

elevate

A PUBLICATION OF NAVICENT HEALTH

HOW TO
HANDLE
THE HEAT

Video Games:
Good, Bad, Both
or **Neither?**

SQUEEZE IN A
WORKOUT
AT WORK



YOUR PATH TO
Good Health

Summer
2016



Dear Friends,

Summer is a wonderful time to take a break from our normal routines and enjoy a season in the warm company of family and friends. At

Navicent Health, we are looking forward to a delightful summer, and we hope you and your family will enjoy a time of rest, health and overall well-being.

Summer is an enjoyable time in central Georgia, but it can also be extremely hot. In this issue of *elevate*, we will examine ways for you and your family to remain safe when the sun seems relentless. We will also examine ways to respond to summer's peskier problems, such as insects, and we will provide you with a few ideas of what to do with your family while children are

out of school. I hope you are as excited as I am to try this issue's recipe, a selection that will make you feel as if you are traveling the world from your very own kitchen!

Whatever your summer plans may be, please rest assured knowing our expert physicians and clinicians are here for you and your family. Our staff will not take a break but will continue to provide you with exemplary care, as well as the wonderful health and wellness events, classes and support group meetings found on the calendar on page 7 of this issue.

With warmest regards for a safe and enjoyable summer,

Dr. Ninfa M. Saunders, FACHE
PRESIDENT AND CEO
Navicent Health

NAVICENT HEALTH

President and CEO

Dr. Ninfa M. Saunders, FACHE

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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.

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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The Summertime

ITCH

If you or your child has eczema, itching may get worse during the summer. Find relief with these tips.

ECZEMA, ALSO CALLED atopic dermatitis, can affect anyone, but it's most common in children. The disease causes red, itchy skin, usually on the face, hands, feet, inner elbows and back of the knees.

Central Georgia's hot, humid summers can cause a big problem for children with eczema: sweat. Sweating and drying throughout the day can trigger itching. Scratching makes the skin itch more and may lead to infection.

Use these tips to find relief:

- » Bathe in lukewarm water and pat skin dry.
- » Drink lots of water throughout the day.
- » Don't spend much time outside between 3 and 6 p.m., the hottest part of the day.

- » Dress in loose cotton or moisture-wicking clothing.
- » Avoid eczema triggers, such as household cleaners, cigarette smoke and certain soaps.
- » Keep the air in your home cool, especially at night.

With effort, you can reduce any itching so you can focus on all the fun summer has to offer.

A PRIMARY CARE PHYSICIAN OR DERMATOLOGIST CAN SUGGEST SEVERAL TREATMENTS FOR ECZEMA. TO FIND A PHYSICIAN, VISIT WWW.NAVICENTHEALTH.ORG.



VOLUNTEER—

IT'S TIME TO GET INVOLVED

Doing good for the community is good for you, too.



VOLUNTEERING CAN HELP you live a longer, healthier life, according to research from the Corporation for National & Community Service. Here are some ways to get involved.

- » **Want to help local kids?** Try signing up with Big Brothers Big Sisters. They pair children who need mentors with volunteers.
- » **Are you a teen looking to give back?** Try the Navicent Health Teen Volunteer Program. High school students volunteer at the hospital. The program runs from January to July, and applications are accepted each August.
- » **Passionate about the arts?** Volunteer with the Douglass Theatre. Volunteers work as tour guides and in reception.
- » **Love animals?** Try Central Georgia C.A.R.E.S. (Criticr Advocates Requesting Ethical Standards). This group helps homeless pets.
- » **Want to help people with medical needs?** Try the adult volunteer program at Navicent Health. Commit to volunteering 100 hours a year.
- » **Focused on fighting pollution?** Support the Keep Macon-Bibb Beautiful Commission. Work at events. Help in the office.
- » **Need college credit?** Try the volunteer or internship programs at Navicent Health. Work in a department related to your college major.

LOOKING FOR MORE OPPORTUNITIES? TO LEARN MORE ABOUT VOLUNTEERING WITH NAVICENT HEALTH, CALL 478-633-1353.

ELEVATE YOUR

The thermometer says you can't handle outdoor activities right now. Here's how to beat the heat.

DEFY THE SUMMER SUN



MOWING THE YARD, playing with the kids, going for a run—opportunities to get outside and break a sweat abound in the summer. However, the dangers of heat exhaustion, dehydration and sunburn are also present.

Stay safe with these tips:

1.

Accessorize with a water bottle.

The No. 1 safety tip for outdoor exercise: Invest in a water bottle you'll carry. This refillable water source will ensure you are never left stranded in the heat without proper hydration. Consider finding a water bottle with a carabiner or clip. This lets you keep it on you as you play or work outside.

2.

Up your skin protection.

Place a bottle of broad spectrum sunscreen with a sun protection factor (SPF) of 30 in your bathroom cabinet. Keep a second in your purse or work bag. Store a third near your car keys. This way, you will always have one handy anytime you walk outside. Say no to spray sunscreen, as it can be flammable near the grill and tricky to apply in windy conditions.

3.

Invest in light, airy clothing.

Leave those darker prints for your fall wardrobe. Aim for white or light-colored clothing that won't weigh you down or hold in heat. You want clothes that breathe and keep your body temperature cool as you explore the outdoors. Designate drawers or shelves in your bedroom closet for summer activewear to keep it handy. Another trick: Place additional outfits in the trunk of your car in case you don't have time to swing by home to change into cooler clothes.

