

Health Matters

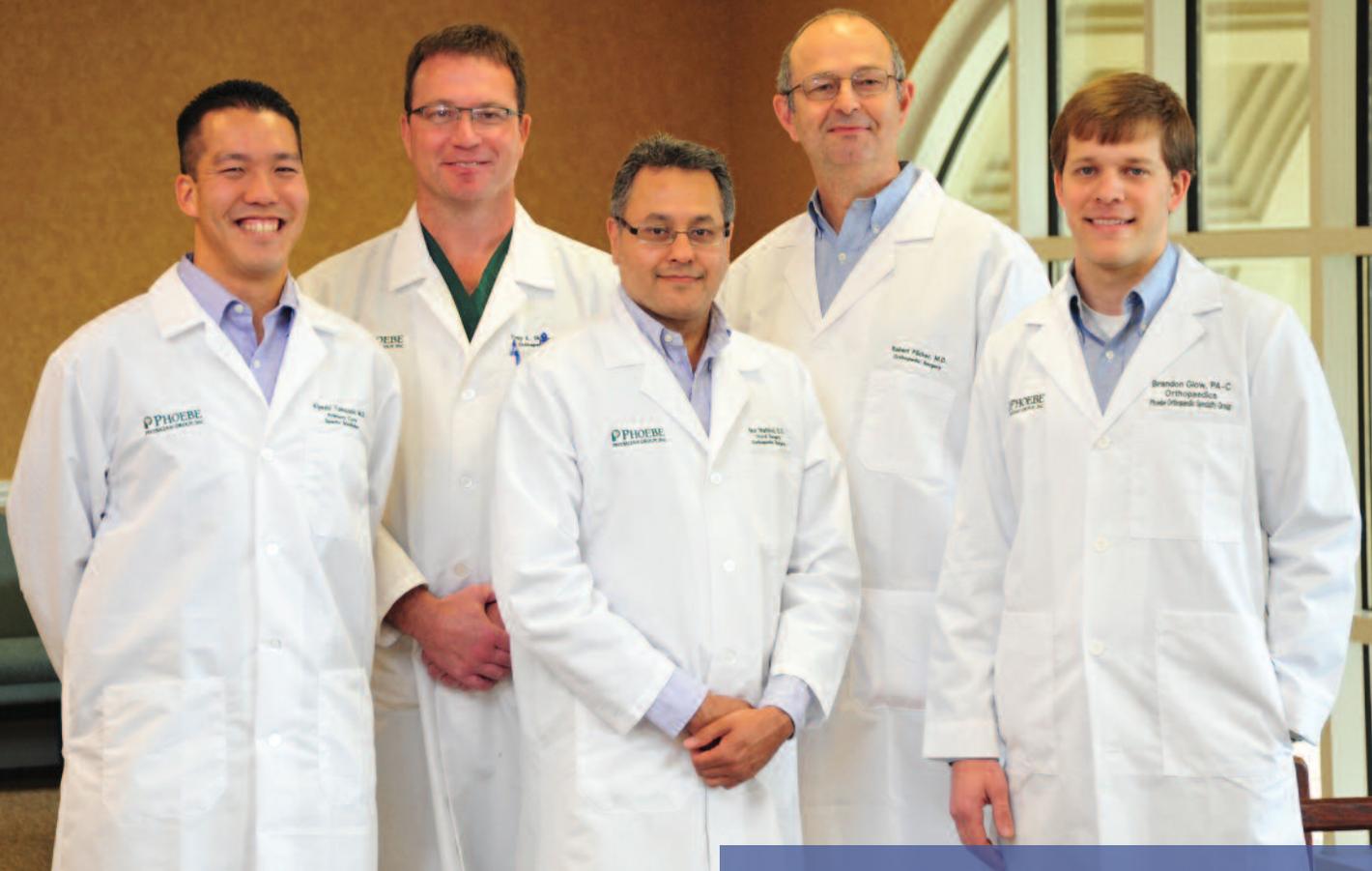
the MAGAZINE of PHOEBE PUTNEY HEALTH SYSTEM

A Joint Effort Keeps Athletes in the Game

Phoebe orthopaedic specialists get patients back in the game quickly through a team effort and strong continuum of care.



Golden Key members enjoy monthly seminars at Phoebe Northwest. pages 12-13



INSIDE

Joint Efforts

For athletes and weekend warriors alike, Phoebe provides a continuum of care that gets orthopaedic patients back in the game.

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Phoebe Orthopaedic Specialty Group

Meet the members of Phoebe Orthopaedic Specialty Group, L to R: Kiyoshi Yamazaki, MD; Troy E. Skidmore, DO; Nur Nurbhai, DO; Robert S. Pilcher, MD, PhD and Brandon Glow, PA. The physicians of this group are all board-certified and fellowship trained, which means their expertise is second to none. Coupled with the continuum of care provided through Phoebe's extensive rehabilitation services and Physical Medicine Center, these doctors are making a significant difference in the lives of orthopaedic patients across Southwest Georgia.



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Dear Friends,

Spring has sprung, and hopefully you are enjoying time outdoors!

