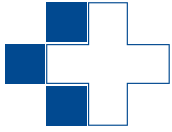


House CALLS



A Publication of Houston Healthcare

July-August-September 2021

Upcoming EVENTS

Kids in the Kitchen

Getting children involved in preparing their own meals is a great way to introduce them to new foods. This nutrition and cooking program encourages kids to eat healthy meals and snacks by providing them with hands on learning. The program will also include food safety education. NOTE: class is recommended for children ages 8 to 12. All children must be accompanied by an adult 18 years old or older. Class size is limited.

➔ **Wednesday, July 14**

10 am - 12 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call 923-9771 to pre-register.

Walk with Ease

Learn and practice the many benefits of walking! Walk with Ease is 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.

➔ **Monday, Wednesday, Thursday**

Class begins August 9

3 - 4:30 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call 923-9771 to pre-register.

World Plate Cooking School – Fall Favorites

Get back to the kitchen with flavors from around the world! Enjoy the smells and taste the goodness of healthy eating. Class cooking demonstration and health education focuses on foods that enhance overall wellness. Recipes and samples provided to each participant. Pre-registration required due to limited seating.

➔ **Wednesday, September 22**

10 am - 12 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call 923-9771 to pre-register.

Join the Conversation at ...



Houston Healthcare Certified to ISO 9001 Quality Management System by DNV

Houston Medical Center and Perry Hospital have been awarded by DNV Healthcare full accreditation to the ISO 9001 Quality Management System.

“Houston Healthcare strives to provide safe and effective healthcare services for our community,” says

Charles Briscoe, President and Chief Executive Officer for Houston Healthcare.

“We are so pleased that both Houston Medical Center and Perry Hospital have reached this level of distinction. ISO certification reflects the effort required to fundamentally transform the way we do business. ISO 9001 is ideally suited to the complex, process challenges of running a hospital.”

ISO 9001 is the most widely-accepted quality management system in use around the world, and is quickly gaining acceptance among US healthcare providers as a foundation for their quality and patient safety programs.

“Both Houston Medical Center and Perry Hospital have worked hard to achieve this certification, and they have done so with unwavering commitment from their top leadership to make their hospitals the best they can be,” says Patrick Horine, President of DNV Healthcare USA Inc. “ISO 9001

certification isn’t just an award or trophy for something you’ve done, it’s public evidence that you are at the top of your game with an obvious plan in place to make excellence an every day objective.”

ISO 9001 brings science to the art of caregiving; it helps to standardize processes around things that are proven to work, by the people doing the work, thus empowering frontline workers while creating an environment of predictability for the entire organization. The ultimate impact of ISO within hospitals is the reduction or elimination of variation, so that

critical work processes are done consistently and the “best ideas” aren’t held by one person or one department but are ingrained in the organization itself.

Businesses that implement ISO 9001 do so for both the internal and external benefits. Internally it helps staff create clear and consistent processes of patient care and ensure that progress is constantly being made toward specific quality objectives. Externally, it tells the public, as well as insurers and regulatory agencies, that the hospital is not only talking about quality, but is pursuing it with discipline and transparency.



“I’m proud of the work our staff and physicians have done towards obtaining this certification.”

Charles Briscoe, President and Chief Executive Officer, Houston Healthcare

Pre-Diabetes: Are You At Risk?

One out of three, or approximately 84 million, American adults has pre-diabetes, and most of them do not know it. Having pre-diabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes. Pre-diabetes raises your risk of Type 2 diabetes, heart disease and stroke.

Without lifestyle modifications like weight loss or moderate physical activity, many people with pre-diabetes will develop Type 2 diabetes within five years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack, stroke, blindness, kidney failure, or loss of toes, feet, or legs.

Houston Healthcare now offers a 1 1/2 hour class called *Reset: The Path to Reversing Pre-Diabetes*. This class provides education on pre-diabetes and Type 2 diabetes, healthy diet, and increasing activity. Participants will receive tools to set initial weight loss and activity goals. A trained Lifestyle Coach will follow up with each participant and determine if enrollment in the National Diabetes Prevention Program (NDPP) is appropriate.

As part of an NDPP group, the participants work with the Lifestyle Coach and other participants to learn the skills needed to make lasting changes. You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. Participation in the Lifestyle Change Program has been shown to cut the risk of developing Type 2 Diabetes by 58 percent (70 percent if over age 60.)

The NDPP is a free, year-long program with weekly meetings for the first six months, then once or twice a month for the second six months to help maintain healthy lifestyle changes. By meeting with others who have pre-diabetes, participants can celebrate each other's successes and work together to overcome obstacles.

Are You at Risk for Pre-Diabetes?

Take the risk test below to see how you stack up. If you score 5 or more, please see your doctor to be screened or contact **EduCare** at 923-9771 to hear more about the options you have to delay or prevent Type 2 diabetes.

Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

<p>1. How old are you? Write your score in the boxes below</p> <p>Younger than 40 years (0 points) <input type="text"/></p> <p>40-49 years (1 point) <input type="text"/></p> <p>50-59 years (2 points) <input type="text"/></p> <p>60 years or older (3 points) <input type="text"/></p> <p>2. Are you a man or a woman?</p> <p>Man (1 point) <input type="text"/> Woman (0 points) <input type="text"/></p> <p>3. If you are a woman, have you ever been diagnosed with gestational diabetes?</p> <p>Yes (1 point) <input type="text"/> No (0 points) <input type="text"/></p> <p>4. Do you have a mother, father, sister, or brother with diabetes?</p> <p>Yes (1 point) <input type="text"/> No (0 points) <input type="text"/></p> <p>5. Have you ever been diagnosed with high blood pressure?</p> <p>Yes (1 point) <input type="text"/> No (0 points) <input type="text"/></p> <p>6. Are you physically active?</p> <p>Yes (0 points) <input type="text"/> No (1 point) <input type="text"/></p> <p>7. What is your weight category?</p> <p>(See chart at right) <input type="text"/></p> <p style="text-align: right;">Total score: <input style="width: 50px;" type="text"/></p>	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th rowspan="2">Height</th> <th colspan="3">Weight (lbs.)</th> </tr> <tr> <th>1 Point</th> <th>2 Points</th> <th>3 Points</th> </tr> </thead> <tbody> <tr><td>4'10"</td><td>119-142</td><td>143-190</td><td>191+</td></tr> <tr><td>4'11"</td><td>124-147</td><td>148-197</td><td>198+</td></tr> <tr><td>5'0"</td><td>128-152</td><td>153-203</td><td>204+</td></tr> <tr><td>5'1"</td><td>132-157</td><td>158-210</td><td>211+</td></tr> <tr><td>5'2"</td><td>136-163</td><td>164-217</td><td>218+</td></tr> <tr><td>5'3"</td><td>141-168</td><td>169-224</td><td>225+</td></tr> <tr><td>5'4"</td><td>145-173</td><td>174-231</td><td>232+</td></tr> <tr><td>5'5"</td><td>150-179</td><td>180-239</td><td>240+</td></tr> <tr><td>5'6"</td><td>155-185</td><td>186-246</td><td>247+</td></tr> <tr><td>5'7"</td><td>159-190</td><td>191-254</td><td>255+</td></tr> <tr><td>5'8"</td><td>164-196</td><td>197-261</td><td>262+</td></tr> <tr><td>5'9"</td><td>169-202</td><td>203-269</td><td>270+</td></tr> <tr><td>5'10"</td><td>174-208</td><td>209-277</td><td>278+</td></tr> <tr><td>5'11"</td><td>179-214</td><td>215-285</td><td>286+</td></tr> <tr><td>6'0"</td><td>184-220</td><td>221-293</td><td>294+</td></tr> <tr><td>6'1"</td><td>189-226</td><td>227-301</td><td>302+</td></tr> <tr><td>6'2"</td><td>194-232</td><td>233-310</td><td>311+</td></tr> <tr><td>6'3"</td><td>200-239</td><td>240-318</td><td>319+</td></tr> <tr><td>6'4"</td><td>205-245</td><td>246-327</td><td>328+</td></tr> </tbody> </table> <p style="text-align: center; font-weight: bold;">1 Point 2 Points 3 Points</p> <p style="text-align: center; font-size: small;">You weigh less than the 1 Point column (0 points)</p> <p style="font-size: x-small;">Adapted from Bang et al., <i>Ann Intern Med</i> 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.</p>	Height	Weight (lbs.)			1 Point	2 Points	3 Points	4'10"	119-142	143-190	191+	4'11"	124-147	148-197	198+	5'0"	128-152	153-203	204+	5'1"	132-157	158-210	211+	5'2"	136-163	164-217	218+	5'3"	141-168	169-224	225+	5'4"	145-173	174-231	232+	5'5"	150-179	180-239	240+	5'6"	155-185	186-246	247+	5'7"	159-190	191-254	255+	5'8"	164-196	197-261	262+	5'9"	169-202	203-269	270+	5'10"	174-208	209-277	278+	5'11"	179-214	215-285	286+	6'0"	184-220	221-293	294+	6'1"	189-226	227-301	302+	6'2"	194-232	233-310	311+	6'3"	200-239	240-318	319+	6'4"	205-245	246-327	328+
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If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a CDC-recognized lifestyle change program at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

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 (NDPP) are also provided. The Reset Class and the NDPP are both free programs. For more information, call 923-9771.



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 Medical Center) or 478-218-1635 (Perry Hospital).

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

EduCare CALENDAR

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 AND WELLNESS

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, 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, July 21, August 18, September 15**
1 – 3 pm

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

Protect Your Heart: Blood Pressure Management

Persons with uncontrolled blood pressure have a higher risk of heart disease and stroke. This evidence-based educational program is taught by a Registered Nurse and is designed to equip participants to better manage their blood pressure.

