta, and WMA Architects, Inc. of Macon. The general contractor for the project is Gilbane, Inc. of Atlanta. The total estimated cost of construction, furnishings, fixtures and equipment is \$59.1 million, and the project is expected to be completed in 2009.

“We have a critical need for inpatient beds. Houston Medical Center has experienced tremendous growth in almost every service area of our facility.”

Skip Philips, Administrator of Houston Medical Center



923-9771
www.hhc.org



Are You 40 Years Old and Need a Mammogram?



Every three minutes a woman is diagnosed with breast cancer through the medical technology of mammograms, breast ultrasound and breast biopsy. When diagnosed early, breast cancer can be treated successfully. But during those same three minutes, hundreds more women with breast cancer go undiagnosed because they do not have health insurance, their insurance does not cover mammograms or they are unable to afford a mammogram.

Houston Healthcare, with grant funding from the Susan G. Komen Breast Cancer Foundation-Central Georgia Affiliate and the Central Georgia Cancer Coalition's Breast Cancer License Tag Fund, offers free mammograms to uninsured and lower income women in Houston and surrounding counties. To be eligible for the program, women must be 40 years of age or older and have no health insurance, have health insurance but no coverage for mammograms, or be unable to afford a mammogram. Free mammograms are available to women living in Houston, Twiggs or Crawford counties and to women in Peach, Macon or Dooly counties whose primary care physician is located in Houston County.

Mammograms are most commonly used as a screening tool

for breast cancer, but a diagnostic mammogram is used to examine the breast when there is a problem such as a mass in the breast, an unusual discharge from the nipple, or an abnormality found on a screening mammogram.

According to the American Cancer Society, the evidence supporting mammograms for early detection of breast cancer is even stronger today than in the past. Mammograms offer the most benefit to women age 40 and older for early detection.

According to Lee Brown, RN, Houston Healthcare's Community Education and Health Services and President of the Central Georgia Susan G. Komen Affiliate, the free mammogram program is very important for the women of Houston County and middle Georgia because there is such a need for assistance. "There has been such a population explosion in this area, particularly in Houston County, with a large number of women in the high risk age group moving into the area as well as the large increase in our Hispanic population," she says. "There are a number of women who need assistance with getting a mammogram due to job losses and the trend of employers providing no health insurance or limited coverage. This isn't just a local problem, it's nationwide."

Brown says communities can help raise money to fund such

grants by supporting the local Komen affiliate through support and participation in various fundraising projects conducted throughout the year. "The Central Georgia Komen Affiliate sponsors several events each year to raise money to fund projects such as the free mammogram program and to help provide direct services and cancer education to people in Central Georgia," she explains. "Seventy-five percent of the money raised stays here in Central Georgia. The remaining 25 percent goes to the Komen Foundation in Dallas, Texas, for cancer research. This is the third year in a row that Houston County has received grant funding to provide direct services to underinsured or uninsured women needing mammograms."

The Georgia Breast Cancer License Tag Grant is another source of funding awarded to healthcare providers and community outreach programs to provide breast cancer screening and education for medically underinsured or uninsured women needing mammograms. For every \$25 generated by the sale of a Breast Cancer License Plate, \$23 goes to support breast cancer

prevention, screening and treatment programs. According to the Georgia Cancer Coalition, since 2003, more than \$2 million has been contributed to the Breast Cancer License Tag Fund by Georgians through the purchase of license plates, statewide promotions and partnerships with Georgia automobile dealers.

"Eighty-six percent of Georgia women with health insurance report receiving a mammogram within the last two years," comments Gayle Bina, M.S., Executive Director for the Central Georgia Cancer Coalition. "However, less than 54 percent of women who are uninsured report having a mammogram following the same recommendations. This disparity demonstrates that women who do not have health insurance coverage do not receive mammograms."

For more information about the free mammogram program through Houston Healthcare, call (478) 923-9771.

For Regina Brown, the free mammogram program offered through Houston Healthcare was a blessing. After a previous mammogram revealed a suspicious lump, her physician recommended she have a breast ultrasound performed. "I work full time, but I don't have health insurance," explains Brown. "I couldn't qualify for other assistance programs because I make just enough money to be considered ineligible. That's why I was so grateful to learn about this program."

Fortunately for Brown, the outcome of her breast ultrasound was good and she does not require another one. "I would most definitely recommend the program through Houston Healthcare to any woman in a similar situation," states Brown. "What do you have to lose except your life or your breast? It was a blessing to me, and I thank God numerous times each day for providing an answer to my prayers."

Stop Colon Cancer Before It Starts

Cancer of the colon—commonly called colorectal cancer—is the second-leading cause of cancer-related death and the third most common form of cancer. Researchers suggest that 90 percent of all colorectal cancer cases and deaths can be avoided with regular screening. "Colorectal cancer usually begins

forming as polyps, or tissue growths, in the colon or rectum," explains Dr. Robert C. Campbell, surgeon and member of the medical staff of Houston Medical Center. "If your doctor finds polyps during a screening, he or she will most likely remove them immediately. If the polyp is large, your doctor may perform a biopsy."