4.

Pack snacks.

You need to refuel often, whether you carry packets of almond butter, portable fruit, Fig Newtons or mini bagels. Eat often while you are out on park trails, and make sure you fit in all your meals for the day. No skipping!

BEST WAYS TO BREAK A SWEAT

Map out some fun activities for the entire family. You'll find ways to work in some exercise.

- » **Play in the parks.** "Walking is a great form of cardio that improves your heart health and is an activity all ages can enjoy, including seniors," says Kevin Carter, Director of Wellness Services, Navicent Health. "Pack a picnic lunch loaded with healthy carbohydrates and take the family on a stroll along Ocmulgee Heritage Trail or scoot over to Amerson River Park for some kid-friendly playground fun. If you prefer the water, spend time swimming in Lake Tobesofkee or playing beach volleyball along the sandy shores."
- » **Revolutionize your yardwork routine.** "Trimming the shrubs or mowing the lawn is a great stress reliever that gives you the benefit of strength and cardio without the stress of competition," Carter says. "Turn on background music. When each song ends, step away from your equipment and take a swig of water to replenish."
- » **Bike around your neighborhood.** Catch a breeze by staying away from high-impact activities like running and glide along while staying close to home base. You may need to stop back by to refill your water bottle, grab a banana or take a few minutes to sit in the cool air before taking another lap.

FOR THOSE WHO PREFER INDOOR EXERCISE, VISIT WELLNESS CENTER, NAVICENT HEALTH. CALL 478-477-2300 TO LEARN ABOUT OUR EXCITING SUMMER CLASSES.

READ YOUR BODY'S HEAT MAP

Outdoor activity turns up your heart rate but doesn't have to increase your risk for heat-related illnesses. Know how to respond to heat-related problems.

- » **Heat rashes** are your skin's way of telling you to migrate to a cooler area and stay dry.
- » **Heat cramps** usually mean your abdomen and legs are strained and need rest and the indoors.
- » **Heat exhaustion** upsets your stomach and your stance. Fainting is likely if you don't get water and rest quickly.
- » **Heatstroke** means a terrible combination of heat exhaustion and heat cramps, plus a disoriented mind. Dial 911—time to visit the emergency room.

“

Choose a time to exercise that works for you. If you aren't a morning person, plan workouts after the sun goes down. **The important thing is to stay active.** Anything is better than nothing when it comes to fitness.

—Kevin Carter, Director of Wellness Services, Navicent Health

”

DON'T SWEAT PERSPIRATION

"Sweating is a good thing," says Timothy Longaker, MD, Director of Urgent Care Services, Navicent Health. "It reduces body heat and temperature to keep your body cool during warmer days or intense workouts. Stay mindful of your body and know the warning signs."

If you find you've lost a lot of sweat in a short time, two quick actions can help make sure it's not a problem. First, drink some water to replenish your body. Second, wash up. Sweat leaves salt on your body that can dry your skin.

Keep the symptoms of heatstroke in mind when outdoors. A high body temperature, confusion, hot or flushed skin, rapid breathing or heart rate, and headache are all symptoms of heatstroke and should be taken seriously. Call 911 and seek shade or go indoors while waiting for emergency treatment.



GAMES
MIND



Level up and learn the pros and cons of your child playing video games.

VIDEO GAMES ARE a normal part of kids' lives. Help your children play wisely.

SET LIMITS

"Moderation is key," says Elizabeth Young, MD, FAAP, developmental and behavioral pediatrician at Children's Hospital, Navicent Health. "Two hours of screen time a day is plenty."

Too much time spent playing video games can lead to depression in adolescents. It can also lead to poor grades and lack of exercise in all school-age children.

"Young children need to learn from the physical world as opposed to the virtual world," Dr. Young says. "With teenagers, we worry about opportunity cost. Often they will play games rather than sleep or do homework."

POWER UP, POWER DOWN

When children focus on video games, their skills will reflect what they learn playing the games. One study found that some fast-paced action games improved eyesight. Some video games can make people more aware of situations when they choose to pay attention. However, spending time growing video game skills can make it harder to develop social skills.

"I see kids playing these games instead of hanging out with friends," Dr. Young says. "Hiding in video games keeps kids from learning how to deal with people face to face."

Aggression from violent games doesn't worry Dr. Young as much as kids who get angry when gaming is taken away. Children who live with attention-deficit hyperactivity disorder and other behavior problems are particularly at risk because they aren't learning conflict resolution or better social skills.

FOR THE WIN

By getting involved, you can make your child's gaming time fun for the entire family. Knowing what your child is exposed to is easier when you're playing the game.

"Playing lets you monitor the game's content, and it also lets you get to know your child's interests," Dr. Young notes. "Spending time together builds the parent-child bond and can provide opportunities for important conversations."

IF YOU WANT YOUR CHILD TO SPEND MORE TIME OUTSIDE, CONSIDER SUMMER DAY CAMP. VISIT WWW.NAVICENTHEALTH.ORG AND SEARCH "CAMP FUN N' FIT" TO LEARN ABOUT NAVICENT HEALTH'S CHILDREN'S CAMPING PROGRAM.