📅 **Wednesday, August 4**
5 – 6 pm

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

Protect Your Heart: Cholesterol Management

Knowing your lipid or cholesterol numbers and understanding how they relate to coronary artery disease can help you make changes that protect your heart and long-term health. Learn about risk factors of high cholesterol and how to improve these numbers. Taught by a Registered Nurse.

📅 **Wednesday, August 11**
5 – 6 pm

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

Protect Your Heart: Inflammation Management

Research has linked inflammation to nearly every critical chronic disease. Persons with long-term inflammation are more susceptible to diabetes, cancer, dementia, arthritis, depression, and heart disease. Learn how to protect your heart and your body from these harmful effects.

📅 **Wednesday, August 18**
5 – 6 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call 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. Topics include strategies for improving weight management, nutrition, exercise, and stress reduction.

📅 **Tuesdays**
Weigh-in (optional): 4 pm
Class: 4:30 – 5:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call 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, *Houston Medical Center* – 975-5346 or *Perry Hospital* – 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-DEJALO-YA (Spanish)
For Hearing Impaired: TTY services: 1-877-777-6534

DIABETES MANAGEMENT

Diabetes Support Group

For adults with diabetes and their support system. Meetings are led by a Diabetes Educator with Houston Healthcare. Caregivers and support persons are encouraged to attend.

📅 **Wednesday, July 7, August 4, September 1**
1 – 2 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins

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 Houston Medical Center
1601 Watson Boulevard, Warner Robins
Call 322-5143 for more information and program fees.

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 923-9771 or fax referral to 975-6776.

Diabetes Prevention Program: You Can Make a Change for Life

Have you been told by a health care provider that you are at risk for diabetes, pre-diabetes, high blood sugar, borderline diabetes, or gestational diabetes? Did you know YOU can stop the progression and prevent a diabetes diagnosis? This 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 923-9771.

Diabetes Self-Management Education Course

Houston Healthcare's Diabetes Self-Management Education Program is an award-winning program that 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 923-9771 or fax referral to 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 (NDPP) are also provided. The Reset Class and the NDPP are both free programs. For more information, call 923-9771.

MATERNAL/CHILD

Breastfeeding Made Simple – Part 1

Breastfeeding is the best and ideal way of feeding your baby. Your breast milk is perfectly matched to meet your baby's needs for proper growth and development. This class provides expectant moms with all the information needed to be successful in breastfeeding your newborn. Learn about the proper latch, various feeding positions, infant feeding cues, guidelines for frequency and duration of feedings, and much more!

📅 **Wednesday, July 7, August 4, September 1**
6:30 – 8:30 pm

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

Breastfeeding Make Simple – Part 2

Most new moms have lots of questions on the “how to” aspect of breastfeeding once they begin getting back to a routine or daily activity. 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.

📅 **Wednesday, July 14, August 11, September 8**
6:30 – 8:30 pm

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

Baby Care Boot Camp

This class is an introduction to caring for a newborn. The training covers a variety of topics from infant health and safety to caring for fussy babies. Participants will learn baby care essentials including bathing, diapering, feeding, healthy sleeping and eating patterns, cord care, and much more. This free class provides education as well as an opportunity to ask questions or discuss concerns.

📅 **Tuesday, August 10**
6:30 – 8:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call 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. Pregnant moms are encouraged to bring a support person. This free class meets one night a week for four weeks. For more information or to register, call 923-9771.

📅 **Tuesday 4-week series begins July 13 or September 7**
6:30 – 8:30 pm

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

Super Sibling Class

A class for new brothers and sisters to prepare for a baby's arrival! This class includes a “Super Sibling” video, basic baby care, infant safety and refreshments. For children ages 3 to 10. A parent is required to attend with their children.

📅 **Wednesday, August 18**
6:30 – 7:30 pm

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

Gestational Diabetes Education Program

Gestational Diabetes can be a very serious condition of pregnancy if not controlled. The 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 923-9771 or fax referral to 975-6776.

FAITH COMMUNITY NURSING

Houston Healthcare supports Faith Community Nurses that provide health screenings and health education to their faith communities. Members meet once a month to learn specific health related concerns and find connection to community resources. Houston Healthcare serves as a resource center for area churches wanting a health ministry by providing health educational materials and training for nurses in the church family who are willing to provide this service. Call 923-9771 for more information.

Join the Conversation at ...



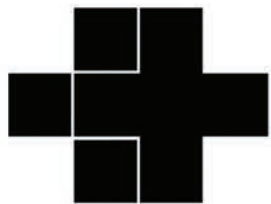


HOUSTON HEALTHCARE

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Warner Robins, Georgia 31093

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Located in the Houston Health Pavilion
233 North Houston Road, W3 Entrance
Warner Robins

hhcphysicians.com/ent

