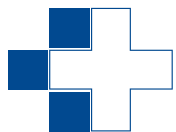


House CALLS



A Publication of Houston Healthcare

January - February - March 2023



Upcoming EVENTS

New Year, New You

Plan your route to good health with a "Road Map to Longevity." New Year, New You is an event centered on making positive choices that enrich the life we live. Join us and learn what you can do to enhance your health for life as you begin another year. Wear comfortable shoes and clothes as this will be an interactive program. Event is free with advance ticket. Call EduCare at (478) 923-9771 for more information.

📍 **Wednesday, January 18**

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

9 am - 1 pm: Program (lunch provided)

Cary W. Martin Conference Center

Houston Health Pavilion – W3 Entrance

233 North Houston Road, Warner Robins

COOKING SCHOOL: Food Feature

This adult cooking class features a signature staple food that promotes good health. Cooking demonstration focuses on preparing and cooking with highly nutritious whole food items to enhance your overall wellbeing. Recipes will be provided so you can make again at home. A tasting of all recipes prepared will follow the cooking demonstration. Pre-registration is required as space is limited. Please indicate morning or evening session when registering.

📍 **Wednesday, February 8**

10 am - 12 noon or 6 - 8 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

Annual Red Luncheon

Making a commitment to your health isn't something you have to do alone! Grab a friend, wear red, and join us for our annual luncheon focusing on preventing and managing heart disease. This year will feature a guest speaker, as well as Houston Healthcare's Houston Heart Institute initiative to teach and reach the community with "Hands Only" CPR education. **Tickets are \$15 each and must be purchased in advance.** Call EduCare at (478) 923-9771.

📍 **Tuesday, February 28**

11:30 am - 1 pm

Doors open at 11 am; lunch provided.

Cary W. Martin Conference Center

Houston Health Pavilion – W3 Entrance

233 North Houston Road, Warner Robins

Ticket must be presented at door for admittance.

Family Cooking School

Make dinner with us! Learn to prepare and cook healthy meals together as a family! Recipe features staple spices and pantry items for easy assembly of meal for families on the go. "Hands-on" cooking stations allow families to experience ways to use foods you may already have as well as learn how to add new foods that promote healthy families. Children age 8 and over welcome to participate with at least one adult represented per family. Limit 5 participants per family station. Class is free with pre-registration.

📍 **Wednesday, March 15**

6 - 7:30 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

February is Heart Month Know the Warning Signs of a Heart Attack

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



Warning Signs of a Heart Attack

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

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

Houston Heart Institute

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

Have You Had Your Flu Shot?

Getting a flu vaccine this season is more important than ever to protect yourself, your family, and your community, says The Centers for Disease Control and Prevention (CDC). With little to no restrictions in place, as well as travel and socializing back to normal, this winter may see an increase in flu cases, along with COVID-19 and RSV, or respiratory syncytial virus which has similar symptoms to flu and COVID but primarily infects children.

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

“Symptoms of the flu are very similar to that of the common cold, and can occur quite abruptly.

Recognizing and managing the symptoms early helps to minimize the risk for serious complications and lessens the chance of spreading it to others,” explains **Dylan A. Carroll, MD**, Internal Medicine physician on the Medical Staff of **Houston Healthcare**. “So it’s important to discuss with your doctor how to best manage your illness during these endemic winter months.”

Why should you get a flu vaccine, especially this year? Every flu season is different, and this season could be particularly challenging with the addition of the COVID-19 virus. A typical influenza infection for millions of people every season results in fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and several miserable days spent in bed. Unfortunately, hundreds of thousands of others are hospitalized each flu season with flu-related complications, while thousands to tens of thousands die from flu-related causes. Hospitals are continuing to treat patients sick with the COVID-19 virus. During flu season, when both the flu and COVID-19 could be circulating in communities, hospitals may again be limited in their abilities to care for people seriously ill with the flu, COVID-19, or both.

“Getting an annual flu vaccine prevents millions of flu illnesses and flu-related doctor visits each year. It is especially important for those individuals who are at a higher risk for flu-related complications or those providing care to another person. Take the time to get the flu vaccine so you can protect yourself and your

community,” advises **Dr. Carroll**.

How effective is the flu vaccine? While not perfect, the flu vaccine effectiveness ranges between 40 to 60 percent during a typical season. Those who do contract the flu after vaccination usually experience a milder case because the vaccine reduces the risk of severe illness and flu-related death. According to a 2021 study conducted by the CDC, adults who received the flu

vaccine had a 26 percent lower risk of being admitted to the ICU and a 31 percent lower risk of dying from the flu compared to those who did not receive the flu vaccine.

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

body, so it is best to get vaccinated early.

Who should get a flu vaccine? The CDC recommends a yearly flu vaccine for everyone six months of age and older as the first and most important step in protecting against seasonal flu viruses. For the 2022-2023 flu season, there are three flu vaccines available that are recommended for people 65 years and older. These include the Fluzone High-Dose Quadrivalent vaccine, Flublok Quadrivalent recombinant flu vaccine, and the Fluvad Quadrivalent adjuvanted flu vaccine. There is no preference expressed for any one vaccine over another.

