

Health Matters

the MAGAZINE of PHOEBE PUTNEY HEALTH SYSTEM



a
NEW YEAR
a
NEW YOU!

Finding time
for fitness in
the new year is
a step towards
better health.

Lung Watch: New
Screening Program
Focuses on Early
Diagnosis

Phoebe Heart &
Vascular Center
Brings Innovation
to South Georgia

 **PHOEBE**



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Lung Watch

A new program offers FREE screenings for those at higher risk for lung cancer and encourages smoking cessation.

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Run for Your Life

Learn how running and other forms of exercise can improve cardiovascular health and make life more enjoyable.

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Health Matters

Save the date, April 24 - 25 for the Lopez Hospice Golf Classic benefitting Albany Community Hospice and Willson Hospice House. Golf, like many other sports activities can be a fun way to add exercise to your lifestyle.

 **PHOEBE**

Dear Friends

With the start of 2014, we welcome the opportunity to renew our commitment to improving the way we deliver care. We strive to give high value to each patient who comes through Phoebe's doors.

Recently we announced an exciting partnership with Geisinger Health's xG Solutions to transition our organization to a value-oriented care delivery model through population health management. The phrase "population health" will become increasingly prevalent in the healthcare vocabulary. The strategy goes beyond treating single episodes of acute illness to managing populations, a way to improve the health outcomes and distribution of health in specific groups. Data will play a big role in our ability to support coordination of all aspects of each patient's care - from wellness and preventative care to management of chronic conditions. These initiatives are necessary for



health systems to thrive under new performance-based reimbursements based on the quality, not the amount, of care they deliver to patients.

While Geisinger is in Pennsylvania, we in Southwest Georgia share many characteristics in our patient populations and our commitment to excellence, and making all programs the best they can possibly be right here at home. We are building toward a vision of complete data integration and getting the right systems in place to interact with each other.

Our goal is to advance clinical outcomes, improve quality, and lower costs.

Among the new initiatives to improve health outcomes is our Lung Watch program. The details are in this Health Matters, as well as news on our cardiac programs and even tips for healthier living. We are focused on 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

BREATHING EASIER ...

KEEPING A WATCHFUL EYE ON THOSE AT HIGHER RISK FOR LUNG CANCER

Health screenings have become routine practice for detecting diseases early before symptoms appear and when they are easier to treat. Until recently, however, there has been no generally accepted screening test for lung cancer. Now a panel of medical experts is recommending many heavy smokers and ex-smokers get screened routinely with low-dose CT scans that have been shown to decrease the risk of dying from lung cancer.

Phoebe's new Lung Watch program offers free low-dose CT lung screenings to individuals who meet established high-risk criteria and live in a five-county area (Dougherty, Lee, Terrell, Worth and Mitchell) of Southwest Georgia. Lung Watch aligns with recent recommendations of the US Preventive Services Task Force, a group created by Congress in 1984 to study the ways prevention can improve the health of Americans.