LOOK AND LEARN

Many games on the market today—especially games for tablets or smartphones—seek to be educational.

"Young kids can learn their ABCs, numbers or colors with certain games," says Elizabeth Young, MD, FAAP, developmental and behavioral pediatrician at Children's Hospital, Navicent Health. "Older children have textbooks or games that help with their homework. There are opportunities for learning on these devices."

However, Dr. Young still encourages moderation. Set screen time limits for your children, and don't leave them unattended while they are playing educational games.

calendar of events

FOR NAVICENT HEALTH

MAY-JULY

SUMMER 2016

PROMOTING
WELLNESS
IN OUR
COMMUNITY

TEAR-OUT
Special
Section

MAY

SCREENINGS

Empower Seniors Fall Risk Screening

» THURSDAY, MAY 5, 9 A.M.-5 P.M.
Wellness Center, Navicent Health
Appointments scheduled every hour. Call 478-757-7817 for registration and information.

Mammo Marathon

» FRIDAY, MAY 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

Free Vision Screenings for Veterans

» WEDNESDAY, MAY 18, 8 A.M.-12 P.M.
Medical Center of Peach County, Navicent Health
Call 478-654-2002 for details.

Angioscreen

» TUESDAY, MAY 24, 11:30 A.M.-5 P.M.
Wellness Center, Navicent Health
Determine your risk for heart disease. Call 800-627-2393 for an appointment.

SUPPORT GROUPS

Spinal Cord Injury Support Group

» TUESDAY, MAY 3, 6:30 P.M.
Rehabilitation Hospital, Navicent Health
Call 478-201-6500 for information.

Men to Men Prostate Cancer Support Group

» TUESDAY, MAY 3, 7 P.M.
Wellness Center, Navicent Health
Call 478-633-6349 for information.

Prostate Cancer 101

» MONDAY, MAY 9, 12 P.M.
Peyton Anderson Cancer Center, Navicent Health, 800 First St., Macon
Call 478-633-8537 for reservations.

Chemotherapy Orientation Class

» MONDAY, MAY 23, 10 A.M.
Peyton Anderson Cancer Center, Navicent Health, 800 First St., Macon
Call 478-633-8537 for reservations.

Art Therapy for Cancer Patients and Survivors

» TUESDAY, MAY 24, 1 P.M.
Peyton Anderson Cancer Center, Navicent Health, 800 First St., Macon
Call 478-633-8537 for information.

FAMILY HEALTH

Prepared Childbirth Class

» MONDAY SERIES (MAY 2, 9, 16), 7 P.M.
Call 478-633-BABY or visit www.navicenthealth.org/pages/beginnings-classes to register. \$50 fee/prepayment required.

Infant CPR Class

» WEDNESDAY, MAY 4, 6:30 P.M.
Call 478-633-BABY or visit www.navicenthealth.org/pages/beginnings-classes to register. please register one month prior to due date.

Baby Care Basics

» THURSDAY, MAY 5, 7 P.M.
Call 478-633-BABY or visit www.navicenthealth.org/pages/beginnings-classes to register for this free class.

Free Foot Drop Screenings

» FRIDAY, JUNE 17
Rehabilitation Hospital, Navicent Health
For those concerned about foot drop due to injury or illness. Call 478-256-3608 for an appointment.

SUPPORT GROUPS

Spinal Cord Injury Support Group

» TUESDAY, JUNE 7, 6:30 P.M.
Rehabilitation Hospital, Navicent Health
Call 478-201-6500 for information.

Men to Men Prostate Cancer Support Group

» TUESDAY, JUNE 7, 7 P.M.
Wellness Center, Navicent Health
Call 478-633-6349 for information.

The Pink Alliance breast cancer survivor support group

» THURSDAY, JUNE 16, 12 P.M.
Peyton Anderson Cancer Center, Navicent Health, 800 First St., Macon
Call 478-633-8537 for information and reservations.

Parkinson's Disease Support Group

» THURSDAY, JUNE 16, 2 P.M.
Rehabilitation Hospital, Navicent Health
For patients and caregivers. Call 478-734-7092, ext. 254 for information.

ALS Support Group

» SATURDAY, JUNE 18, 10 A.M.
Rehabilitation Hospital, Navicent Health
Call 404-636-9909 to register (required).

Stroke Support Group

» TUESDAY, JUNE 21, 4 P.M.
Rehabilitation Hospital, Navicent Health
Call 478-201-6500 for information.

calendar of events

MAY-JULY

FOR NAVICENT HEALTH

Popcorn at the Peach family movie night

» FRIDAY, JUNE 24, 8 P.M.
Medical Center of Peach County, Navicent Health

Chemotherapy Orientation Class

» MONDAY, JUNE 27, 10 A.M.
Peyton Anderson Cancer Center, Navicent Health, 800 First St., Macon
Call 478-633-8537 for reservations.

■ FAMILY HEALTH ■

Infant CPR Class

» WEDNESDAY, JUNE 1, 6:30 P.M.
Call 478-633-BABY or visit www.navicenthealth.org/ pages/beginnings-classes to register for this free class. Please register one month prior to due date.