As healthcare providers, we are thrilled to see members of our community in motion. Whether it's in the dirt, on the softball field or in the lake, playing regenerates our souls, stretches our physical abilities and strengthens our hearts and lungs.

However, remember to play safely. Please wear your helmets, know your limits, listen to your body and apply sunscreen. And, as always, if you should need a physician, hospital, or outpatient service, your community health system is committed to providing you with the best care and service possible.

The stories in this issue focus on how we can help keep you in the game of life through our orthopaedic programs. Our experts help people recover from injuries, improve quality of life for those with arthritis or scoliosis, and prepare you for replacement



surgery when knees and hips simply wear out.

I also want to call your attention to the educational and support programs in this issue. As a non-profit health system serving a community of half a million people, it is our honor to provide you with free services and screenings. One event is the annual Men's Health Conference on June 20 (see page 11).

Additionally, I am pleased to announce the implementation of a

new health information system. This system, which will be fully integrated this year, is designed to advance clinical outcomes, improve quality, and lower costs. It not only will better integrate your care between visits to Phoebe physicians and hospitals, but it will also provide you enhanced access to your health information. Link2MyHealth, Phoebe's new secure online patient portal, allows you to view test results, request prescription refills, and communicate confidentially with your doctor from the privacy of your own home.

We are dedicated to creating a healthier community and better outcomes for each and every patient we serve. I hope you enjoy this latest issue of Health Matters! ■

All my best,

Joel Wernick

PRESIDENT/CEO
PHOEBE PUTNEY HEALTH SYSTEM

In Good Hands

Spring means more athletes are playing on fields across Southwest Georgia; weekend enthusiasts are dusting off bikes; homeowners are cleaning up their yards; and walking trails are filling with people just needing to get outside. Inevitably, muscle, joint and bone injuries occur. Phoebe Orthopaedic Specialty Group deals with these injuries every day.



Gary McCrae recently underwent shoulder surgery with Troy Skidmore, DO, at Phoebe Orthopaedic Specialty Group. Following physical therapy, McCrae intends to play football with the University of Georgia where he is signed to play in the fall.

Multi-Talented Player Back in the Game

Gary McCrae was a star on the basketball court, football field and track at Randolph Clay High School. But in early 2015, the 18-year-old worried his dream of playing football for the University of Georgia (UGA) had come to an end. McCrae suffered a shoulder injury during a football game. An athletic trainer affiliated with Phoebe Orthopaedic Specialty Group was working the sidelines and referred him to sports medicine specialist Kiyoshi Yamazaki, MD.

Through an MRI arthrogram, Dr. Yamazaki confirmed dislocation and determined surgery was not warranted to repair his rotator cuff because it was not a complete labral tear. McCrae received ultrasound-guided steroid injections, went home in a shoulder stabilizing brace and underwent an aggressive rehab program with a physical therapist close to his home in Cuthbert. He was soon back in the game.

However, during a basketball playoff round, the forward dove for a ball and his shoulder was reinjured – this time more severely. MRI revealed a new injury to the bone socket and shoulder surfaces. Diagnosed with a meniscus tear this time, McCrae underwent surgery in March 2015 with Troy Skidmore, DO. McCrae knew Dr. Skidmore from a past soft tissue knee injury, which he had treated with minimally-invasive surgery. The shoulder surgery would be more extensive.

“His knee was a pretty typical injury, but his shoulder was really torn up for an athlete his age,” said Dr. Skidmore.

“Our patients benefit from the smooth transition between our non-surgical management of their orthopaedic care and surgical management,” said Dr. Yamazaki. “We have timely, face-to-face discussions about how to achieve the best possible outcome and meet patient goals for quality of life and performance.”

Having already signed with UGA, McCrae started rehab using a constant passive motion chair that was delivered to his house for convenience.

“It’s a really great service,” said McCrae of the care delivered by the Phoebe Orthopaedic Specialty Group. Today, through continued physical therapy, he’s working toward his goal of participating in pre-season football practice in Athens this summer. ■



Kiyoshi Yamazaki, MD, of Phoebe Orthopaedic Specialty Group uses ultrasound-guided injections to treat Devanna Osborne’s severe arthritis of the knee as an alternative to surgery.

Getting Back to Life

When the joys and tasks of day-to-day living are hindered by pain, quality of life suffers. Devanna Osborne faced multiple health issues including breast cancer and severe arthritis in her knees. Due to her medical problems, Kiyoshi Yamazaki, MD, knew she wasn’t a candidate for knee replacement surgery.

He also knew she needed relief from the terrible pain in her knees without facing a life dependent on pain medication.

A non-surgical sports medicine physician, Dr. Yamazaki successfully treated other patients suffering the same and even greater levels of arthritis. He first addressed the areas of her knees where the wear and tear was the worst, while also considering her individual goals following treatment. According to Dr. Yamazaki, patients who enjoy painting or reading, generally don’t want or need as much treatment as patients who want to return to competitive physical activity.

“In Ms. Osborne’s case, her passion was walking,” he said. “She was fueled by her desire to lose weight and live healthier. Knee pain was keeping her from that goal.”

Specializing in ultrasound guided injections, Dr. Yamazaki used a sonogram to see inside her knees and guide his needle to deliver steroid injections, dodging scar tissue and bone spurs.