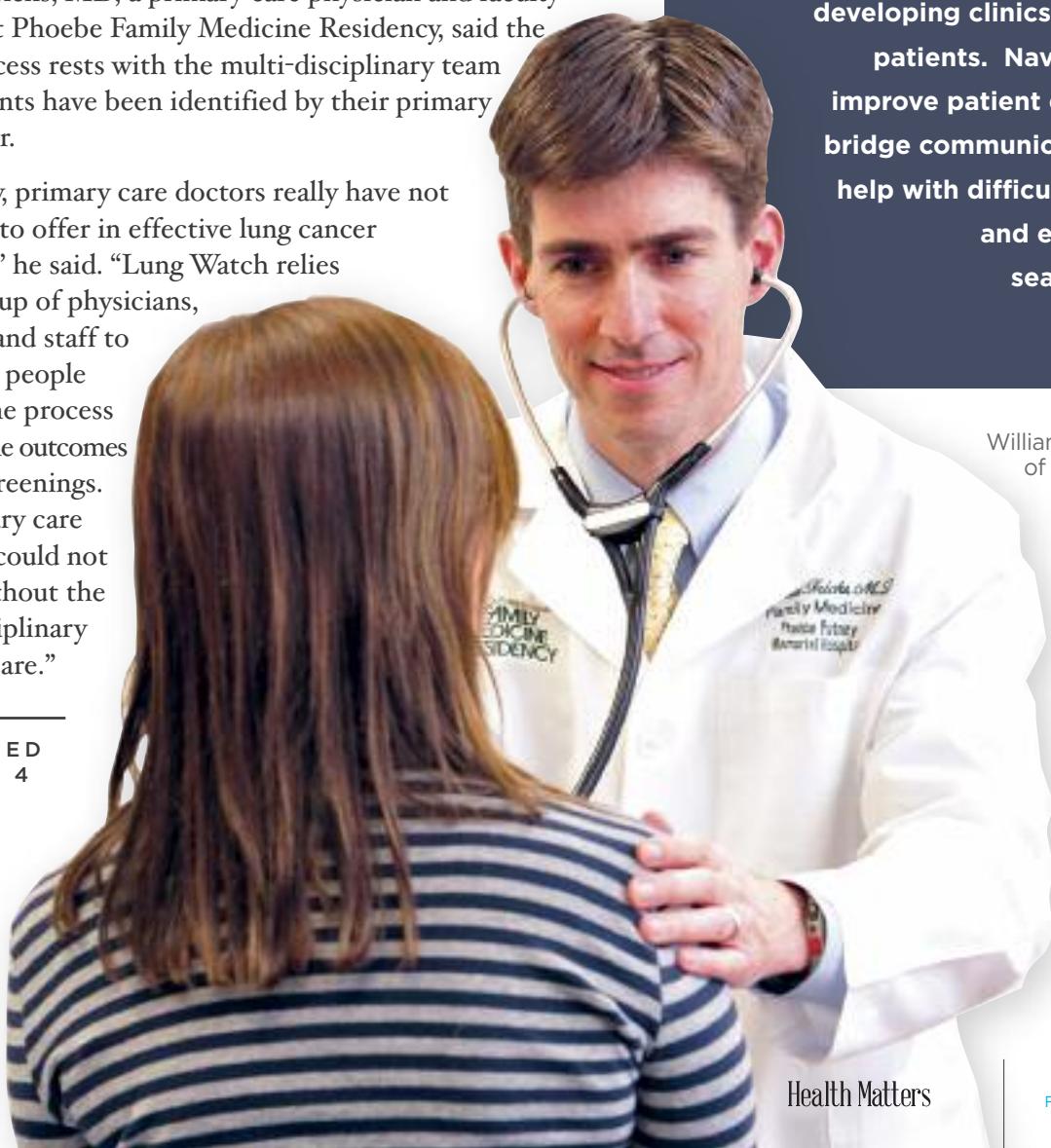
Lung cancer is the leading cause of death from cancer, more than breast, prostate and colon cancers combined, taking more than 160,000 lives each year in the United States. Unlike x-rays, low-dose CT scans are better able to detect the tiniest lung cancers at an earlier, more curable stage.

Lung Watch starts with the primary care physician, who identifies people who are at high risk and without symptoms. A multi-specialty team is also in place, including pulmonologists, thoracic surgeons, radiologists, pathologists, medical oncologists, radiation oncologists and palliative care specialists. A nurse navigator will guide patients through the process when follow-up is required.

William Fricks, MD, a primary care physician and faculty member at Phoebe Family Medicine Residency, said the key to success rests with the multi-disciplinary team once patients have been identified by their primary care doctor.

"Until now, primary care doctors really have not had much to offer in effective lung cancer screening," he said. "Lung Watch relies on the group of physicians, navigator and staff to help move people through the process based on the outcomes of their screenings. The primary care physician could not do this without the multi-disciplinary model of care."

CONTINUED
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Cathy D'Amico, R.N.
is a dedicated nurse navigator for
the Lung Watch program and has
worked for more than 12 years
developing clinics for cardiac
patients. Navigators can
improve patient experience,
bridge communication gaps,
help with difficult decisions
and ensure more
seamless care.

William P. Fricks, MD,
of Phoebe Family
Medicine
Residency,
is a member
of the
Lung Watch
task force.



