HOW INTENSELY SHOULD YOU WORK OUT?

Breathe Easy With an Asthma Action Plan

KEEP THE HUNTERS IN YOUR LIFE SAFE FROM INJURY

YOUR PATH TO Good Health
Dear Friends,

After a very busy summer at Navicent Health, we are preparing to enjoy all of the fun and festivities that fall has to offer. As the days grow crisp, central Georgians will enjoy the myriad colors and festivals that take us outdoors each autumn.

There is one activity that seems to take more central Georgians outdoors in the fall than any other—hunting! During the autumn months, our friends and neighbors commonly turn to Navicent Health for care after sustaining a hunting injury. While most are minor and easy to treat, some leave a lasting impact. In this issue, we will examine the most common types of hunting injuries, as well as ways to prevent them. We would prefer that our neighbors remain healthy and in the woods rather than injured and in one of our hospital beds!

In this issue, we will also discuss topics for happy, healthy families and methods for improving physical fitness. And finally, we will explore one of my favorite fall activities—tailgating the healthy way! We hope that you will find this information, along with the many events and seminars hosted at Navicent Health this fall, beneficial. We invite you to join us as we celebrate and enjoy all that the season has to offer.

With kindness,

Dr. Ninfa M. Saunders, FACHE
President and CEO, Navicent Health

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ELEVATE YOUR INBOX!
Have you signed up for Navicent Health’s digital newsletter? We discuss topics you need to know about to stay healthy and happy. Email publicrelations@navicenthealth.org to subscribe.

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TABLE OF CONTENTS

Cellphone Safety .................3
Women’s Wellness Visits ...3
A Safe Hunting Season ......4
Create an Asthma Action Plan........6
Calendar of Events .................7
Extreme Exercise Programs .................11
A Different Approach to Pregnancy .................12
Great Gameday Grub ......14
Health & Hospital News.................15

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NAVICENT HEALTH

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.
Staying Abreast of Your Health

Regular checkups are a vital component of women’s health.

Regular checkups are a vital component of women’s health.

ANNUAL WELLNESS VISITS are an important part of each person’s health. Women need to see their providers to check for signs of diseases, such as breast and ovarian cancers.

“Screenings are absolutely crucial,” says Jill Hancock, RN, BSN, OCN, ONN, Manager of Breast Care Center, Navicent Health, part of Peyton Anderson Cancer Center, Navicent Health. “Having regular checkups could make the difference between finding a cancer in its early stages or its late stages, when it’s harder to treat. Early detection can lead to quicker treatment times and possibly even a cure.”

CARE FOR YOURSELF TO CARE FOR OTHERS

“As women, too often we are concerned with making sure our families are OK, leaving our health problems to be taken care of another day,” Hancock says. “However, another day frequently turns into years. Please do not put aside your health.”

The nationally recognized and award-winning Breast Care Center, Navicent Health features state-of-the-art services and equipment as well as friendly, compassionate employees who are dedicated to delivering quality care to patients.

CALL 478-633-7020 TO SCHEDULE YOUR ANNUAL CHECKUP OR TO SEE IF YOU QUALIFY FOR A BREAST SCREENING GRANT. THIS OCTOBER, VISIT WWW.NAVICENTHEALTH.ORG AND SEARCH “PAINT THE TOWN PINK” FOR A SCHEDULE OF BREAST CANCER AWARENESS EVENTS.

A SAFER CELLPHONE

Stay connected without putting yourself in danger.

YOUR CELLPHONE IS with you almost all the time. Whether that’s a good or bad thing may depend on your ability to follow these three tips.

1. EYES ON THE ROAD.
   Driving requires your attention. Most phone or text conversations can wait. You don’t have to turn your phone off. Simply put it out of reach or silence it. For longer trips or work-related calls, use a hands-free calling tool.

2. CARE WHAT YOU SHARE.
   Hackers can steal nearly every piece of information you save in an unsecured app. If you allow an app to access personal information, you’re putting it into the hands of strangers. Also, rethink location sharing. Don’t broadcast that your home is empty or that you’re alone and vulnerable.

3. CLEAN IT UP.
   Once a week, scan through your files and settings. Is your phone set to automatically turn silent when you drive? Have you cleared your browsing data recently, or are apps storing your personal data even though you don’t need them to? Are there photos in your phone you wouldn’t want others to see? Update accordingly.

Like any powerful tool, your phone has the power to help and to hinder. Use wisely.
Some call it autumn. To you, it’s prime hunting season. Bring home a trophy, not an injury.
IN GEORGIA, ALL licensed hunters have to complete a basic hunter education course. Yet accidents still happen, and the stakes are high. A serious fall, a stray shot or a brush with a dangerous animal could lead to disability or even death.