“I can accurately guide the needle into the lining around the tendon without pain or damaging the

tendon, bones or surrounding blood vessels or nerves,” he said. “The result is high accuracy and safety with very low complication rates.”

The ultrasound guided injections decreased inflammation causing pain in Osborne’s knees. She then opted to receive viscosupplementation, a series of three injections of a naturally occurring substance that replenishes depleted cushioning in joints and decreases painful bone-on-bone contact. The injections are provided in the physician’s office, can be repeated every six months, and the patients return to regular activity immediately.

Today, Ms. Osborne is enjoying her newfound freedom and working hard to get healthier. “I can’t be 100 percent cured of my illnesses,” she said. “But, Dr. Yamakazi has always wanted me to be better, and has never given up on me.” ■

Rapid Recovery

On a day in February nice enough to spend time in her yard, Terrell County resident Sonya Bridges was carrying a bag of dog food across the lawn when one of her overzealous dogs knocked her down. “I hit the ground so fast, I knew I was hurt,” she recalled. “I screamed for someone to help me.”

Bridges suffered a traumatic injury. The top of her femur bone slammed against the back of her hip socket and broke it. She was referred to Phoebe Orthopaedic Specialty Group’s Robert Pilcher, MD, who is fellowship trained to treat pelvic trauma.

“Most people who break a hip also break the femur,” Dr. Pilcher said. “Ms. Bridges broke the whole exterior wall of the socket.”

The only surgeon in the area who repairs such extensive breaks, Dr. Pilcher saw approximately one a week while training at Grady Memorial Hospital in Atlanta. He still sees about one per month and performs about 400 hip and knee replacements each year.

“Ms. Bridges’ surgery was a complex restoration of the joint anatomy. I had to dissect the sciatic nerve to get it out of the way,” Dr. Pilcher explained.

“Hip replacement is major surgery, and her hip repair went beyond that,” he added, noting that he used a 10-hole plate and eight screws to repair it.



Sonya Bridges is back to work at Reaching Hands Adult Day Health Center following extensive hip repair surgery performed by Robert Pilcher, MD, of Phoebe Orthopaedic Specialty Group.

“I prayed for Dr. Pilcher, and I asked God to touch his hands,” Bridges said. “He was awesome.”

Not one to lie around, Bridges went home the next day with prescribed in-home physical therapy three times a day for two weeks. Bridges said she didn’t experience much pain after the surgery and even forgot to take her pain medicine the first week. “She hardly slowed down,” Dr. Pilcher said. “After two weeks, she asked if she could go back to work. Within three weeks, she was cleared to drive.” ■

In addition to steroid injections and viscosupplementation, Phoebe Orthopaedic Specialty Group offers other types of helpful injections.

Platelet-rich plasma injections, whereby a small amount of a patient’s blood is withdrawn and spun in a centrifuge to separate the platelets, is one such treatment. Those cells are injected into the patient’s damaged tissue where they help the body heal itself. It is effective for treating tendons, ligaments, muscles, cartilage and joints.

Pre-Replacement Joint Camp Improves Outcomes

Knowing what to expect before and after total hip or knee replacement surgery is easier than ever thanks to Joint Camp hosted by Phoebe Orthopaedic Specialty Group.

Every Tuesday, patients scheduled for surgery meet with a nurse to go over what they can expect – from pre-op through physical therapy.

“They learn about the typical patient experience, equipment they will see while in the hospital and how that equipment will be used,” said director of orthopaedic and neurosurgery at Phoebe, Kimberly Horne. “We also talk about their expectations and different types of therapy available, including pain management and care after going home.”

“Informed patients have fewer incidents of infection and pneumonia, as well as less anxiety prior to surgery,” said Horne. “Evidence shows better outcomes when patients are educated about what to expect.”

“Because it’s so beneficial and has been so successful, Joint Camp may soon become mandatory for patients,” she continued.



Back On The Field

Miller County High School senior and baseball star Cole Vann has a reputation for being an outstanding utility player, meaning he has the ability to play several positions exceptionally well. But playing ball has already taken a toll on his knees requiring surgery on both of them according to his mother, Tammy Vann.

The 18-year-old was throwing a football around in the yard when he dislocated his right kneecap. He sought treatment from Phoebe Orthopaedic Specialty Group and Robert Pilcher, MD, surgically repaired his knee.

Fast forward to baseball practice, and Vann found himself with a dislocated right knee coupled with a meniscus tear. This time it was Troy Skidmore, DO, who handled the repairs.

“He underwent surgery in January,” his mom said. “As a mother, I didn’t know what to do. So I asked Dr. Skidmore what he would do if it were his child. He treated Cole as if he was his own.”

According to Dr. Skidmore, his most recent injury was a little unusual for a baseball player. “He had to work really hard to get his quads, or leg control muscles, to come back.”

For his convenience, Vann went to physical therapy in Camilla and returned quickly to the field. He will begin his college baseball career at Valdosta State University this fall and has hopes of entering the draft.