Prepared Childbirth Class

» MONDAY SERIES, JUNE 6, 13 AND 20, 7 P.M.
Call 478-633-BABY or visit www.navicenthealth.org/ pages/beginnings-classes to register; \$50 fee/prepayment required.

Prepared Childbirth Class

» SATURDAY, JUNE 11, 9 A.M.
Call 478-633-BABY or visit www.navicenthealth.org/ pages/beginnings-classes to register; \$50 fee/prepayment required.

Breastfeeding Class

» SATURDAY, JUNE 18, 10 A.M.
Call 478-633-BABY or visit www.navicenthealth.org/ pages/beginnings-classes to register for this free class.

ALS Support Group

» SATURDAY, JULY 16, 10 A.M.
Rehabilitation Hospital, Navicent Health
Call 404-636-9909 to register (required).

Stroke Support Group

» TUESDAY, JULY 19, 4 P.M.
Rehabilitation Hospital, Navicent Health
Call 478-201-6500 for information.

Traumatic Brain Injury Support Group

» TUESDAY, JULY 19, 6:30 P.M.
Rehabilitation Hospital, Navicent Health
Call 478-201-6500 for information.

The Pink Alliance breast cancer survivor support group

» THURSDAY, JULY 21, 12 P.M.
Peyton Anderson Cancer Center, Navicent Health, 800 First St., Macon
Call 478-633-8537 for information and reservations.

■ WELLNESS ■

American Cancer Society Fresh Start smoking cessation class begins

» THURSDAY, JULY 7, 5 P.M.
Cardiopulmonary Rehab, Navicent Health
Call 478-633-9090 for information.

Chemotherapy Orientation Class

» MONDAY, JULY 11, 10 A.M.
Peyton Anderson Cancer Center, Navicent Health, 800 First St., Macon
Call 478-633-8537 for reservations.

Prostate Cancer 101

» MONDAY, JULY 11, 12 P.M.
Peyton Anderson Cancer Center, Navicent Health, 800 First St., Macon
Call 478-633-8537 for reservations.

SUMMER 2016

PROMOTING
WELLNESS
IN OUR
COMMUNITY

TEAR-OUT
Special
Section

Sibling Class

» SATURDAY, JULY 23, 10 A.M.
Call 478-633-BABY or visit www.navicenthealth.org/ pages/beginnings-classes to register for this free class.



Kohl's Kids Safety Zone Car Seat Safety Class

» SATURDAY, JULY 30, 10 A.M.
Call 478-633-BABY or visit www.navicenthealth.org/ pages/beginnings-classes to register for this free class.

■ RECURRING ■

Cancer WellFit

» MONDAYS, WEDNESDAYS AND FRIDAYS, 9 A.M.
Wellness Center, Navicent Health
Visit www.navicenthealth.org/service-center/wellness-center-at-navicent-health for information.

The Close Knit Bunch

» TUESDAYS, 2 P.M.
Golden Opportunities at Wellness Center, Navicent Health
Call 478-757-7817 for information.

Power Over Parkinson's

» TUESDAYS AND THURSDAYS, 9:30 A.M.
Wellness Center, Navicent Health
Visit www.navicenthealth.org/service-center/wellness-center-at-navicent-health for information.

Free Blood Pressure Screenings

» TUESDAYS AND FRIDAYS, 9 A.M.-12 P.M.
The Health Resource Center Library at 877 Hemlock St.

The Card Sharks

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



JULY

■■■ SCREENINGS ■■■

Empower Seniors Fall Risk Screening

» THURSDAY, JULY 7, 9 A.M.–5 P.M.
Wellness Center, Navicent Health
Appointments scheduled every hour. Call 478-757-7817 for registration and information.

Mammo Marathon

» WEDNESDAY, JULY 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

Angioscreen

» TUESDAY, JULY 19, 11:30 A.M.–5 P.M.
Wellness Center, Navicent Health
Determine your risk for heart disease. Call 800-627-2393 for an appointment.

Free Skin Cancer Screenings for Veterans

» WEDNESDAY, JULY 20, 8 A.M.–12 P.M.
Medical Center of Peach County, Navicent Health
Call 478-654-2002 for details.

■■■ SUPPORT GROUPS ■■■

Spinal Cord Injury Support Group

» TUESDAY, JULY 5, 6:30 P.M.
Rehabilitation Hospital, Navicent Health
Call 478-201-6500 for information.

Men to Men Prostate Cancer Support Group

» TUESDAY, JULY 5, 7 P.M.
Wellness Center, Navicent Health
Call 478-633-6349 for information.

Bariatric Support Group

» THURSDAY, JULY 14, 5:30 P.M.
Bariatric & Metabolic Institute, Navicent Health, 5437 Bowman Rd., Macon
Call 478-633-5200 for information.

Art Therapy for Cancer Patients and Survivors

» FRIDAY, JULY 22, 1 P.M.
Peyton Anderson Cancer Center, Navicent Health, 800 First St., Macon
Call 478-633-8537 for information.

Chemotherapy Orientation Class

» MONDAY, JULY 25, 10 A.M.
Peyton Anderson Cancer Center, Navicent Health, 800 First St., Macon
Call 478-633-8537 for reservations.

Popcorn at the Peach family movie night

» FRIDAY, JULY 29, 8 P.M.
Medical Center of Peach County, Navicent Health

■■■ WELLNESS ■■■

Baby Care Basics

» THURSDAY, JULY 7, 7 P.M.
Call 478-633-BABY or visit www.navicenthealth.org/pages/beginnings-classes to register for this free class.