Getting regular checkups may be the best way to prevent colorectal

cancer. Early detection of any abnormal cells allows for prompt treatment and makes curing colorectal cancer more likely. Unfortunately, only about half of Americans age 50 or older chose to have a screening procedure performed within the past five years. That's troubling because the risk of developing colorectal cancer increases with age. In addition, having a family history of the

disease, colorectal polyps or inflammatory bowel disease makes the risk of colorectal cancer significant. Doctors say controlling weight, quitting smoking, limiting alcohol to one drink daily for women and two for men, exercising and eating low-fat meals rich in fruits and vegetables can help prevent the disease.

The American Cancer Society recommends the following screening guidelines ...

- **A digital rectal exam performed every year after the age of 50.** During this test, the physician inserts a gloved, lubricated finger into the rectum and feels for abnormalities of the prostate or rectum.
- **A fecal occult blood test conducted once a year after the age of 50.** This is a simple at-home test that checks for blood in the stool. Special cards are coated with a stool sample and returned to the physician or lab.
- **A flexible sigmoidoscopy performed every three to five years beginning at age 50.** This is an outpatient procedure for examining the lower part of the large intestine. A doctor uses a thin, flexible tube with a light and a tiny camera attached to look for polyps, tumors or abnormal areas.
- **A barium enema once every five to 10 years after the age of 50.** During this procedure, liquid containing barium is inserted into the rectum and colon. Barium, a silver-white metallic compound, helps to show the image of the lower gastrointestinal tract on an x-ray.
- **A colonoscopy performed once every 10 years after the age of 50.** This examination involves viewing the inside of the colon and rectum using a thin, lighted tube. If the physician sees polyps or other abnormal tissue during the procedure, he or she can remove the growth for examination under a microscope.

Colorectal Cancer Risk Factors

A person may have an increased chance of developing colorectal cancer if they:

- Are over age 50
- Have had certain types of polyps
- Have a close family member who had colon cancer diagnosed before age 50
- Have had colorectal cancer that was completely removed
- Have long-standing chronic ulcerative colitis or Crohn's colitis
- Are physically inactive
- Eat a high-fat, high-calorie diet
- Are overweight
- Smoke or drink alcohol heavily

General Surgeons on the Medical Staffs of Houston Medical Center and Perry Hospital

Robert C. Campbell, MD, FACS
Michael A. Hellwege, MD, FACS
T. Kent McBride, MD, FACS
Virgle W. McEver, III, MD, FACS
1701 Watson Boulevard
Warner Robins, Georgia 31093
923-0144

Horatio V. Cabasares, MD, FACS
1020 Keith Drive
Perry, Georgia 31069
987-0035

Charles H. Mann, MD
701 Blue Bird Boulevard
Fort Valley, Georgia 31030
825-7000

Houston Healthcare Joins IHI's ... 5 Million Lives Campaign

Houston Healthcare has joined the Institute for Healthcare Improvement's 5 Million Lives Campaign, a national campaign to dramatically reduce medical incidents that could lead to unnecessary patient complications in U.S. hospitals.

The 5 Million Lives Campaign builds upon the success of the 100,000 Lives Campaign, in which 3,100 participating hospitals reduced inpatient deaths by an estimated 122,000 in 18 months through overall improvement in care, including improvement associated with six interventions recommended by the initiative. The new Campaign will promote improvements that can save lives and reduce medical incidents.

IHI estimates that 15 million incidents of medical harm occur in U.S. hospitals each year. This

estimate of overall national harm is based on IHI's extensive experience in studying injury rates in hospitals, which reveals that between 40 to 50 medical incidents occur for every 100 hospital admissions. With 37 million admissions in the United States each year (according to the American Hospital Association's National Hospital Survey for 2005) this equates to approximately 15 million medical incidents annually—or 40,000 incidents in U.S. hospitals every day.

Houston Healthcare participated in the IHI's recent 100,000 Lives Campaign. Through the implementation of five proven healthcare interventions, including establishing a Rapid Response Team and reducing the rate of ventilator-associated pneumonia, Houston Healthcare saved the lives of more than 61 patients locally.

"Using the IHI's calculation, our

goal for the 18-month period of the 100,000 Lives Campaign was to save 30 lives in our hospitals," said Dr. Tony Alford, CEO of Houston Healthcare. "By implementing these specific interventions recommended by IHI to more than 3,000 hospitals nationwide participating in the campaign, we were able to exceed our estimated goal and save more lives. The collaboration between our staff and physicians made this initiative successful."



Learn How to Prevent MRSA

Lisa Harris, RN, BSN, CIC, Director of Infection Prevention and Control for Houston Healthcare, will present this important program on MRSA and how to prevent contracting an infection when hospitalized. A light lunch will be served. Must pre-register. Thursday, May 17 11:30 am - 1 pm Houston Health Pavilion EduCare Center Call 923-9771 to pre-register.

Restless Leg Syndrome

Many people suffer from restless leg syndrome. William Rankine, Jr., D.O., will present a program on this common disorder. Lunch will be served. Wednesday, June 6 11:30 am - 1 pm Houston Health Pavilion EduCare Center Call 923-9771 to pre-register.

Peripheral Vascular Disease Screenings

In addition to diabetics and individuals with cardiac problems, who may be at higher risk for PVD, those experiencing leg pain—especially in relation to exercise and walking—may want to consider being screened for PVD. Dr. Aamer Shabbir, F.S.C.A.I., cardiologist, will assist with providing counseling, reviews and recommendations for follow up of the PVD screenings. Appointments are required. Tuesday, June 12 10 am - 4 pm Health Connections Classroom Cost: \$20 Call 923-9771 to make an appointment.