Dr. Skidmore noted that Vann is playing very well and already has some professional scouts interested in him. ■

For information about orthopaedic surgeries or procedures, contact Phoebe Orthopaedic Specialty Group at 229-312-5000 or visit phoebeputney.com

A Newfound Freedom

Over a period of 40 years, Velda Whiddon of Tift County became increasingly disabled due to severe joint pain from rheumatoid arthritis. Caring for her elderly mother was more difficult as the years went by, especially walking and pushing the wheelchair.

The 68-year-old mother of four and grandmother of four underwent successful knee surgery last fall with Phoebe Orthopaedic Specialty Group's Robert Pilcher, MD. Using the walker during her recovery took a toll on her hands and wrists. "Something had to be done," Whiddon recalled. "I couldn't even hold my Bible or turn those thin pages."

Nur Nurbhai, DO, an orthopaedic surgeon with Phoebe Orthopaedic Specialty Group who specializes in hands, was the answer. "She had chronic pain and an unstable wrist from rheumatoid deformity," he said. "We needed to stabilize her wrist and eliminate pain."

He performed a wrist fusion surgery by removing the painful joint and fusing a unique implant into the canal of the wrist bone rather than inserting the typical plate and screws. The procedure serves to stabilize the wrist without affecting finger function.

"Fusion is very common for rheumatoid arthritis patients," said Dr. Nurbhai. "She won't have any tendon problems down the road."

"There are so many people who live in pain and don't know there are treatments," he continued. "We can do replacements and reconstruction of those joints."

With some physical therapy – picking up pennies and dimes and putting together Legos – her recovery was complete.

"I can do a lot of things now," said Whiddon, a retirement home resident who enjoys making bird feeders from pine cones and peanut butter. "I can rake leaves and walk four miles without pain."

Whiddon is thankful for the independence she gained by having surgery. "Life without pain offers so much hope," she said. ■



Velda Whiddon underwent fusion surgery to alleviate the pain in her wrist. Nur Nurbhai, DO, of Phoebe Orthopaedic Specialty Group, performed the surgery that has enabled her to once again make birdfeeders and participate in other favorite activities.

“There are so many people who live in pain and don’t know there are treatments.”

– Nur Nurbhai, DO

If you think you might be a candidate for this procedure, call 229-312-5000 or visit phoebeputney.com.

Hoop Dreams

While a student majoring in education with a focus on exercise science, Otisshia Burden played basketball for Georgia Southwestern State University in Americus. During a pick-up game last summer, she dislocated her knee. Burden thought her college basketball career might be over. This possibility was devastating.

Burden's athletic trainer referred her to John Fennessy, MD, an orthopaedic surgeon with Phoebe Sumter Orthopaedic Associates. "My trainer gave me a lot of information about Dr. Fennessy and said he was a great doctor," she remembered. "I had two options: go to Hughston Clinic or see Dr. Fennessy in Americus." She chose the latter.

Burden had confidence in Dr. Fennessy from the beginning, and he reassured her that she would be okay. He performed a reconstructive scope on her knee last June, repairing the damage through several small incisions.

"He didn't do the traditional long scar down my knee, so I was very happy about that," she said. "He made me comfortable and walked me through the procedure, explaining everything that was going on."

Following surgery, Burden received physical therapy at Phoebe Sumter Medical Center where she had previously completed an internship for her degree. She was so impressed by the care she received as a patient, she decided against being an athletic trainer and now plans to attend graduate school and become a physical therapist instead.



"Seeing the physical therapists care for people and have such a passion for helping others had a big impact on me," Burden said.

Once released from physical therapy, Burden continued rehab with her athletic trainer. Five months after surgery, she was back on the court to play her senior season. She soon will join the U.S. Army in order to advance her education. ■



John Fennessy, MD, of Phoebe Sumter Orthopaedic Associates specializes in the prevention, diagnosis and treatment of the musculoskeletal system including:

- Sports injury
- Workplace injuries
- Knee and shoulder pain
- Hand and foot problems
- Fractures
- Hip and knee replacements
- Carpal tunnel pain
- Ligament and tendon injuries
- Arthritis
- Arthroscopic surgery

For information about orthopaedic surgeries or procedures, call Phoebe Sumter Orthopaedic Associates at 229-931-6830 or visit phoebeputney.com.

Otisshia Burden is going strong and back in the game. John Fennessy, MD, in Americus, performed reconstructive surgery on her knee.

Community Partners

From the Sidelines

In college sports, the health and safety of each student athlete is a top priority for the team, his or her family and, most importantly, for the future of the student athlete. Due to an ongoing

partnership between Albany State University, Phoebe Orthopaedic Specialty Group and Phoebe Sports Medicine, all can rest a little easier.

More than 250 student athletes playing for Albany State in 11 different sports benefit from the Phoebe physicians and athletic trainers who oversee their performance and well-being both on and off the field.

From providing pre-season physicals and monitoring from the sidelines to treating and rehabilitating an injury, Phoebe is committed to going the distance for Albany State student athletes.

“They keep us healthy and moving,” said Richard Williams, PhD, Albany State professor and athletic director. “They always have a presence during practice and games.”

The partnership has not only proved to be good for the health of the student athletes, but also proved to be healthy for the financial stability of Albany State’s athletics program. “The impact is well into five figures,” said Dr. Williams.