You know the basics: Wear blaze orange any time you hunt to make sure you’re visible to other hunters. Don’t bring alcohol with you. Keep your emotions under control when handling a weapon. Each time you hunt, you should take a moment to prepare for common hunting hazards to make sure you come home alive and well.

RESPECT YOUR WEAPON
Whether you hunt with a gun or a bow, you carry a deadly weapon. Treat it that way.

If you’re using a gun, remember:
» You’ve heard it 1,000 times. “Treat every gun like it’s loaded.” Don’t get sloppy just because you’re on your own.
» Keep your finger off the trigger unless you’re about to take a shot.
» Don’t hunt with a weapon you haven’t handled before. All guns are different.
» Double-check your bullet caliber before you take a shot. Using the wrong bullet can cause your gun to backfire or explode.

Bow hunters should keep in mind:
» Skyline shots—when the animal is on a ridge with no background but the sky—are off-limits. Identify a safe background before releasing.
» Have your vision checked at your annual wellness visit. If you can’t make out details when you’re out with your bow, you’re a hazard.
» Fully secure your arrows each time you move, even if you’re just trying to get a better shot.

STANDS AND ATTENTION
Hunters in deer stands can view more of the surrounding terrain, but they also face additional risks. According to the group Tree Stand Safety Awareness (TSSA), tree stand falls are the leading cause of injury and loss of life among deer hunters.

“We care for between 10 and 20 patients each year with hunting-related accidents in the orthopaedic trauma unit,” says Daniel Chan, MD, Vice Chairman and Co-fellowship Director of Orthopaedic Trauma Institute, Navicent Health. “Some of those injuries are from twisted ankles, but the most common orthopedic injuries I see are from deer stand falls.”

Dr. Chan emphasizes the importance of using a safety harness when you hunt from a deer stand. Hook up before your feet leave the ground. Stay attached until you come back down. Tell someone where to find you and when to expect you home. If there’s an accident, you may need help.

SAFETY ON THE MOVE
“Injuries sustained on an all-terrain vehicle (ATV) can be devastating,” says Benjamin Christie III, MD, FACS, Associate Director of Trauma and Program Director of Surgery for Navicent Health.

“ATVs move fast. They can be heavy and often travel on unpredictable paths. Hunters should do what they can to increase their likelihood of staying safe.”

Dr. Christie recommends these ATV rules:
» Do not drink alcohol when driving an ATV.
» Wear proper safety gear, including a helmet, at all times.
» Ride an ATV that is appropriate for your size and age. An adult ATV is too heavy and fast for an adolescent to safely manage.
» Stay off paved roads. ATVs are not cars, and collisions with automobiles are possible.
» Pay attention to your surroundings, especially if you are in an unfamiliar area.

SURVIVING A SNAKE BITE
Of the 40 snake species found in Georgia, six are venomous. If you spend enough time outdoors, odds are you’ll run across one. Local venomous snakes are the eastern diamondback rattlesnake, timber rattlesnake, southern copperhead, pygmy rattlesnake, cottonmouth/water moccasin and eastern coral snake.

“Snakes pose a real risk for hunters in our region,” Dr. Christie says. “We see patients with bites from southern copperheads and timber rattlesnakes in the Emergency Department each year.”

Hunters can help protect themselves by wearing bite-proof boots and chaps. Avoid putting hands into unlit areas, and stay alert. Snakes can be difficult to hear unless you’re very close. If you encounter a snake, back away slowly. Do not provoke or approach it.

“If a snake bites you or someone else, seek emergency medical attention immediately. Reactions to snake bites can be different for each person. They vary from swelling to loss of life and are hard to predict.

GET HELP FAST FOR NON-LIFE-THREATENING INJURIES AT ONE OF NAVICENT HEALTH’S THREE URGENT CARE CENTERS. VISIT WWW.NAVICENTHEALTH.INQUICKER.COM TO SAVE YOUR SPOT.
FINDING RELIEF
To manage asthma, there are two primary forms of medications: quick-relief and long-term.

Quick-relief medications are taken when you are having an asthma attack. “They are designed to provide immediate relief by relaxing the muscles around the airways that cause chest tightness and shortness of breath,” says Valerie Fox, RRT, Education Coordinator with Respiratory Care Services at The Medical Center, Navicent Health.

Long-term, or maintenance, medications are taken once or twice a day—regardless of symptoms. These medications help prevent an asthma attack by reducing airway inflammation. “Parents need to get to know the disease and the medications,” says Anthony Pearson-Shaver, MD, MHSA, FAAP, FCCM, Chief of Pediatrics at Children’s Hospital, Navicent Health. “A long-term asthma controller won’t work as a rescue, quick-relief medication. I advise parents to know the name and proper use of each medication their child needs.”

RULE NO. 1 of asthma preparedness: Be alert.