While there are several risk factors for lung cancer, smoking is the biggest, and rates for smoking in Southwest Georgia are above the state average. The Phoebe Cancer Program currently sees over 200 new primary lung cancers each year, and approximately 85% of those patients present with advanced disease. Lung cancer found by screening is usually at an earlier stage of disease than cancers found because of symptoms.

Linda Van der Merwe, vice president of Oncology Services, said Lung Watch can save lives and also raise the public awareness about risk factors for lung cancer. "The program follows established national guidelines for participation based on age, the intensity of smoking and other risk factors," she said. "We expect 200

people will be screened at Phoebe this year, and there are specific follow-up actions for every circumstance."

Current cigarette smokers who meet group one or group two criteria are eligible for the Lung Watch program. ■

Lung Watch

GROUP ONE CRITERIA

- 55-74 years old
- Currently a smoker or have quit within the past 15 years
- Have at least a 30 pack year history of smoking

GROUP TWO CRITERIA

- 50-74 years old
- Have at least a 20 pack year history of smoking
- Have one additional lung cancer risk factor, not including secondhand smoke exposure
 - personal cancer history such as lung, lymphoma, or smoking related cancers
 - family history of lung cancer in 1st degree relative (parent, sibling or child)
 - chronic lung disease
 - carcinogen exposure

If you fit into either of these groups, ask your physician to refer you for this FREE screening program or visit phoebeputney.com for more information.

Participants must live in Dougherty, Lee, Terrell, Worth or Mitchell county to be eligible for participation.

Lung Watch is supported in part by Phoebe Foundation.

Quit? You Can Do It!

Stop smoking. For many who do, it's easier said than done. Freedom From Smoking, a time-tested program of the American Lung Association (ALA), has helped millions kick the habit. The eight-week program will become available at Phoebe starting Feb. 1.

Five certified facilitators are ready to lead participants through a structured, systematic approach to quitting, focusing on how to quit, not why. And because no one technique works for all people, the classes present a variety of evidence-based methods.

Classes are small, and individuals can tap into a buddy system and benefit from the support of their peers, who are all going through the same stages at the same time. The focus is always positive and participants learn how to gain control over their smoking behaviors.

To enroll or to learn more, call 229-312-7040 or 312-7047 ■

SHEILA ODUM KNIGHT

HAS MADE LUNG CANCER AWARENESS A PERSONAL LIFELONG MISSION. AN AVID RUNNER, SHE'S PRACTICING NOW FOR THE 4TH ANNUAL RUN FOR YOUR LUNGS, A 5K EVENT AT LAKE BLACKSHEAR IN MEMORY OF HER MOTHER, JACKIE ODOM. KNIGHT LOST BOTH PARENTS TO LUNG CANCER AND DEVELOPED THE EVENT WITH FRIENDS AND SPONSORS TO HELP THOSE STRUGGLING WITH THE DISEASE. THE NOVEMBER RACE, WHICH INCLUDES A 1K WALK, IS A PART OF THE RUN & SEE GEORGIA GRAND PRIX SERIES. PARTICIPATION AND DONATIONS HAVE DOUBLED EVERY YEAR. ORGANIZERS ARE AIMING FOR 400 RUNNERS IN 2014.



Smoking Cessation Leads to Timely Health Improvements

20 Minutes After Quitting:

Your heart rate drops to a normal level.



12 Hours After Quitting:

The carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months After Quitting:

Your risk of having a heart attack begins to drop. Your lung function begins to improve.

1 to 9 Months After Quitting:

Your coughing and shortness of breath decrease.

1 Year After Quitting:

Your added risk of coronary heart disease is half that of a smoker's.

5 to 15 Years After Quitting:

Your risk of having a stroke is reduced to that of a nonsmoker's. Your risk of getting cancer of the mouth, throat, or esophagus is half that of a smoker's.

10 Years After Quitting:

Your risk of dying from lung cancer is about half that of a smoker's. Your risk of getting bladder cancer is half that of a smoker's.

Your risk of getting cervical cancer or cancer of the larynx, kidney or pancreas decreases.

15 Years After Quitting:

Your risk of coronary heart disease is the same as that of a nonsmoker.

Source: U.S. Department of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004.