“They keep us healthy and moving. They always have a presence during practice and games.”

– Richard Williams, PhD



“The university’s insurance premiums are based on how many claims were made over the past three or four years,” he explained. “Since the partnership was formed, we’ve had fewer claims which leaves more money for facility improvements, equipment and support programs such as tutoring.”

The athletic trainers are present at every home game for every sport. At away games, the home team provides an athletic trainer. But for some sports, Phoebe’s trainers travel with the team as well.

“Being onsite to take care of injuries quickly and provide preventive measures such as exercise, bracing and taping has kept Albany State’s student athletes in the game longer,” said Butch Jenkins, vice president of orthopaedics for Phoebe.

“Albany State had done the best they could with one athletic trainer on staff. We were honored to be approached when it became clear additional support was needed.”

Leadership at both Albany State and Phoebe stated their hopes that the partnership will continue well into the future. ■



Chauncey Keith, ATC

Sherwood Christian Academy, Byne Christian School and Albany State University*

- Bachelor of science degree in sports medicine and a master's degree in health and human performance
- Specialty areas include athletic training, strength & conditioning



Jeff Tanner, ATC

Deerfield-Windsor, Worth County

- Bachelor of science degree in athletic training and a master's degree in exercise and sports sciences
- Specialty areas include sports medicine, rehab of knee injuries, and community wellness



Will Sells, ATC

Terrell Academy, Terrell County and Albany Technical College

- Bachelor of science degree and a master's degree in sports medicine
- Specialty areas include orthopaedics, sports medicine, community wellness and aquatic wellness.



Wesley Knight, ATC, LAT, OTC

Pelham High School and Mitchell County High School

- Bachelor of science degree in athletic training
- Specialty areas include sports medicine, orthopaedics, wound care and post operative care.

Phoebe Athletic Trainers Bring Safety to the Sidelines

With the range of athletic events at eight area high schools and two local colleges, the athletic trainers at Phoebe Physical Medicine Center stay extremely busy. Not only do they help injured players get back in the game, but they also work on the sidelines to prevent injuries from happening. Their specialties and the schools they work with are listed above.

*ATCs share duties at Albany State University

For more information about Phoebe Sports Medicine and how they might join your winning team, call 229-312-8733 or visit phoebeputney.com.

Customized Therapy, The Perfect Follow-through

Patients who undergo orthopaedic surgery and other procedures benefit from the continuum of care available through Phoebe Physical Medicine Center. Patients are prescribed customized programs of physical therapy and rehab, working toward the goal of returning to normal activity.

Such was the case with Jason Townsend. At just 26 years old, he's already played baseball for 20 years. While spending his high school seasons on the mound, pitching for Sherwood Christian Academy, he suffered his first shoulder injury and needed surgery to repair a torn labrum in this left shoulder.

Following surgery, Townsend underwent rehab with Chauncey Keith, a certified athletic trainer with Phoebe's Sports Medicine Department. "I never had another shoulder problem with my left arm," he said.

Earlier this year, having recently completed four years as a pitcher for the Pittsburg Pirates' farm team, Townsend underwent the same procedure on his right shoulder. Instead of staying in Pittsburg for physical therapy, he insisted on returning to Albany to receive therapy again from Keith.

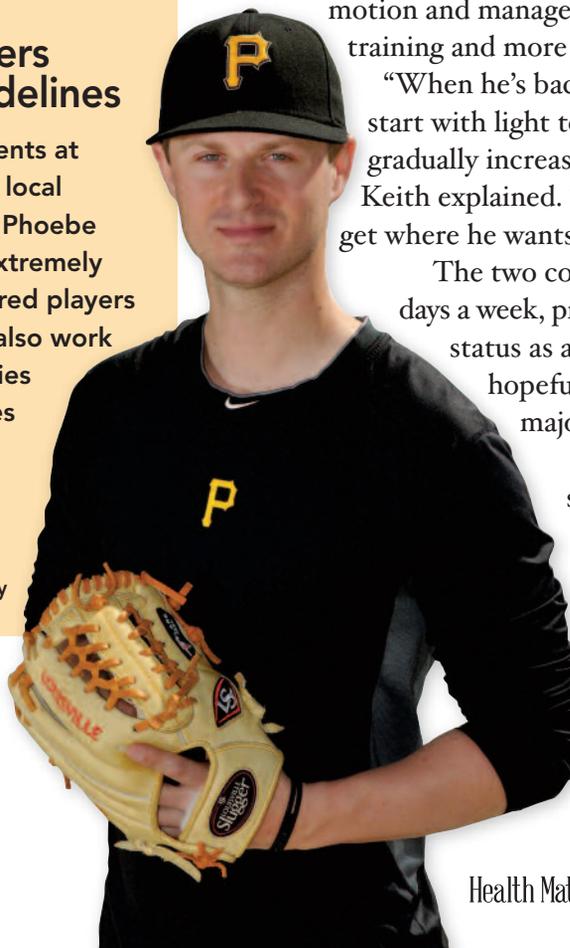
"His injury is rather common for a pitcher, somebody who does a lot of overhead throwing," said Keith who has more than 20 years of experience as an athletic trainer. "Sooner or later, either the shoulder or the elbow is going to break down."