“Parents and patients often don’t recognize when asthma symptoms are getting worse,” says Anthony Pearson-Shaver, MD, MHSA, FAAP, FCCM, Chief of Pediatrics at Children’s Hospital, Navicent Health. “Parents, teachers and coaches who don’t have asthma may not notice that children’s symptoms are flaring. Children who are used to living with troubled breathing may not realize when their symptoms get worse.”

To be prepared for asthma attacks, train those who watch your child to notice symptoms of a flare-up. Different people have different asthma triggers. These can range from allergens, such as pet dander, to mold and temperature and weather changes. Write your child’s triggers down and give a list to teachers, coaches and other adults who supervise your child. Also, make sure your child has the list memorized.

KEEPING TABS
Sometimes asthma triggers can’t be avoided. To check if breathing is normal, children may need special tools. An easy-to-use, hand-held tool called a peak flow meter can measure how well air is leaving the lungs. “If your provider recommends using a peak flow meter, it should be part of a daily routine,” Dr. Pearson-Shaver says. “Use it every morning with the same level of effort.”

TIME TO ACT
When a child’s asthma symptoms develop, the responsible adult needs to know:

» What medications are required and how to access them
» Which triggers can make symptoms worse
» Emergency procedures, including numbers to call and where to go
» Phone numbers for parents, the child’s pediatrician and one additional emergency contact

“Taking the wrong medication can make an asthma attack worse,” says Valerie Fox, RRT, Education Coordinator with Respiratory Care Services at The Medical Center, Navicent Health. “With the right medications and action plans in place, kids with asthma can lead happy and healthy lives.”

ARE YOU LOOKING FOR A TRUSTWORTHY PEDIATRICIAN? VISIT WWW.NAVICENTHEALTH.ORG TO FIND A PROVIDER NEAR YOU.
AUGUST

SCREENINGS

Empower Seniors Fall Risk Screening
» THURSDAY, AUG. 4, 9 A.M.–5 P.M.
Wellness Center, Navicent Health
Call 478-757-7817 for registration and information.

Free Angioscreens for Veterans
» WEDNESDAY, AUG. 17, 8 A.M.–5 P.M.
Medical Center of Peach County, Navicent Health
Call 478-654-2002 for details.

SUPPORT GROUPS

Spinal Cord Injury Support Group
» TUESDAY, AUG. 2, 6:30 P.M.
Rehabilitation Hospital, Navicent Health
Call 478-201-6500 for information.

Men to Men Prostate Cancer Support Group
» TUESDAY, AUG. 2, 7 P.M.
Wellness Center, Navicent Health
Call 478-633-6349 for information.

Diabetes Connection Support Group
» THURSDAY, AUG. 4, 11:30 A.M.
Family Health Center, Navicent Health,
3780 Eisenhower Parkway, Macon
Call 478-633-1531 for information and reservations.

Stroke Support Group
» TUESDAY, AUG. 16, 4 P.M.
Rehabilitation Hospital, Navicent Health
Call 478-201-6500 for information.

Prostate Cancer 101
» MONDAY, AUG. 8, 12 P.M.
Peyton Anderson Cancer Center, Navicent Health,
800 First Street, Macon
Call 478-633-8537 for reservations.

PEP Talks for families affected by autism or developmental disabilities
» TUESDAY, AUG. 9, 6 P.M.
The Medical Center, Navicent Health
Call 478-633-8118 for registration (required).

SUMMER’S NIGHT PICNIC & DANCE
» SATURDAY, AUG. 20
Macon City Auditorium
Benefiting Pine Pointe, Navicent Health. Doors open at 6:30 p.m. The Grapevine Band plays at 7:30 p.m. Call 478-633-GIVE for tickets and information.

Chemotherapy Orientation Class
» MONDAY, AUG. 22, 10 A.M.
Peyton Anderson Cancer Center, Navicent Health,
800 First Street, Macon
Call 478-633-8537 for reservations.

Art Therapy for Cancer Patients and Survivors
» FRIDAY, AUG. 26, 1 P.M.
Peyton Anderson Cancer Center, Navicent Health,
800 First Street, Macon
Call 478-633-8537 for information.

Popcorn at the Peach
» FRIDAY, AUG. 26, 8 P.M.
Medical Center of Peach County, Navicent Health
Enjoy a family movie together on the patio. Bring picnics and blankets for this family event featuring “Monsters, Inc.”

FREE PSA SCREENINGS FOR VETERANS
» WEDNESDAY, SEPT. 21, 8 A.M.–5 P.M.
Medical Center of Peach County, Navicent Health
Call 478-654-2002 for details.

SUPPORT GROUPS

Spinal Cord Injury Support Group
» TUESDAY, SEPT. 6, 6:30 P.M.
Rehabilitation Hospital, Navicent Health
Call 478-201-6500 for information.