Run For Your Life

Chuck Knight started running for a lot of reasons. He wanted to keep his weight and his cholesterol in check. His dad had heart disease. And bottom line, the 52-year-old Albany businessman just likes it, even agreeing three years ago to sign on as the director of the Albany Run-Walk organization.



But a year ago, within weeks of running a 50-mile race, intermittent chest pain turned to constant, significant pain.

"I went to the Phoebe Chest Pain Center, and (my heart) arrested there. They coded me," said Knight.

"I had an artery that was 100 percent blocked and I was in the cath lab in 45 minutes for a stent. My doctors said my cardiovascular system was in good shape from running and that probably helped save me."

Knight has no plans to stop running. He eats a healthy diet and he's training for a 100-mile run later this year.

Like Knight, Charlene Pennymon, an Americus bank executive, also uses running to keep her health and numbers in check and to stay out of range of high blood pressure, which her parents battle.

"It's a stress reliever for me," said Pennymon, a 15-year veteran runner who

CHARLENE PENNYMON
RUNS TO KEEP FIT.



CHUCK KNIGHT, (LEFT, COVER)
IS TRAINING FOR A 100-MILE RACE.

DR. AUGUSTO SOLTERO, (BELOW)
TALKS WITH **JAMES L. COOPER**
DURING A CARDIAC REHAB SESSION.



completed the Boston Marathon last year. "I feel like a million bucks all the time, and exercise is a way of life for me."

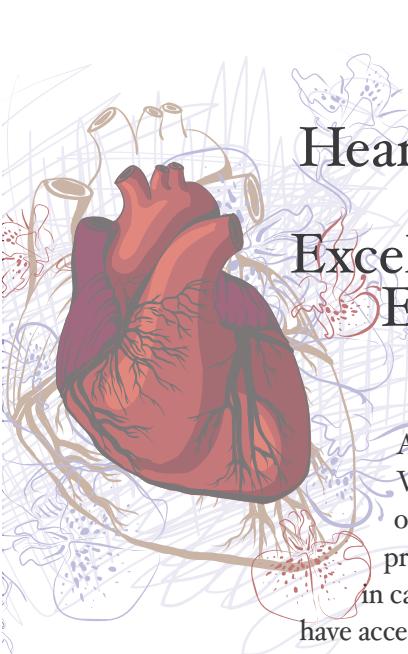
Pennymon is well known for "cheerleading" others into an exercising lifestyle. She works out with the Southland Academy cross country team and serves on the board of a Sumter County cycling organization, mapping certified routes and promoting awareness of the benefits of cycling.

"I try to encourage people of all ages," she said. "Get active. It can be hard to start, but you'll have more energy and improve overall health."

Knight's running regimen put him back on the track quickly, and he did not need cardiac rehabilitation, which is prescribed for many people who have heart episodes.

Augusto Soltero, MD, is a sports medicine specialist at Phoebe, who prescribes heart rehab programs to return patients to their maximum tolerance for exercise. He said rehab patients often see improvement within two months, giving them 15 to 20 percent greater tolerance and ability to handle stress. Patients also gain improved muscle endurance and can readily increase daily activity.

"While there are many medicines," he said, "exercise is the cheapest and most powerful tool among the options to improve cardiovascular health." ■



Heart and Vascular Center Seeks Excellence through Experience and Commitment

At the Phoebe Heart and Vascular Center, a skilled team of medical professionals provides advanced programs in cardiac care, ensuring patients have access to life-saving technologies and exceptional care.

Phoebe's Heart Center offers comprehensive services and a continuum of care starting with prevention and diagnosis through complex surgeries and treatments. Last year physicians performed more than 5,500 procedures, including several new treatments only available in large, metro areas.

Chuck Porth, vice president of cardiac services, says the Center combines the best medical expertise and leading-edge technologies to ensure the highest level of care with the best possible outcomes. The Center also has excellent outreach networks to make services accessible to the entire region by locating physicians close to where people live.

"We've taken the time and effort to build a team of all board-certified physicians, as well as a professional staff of all registered nurses. That kind of expertise and experience makes a difference for the patients we treat, and many of our services and treatments are unique to our region of the state," he said.