Prepared Childbirth Class

» SATURDAY, JULY 9, 9 A.M.
Call 478-633-BABY or visit www.navicenthealth.org/pages/beginnings-classes to register; \$50 fee/prepayment required.

Prepared Childbirth Class

» MONDAY SERIES, JULY 11, 18 AND 25, 7 P.M.
Call 478-633-BABY or visit www.navicenthealth.org/pages/beginnings-classes to register; \$50 fee/prepayment required.

Infant CPR Class

» WEDNESDAY, JULY 13, 6:30 P.M.
Call 478-633-BABY or visit www.navicenthealth.org/pages/beginnings-classes to register for this free class. Please register one month prior to due date.

Breastfeeding Class

» SATURDAY, JULY 16, 10 A.M.
Call 478-633-BABY or visit www.navicenthealth.org/pages/beginnings-classes to register for this free class.

Parkinson's Disease Support Group for patients and caregivers

For times and locations, please call 678-516-0710 or 478-201-6500.

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

Medical Center, Navicent Health
Groups meet by appointment. Call 478-621-8328 for an appointment with a transitions counselor.



Bariatric Support Group

» THURSDAY, MAY 12, 5:30 P.M.
Bariatric & Metabolic Institute, Navicent Health,
5437 Bowman Rd., Macon
Call 478-633-5200 for information.

Stroke Support Group

» TUESDAY, MAY 17, 4 P.M.
Rehabilitation Hospital, Navicent Health
Call 478-201-6500 for information.

Traumatic Brain Injury Support Group

» TUESDAY, MAY 17, 6:30 P.M.
Rehabilitation Hospital, Navicent Health
Call 478-201-6500 for information.

The Pink Alliance breast cancer survivor group

» THURSDAY, MAY 19, 12 P.M.
Peyton Anderson Cancer Center, Navicent Health,
800 First St., Macon
Call 478-633-8537 for information and reservations.

ALS Support Group

» SATURDAY, MAY 21, 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, MAY 2, 6 P.M.
Peyton Anderson Cancer Center, Navicent Health,
800 First St., Macon
Call 478-633-8537 for reservations.

American Cancer Society Fresh Start smoking cessation class begins

» THURSDAY, MAY 5, 5 P.M.
Cardiopulmonary Rehab, Navicent Health
Call 478-633-9090 for information.

Chemotherapy Orientation Class

» MONDAY, MAY 9, 10 A.M.
Peyton Anderson Cancer Center, Navicent Health,
800 First St., Macon
Call 478-633-8537 for reservations.

Prepared Childbirth Class

» SATURDAY, MAY 14, 9 A.M.
Call 478-633-BABY or visit www.navicenthealth.org/pages/beginnings-classes to register; \$50 fee/ prepayment required.

Breastfeeding Class

» SATURDAY, MAY 21, 10 A.M.
Call 478-633-BABY or visit www.navicenthealth.org/pages/beginnings-classes to register for this free class.

Sibling Class

» SATURDAY, MAY 28, 10 A.M.
For children ages 3-10 with a new sibling on the way. Call 478-633-BABY or visit www.navicenthealth.org/pages/beginnings-classes to register for this free class.

JUNE

SCREENINGS

Empower Seniors Fall Risk Screening

» THURSDAY, JUNE 2, 9 A.M.-5 P.M.
Wellness Center, Navicent Health
Appointments scheduled every hour. Call 478-757-7817 for registration and information.

Mammo Marathon

» MONDAY, JUNE 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

Free Pulmonary Function Screenings

» WEDNESDAY, JUNE 15, 8 A.M.-12 P.M.
Medical Center of Peach County, Navicent Health
Call 478-654-2002 for details.

Angioscreen

» THURSDAY, JUNE 16, 11:30 A.M.-5 P.M.
Wellness Center, Navicent Health
Determine your risk for heart disease. Call 800-627-2393 for an appointment.

Traumatic Brain Injury Support Group

» TUESDAY, JUNE 21, 6:30 P.M.
Rehabilitation Hospital, Navicent Health
Call 478-201-6500 for information.

WELLNESS

American Cancer Society Fresh Start smoking cessation class begins

» THURSDAY, JUNE 2, 5 P.M.
Cardiopulmonary Rehab, Navicent Health
Call 478-633-9090 for information.

Look Good, Feel Better workshop for female cancer patients

» MONDAY, JUNE 6, 6 P.M.
Peyton Anderson Cancer Center, Navicent Health,
800 First St., Macon
Call 478-633-8537 for reservations.

Code Med Health Fair

» SATURDAY, JUNE 11, 10 A.M.-2 P.M.
5171 Eisenhower Pkwy., Macon
Call 478-633-6349 or visit www.navicenthealth.org for information.

Chemotherapy Orientation Class

» MONDAY, JUNE 13, 10 A.M.
Peyton Anderson Cancer Center, Navicent Health,
800 First St., Macon
Call 478-633-8537 for reservations.

Prostate Cancer 101

» MONDAY, JUNE 13, 12 P.M.
Peyton Anderson Cancer Center, Navicent Health,
800 First St., Macon
Call 478-633-8537 for reservations.