Men to Men Prostate Cancer Support Group
» TUESDAY, SEPT. 6, 7 P.M.
Wellness Center, Navicent Health
Call 478-633-6349 for information.

Bariatric Support Group
» THURSDAY, SEPT. 8, 5:30 P.M.
Bariatric & Metabolic Institute, Navicent Health,
5437 Bowman Road, Macon
Call 478-633-5200 for information.

Adult Grief Support Group begins
» THURSDAY, SEPT. 15, 10 A.M.
Peyton Anderson Cancer Center, Navicent Health,
800 First Street, Macon
Call 478-633-6068 for registration (required).

The Pink Alliance Breast Cancer Survivor Group
» THURSDAY, SEPT. 15, 12 P.M.
Peyton Anderson Cancer Center, Navicent Health,
800 First Street, Macon
Call 478-633-8537 for information and reservations.

ALS Support Group
» SATURDAY, SEPT. 17, 10 A.M.
Rehabilitation Hospital, Navicent Health
Call 404-636-9909 to register (required).
**Bo’s Camp**
Fridays through Sundays, Sept. 23–25
Hephzibah Children’s Home, Macon
Bo’s Camp is a free, family-centered weekend for children and guardians who have experienced the death of a loved one. Visit www.navicenthealth.org for information and registration.

**Men’s Health Fair**
Saturday, Sept. 24, 7 A.M.–12 P.M.
Central Georgia Technical College Building H, 3300 Macon Tech Drive, Macon
Call 478-633-6349 for information.

**Chemotherapy Orientation Class**
Monday, Sept. 26, 10 A.M.
Peyton Anderson Cancer Center, Navicent Health, 800 First Street, Macon
Call 478-633-8537 for information.

**FAMILY HEALTH**

**Baby Care Basics**
Thursday, Sept. 1, 7 P.M.
Call 478-633-BABY or visit www.navicenthealth.org/beginnings to register for this free class.

**Infant CPR Class**
Wednesday, Sept. 7, 6:30 P.M.
Call 478-633-BABY or visit www.navicenthealth.org/beginnings to register for this free class. Please register one month prior to due date.

**Prepared Childbirth Class**
Saturday, Sept. 10, 10 A.M.
Call 478-633-BABY or visit www.navicenthealth.org/beginnings to register; $50 fee/prepayment required.

**Stroke Support Group**
Tuesday, Oct. 18, 4 P.M.
Rehabilitation Hospital, Navicent Health
Call 478-201-6500 for information.

**Traumatic Brain Injury Support Group**
Tuesday, Oct. 18, 6:30 P.M.
Rehabilitation Hospital, Navicent Health
Call 478-201-6500 for information.

**The Pink Alliance Breast Cancer Survivor Group**
Thursday, Oct. 20, 12 P.M.
Peyton Anderson Cancer Center, Navicent Health, 800 First Street, Macon
Call 478-633-8537 for information and reservations.

**Parkinson’s Disease Support Group**
For patients and caregivers
Thursday, Oct. 20, 1:30 P.M.
Rehabilitation Hospital, Navicent Health
Call 678-516-0710 for information.

**ALS Support Group**
Saturday, Oct. 22, 10 A.M.
Rehabilitation Hospital, Navicent Health
Call 404-636-9909 to register (required).

**CELEBRATE PAINT THE TOWN PINK ALL MONTH LONG! VISIT WWW.NAVICENTHEALTH.ORG FOR A LIST OF BREAST CANCER AWARENESS EVENTS.**
Prepared Childbirth Class  
MONDAY SERIES, SEPT. 12, 19, 26, 7 P.M.  
Call 478-633-BABY or visit www.navicenthealth.org/beginnings to register; $50 fee/prepayment required.

Sibling Class  
SATURDAY, SEPT. 17, 10 A.M.  
For children ages 3 to 10 with a new sibling on the way. Call 478-633-BABY or visit www.navicenthealth.org/beginnings to register for this free class.

Breastfeeding Class  
SATURDAY, SEPT. 24, 10 A.M.  
Call 478-633-BABY or visit www.navicenthealth.org/beginnings to register for this free class.

OCTOBER

SCREENINGS

Empower Seniors Fall Risk Screening  
THURSDAY, OCT. 6, 9 A.M.–5 P.M.  
Wellness Center, Navicent Health  
Call 478-757-7817 for registration and information.

Mammo Marathon  
THURSDAY, OCT. 13, 7 A.M.–6 P.M.  
Breast Care Center, Navicent Health, 800 First St., Macon; Diagnostics Hardeman, Navicent Health, 1650 Hardeman Ave., Macon; or Diagnostics Zebulon, Navicent Health, 5325 Zebulon Rd., Macon

Free Lipid Screenings for Veterans  
WEDNESDAY, OCT. 19, 8 A.M.–5 P.M.  
Medical Center of Peach County, Navicent Health  
Call 478-654-2002 for details.

