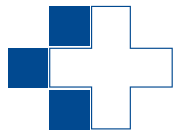


House CALLS



A Publication of Houston Healthcare

January-February-March 2022



Upcoming EVENTS

New Year, New You

If lifespan is the amount of time a person lives, HEALTHSPAN is the amount of that time in which a person is in good health. 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 and pre-registration is required. Call EduCare at 923-9771 for more information.

📍 **Wednesday, January 19**

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

9 am - 1 pm: Program and Lunch

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

COOKING SCHOOL: Heart Healthy Winter Soups

What better way to say "I Love You" to a loved one or to yourself than to prepare foods that are healthy for your heart. Get up close and discover new healthy winter soups prepared in a crock pot or on the stove. Recipes provided as well as soup tasting following cooking demonstration.

📍 **Wednesday, February 9**

10 am - 12 noon

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call 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 Houston Healthcare for our annual luncheon focusing on preventing and managing heart disease in women. Tickets are \$15 each and must be purchased in advance. Call EduCare at 923-9771.

📍 **Tuesday, February 22**

11:30 am - 1 pm

Doors open at 11 am

Cary W. Martin Conference Center

Houston Health Pavilion - W3 Entrance

233 North Houston Road, Warner Robins

Ticket must be presented at door for admittance.

Colorectal Collaborative

Featuring our new "Mega Colon", a walk-through inflatable colon that provides a visual of common colon disorders, conditions, and diseases. Learn how to protect your colon with healthy habits and screening. Cooking demo and tasting, exercise demo and education provided. Healthcare professionals will be onsite to provide information and answer your questions. All ages welcome and encouraged to attend.

📍 **Monday, March 7**

5 - 7:30 pm

Houston Health Pavilion - E3 Entrance

233 North Houston Road, Warner Robins

Houston Healthcare Facilities Earn Breast Imaging Center of Excellence Designation

Houston Healthcare is proud to announce **Houston Medical Center, Pavilion Diagnostic Center and Perry Hospital** have each been designated a Breast Imaging Center of Excellence by the American College of Radiology (ACR). The ACR Breast Imaging Center of Excellence designation signifies that **Houston Healthcare** facilities provide essential breast imaging services to our community at the highest standards of the radiology profession.



By awarding facilities the status of a Breast Imaging Center of Excellence, the ACR recognizes breast imaging centers that have earned accreditation in mammography, stereotactic breast biopsy, breast ultrasound (including ultrasound-guided breast biopsy), and breast MRI.

Peer-review evaluations, conducted in each breast imaging modality by board-certified physicians and medical physicists who are experts in the field, have determined that these facilities have achieved high practice standards in image quality, personnel qualifications, facility equipment, quality control procedures and quality assurance programs.

The ACR is a national professional organization serving more than 36,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.

"We are thrilled to have earned this designation for our mammography and breast care services at our three facilities. Our staff and radiologists have worked diligently to ensure the right processes are in place in order to continue providing quality care to our patients."

Dr. Mindy Hartley, Vice President and Chief Operating Officer, Houston Healthcare

Houston Healthcare Facilities

Houston Medical Center

1601 Watson Boulevard
Warner Robins

Pavilion Diagnostic Center

Houston Health Pavilion -
S1 Entrance
233 North Houston Road
Warner Robins

Perry Hospital

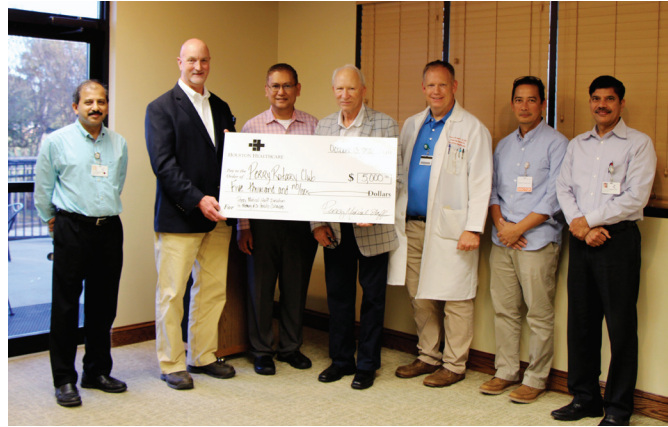
1120 Morningside Drive
Perry

To schedule a mammogram at a Houston Healthcare facility, call (478) 329-3200.