Art Therapy for Cancer Patients and Survivors

» FRIDAY, JUNE 24, 1 P.M.
Peyton Anderson Cancer Center, Navicent Health,
800 First St., Macon
Call 478-633-8537 for information.

Class Locations

Medical Center,
Navicent Health
777 Hemlock Street, Macon

Rehabilitation Hospital,
Navicent Health 3351
Northside Drive, Macon

Wellness Services,
Navicent Health
3797 Northside Drive, Macon

Carlyle Place,
Navicent Health
5300 Zebulon Road, Macon

Pine Pointe Hospice,
Navicent Health
6261 Peake Road, Macon

Medical Center of Peach County,
Navicent Health
1960 Hwy 247 Connector, Byron

IN SEARCH OF PAIN RELIEF

On the journey to pain-free living, acupuncture and dry needling are routes worth considering.

ACUPUNCTURE

- **Origin:** Likely began in China thousands of years ago
- **Time to complete:** 15 to 30 minutes
- **Tools required:** Thin, single-use needles help the body to make pain-relieving hormones
- **Benefits:** Stops nerves from sending pain signals to the brain
- **Difficulty level:** Low—patients rarely feel any discomfort from the needles.

“I focus on treating muscle and joint-related pain with acupuncture,” says Shantel King-Whitby, MD, DABMA, physical medicine and rehabilitation physician at Rehabilitation Hospital, Navicent Health. “Acupuncture treats muscle spasms, swelling and arthritis pain. **People who have short-term pain symptoms often have great results after two or three treatments.** Long-term pain may require more treatments to get the discomfort level from, say, eight down to six or five on a scale of one to 10.”

DRY NEEDLING

- **Origin:** Developed in modern medical research
- **Time to complete:** Around 20 minutes
- **Tools required:** Thin, single-use needles inserted into sore soft tissues and gently pulled and rotated
- **Benefits:** Disrupts pain signals and sparks relaxation in painful, tense muscle spots called trigger points
- **Difficulty level:** Medium—patients may feel mild soreness afterward.

“**Individuals with nerve and muscle-related problems benefit the most from dry needling,**” says Amylyn Sabillo, PT, certified dry needling provider and physical therapist at Rehabilitation Hospital, Navicent Health. “People with whiplash injuries, tension and migraine headaches, neck pain, carpal tunnel syndrome, tendinitis, low back pain, knee pain, and fibromyalgia can benefit from dry needling. My goal is to reduce their pain so they can move better.”

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The causes of pain can be complicated. Also, a treatment that works for one patient may not work for another. Offering **alternative medicine** in addition to traditional therapies allows us to **customize care for each patient.**

Shantel King-Whitby, MD, DABMA, physical medicine and rehabilitation physician at Rehabilitation Hospital, Navicent Health

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REHABILITATION HOSPITAL, NAVICENT HEALTH OFFERS A VARIETY OF TREATMENTS FOR PAIN. TO LEARN ABOUT OUR SERVICES, VISIT WWW.NAVICENTHEALTH.ORG AND SEARCH “REHABILITATION HOSPITAL.”



In central Georgia, long, hot summers and milder winters mean we see a lot of bugs and weeds. How you manage them matters to your health.

SPRAY
SAFE

MOSQUITOES, COCKROACHES, ANTS, mice and other pests may make you shudder, but they are part of life here. So are weeds. Be careful about the products you use to get rid of them.

You can find products to fight off pests at the local hardware store. These products use chemicals that poison unwanted creatures. The same goes for weed-killers. They use chemicals to stop weeds from growing roots or turning sunlight into energy.

"The chemicals we use to kill pests and weeds are designed to be toxic," says Vishwas Sakhalkar, MD, MDBS, pediatric hematologist and oncologist at Children's Hospital, Navicent Health. "As a result, they can be toxic to us as well if we aren't careful."

HANDLE WITH CARE

When you handle toxic chemicals, take care! Even a few drops on your skin can hurt.

"The biggest risk is accidental exposure," says Anthony Pearson-Shaver, MD, Chief of Pediatrics at Children's Hospital, Navicent Health. "Swallowing or touching pesticides and weed-killers can cause bleeding, swelling, organ failure and other dangerous reactions. Children and adults who come in contact with poisons may need to receive emergency medical care."

When you use a toxic chemical, remember: *Don't TOUCH.* That is, don't:

- » Tamper with packaging. Leave warning labels in place.
- » Open and keep chemicals unsealed.
- » Use any poisonous substance until you've read directions.
- » Clean up too quickly—you don't want to leave anything poisonous where pets or children may touch it.
- » Hide chemicals under the sink. You never know when that child safety lock will become last year's challenge.



WHEN BUGS WANT TO TAKE A BITE OUT OF YOU

Skip the bug spray and fight bugs the natural way with these tips and tricks.

- » **Use EPA-approved sprays** to repel bugs. Check the labels before you buy, and look for how many hours the products work.
- » **Cover up** when you're in the woods. Wear long sleeves and long pants tucked into your boots.
- » **Burn citronella candles** when you are outdoors. These naturally bother bugs and reduce bites.
- » **Use mesh netting** to enclose patios and other outdoor spaces. Consider draping netting over strollers to keep little ones protected.
- » **Don't fear DEET.** It's been proven effective and safe.
- » **Check labels** for allergens.
- » **Clear leaves and debris in your yard.** Insects make their homes in standing water and plants. You can cut back on the number of bugs in the area by cleaning up.
- » **Check yourself all over for bugs** when you come inside. Ticks and other pests can hitch rides on you or your pets. Change clothes as soon as you get home. Wash them in soap and warm water.