Support Groups

Spinal Cord Injury Support Group  
TUESDAY, OCT. 4, 6:30 P.M.  
Rehabilitation Hospital, Navicent Health  
Call 478-201-6500 for information.

Men to Men Prostate Cancer Support Group  
TUESDAY, OCT. 4, 7 P.M.  
Wellness Center, Navicent Health  
Call 478-633-6349 for information.

WELLNESS

Look Good, Feel Better workshop for female cancer patients  
MONDAY, OCT. 3, 6 P.M.  
Peyton Anderson Cancer Center, Navicent Health, 800 First Street, Macon  
Call 478-633-8537 for reservations.

American Cancer Society Fresh Start smoking cessation class begins  
THURSDAY, OCT. 6, 5 P.M.  
Cardiopulmonary Rehab, Navicent Health  
Call 478-633-9090 for information.

Chemotherapy Orientation Class  
MONDAY, OCT. 10, 10 A.M.  
Peyton Anderson Cancer Center, Navicent Health, 800 First Street, Macon  
Call 478-633-8537 for reservations.

Prostate Cancer 101  
MONDAY, OCT. 10, 12 P.M.  
Peyton Anderson Cancer Center, Navicent Health, 800 First Street, Macon  
Call 478-633-8537 for reservations.

PEP Talks for families affected by autism or developmental disabilities  
TUESDAY, OCT. 11, 6 P.M.  
The Medical Center, Navicent Health  
Call 478-633-8118 for registration (required).

Chemotherapy Orientation Class  
MONDAY, OCT. 24, 10 A.M.  
Peyton Anderson Cancer Center, Navicent Health, 800 First Street, Macon  
Call 478-633-8537 for reservations.

Art Therapy for Cancer Patients and Survivors  
FRIDAY, OCT. 28, 1 P.M.  
Peyton Anderson Cancer Center, Navicent Health, 800 First Street, Macon  
Call 478-633-8537 for information.

Power Over Parkinson’s  
TUESDAYS AND THURSDAYS, 9:30 A.M.  
Wellness Center, Navicent Health  
Visit www.navicenthealth.org/wellnesscenter for information.

Free Blood Pressure Screenings  
TUESDAYS AND FRIDAYS, 9 A.M.–12 P.M.  
Health Resource Center Library, Navicent Health, 877 Hemlock Street, Macon

The Card Sharks  
WEDNESDAYS, 1 P.M.  
Golden Opportunities at Wellness Center, Navicent Health  
Call 478-757-7817 for information.

Caring for the Caregiver, a support group for family caregivers  
Peyton Anderson Cancer Center, Navicent Health, 800 First Street, Macon  

Ribbons of Hope Cancer Support Group  
Peyton Anderson Cancer Center, Navicent Health, 800 First Street, Macon  

SmartStart Cardiovascular Risk Reduction exercise and education program  
Reduce your risk for heart disease and stroke. Call 478-633-9090 for more information.

Wings of Hope grief support group for children and families and Goodbye Too Soon grief support for mothers who have lost children  
The Medical Center, Navicent Health  
Groups meet by appointment. Call 478-621-8328 for an appointment with a transitions counselor.
TRAUMATIC BRAIN INJURY SUPPORT GROUP
TUESDAY, AUG. 16, 6:30 P.M.
Rehabilitation Hospital, Navicent Health
Call 478-201-6500 for information.

PARKINSON’S DISEASE SUPPORT GROUP
THURSDAY, AUG. 18, 1:30 P.M.
Rehabilitation Hospital, Navicent Health
Call 678-516-0710 for information.

ALS SUPPORT GROUP
SATURDAY, AUG. 20, 10 A.M.
Rehabilitation Hospital, Navicent Health
Call 404-636-9909 to register (required).

WELLNESS
LOOK GOOD, FEEL BETTER WORKSHOP FOR FEMALE CANCER PATIENTS
MONDAY, AUG. 1, 6 P.M.
Peyton Anderson Cancer Center, Navicent Health, 800 First Street, Macon
Call 478-633-8537 for reservations.

AMERICAN CANCER SOCIETY FRESH START SMOKING CESSION CLASS BEGINS
THURSDAY, AUG. 4, 5 P.M.
Cardiopulmonary Rehab, Navicent Health
Call 478-633-9090 for information.

SCREENINGS
EMPLOYEES FALL RISK SCREENING
THURSDAY, SEPT. 1, 9 A.M.–5 P.M.
Wellness Center, Navicent Health
Call 478-757-7817 for registration and information.

AMERICAN CANCER SOCIETY MAMMO MARATHON
TUESDAY, SEPT. 13, 7 A.M.–6 P.M.
Breast Care Center, Navicent Health, 800 First St. Macon; Diagnostics Hardeman, Navicent Health, 1650 Hardeman Ave., Macon; or Diagnostics Zebulon, Navicent Health, 5925 Zebulon Rd., Macon
Call 478-633-9090 for information.