The Center offers comprehensive care for heart disease, including both surgical and non-surgical procedures, angioplasty, by-pass surgery and valve repair. The hospital recently reinvested \$1.3 million in new heart catheterization technology to deliver faster and more accurate diagnosis and treatment.

The Center has earned recognition from Healthgrades for five years and ranks number one in Georgia for vascular surgery and overall excellence. ■

New Treatments & Technologies



Mark Cohen, MD, has introduced a procedure for patients with Chronic Total Occlusion (CTO). Patients with CTO have an artery that is completely blocked. An interventional stenting procedure can provide treatment for some patients and allow them to avoid surgery and gain more improvement than medical treatment.



Curtis Quinn, MD, now performs thoracic robotic surgery which can be done through small incisions without spreading or cutting the ribs. The technology provides a highly effective option for even the most complex procedures and can result in reduced risk of infection, shorter hospital stay and faster recovery.



Dan Martin, MD, is introducing a new pulmonary embolism treatment system (EKOS) that provides an advanced option for patients who were treated with medications, such as blood thinners, or previously had to be transferred out of the region. For individuals with life-threatening blood clots or deep vein thrombosis, EKOS uses sophisticated ultrasound technology to dissolve the clots quickly and safely.



Khaja Mohammed, MD, provides expanded treatments for people with aortic valve disease. He specializes in balloon aortic valvuloplasty, a procedure to widen a valve that has narrowed.



Kamil Hanna, MD, is among a small handful of physicians in Georgia who specialize in the treatment and diagnosis of abnormal heart rhythms. He performs implants of pacemakers and defibrillators and procedures such as catheter ablations and laser lead extractions, a high-risk procedure to remove the leads of previous implants.



Philip Reese, DO, brings cardiology services to Southwest Georgians with offices in Cordele and Fitzgerald, providing regional access without leaving home.

Phoebe cardiologists also lead a clinic for their patients with congestive heart failure and plans are underway to expand the program.

Porth says the initiative is working to improve the health of those impacted by CHF and has helped to achieve readmission rates below the national average, a quality measure that is tracked by the Centers for Medicare and Medicaid. He noted that Phoebe is among only 25 percent of hospitals never penalized for heart failure readmissions.



Taking Care of Diabetes Can Help Lower Risk for Heart Disease

Diabetes and heart disease often go hand-in-hand. People with diabetes are at greater risk for heart disease and stroke and often at a younger age.

Phoebe's Diabetes Center works with individuals to design healthy diets and lifestyle changes. If you have diabetes, you can lower your risk by making lifestyle changes and taking prescribed medicines to prevent or control many risk factors and improve outcomes.

Weight control and smoking cessation are two important lifestyle measures that have an impact on preventing heart disease. Studies show that

Physical activity can protect your heart in a number of important ways, and to get benefits, you don't have to run a marathon, says the Centers for Disease Control. Regular activity – something as simple as a brisk, 30-minute walk each day—can help you to reduce your risk of heart disease.

Tips for a Healthy Heart from the CDC:

- Become—and stay—physically active.
- Balance your calorie intake with the calories you burn in physical activity.
- Lose weight if you're overweight.
- If you smoke, stop. Avoid other people's smoke if you can.
- Control high blood pressure.
- Control high blood cholesterol.
- Control diabetes.
- Choose foods low in saturated fat, trans fat, cholesterol, sugar, and salt.
- Enjoy more fruits, vegetables, and whole grains.

To learn more, visit
http://www.nhlbi.nih.gov/health/public/heart/obesity/phy_active.pdf

even in overweight people, regular physical activity has important cardiovascular benefits. For example, exercise and an active lifestyle can lower your blood pressure, help control your blood sugar level and your weight, and reduce stress. It's also very important to follow your treatment plan for diabetes and see your doctor for ongoing care.

