

HEART & SOUL

VOL. 4 2020

October, November & December



Show you care by what you wear.
#maskupga



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taylorhcg.org

Wearing a mask saves lives.
According to the CDC, if everyone wears a mask, we could drastically reduce cases of COVID-19. So even if you feel fine, #MaskUpGA to protect yourself and those around you.



October is Breast Cancer Awareness Month!

Breast Cancer Awareness Month is an annual campaign for the month of October to increase awareness of the disease. It is the most common cancer among women worldwide and the second-most common cancer overall. So this is the time for you to get more informed about this women’s health issue! One in eight women will have breast cancer in their lifetime. Many of you probably know someone that has been affected by breast cancer. Breast cancer is sometimes found after symptoms appear, but many women with breast cancer have no symptoms. This is why regular breast cancer screening is so important.

Early detection is key in the prevention & treatment of breast cancer.

Speak with your doctor to determine when to start having mammograms as a variety of factors, such as family history and/or lifestyle will contribute to making an informed decision. The American Cancer Society recommends having yearly mammograms from ages 45-54 and then every 2 years (or every year if a woman chooses to do so) starting at age 55, for as long as a woman is in good health. Monthly self-breast exams are also important, so use the buddy system with friends and family to help remember.

Taylor Regional Hospital is offering free gifts and weekly drawings to all Taylor mammogram recipients during the month of October!

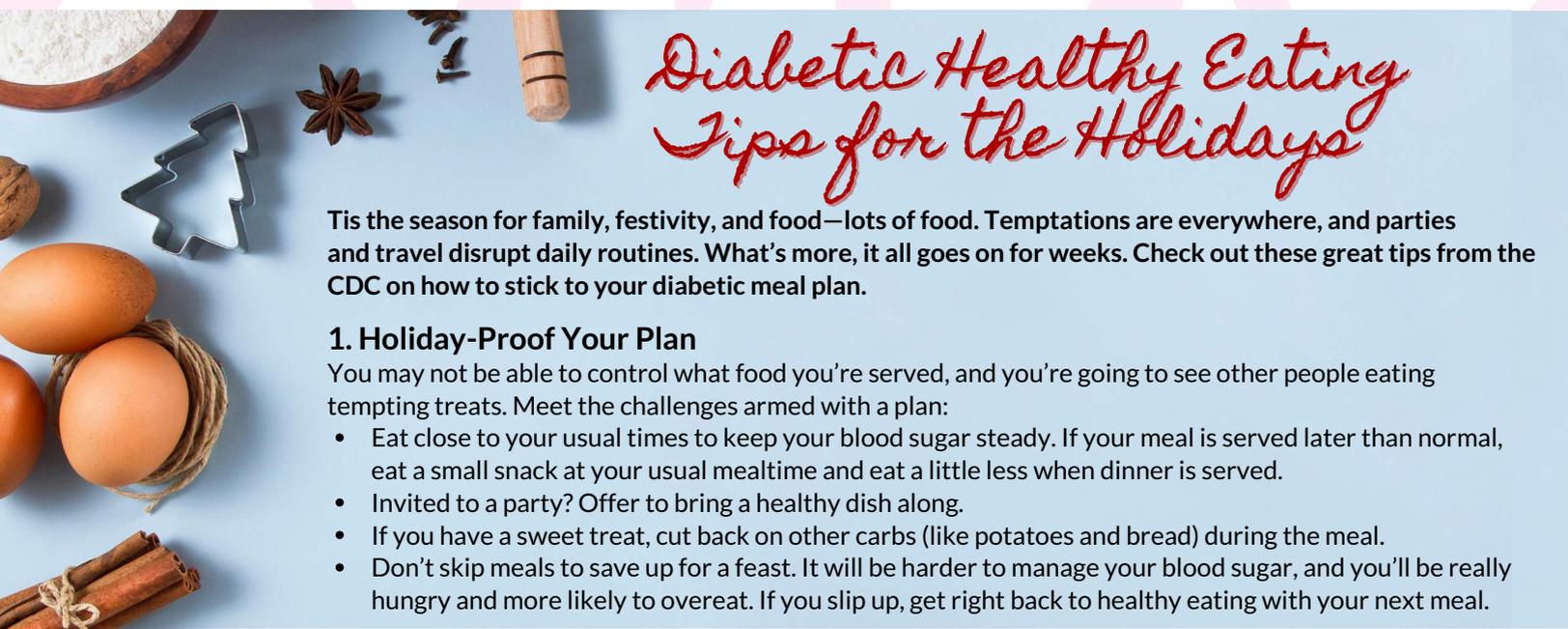
Taylor Regional Hospital has been providing quality digital mammography since May 2010 and are accredited by the American College of Radiology and the Food and Drug Administration. In addition to traditional 2D Mammography, we now offer 3D Mammography!

Discover the 3D difference...

- *The SmartCurve system offers a more comfortable experience*
- *Improved visibility for greater diagnostic confidence.*
- *Reduces false positives & unnecessary callbacks.*
- *Detects 20%-65% more invasive breast cancers than 2D.*

You don’t need a doctor’s order for a routine screening mammogram. However, we do need a doctor on file to send the report. If you are currently experiencing any breast related problems, please see your doctor right away to get the most appropriate treatment.