SEPTEMBER
SCREENINGS
EMPLOYEES FALL RISK SCREENING
THURSDAY, SEPT. 1, 9 A.M.–5 P.M.
Wellness Center, Navicent Health
Call 478-757-7817 for registration and information.

AMERICAN CANCER SOCIETY MAMMO MARATHON
TUESDAY, SEPT. 13, 7 A.M.–6 P.M.
Breast Care Center, Navicent Health, 800 First St. Macon; Diagnostics Hardeman, Navicent Health, 1650 Hardeman Ave., Macon; or Diagnostics Zebulon, Navicent Health, 5925 Zebulon Rd., Macon
Call 478-633-9090 for information.

AMERICAN CANCER SOCIETY FRESH START SMOKING CESSION CLASS BEGINS
THURSDAY, SEPT. 1, 5 P.M.
Cardiopulmonary Rehab, Navicent Health
Call 478-633-9090 for information.

PROSTATE CANCER 101
MONDAY, SEPT. 12, 12 P.M.
Peyton Anderson Cancer Center, Navicent Health, 800 First Street, Macon
Call 478-633-8537 for reservations.

PEP TALKS FOR FAMILIES AFFECTED BY AUTISM OR DEVELOPMENTAL DISABILITIES
TUESDAY, SEPT. 13, 6 P.M.
The Medical Center, Navicent Health
Call 478-633-8118 for registration (required).

SHOOTIN’ AND SHUCKIN’ GOLF SHOOT-OUT AND OYSTER ROAST
SATURDAY, SEPT. 17
Idle Hour Country Club
Benefiting Children’s Hospital, Navicent Health. Call 478-633-6182 for tickets and information.

ART THERAPY FOR CANCER PATIENTS AND SURVIVORS
SUNDAY, SEPT. 17
Children’s Hospital of Michigan, Navicent Health
Call 478-339-5597 for reservations.
EXTREME FITNESS
ON YOUR TERMS

From CrossFit® to Boot Camp, extreme fitness programs add an extra challenge to your workout routine.

DIFFERENT WORKOUT PROGRAMS
appeal to different people. Recently, more challenging programs have become popular. Triathlons, obstacle races, CrossFit and Boot Camps follow this trend.

COMMUNITY APPROACH TO FITNESS
CrossFit includes everything from dead lifts and medicine ball squats to timed runs and pull-ups. The Workout of the Day, or WOD, spells out specific goals for you to reach. WODs may ask you to complete a certain number of exercises as quickly as possible or as many repetitions as you can in a set amount of time.

This popular program focuses on bringing people together to encourage one another. Instructors lead different workouts daily. They also teach you how to perform techniques correctly so you gain muscle and avoid injuries. The structure makes it easy for you to track your progress.

“Functional fitness programs keep every workout challenging and change things up every day,” says Kevin Carter, Director of Wellness Services, Navicent Health. “When each workout is a fresh experience, people are more likely to persevere.”

JOIN THE MOVEMENT
“Our Boot Camps have been a big hit over the years,” Carter says. “Basically, you do everything from pushing wheelbarrows filled with weights to flipping tires. This program lasts anywhere from four to six weeks.”

If Boot Camp isn’t your style, don’t worry. Extreme fitness is a broad category, not a branded term.

“Extreme fitness means it’s a challenge,” says Lisa Seneker, certified personal trainer and Group Fitness/Corporate Wellness Instructor for Wellness Services, Navicent Health. “For some, power yoga is a challenge. Others may train for a big race. The point is to get moving and stay moving.”

KEEP IT CREATIVE
At Navicent Health, varied fitness programs offer the opportunity for people to sample many types of exercise. Classes designed for people looking for the next level of fitness include High Intensity Interval Training (HIIT), Sports Conditioning, R.I.P.P.E.D., Hard Bodies and Shito-Ryu Karate. Many triathletes prefer to run and bike outdoors and swim laps at Wellness Center, Navicent Health.

“Focus on cross-training,” Seneker says. “Take yoga one day, try a swim class another and then throw in some weight work.”

TAKE YOUR WORKOUT TO THE NEXT LEVEL. CALL 478-477-2300 TO SET UP A MEETING WITH A PERSONAL TRAINER.
VISIT WWW.NAVICENTHEALTH.ORG/ WELLNESSCENTER FOR A FREE GUEST PASS TO WELLNESS CENTER, NAVICENT HEALTH.

SAFE AND STRONG
Take fitness challenges seriously by starting slow.