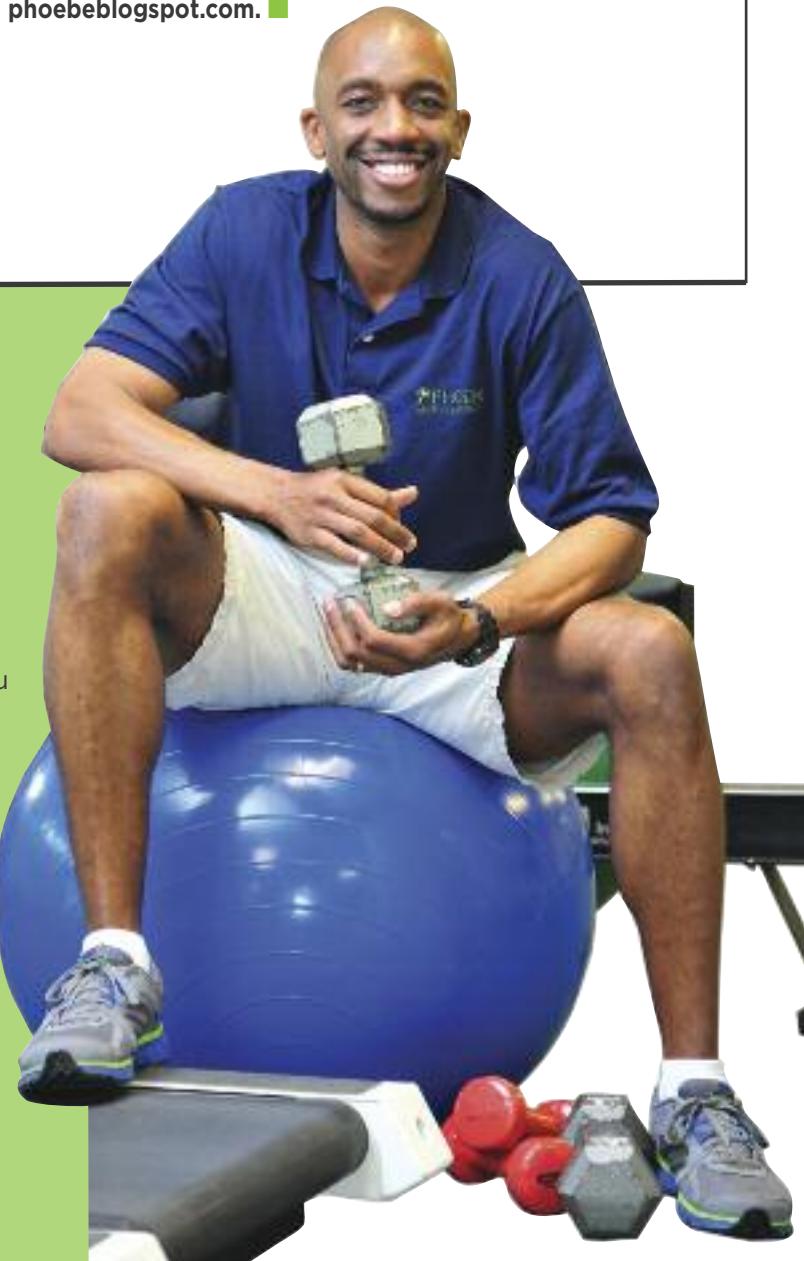
If you already have heart disease, follow your treatment plan as your doctors advises. This may help you avoid or delay serious problems, such as a heart attack or heart failure.

For more information, call the Phoebe Diabetes Care Center at 229-312-1392.

What is the best diet for me?

The best diet is often one that is tailored for the person based on nutritional needs and goals.

Learn more about the types of diets and which might be best for you at phoebeblogspot.com.



Increase Weight Loss Success While Reducing the Risk of Injury

by Chauncey K. Keith, MS, ATC, CSCS

Being more fit and losing a few pounds are popular and worthy goals. Following a few, simple guidelines will help you avoid injury and increase your opportunity for success. Before starting a new diet or exercise program, be sure to check with your physician. Then, start slowly. Doing too much, too fast, can cause injuries or extreme soreness, which can reduce your ability to achieve goals.

Remember the FITT formula:

- Frequency (how often an exercise is done in a week)
- Intensity (estimated by rate of perceived exertion or heart rate)
- Time (how long an exercise session lasts)
- Type (the kind of exercise you do)

I recommended that weight training and cardiovascular exercises be done at least twice each week. For effective weight loss, exercise at a level where your heart rate is at 60%-80% of maximum (calculated by 220- age) for 20 to 60 minutes. Remember to add variety when choosing exercises – whether it is cardiovascular (running, swimming, biking), weight training (free weights, machines, bands), or calisthenics (jumping jacks, push ups, pull ups).