Contact our experienced Medical Imaging team at TRH to schedule your appointment at (478)783-0378 or (478)783-0288 for easy-to-schedule mammogram appointments!



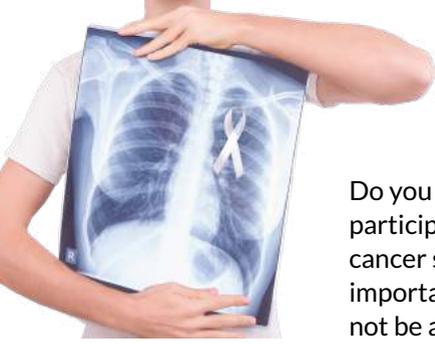
Diabetic Healthy Eating Tips for the Holidays

Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What’s more, it all goes on for weeks. Check out these great tips from the CDC on how to stick to your diabetic meal plan.

1. Holiday-Proof Your Plan

You may not be able to control what food you’re served, and you’re going to see other people eating tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don’t skip meals to save up for a feast. It will be harder to manage your blood sugar, and you’ll be really hungry and more likely to overeat. If you slip up, get right back to healthy eating with your next meal.



Show Your Lungs Some Love

November is Lung Cancer Awareness Month

Do you currently smoke or have a history of smoking within the last 15 years? Taylor Regional Hospital participates in the American College of Radiology (ACR) Lung Cancer Screening Registry and offers lung cancer screening through LDCT (low-dose computed tomography). Preventative screenings play an important role in reducing lung cancer mortality by catching early signs of cancer, for when symptoms may not be apparent or are overlooked.

The Centers for Medicare and Medicaid Services has determined the need for annual LDCT lung cancer screenings to be provided as a preventive service benefit for eligible Medicare Part B beneficiaries as a part of their annual wellness check. The screening will be provided yearly and covered at 100% for Medicare Part B recipients meeting all of the following eligibility requirements:

- *Age 55 -77 years*
- *Asymptomatic (no signs or symptoms of lung cancer)*
- *Tobacco smoking history of at least 30 pack-years (one pack-year = smoking one pack per day for one year; 1 pack = 20 cigarettes)*
- *Current smoker or one who has quit smoking within the last 15 years*
- *Receives an appropriately written order for LDCT lung cancer screening from their physician*

This could be the first step in early detection for many people with a history of inhaled tobacco use. Taylor Regional Hospital's participation in the ACR registry is voluntary and allows our imaging facility to compare its lung cancer screening performance to other facilities nationwide. Our doctors and staff can use these objective comparisons to advance our lung cancer screening practice, target specific areas for improvement, implement quality improvement programs, and improve patient care.

Before your first lung cancer screening, you'll need to schedule an appointment with your doctor to discuss the benefits and risks of lung cancer screening. You and your doctor can then decide whether lung cancer screening is right for you, as you may be eligible to receive this potentially lifesaving screening provided by Taylor Regional Hospital. Show your lungs some love, speak with your healthcare provider today.

Concerned about COVID-19 and smoking?

As a smoker, you or the people who care about you may be worried about a connection between COVID-19 and smoking. Scientists are still learning about the disease, but we know that smoking weakens the immune system, which makes it harder for your body to fight disease. If you continue to smoke, you also have a greater risk for respiratory infections like colds and flu. And for those with heart or lung disease caused by smoking, you may be at higher risk of having severe illness from COVID-19. However, there is good news: Soon after you stop smoking your body begins to heal. Within the first few weeks and months, your lungs start to work better and your risk for a heart attack goes down. For assistance to help to quit smoking, talk to your healthcare provider and check out the resources at smokefree.gov.

2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier: Have a small plate of the foods you like best and then move away from the buffet table. Start with vegetables to take the edge off your appetite. Eat slowly. It takes at least 20 minutes for your brain to realize you're full. Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines. Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan. If you plan for it, no food needs to be on the naughty list.

4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. Physical activity is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating. Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.



Join us in welcoming...

**Kevin L. Stevenson, MD,
Neurosurgeon**

as a visiting Physician to the TRH campus

Kevin L. Stevenson, MD is a Board Certified Neurosurgeon and spine surgeon. He specializes in comprehensive spine care for spine disorders, performs minimally invasive and endoscopic spine procedures, and complex spine surgery.

Accepting new patients!

Dr. Stevenson and his team will be seeing patients on alternating Fridays out of the Orthopedic Associates of Central Georgia office at 42 Truman Road in Hawkinsville. Call today to schedule an appointment!

Kevin L. Stevenson, MD

Specializing in Neurosurgery

(Neck and Spine)

**42 Truman Road
Hawkinsville, GA
(478)841-9333**

Middle Georgia Pediatric Associates

**Dr. Sandra Kopacz, Pediatrician
Tina Jolly, FNP-C
Julie Sapp, FNP-C
Nicole Smith, FNP-C**

Superior care for your little hero!

- ADHD Management
- Allergy Shots
- Health Checks
- Immunizations
- Sick Visits
- Sports Physicals

Offering 3 convenient locations!

**Hawkinsville
222 Perry Hwy, Prof. Building A
(478)783-4080**

**Cochran
173 W. Dykes St.
(478)934-0329**



**Rochelle
792 1st Ave
(229)365-7514**