"A lot of the things you can do to prevent exposure are just common sense," Dr. Pearson-Shaver says. "If your child crawls, be careful not to drop pellets or other dangerous pest repellents. If you aren't supposed to touch repellents, clean any clothes that make contact separately before wearing them again."

THINK LONG-TERM

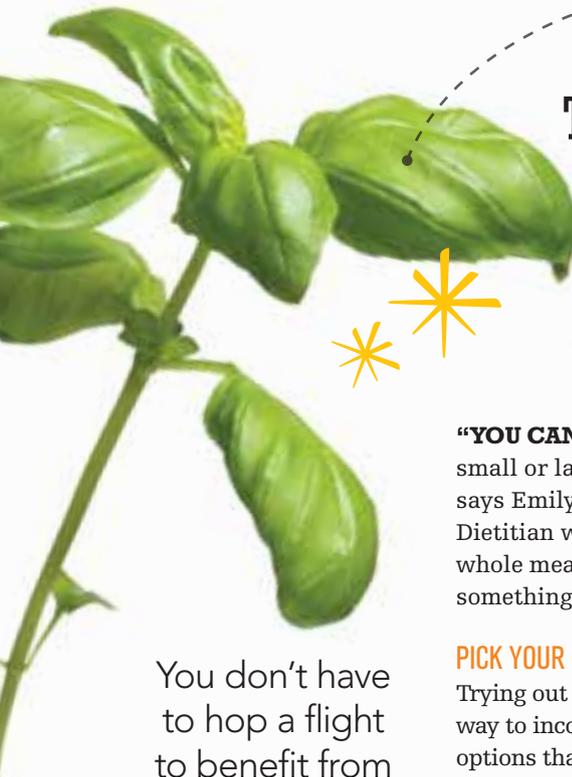
"There is a chance that exposure to pest and weed killers could be bad for your health years down the road," Dr. Sakhalkar says. "That may be especially true for children. Their bodies are still developing and may interact differently with chemicals."

Researchers at Harvard School of Public Health investigated the link between indoor bug killers and cancer in children. They found that children who were exposed to indoor bug killers were 43 to 47 percent more likely to develop some cancers. Those include leukemia, which is a blood cancer, and lymphoma, a cancer that affects the lymph nodes. Exposure may also be bad for unborn babies. Avoid using indoor repellents. Instead, treat for bugs outside if you have to and always use caution.

In rural settings, the use of pesticides for agriculture has changed in the past decade. Newer types of bug repellents are considered safer. It is still important to prevent direct contact, inhaling or other exposure whenever possible. See a doctor if someone is exposed.

IF YOU NEED TREATMENT FOR A REACTION TO CHEMICALS, NAVICENT HEALTH HAS URGENT CARE CENTERS AT ZEBULON ROAD, RIVERSIDE DRIVE AND GRAY HIGHWAY. CHECK IN WITH INQUICKER AT WWW.NAVICENTHEALTH.ORG.

HAVE YOU OR SOMEONE ELSE BEEN EXPOSED TO POTENTIALLY DANGEROUS CHEMICALS? CALL THE POISON CONTROL HOTLINE AT 800-222-1222.



TRAVEL THE WORLD FROM YOUR

KITCHEN

You don't have to hop a flight to benefit from authentic, healthy international cuisine.

"YOU CAN INTRODUCE international food in as small or large a way as you are comfortable doing," says Emily Johnson, MPH, RD, LD, Outpatient Dietitian with Navicent Health. "From creating whole meals to substituting spices for salt, there's something for everyone."

PICK YOUR PLATE

Trying out new recipes that provide protein is a great way to incorporate international flavor. Tasty, healthy options that are easy for first-timers include:

- » Chinese stir-fry with chicken and fresh vegetables
 - » Mexican black beans and rice
 - » Italian baked chicken in fresh tomato sauce
- "To start small, try new grains," Johnson says. "Couscous is a North African grain, and quinoa is

a great swap for pasta in Mediterranean meals. Substitute low-sodium chicken, vegetable or beef broth for water and add diced vegetables."

Seasoning with fresh herbs or sodium-free spice blends allows you to add flavor to your food while keeping it healthy. Johnson recommends sage, basil or rosemary for savory spices. For a sweet kick, she suggests adding a dash of cinnamon.

If you're looking for something more exotic but still healthy, visit www.diabetes.org/mfa-recipes and type an ethnic food style (Greek, Indian, Thai, etc.) in the search bar.

"Don't be afraid to try out new flavors," Johnson says. "Before you buy, make sure you read nutrition labels carefully to keep your meals healthy, and have fun!"

SPRING
RISOTTO

This flavorful Italian dish is the perfect way to tempt your taste buds without troubling your waistline.