“In any class, work at your own pace,” says Lisa Seneker, certified personal trainer and Group Fitness/Corporate Wellness Instructor for Wellness Services, Navicent Health. “The worst thing you can do is go all out every time without listening to what your body needs. That’s a recipe for injury.”

Whenever you think it’s time to try something new, talk with your doctor. He or she can help you get a realistic view of what your body can handle. And when you do start, remember, you’re not alone.

“We take extra steps to make sure people know proper form,” says Kevin Carter, Director of Wellness Services, Navicent Health. “If you don’t know how to do something, ask.”
At Navicent Health, moms-to-be are discovering the benefits of a new type of prenatal care.

**IMAGINE A PREGNANCY** checkup with no sitting in a waiting room. You feel empowered when you take your own vital signs. You get one-on-one time with an OB-GYN. Best of all, you meet other women who are on the same journey. Some of them will become your friends. Your baby might even go on to play with theirs. The two-hour appointment seems to fly by as you laugh, learn and enjoy a healthy snack. This is CenteringPregnancy.

**THE BEST OF BOTH WORLDS**
Traditionally, pregnant women receive care through a series of one-on-one visits with a physician. During these visits, the physician must check the patient’s health and cover many topics in a short amount of time.

Earlier this year, Navicent Health became the first provider in central Georgia to offer CenteringPregnancy. The service is currently available at Anderson Health Clinic, Navicent Health. Each CenteringPregnancy group includes up to 10 women. A new group begins every two months. Ideally starting in the second trimester, women meet once a month. Visits increase to every other week during the third trimester.

“The foundation of CenteringPregnancy is seeing small groups of women who are all due around the same time,” says Patrice Walker, MD, FACOG, OB-GYN Clerkship Director at The Medical Center, Navicent Health. “During each visit, patients get to meet with an OB-GYN in private, but most of the appointment takes place with moms-to-be, their support people, two OB-GYNs and a nurse together in a large group. Visits follow the same schedule as one-on-one appointments. Patients see the same physicians each time.”

**BENEFITS IN NUMBERS**
When a woman arrives for her visit, she bypasses the waiting room and goes directly to the CenteringPregnancy room.

“She is taught to take her vital signs, including weight and blood pressure, and record them in her CenteringPregnancy book,” says
Lauren Fried, MD, OB-GYN resident and CenteringPregnancy Coordinator at Navicent Health. “Each woman then sees a physician individually while everyone else mingles. After the one-on-one sessions and an opening exercise, the providers guide the group through a series of interactive activities. These focus on a variety of topics, including health and nutrition, what to expect in labor, birth control, vaccinations, newborn care, mood disorders, and more.

“Our patients really enjoy the group aspect of CenteringPregnancy,” Dr. Fried continues. “It gives them a social and support network some of them might not have at home. Most importantly, the knowledge these women gain from their group empowers them to work toward healthy pregnancies and parenting.”

CenteringPregnancy has been shown to lower the rates of preterm and low-weight births. It can also improve breastfeeding and vaccination rates. Its greatest benefit, though, lies in how it makes women feel.

“Patients find it encouraging that the women around them are going through the same things they are,” Dr. Walker says. “In a group setting, patients are less shy about asking questions. They look to each other for support and advice. Many form friendships that carry on outside of the group and past pregnancy. One patient said she wished CenteringPregnancy had been available during her previous pregnancies because she was learning so much that she never knew.”

IF YOU ARE INTERESTED IN CENTERINGPREGNANCY AT NAVICENT HEALTH, CALL 478-633-1710. SPACES ARE AVAILABLE ON A FIRST-COME, FIRST-SERVED BASIS. FOR ADDITIONAL SUPPORT, FAMILY BIRTH CENTER, NAVICENT HEALTH OFFERS MANY CLASSES FOR NEW PARENTS AND PARENTS-TO-BE. VISIT WWW.NAVICENTHEALTH.ORG/BEGINNINGS TO LEARN MORE.
SKINNY (&) SAVORY

SPINACH DIP

Tweak your traditional spinach artichoke dip into something you—and your health—can enjoy.

WHO WANTS TO give up snacking at the tailgate? No one. Fortunately, you can change up even the most traditional of dishes to make them health-friendly.

INGREDIENTS
» 1 can (13 3/4-ounce) artichoke hearts, drained
» 10 ounces frozen spinach, thawed and squeezed of excess moisture
» 1/4 cup shallots, chopped
» 1 clove garlic
» 1/2 cup fat-free Greek yogurt
» 1/2 cup light mayonnaise
» 2/3 cup Parmigiano Reggiano cheese
» 4 ounces shredded mozzarella cheese
» Salt and pepper to taste

INSTRUCTIONS
» Preheat your oven to 375 degrees.
» Chop artichoke hearts, shallots and garlic in a food processor.
» Mix together all ingredients in a separate bowl, then place in an oven-safe dish to bake for 20–25 minutes. Cheese should be melted.