Long-term weight management is best achieved by reducing your calories by 500 to 1,000 a day, while increasing your exercise. Proper nutrition is essential and, like exercise, should include variety. Eating fruits and vegetables, moderate amounts of meat, a few sweets, and drinking plenty of water will greatly benefit your body.

Get a buddy who will help you with motivation and accountability.

Writing down your long-term goals, along with a few short-term ones, will give you a sense of direction. It is okay if these goals are as simple as getting into an old pair of jeans or feeling comfortable in a bathing suit.

When needed, seek the advice of a local health/wellness professional in order to help get you on track. ■

Chauncey K. Keith is a certified athletic trainer and strength and conditioning specialist. He is at Phoebe Physical Medicine Center at Phoebe Northwest.

FEBRUARY - MARCH

■ SATURDAY, FEBRUARY 8 | 9am
at WILD SIDE RUNNING STORE,
2341 LAKE PARK DRIVE, ALBANY

A Benefit Run for Heather Lanier Yeiser
Register at www.active.com

■ FRIDAY, FEBRUARY 14 | 10am - 2pm
at AMERICUS WALMART & at ALBANY MALL
Love Your Heart - FREE Blood Pressure Checks

■ SATURDAY, FEBRUARY 22 | 8am
Ride for Hope: A Spinning Event to Benefit Cancer Coalition of Southwest Georgia
Register at www.sgacancer.org

■ SATURDAY, MARCH 1
at RIVERFRONT PARK, 112 N. FRONT ST, ALBANY
Albany Marathon, Inc.
Register at www.albanymarathon.com

■ MONDAY, MARCH 3 - APRIL 7 | 2:30 - 5 pm
at SHIPP Senior Center in Sylvester
SOWEGA Council On Aging presents Powerful Tools for Caregivers
Call Cynthia Wade at 229-432-1124, ext. 168

■ TUESDAY, MARCH 4 | 7am - 10pm
at any IHOP RESTAURANT IN THE COUNTRY!
National Pancake Day
Proceeds in Albany benefit CMN here at Phoebe.

■ SATURDAY, MARCH 8 | 9:30am
at PHOEBE MEREDYTH CAMPUS,
2701 MEREDYTH DR., ALBANY
Heart Walk

■ SATURDAY, MARCH 22
at ALBANY MOTORCARS
805 E. Oglethorpe Blvd., ALBANY
ALBANY PINK 2014 WALK
Proceeds benefit the MaryLynn Mason Endowment Fund through Phoebe Foundation call 229-883-2040 for more information.

■ FOR MORE INFORMATION
For a complete list of community events and activities visit phoebeputney.com



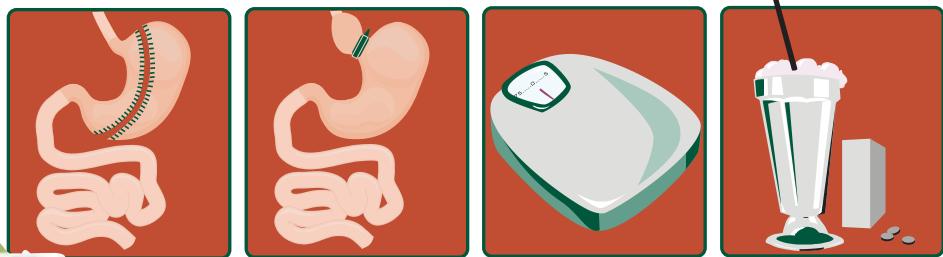
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If you've tried dozens of diets and exercise programs that just haven't worked for you,

Find out how we could tip the scales in your favor.

*Medically supervised weight loss or
weight loss surgery may benefit you.*



*Options include
Gastric banding; Lap-Band; Health-Wise; Easy Weigh*



*Albany 229-434-2032
Americus 229-931-7160*
Learn more at www.phoebeputney.com/bariatrics