Perry Hospital Medical Staff Makes Donation in Memory of Dr. Horatio Cabasares

The physicians on the Medical Staff at **Perry Hospital** recently made a \$5,000 donation to the Rotary Club of Perry in memory of **Dr. Horatio Cabasares**, a long-time Rotarian and community supporter. **Dr. Cabasares** served the Perry community for nearly 40 years as a General Surgeon and helped start the summer reading program to distribute free children's books to local elementary school children, in partnership with the Houston County School District.

"On behalf of the Perry Rotary Club, I want to say thank you to all of you for this gracious donation to our reading program," said Keith Beckham, President of Perry Rotary Club. "As part of the program, we provide three to four books to the elementary school children right before summer break so they



have books of their own to take home and read over the summer. Dr. Cabby was a personal friend of mine and a wonderful Rotarian that had a true heart for service. This will commemorate him going forward in the Rotary Club to the elementary school students. We also put a sticker in each book from the Perry Rotary Club that says this is in memory of **Dr. Cabasares.**"

According to **Dr. Appavuchetty Soundappan**, Chief of Staff and internal medicine physician on the medical staff of **Perry Hospital**, **Dr. Cabasares** was also instrumental in arranging the donation of medical equipment to other countries as part of his regular medical missions. "We wanted to donate this money in his memory by giving books to the children in our community."

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

Hearth disease kills nearly 630,000 Americans each year and is the leading cause of death for men and women. High cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use are all contributing risk factors. In most cases, heart disease is preventable by adopting a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, exercising at least 150 minutes during the week, and getting regular health checkups.

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.

**If there is any reason to suspect a person is having a heart attack, do not wait.
Call 911 and get to an Emergency Room as quickly as possible.**

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. If you would like a member of the Houston Heart Institute team to speak to your business or organization, please contact Marketing at marketing@hhc.org or call (478) 975-6585 for our Speakers Bureau information.

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

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 5, February 2, March 2**
6 - 7:30 pm

Houston Health Pavilion EduCare Center
233 North Houston Road, Warner Robins
Call 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, 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, January 26, February 16, March 16**
1 - 3 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. You are encouraged to weigh-in weekly and follow your progress for improving weight management, nutrition, exercise, and stress reduction.

📍 **Tuesdays**
Weigh-in: 5 - 5:30 pm
Class: 5:30 - 6:30 pm

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

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-DEJEL0-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, January 5, February 2, March 2**
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.

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, January 5, February 2, March 2**
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, January 12, February 9, March 9**
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, February 8 or March 22**
6:30 - 8:30 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.

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 January 11 or February 22**
6:30 - 8:30 pm

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

EXERCISE & MOVEMENT

A Matter of Balance

One in every three adults ages 65 and older experience a fall. Fortunately, falls are a public health problem that is largely preventable. In partnership with Middle Georgia Area Agency on Aging, Houston Healthcare offers this class to improve flexibility, balance and strength to reduce falls. These two-hour classes meet two times per week for four weeks. The classes are designed to benefit adults in the community that are concerned about falls, have sustained a fall in the past, or restrict activities because of concerns about falling. Participants should be age 60 or older, ambulatory and able to problem-solve. Call for more information and to pre-register. Class size is limited.

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

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. Once a month, mini-fitness assessment that includes weigh-in, blood pressure screenings and health talk provided for all participants. All senior exercise participants must have a signed Physician Referral Form from their personal physician. Forms are available by calling 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 Monday 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 Wednesday of each month includes health talk and snack to follow.

Tai Chi

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

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

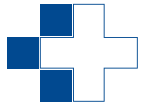
Walk with Ease

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

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

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.



HOUSTON HEALTHCARE

*1601 Watson Boulevard
Warner Robins, Georgia 31093*

NON PROFIT
US Postage
PAID
Permit #448
Macon, Georgia

Celebrating our Physicians

Happy Doctors' Day

**March 30th is
National Doctors' Day**

Our physicians are a valuable member of the Houston Healthcare team, and we appreciate their dedication and service to our patients and their family members. Thank you for making a difference and for working with us to meet the healthcare needs of our community.

The first Doctors' Day was observed in 1933 in Winder, Georgia, and in 1990 President George Bush designated March 30th as National Doctors' Day. The red carnation is commonly used as the symbolic flower for the day.