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

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



“Prevention is the best treatment, and getting the flu vaccine each year is the most important thing you can do to prevent the flu. But we all still need to remain vigilant with our other preventive actions like covering coughs, washing hands often, and avoiding people who are sick.”

Dr. Dylan A. Carroll, Internal Medicine physician on the Medical Staff of Houston Healthcare

Statement of Nondiscrimination

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

ATTENTION: Language assistance services, free of charge, are available to you. Call 478-975-5662 (Houston Healthcare at Warner Robins) or 478-218-1635 (Houston Healthcare at Perry).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 478-975-5662 (Houston Healthcare en Warner Robins) o 478-218-1635 (Houston Healthcare en Perry).
Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 478-975-5662 (Houston Healthcare at Warner Robins), 478-218-1635 (Houston Healthcare at Perry) 번으로 전화해 주십시오.

EduCare CALENDAR

Join the Conversation at ...



Research shows that people who receive education and support and who practice healthy habits have decreased medical costs and improved health. EduCare offers a variety of classes tailored to meet specific health needs. Our classes are free or low cost as a service for you. If you have any questions regarding our classes or overall services provided by Houston Healthcare, call us at (478) 923-9771. You may also sign up for our classes online at www.hhc.org/calendar.

GENERAL HEALTH & WELLNESS

Protect Your Heart: Blood Pressure, Cholesterol and Inflammation Management

Persons with uncontrolled blood pressure have a higher risk of heart disease and stroke. Knowing your cholesterol numbers and how they relate to coronary artery disease can help you make changes to protect your heart. Research has linked inflammation to nearly every critical chronic disease. Learn how to protect your heart by developing a heart healthy lifestyle.

📍 **Wednesday, January 11, March 8**

5:30 - 7 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Help for the Heart: Heart Failure Education

An education program designed to improve the quality of life for persons with congestive heart failure. Taught by a multidisciplinary team of healthcare professionals, educational topics include *Understanding Heart Failure, Nutrition, Combating Fatigue, and Medications*. Join us for this free program to become a more active part of improving your overall health. Caregivers or support persons are also encouraged to attend.

📍 **Wednesday, February 8**

1 - 3 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Healthy Living for Life

Weight control, healthy eating, exercise, and stress reduction are the most effective ways to reduce your risk for chronic diseases such as heart disease, diabetes and some cancers. This free, ongoing class will teach you healthy habits for life with a different topic each week. You are encouraged to weigh-in weekly and follow your progress for improving weight management, nutrition, exercise and stress reduction.

📍 **Every Tuesday**

Weigh-in: 4:30 - 5 pm

Class: 5 - 6:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call (478) 923-9771 to pre-register.

Critical Conditions/Advance Directives

Do your loved ones know—really know—how much or how little life-extending care you would want at the end of life? Don't leave them wondering. Having a family conversation is the most loving thing you can do to make your wishes known. Call our Life Choices Team for free assistance in preparing an Advance Directive. *HHC at Warner Robins - (478) 975-5346 or HHC at Perry - (478) 218-1626.*

Georgia Tobacco Quit Line

Call the Georgia Tobacco Quit Line today – a free and effective service available from your own phone. Tobacco use is a major cause of lung cancer and other types of cancer, heart disease and chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema. It also contributes to asthma, diabetes and pregnancy complications. Tobacco cessation assistance is provided by highly trained coaches. The services are available at no-cost to Georgia adults, pregnant women, and teens (ages 13 and older). To learn more about the Georgia Tobacco Quit Line, please call the toll-free number or visit the website:

<https://dph.georgia.gov/ready-quit>.

1-877-270-7867 (English)

1-855-DEJELLO-YA (Spanish)

For Hearing Impaired: TTY services: 1-877-777-6534

DIABETES MANAGEMENT

Diabetes Nutrition and Meal Planning Class

For individuals with pre-diabetes or diabetes who need a nutrition review or people with newly diagnosed diabetes. A physician referral is required. For more information, call (478) 923-9771 or fax referral to (478) 975-6776.

Diabetes Exercise Program

An exercise program designed specifically for adults with diabetes who would like to learn more about the correct times and methods for exercising in relation to nutrition and medication.

📍 **Monday, Wednesday and Thursday**

Between the hours of 8 am and 6 pm

Health Connections – located inside HHC at Warner Robins

1601 Watson Boulevard, Warner Robins

Call (478) 322-5143 for more information and program fees

Diabetes Prevention Program: You Can Make a Change for Life

Did you know YOU can stop the progression and prevent a diabetes diagnosis? The CDC-researched National Diabetes Prevention Program can help you make changes for life. This free program helps you learn how to change your lifestyle to prevent Type 2 diabetes. Groups meet for a year-long program with a trained Lifestyle Coach. For more information, call (478) 923-9771.

Diabetes Self-Management Education Course

Houston Healthcare's Diabetes Self-Management Education Program has earned National Recognition by the American Diabetes Association. The course is designed to improve blood sugar control and decrease complications from diabetes. It includes a one-on-one session with a Registered Nurse, nutrition class with a Registered Dietitian, and two comprehensive skill classes. A physician referral is required. For more information, call (478) 923-9771 or fax referral to (478) 975-6776.