The goal after surgery is to protect range of motion and manage pain before moving to strength training and more sports specialized functions.

"When he's back on a throwing program, we'll start with light tosses and short distances and gradually increase the distance and velocity," Keith explained. "It'll take a solid year for him to get where he wants to be."

The two continue to work together four days a week, preparing Townsend for his current status as a free agent. The big league hopeful plans to try out for a couple of major league teams next year.

"I've known Chauncey now since my sophomore year in high school," Townsend said. "I trust him and know he'll help me get my pitching where it needs to be. I wouldn't go to anyone else." ■



Colonoscopy is Key in Early Detection of Colon Cancer

Colorectal cancer almost always develops from pre-cancerous polyps or abnormal growths, in the colon or rectum. A colonoscopy detects polyps so they can be removed before they become cancerous through a chain of events that occurs over a 10 to 15 year period.



“You can’t rely on symptoms,” said Ira Knepp, MD, of Phoebe Gastroenterology Associates. “Cancer may be already present if you are experiencing rectal bleeding, changes in bowel habits or consistency, persistent abdominal discomfort, fatigue, and unexplained weight loss.”

Colonoscopy screenings should be started at age 50, with additional screenings every 10 years. Individuals with a parent, sibling or child diagnosed with colorectal cancer should start at age 40 and have screenings every five years. In addition, because some studies have shown African Americans tend to be diagnosed at an earlier age, they are advised to have their first colonoscopy at age 45.

Colonoscopies are best performed by gastroenterologists and surgeons who are fellowship trained in the specialty. “Those with gastroenterology training, regardless of their subspecialty, are going to have the best rates for detection of polyps and fewer complications,” said Dr. Knepp.

In addition, a gastroenterology practice offers patients a continuum of care should polyps or other gastro issues be detected during screening.

Five years ago, at age 56, Cheryl Miller had yet to receive a colonoscopy screening. When she

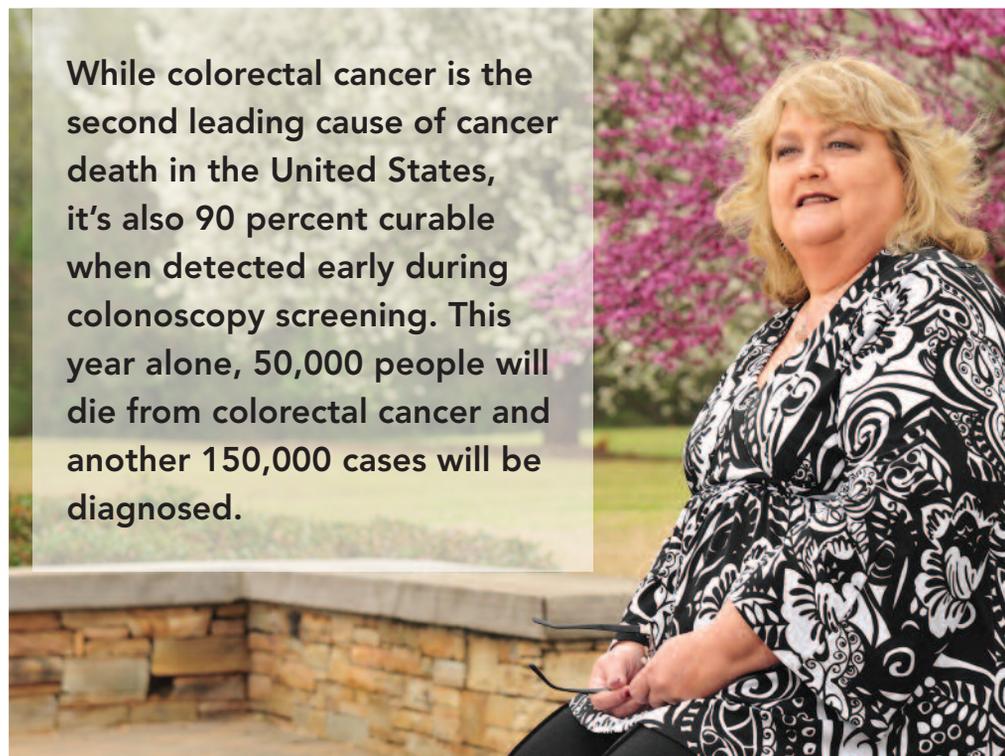
experienced some rectal bleeding, she didn’t see a doctor right away because of time restrictions as her mother’s caregiver.

Eventually, she couldn’t ignore her symptoms anymore and sought medical treatment. Her colonoscopy detected cancer, which could have been found during an earlier screening and treated while still in a pre-cancerous stage. She had no family history of colon cancer.

“He knew right away,” the Warwick resident said of Dr. Knepp’s diagnosis during her colonoscopy. “The minute he saw it, he went out and told my daughter.”