INGREDIENTS

- 1 cup dried morel mushrooms
- 6 cups of boiling water, divided
- 2 pounds unshelled fava beans
- 5 cups of fat-free, reduced-sodium chicken broth
- 1 Tablespoon olive oil
- 2 cups leeks, thinly sliced
- 2 garlic cloves, minced
- 2 cups Arborio rice
- 2 Tablespoons sun-dried tomato paste
- 1 cup of dry white wine
- ¾ teaspoon light salt
- ½ teaspoon ground black pepper
- ⅓ cup sliced green onion
- ¾ cup grated Romano cheese

INSTRUCTIONS

1. Combine morels in a bowl with 3 cups of the boiling water and let stand for 30 minutes. Drain, rinse, and chop.
2. Remove beans from shells and place in saucepan with the remaining 3 cups of water. Cook for 1 minute. Rinse with cool water and drain. Remove and dispose outer skin.
3. Bring chicken broth to a simmer.
4. Heat olive oil in saucepan, slowly adding leeks and garlic. Cook until tender. Slowly add rice and tomato paste while stirring, and cook for 2 minutes. Stir in wine, salt and pepper until liquid is absorbed. Add broth, stirring until liquid is absorbed—about 20 minutes.
5. Stir in morels and beans until fully heated. Stir in green onions and sprinkle with cheese.

NUTRITION INFORMATION

- 8 Servings
- Calories: 238
- Total Fat: 5.9g
- Cholesterol: 11mg
- Sodium: 648mg
- Carbohydrates: 29.7g
- Dietary Fiber: 1.6g
- Protein: 9.9g

Source: myrecipes.com



» FITNESS IN THE 40-HOUR WEEK

Demanding jobs can make finding time to exercise tough. Solve this problem by making work a workout.

Try these exercises:

- » **Reading calf raises.** Grab a document you need to read, stand and rise on your tip-toes. Repeat until you've finished the page.
- » **Office chair ab twists.** Sit on the edge of your chair and place a book behind you. Twist your upper body as far right as you can, pick up the book, twist as far left as possible, and replace the book on the chair. Repeat 10 times, then switch directions.
- » **Cubicle wall sits.** Place your back against your cubicle or office wall and lower yourself until your knees are at a 90-degree angle. Hold the position for 30 seconds.



» NEW TECHNIQUES AT NAVICENT HEALTH MEAN EARLIER CANCER DIAGNOSIS AND TREATMENT

Physicians at Navicent Health have become the first to creatively repurpose medical techniques to find and treat pancreas and bile duct cancers early.

The new technique checks growths in the pancreas for cancer using the WATS3D Biopsy brush platform. Navicent Health is also pioneering the use of Cellvizio. This makes optical biopsies at the microscopic level possible during standard endoscopy procedures. To check for and remove cancerous cells in the bile duct, physicians are using the Emcision Habib EndoHPB probe. With this, they can treat cancer in an area where surgery is often not possible.

"While repurposing these tools for use in the pancreas and bile ducts are rather new ideas, we believe they hold great promise for quickly identifying

abnormalities," says Joel Judah, MD, gastroenterologist/advanced endoscopist with Navicent Health Physician Group. "Pancreatic cancer has long been a devastating diagnosis with a poor survival rate. Early diagnosis is key to improving chances of survival, and that is what we hope to achieve through our advanced diagnostic techniques."



» READY TO RETIRE?

Plan for your golden years by following these simple strategies:

- » **Cast a vision.** Determine how you want to spend your retirement—whether in a full-service retirement community, such as Carlyle Place, Navicent Health, or volunteering in your community. Make your goals as specific as possible.
- » **Get your finances in order.** Pay off debts and save for an emergency fund in case of serious illness or unemployment.
- » **Start saving.** Create a budget that dedicates roughly 15 percent of your income to your retirement account, such as a Roth IRA or some sort of pre-tax retirement account.
- » **Stick to your plan.** Don't use your retirement savings for any other expenses.

You should also consider talking with a professional financial advisor, who can best help you plan your retirement.

TO LEARN MORE ABOUT CARLYLE PLACE, NAVICENT HEALTH, VISIT WWW.CARLYLEPLACE.ORG.



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Making a positive impact on autism

begins here.



This year 1 in 68 children will be diagnosed with Autism Spectrum Disorder or a similar behavioral syndrome. This is why it's important to have your child screened by your pediatrician twice by 24 months. Children who receive the earliest possible diagnosis, intensive therapy and medical support have the best opportunities to reach their full potential.

"A knowledgeable parent, with the right supports, can be a dedicated, consistent and lifelong advocate for a child with autism spectrum disorder."

Autism Center, Navicent Health provides support for children, adolescents and families affected by Autism Spectrum Disorder, or ASD. We are dedicated to becoming the premier resource for specialized autism services in central Georgia by providing assistance and education to help you and your child get the specific help for your child's needs.

At ACNH we are able to provide diagnostic evaluations, recommend and provide treatments and provide direct autism support resources to help families. ACNH provides services through a medical clinic, a comprehensive therapeutic learning clinic, a comprehensive pediatric rehabilitation program and an applied behavior analysis clinic. We also offer marriage and family therapy, family support services and a community outreach program.

If you suspect your child has ASD, we encourage you to call us right away at 478-633-8100.



AutismCenter
NavicentHealth

1014 Forsyth Street
Macon, GA 31201

NavicentHealth.org/ACNH