Reset: Path to Reversing Pre-Diabetes

Reset is for individuals that have been diagnosed with pre-diabetes or are at risk of developing Type 2 diabetes. A trained Lifestyle Coach provides the tools needed to reset your blood sugar with lifestyle changes that prevent or delay the onset of Type 2 diabetes. Enrollment options for the National Diabetes Prevention Program are also provided. For more information, call (478) 923-9771.

MATERNAL/CHILD

Breastfeeding Made Simple – Part 1

This class provides expectant moms with all the information needed to be successful in breastfeeding your newborn. Learn about the proper latch, various feeding positions, infant feeding cues, guidelines for frequency and duration of feedings, and much more!

📍 **Wednesday, January 4, February 1, March 1**

6:30 - 8:30 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

Breastfeeding Make Simple – Part 2

Join this class to learn about milk production, pumping, milk storage and safety. This class serves as a follow up to the initial Breastfeeding Made Simple class.

📍 **Thursday, January 5, February 2, March 2**

6:30 - 8:30 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

Baby Care Boot Camp

This class is an introduction to caring for a newborn. Participants will learn baby care essentials including bathing, diapering, feeding, healthy sleeping and eating patterns, cord care, and much more. This free class provides education as well as an opportunity to ask questions or discuss concerns.

📍 **Tuesday, January 31 or March 21**

6:30 - 8:30 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

Prepared Childbirth Series

These classes are designed for the expectant family to make informed decisions about their birth experience. Topics include stages of labor, birth, potential medical interventions, comfort measures, and maternal care after delivery and a tour of the Women's Center. Pregnant moms are encouraged to bring a support person. This free class meets one night a week for four weeks. Call (478) 923-9771 for more information or to register.

📍 **Tuesday 4-week series begins January 3 or February 21**

6:30 - 8:30 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Gestational Diabetes Education Program

Gestational Diabetes can be a very serious condition of pregnancy if not controlled. The program includes a detailed initial assessment with a Registered Nurse and nutritional instruction with a Registered Dietitian. A physician referral is required. For more information, call (478) 923-9771 or fax referral to (478) 975-6776.

Super Sibling Class

A class for new brothers and sisters to prepare for a baby's arrival! Includes a "Super Sibling" movie, basic baby care, infant safety, and a snack for participants. For children ages 3 to 10. A parent is required to attend with their children.

📍 **Wednesday, January 18, March 15**

6:30 - 7:30 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

GRANDparenting

Grandparents play a special and important role in every family. This class provides up-to-date research and information related to child-rearing and baby-care issues. Topics include information on home and infant safety, stages of development, schedules and routines, and a car seat overview for newborns through 3 years old.

📍 **Wednesday, February 22**

6:30 - 8:30 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

EXERCISE & MOVEMENT

Senior Exercise

Exercise and health talk options to promote wellness of mind, body and spirit for senior adults. Movement options for chair, standing and other modifications provided throughout sessions by trained instructors. **All senior exercise participants must have a signed Physician Referral Form from their personal physician. Forms are available by calling (478) 923-9771.**

📍 **Perry SeniorCare:** Monday and Wednesday (10 am) at Rozar Park includes an exercise class featuring strength training, flexibility and stretching. Mini-fitness assessment provided on the 2nd Wednesday of each month includes health talk and snack to follow.

📍 **Pavilion SeniorCare:** Each Monday and Wednesday (8:30 am) at Houston Health Pavilion. Includes an exercise class featuring strength training, flexibility and stretching. Mini-fitness assessment on the 2nd Monday of each month includes health talk and snack to follow.

Walk with Ease

An Arthritis Foundation-approved program that promotes regular walking as the easiest and safest way to get needed cardiovascular exercise while promoting physical and mental benefits. This 6-week program meets 3 times a week to gradually increase walking time and educate on walking strategies, benefits and support. Pre-registration is required.

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

Tai Chi

Developed by Dr. Paul Lam and led by a certified instructor, these one hour classes use gentle Sun-style Tai Chi routines that are safe, easy to learn, and suitable for every fitness level. Medical studies confirm Tai Chi relieves pain, reduces falls, and improves quality of life. It will also reduce stress, increase balance and flexibility, and improve overall mind, body, and spirit. Call (478) 923-9771 for more information and to pre-register. Class size is limited.

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call (478) 923-9771 to pre-register.

ACCIDENT PREVENTION

AARP Driver Safety Program

A comprehensive driving course designed to update drivers of all ages on the knowledge and skills of driving. Upon course completion, you could be eligible to receive an insurance discount (contact your insurance agent for details). Participants must sign a disclosure from AARP upon entry to class. Cost is \$20 for AARP members and \$25 for non-members. Make checks payable to AARP (no cash accepted).

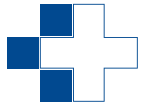
📍 **Tuesday, January 24, March 21**

9 am - 3:30 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

To register, visit AARPDiversSafety.org or call (478) 396-9705.



HOUSTON HEALTHCARE

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Warner Robins, Georgia 31093*

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