Things moved quickly for Ms. Miller. Under the care of Thomas Neal, MD, an oncologist at Phoebe Cancer Center, she underwent a round of chemotherapy and radiation, followed by surgery and another round of chemotherapy. Five years later, she is cancer free, but will have to use a colostomy bag for the rest of her life. She doesn’t want to see others go through what she has experienced, especially when there’s a proven method for early detection so readily available.

“I would advise everyone to get a screening early,” Miller said. “Maybe if I had done so sooner, they would have caught it before it became cancer.” ■



While colorectal cancer is the second leading cause of cancer death in the United States, it’s also 90 percent curable when detected early during colonoscopy screening. This year alone, 50,000 people will die from colorectal cancer and another 150,000 cases will be diagnosed.

TheraSuit® is Here

The recent purchase of a TheraSuit system by the Phoebe Foundation is changing the lives of some of our young patients receiving occupational therapy.

TheraSuit improves body function for everyday living needs of children challenged by developmental delays and traumatic brain injuries as well as those diagnosed with cerebral palsy and other illnesses affecting muscle control.

The biomedical suit allows the therapist to use different configurations of harnesses to build up one muscle group at a time.

“TheraSuit is used by our occupational therapy team to increase feedback to the brain and enhance purposeful movement,” says Lauren Ray, executive director of Phoebe Foundation. “This cutting edge equipment promotes muscle control and strengthening in a focused way that leads to quicker results – right here at home for our local families.”

Jennifer Rigsby, a mother of five, has a daughter with developmental delays. For the past nine years, they have traveled to Atlanta so Madeleine could receive TheraSuit therapy. Now she is able to receive that treatment in Albany.

“We are relieved to finally have this therapy available in our area, not only for our daughter but also for other children who can benefit,” said Rigsby. “Madeleine has made great strides in her abilities and continues to progress much quicker than with traditional therapy alone.

“Thanks to the Phoebe Foundation, we can continue to press on towards achieving our goals,” she added.

Donations to Children’s Miracle Network allowed Phoebe Foundation to purchase the \$29,000 TheraSuit being used by the physical therapy team at Phoebe Northwest. ■



Calendar of Events

APRIL – JUNE

■ FREE WEIGHT LOSS SURGERY SEMINAR

Thursday, April 23 | 6:30 pm
PHOEBE NORTHWEST, ALBANY
CALL 229-931-1152 FOR DETAILS

■ LOPEZ HOSPICE GOLF CLASSIC

Thursday, April 30 & Friday, May 1
DOUBLEGATE COUNTRY CLUB, ALBANY
CALL 312-4483 FOR DETAILS

■ SUMTER WOMEN'S HEALTH CONFERENCE

Saturday, May 16 | 8 am - 1 pm
STUDENT SUCCESS CENTER, GEORGIA
SOUTHWESTERN STATE UNIVERSITY, AMERICUS

■ FREE WEIGHT LOSS SURGERY SEMINAR

Thursday, May 28 | 6:30 pm
WELLNESS & EDUCATION CENTER, AMERICUS
CALL 229-931-1152 FOR DETAILS

■ MEN'S HEALTH CONFERENCE

Saturday, June 20 | 8 am - 12:30 pm
PHOEBE HEALTHWORKS, 311 THIRD AVENUE,
ALBANY, GEORGIA

■ FREE WEIGHT LOSS SURGERY SEMINAR

Thursday, June 25 | 6:30 pm
PHOEBE NORTHWEST, ALBANY
CALL 229-931-1152 FOR DETAILS

FOR MORE INFORMATION

For a complete list of community events and activities visit phoebeputney.com.

For information about Phoebe Foundation and how you can help, call 229-312-GIVE or visit them online at supportphoebe.org.

PHOEBE GOLDEN KEY SEMINARS

APRIL 28 - ENHANCED ACCESS TO DOCTORS AND MORE

By investing in advanced health information technology, Phoebe is enhancing connectivity between our physicians, clinics, hospitals and, most importantly, with our patients.

Link2MyHealth, Phoebe's new secure online patient portal, gives you more control over your healthcare. Using your own secure password, you can view test results, request prescription refills, communicate confidentially with your doctor, and more!

Join Jesse Diaz, Phoebe's chief information officer, and Donna Peak, system analyst, on Tuesday, April 28, to learn how to use Link2MyHealth, available at no cost 24 hours a day, 7 days a week.

Reservations are required. Call 229-312-2418 by April 20. ■



MAY 12 - DON'T HAVE A STROKE / OLDER AMERICANS MONTH



Each year, stroke strikes nearly 800,000 Americans, and every four minutes someone dies from lack of oxygen to the brain caused by stroke. Brain injury from stroke may impact how you move, feel, communicate, think and act. From paralysis

and slurred speech to loss of emotional control, stroke can have a debilitating impact on quality of life.

Don't miss a presentation by Amanda Cauley, stroke nurse coordinator, on Tuesday, May 12. Learn about stroke prevention, knowing your risk, recognizing

warning signs and reacting quickly to minimize damage.

We will also be celebrating Older Americans Month with musical entertainment by Carla Hawkins. Carla holds the title of Mrs. Black Georgia/USA 2010/2011 and her platform is organ and tissue donation. She has also performed in Christian-based movies, "Flywheel" and "Fireproof."