NUTRITION INFORMATION
(15 servings)
Fiber: 1g
Calories: 73
Protein: 5g
Fat: 4.5g
Carbohydrates: 3.5g
Sugar: 0.6g

DON’T DENY YOURSELF
Snacking is a fun part of the tailgating experience, and Johnson points out that being healthy doesn’t mean you can’t participate. When you fill your plate, load it up with a lot of fruits and veggies, but let yourself have a little sweet stuff too.

“Make the tailgate party more about socializing and less about food,” Johnson says. “Choose fun yard games to add some friendly competition to the day, and burn off your calories while enjoying friends and family.”

NEED MORE HEALTHY COOKING TIPS?
WELLNESS CENTER, NAVICENT HEALTH CAN HELP. CALL 478-477-2300 TO SPEAK WITH A NUTRITIONIST.

Guilt-Free Tailgating
Get all the fun with fewer calories.

FALL MEANS FOOTBALL, and football means tailgating. If you’re trying to eat healthier, these parking lot parties can be a bummer—but they don’t have to be.

“If you’re setting up the tailgate, prepare lighter options that have fewer calories and less fat than traditional tailgating fare,” says Emily Johnson, MPH, RD, LD, outpatient dietitian at Navicent Health. “If you’re joining someone else’s party, have a healthy snack before leaving home, and offer to bring a light dish to share.”

Johnson suggests tailgating options tailored to healthy eating habits, such as:
» Fresh fruit and vegetable trays
» Low-calorie dips, such as salsa or guacamole
» Grilled chicken instead of fried meat options

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NAVICENT HEALTH HOSPITALS BRING $1.5 BILLION TO ECONOMY

In 2013, Navicent Health hospitals in Bibb and Peach counties generated $1,501,615,087 in revenue for the local and state economy, according to a recent report released by the Georgia Hospital Association. The report also found that, during the same time period, Navicent Health hospitals provided almost $70 million in uncompensated care while sustaining approximately 12,000 full-time jobs.

“Beyond providing care for the communities we serve, Navicent Health also plays a vital role in ensuring the economic health of our region,” says Dr. Ninfa M. Saunders, FACHE, President and CEO of Navicent Health. “A local health system is indispensable, not only for the health and wellness of a community, but also as a major employer and economic engine. We are so appreciative for central Georgia’s unwavering support of Navicent Health.”

HOSPITAL VOLUNTEERS’ FUNDRAISING GOES ABOVE AND BEYOND

The Medical Center, Navicent Health (MCNH) extends its gratitude to its dedicated volunteers for their tireless efforts to support patient care. Through fundraisers, volunteers raised $107,786.56 in 2015.

“Our volunteers are an integral part of Navicent Health,” says Missi Upshaw, Director of Volunteer Services for MCNH. “Their support makes it possible for us to achieve so much more than we could on our own, and they are able to add that extra touch of kindness for our patients and visitors.”

JASON ALDEAN CONCERT RAISES $500,000 FOR CHILDREN’S HOSPITAL, NAVICENT HEALTH

Navicent Health Foundation was pleased to host this year’s ACM “Entertainer of the Year” Jason Aldean, a native of Macon-Bibb County, for an exclusive performance on April 21 at Macon’s Grand Opera House. All proceeds from the multiplatinum singer’s performance—more than $500,000—benefited Children’s Hospital, Navicent Health.

“Pretty overwhelming, the amount of money that was raised by the community of Macon, and I couldn’t be more proud to call it my hometown,” shares Aldean. “Every single penny helps an organization that means a lot to me, and I can’t thank everyone enough for helping these kids.”

“We are thrilled and so very appreciative that Jason took time from his busy schedule to visit Macon and offer an exclusive performance for the benefit of our patients at Children’s Hospital, Navicent Health,” says Dr. Ninfa M. Saunders, FACHE, President and CEO of Navicent Health. “Our young patients and their families are grateful for his support and advocacy.”

TO VOLUNTEER, CONTACT NAVICENT HEALTH’S OFFICE OF PUBLIC RELATIONS AT 478-633-1353 OR VISIT WWW.NAVICENTHEALTH.ORG/COMMUNITY. TEEN VOLUNTEER APPLICATIONS WILL BE ACCEPTED AUG. 1–SEPT. 30 (MUST BE 16 YEARS OLD BY SEPT. 30, 2016).
In the end, we believe kindness can be the best medicine.

When conventional medical treatments can no longer cure a disease, hospice provides the support that is needed. Pine Pointe at Home professionals can help control pain, reduce anxiety and offer kindness and emotional support to patients and their families.

Pine Pointe at Home, Navicent Health is focused on serving and comforting patients and their families. We offer a wide range of specialized care in the home environment that’s most comfortable to your loved one.

For more information please call 478.633.5660