Don't miss this special seminar event full of information and celebration. Reservations are required. Call 229-312-2418 by May 4. ■



JUNE 16 - MANAGING GASTROESOPHAGEAL REFLUX DISEASE

Laura H. Anderson, MSN, FNP-C, joined Phoebe Gastroenterology in 2011. Laura has been in the medical field for over 15 years. In her present role as nurse practitioner, she works in concert with Ira Knepp, MD, gastroenterologist, addressing patient's digestive health needs. Laura is a member of the American Academy of Nurse Practitioners and American Gastroenterological Association.

She will discuss the importance of managing gastroesophageal reflux disease (GERD) – a chronic regurgitation of acid from the stomach into the lower esophagus. Laura will also address Barrett's esophagus,

a condition often diagnosed with people who have long-term GERD. Because Barrett's esophagus is associated with an increased risk of developing esophageal cancer, Laura will emphasize the importance of regular checkups for pre-cancerous cells.

Reservations are required. To make reservations, call 229-312-2418 by June 8. ■



MONTHLY SEMINARS:

Golden Key seminars take place in the conference rooms at Phoebe Northwest, 2336 Dawson Road in Albany. We will begin with bingo at 10:30 a.m. Lunch will be served at noon, and you can enjoy your meal during our guest speaker's presentation from noon to 1 p.m. Cost is \$6 per person, which includes a bingo card and lunch.



April

Wednesday, April 1

Phoebe Pioneers
Retired Phoebe Employees
Golden Corral – Noon – 1:30 p.m.

April 1,6,8,13,15,20,22,27,29

Cancer Survivors Yoga Class – Ladies Only
Mondays & Wednesdays except holidays
YMCA from 1 – 2 p.m. 229-312-0042

Monday, April 6

Free Blood Pressure Screening
10 a.m. – 2 p.m.
Main lobby of
Phoebe Putney Memorial Hospital

Tuesday, April 7

Better Breathers
11 a.m. – Phoebe Northwest
229-312-7047

Thursday, April 9

Breast Cancer Support
910 N. Jefferson – 229-312-3999

Tuesday, April 14 & 28

NAMI – National Alliance on Mental Health
Meets the Second & Fourth Tuesdays
Phoebe Northwest – 229-343-8791
6:30 p.m. – 229-343-8791

Saturday, April 25

AARP Smart Driver Class
Phoebe Northwest – 9 a.m. – 4 p.m.
Reservations required
Golden Key – 229-312-2418

Tuesday, April 28

Golden Key Seminar –
Reservations required
Deadline April 20

Additional Resources:

Diabetes Counseling – 229-312-1392
Cancer Survivor's Support Group – 229-312-0042
Carlton Breast Health Center – 229-312-4012

May

Monday, May 4

Free Blood Pressure Screening
10 a.m. – 2 p.m.
Main lobby of
Phoebe Putney Memorial Hospital

May 4,6,11,13,18,20,25,27

Cancer Survivors Yoga Class – Ladies Only
Mondays & Wednesdays except holidays
YMCA from 1 – 2 p.m. – 229-312-0042

Tuesday, May 5

Better Breathers
11 a.m. – Phoebe Northwest
229-312-7047

Wednesday, May 6

Phoebe Pioneers
Retired Phoebe Employees
Golden Corral – Noon – 1:30 p.m.

Tuesday, May 12

Golden Key Seminar
Reservations required
Deadline May 4

Tuesday, May 12 & 26

NAMI – National Alliance on Mental
Health Meets the Second & Fourth
Tuesday
Phoebe Northwest
6:30 p.m. – 229-343-8791

Thursday, May 14

Breast Cancer Support
910 N. Jefferson – 229-312-3999

Thursday & Friday, May 14 & 15

AARP Smart Driver Class
Phoebe Northwest – 1 – 4 p.m.
Reservations required
Golden Key – 229-312-2418

June

Monday, June 1

Free Blood Pressure Screening
10 a.m. – 2 p.m.
Main lobby of
Phoebe Putney Memorial Hospital

June 1,3,8,10,15,17,22,24,29

Cancer Survivors Yoga Class – Ladies Only
Mondays & Wednesdays except holidays
YMCA from 1 – 2 p.m. 229-312-0042

Tuesday, June 2

Better Breathers
11 a.m. – Phoebe Northwest
229-312-7047

Wednesday, June 3

Phoebe Pioneers
Retired Phoebe Employees
Golden Corral – Noon – 1:30 p.m.

Tuesday, June 9 & 23

NAMI – National Alliance on Mental Health
Meets the Second & Fourth Tuesdays
Phoebe Northwest
6:30 p.m. – 229-343-8791

Thursday, June 11

Breast Cancer Support
910 N. Jefferson – 229-312-3999

Thursday, Friday, June 11 & 12

AARP Smart Driver Class
SOWEGA Council on Aging
335 W Society Avenue - 1 - 4 p.m.
Reservations required
Call 229-432-1131

Tuesday, June 16

Golden Key Seminar
Reservations required
Deadline June 8

Saturday, June 20

AARP Smart Driver Class
Phoebe Northwest – 9 a.m. – 4 p.m.
Reservations required
Golden Key – 229-312-2418



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