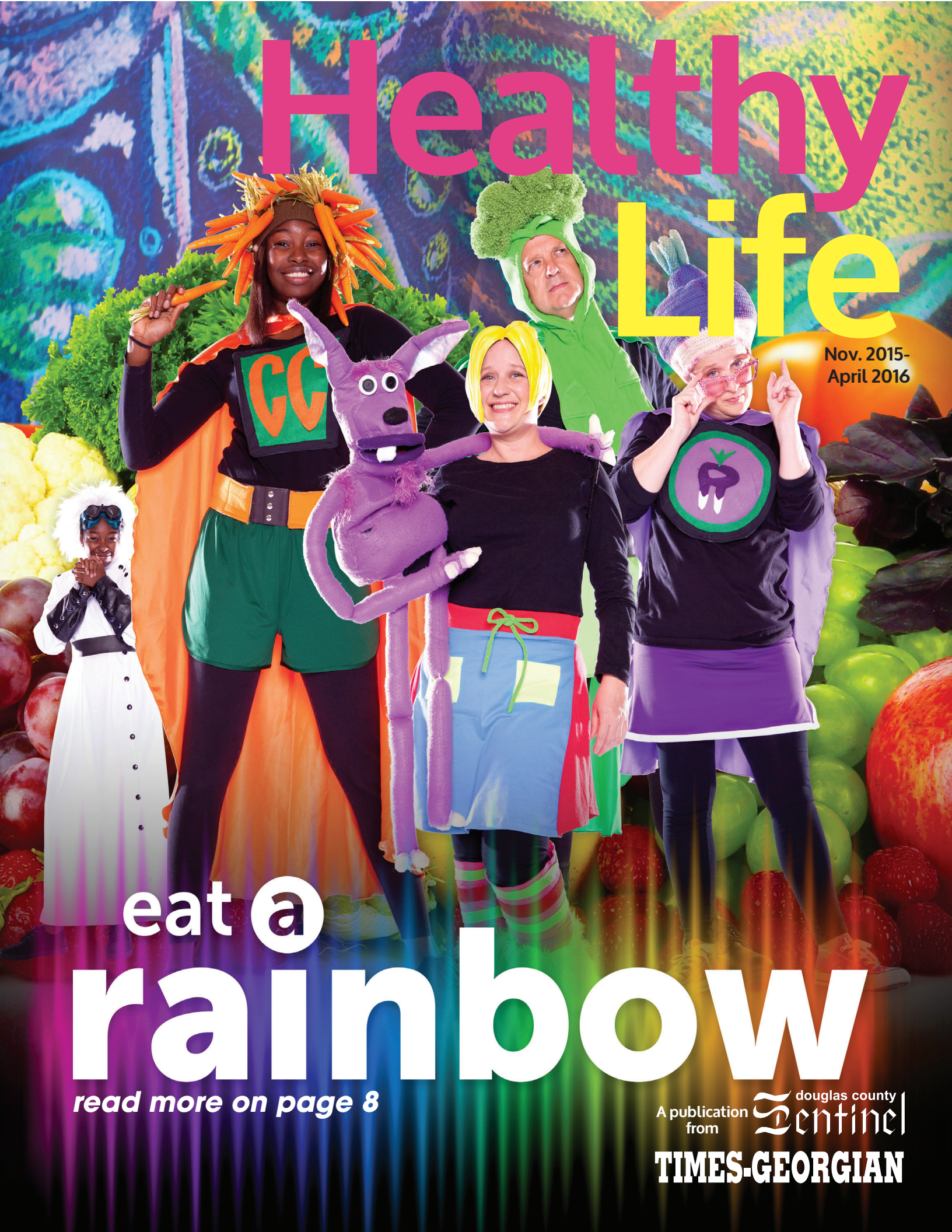


# Healthy Life

Nov. 2015-  
April 2016



eat @

# rainbow

*read more on page 8*

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# Colon Cancer Screening Saves Lives

*Take charge of your health and get screened.*

Anyone can get colorectal cancer. According to the American Cancer Society, colorectal cancer (also known as colon cancer) is the third leading cause of cancer-related deaths in the United States when men and women are considered separately, and the second leading cause when both sexes are combined. Here's the good news: colon cancer is one of the most highly treatable and preventable cancers.

A colonoscopy is considered the single best method for detecting colon cancer in its early stages. Screening colonoscopies are recommended for every adult beginning at age 50, and for African Americans, at age 45. For those with a family history of colon cancer, or other risk factors, screening could start at a younger age. For example, if one of your parents was diagnosed with the disease at 55, then you should get screened at 45 – 10 years before the age of their diagnosis.

During the procedure, a trained gastroenterologist will check for any signs of cancer and remove existing polyps that may turn into cancer over time. Since a colonoscopy is performed under light sedation, most patients have little if any discomfort, and the procedure itself usually takes less than 30 minutes.

While there is evidence that more people are getting screened than in previous years, only about half of those ages 50 or older are getting this life-saving test. What are you waiting for? Take charge of your health. Talk to your physician about scheduling a screening colonoscopy.

## How to Reduce Your Risk

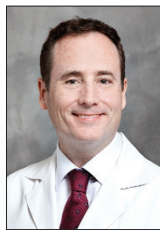
Take these steps now to reduce your risk of developing colorectal cancer:

- Follow the recommended guidelines to schedule a colon cancer screening
- Eat a balanced diet rich in fiber, fruits and vegetables
- Maintain a healthy weight
- Don't smoke
- Know your family's cancer history
- Don't ignore symptoms

With three convenient locations in your area, getting the care you need has never been easier. For more information, call the location nearest you or talk to your primary care physician.



Jay Garten, M.D.



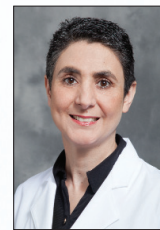
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# CENTER FOR ALLERGY AND ASTHMA OF GEORGIA

Improving quality of life for his patients

**SUFFERING FROM** persistent allergies or asthma can have a debilitating effect on someone's life. That's why Dr. Eugene Hurwitz with the Center for Allergy and Asthma of Georgia makes sure patients can be seen the same day they call his office, setting him apart from other area offices.

The team of physicians, nurse practitioners and physician assistants at the Center for Allergies and Asthma of Georgia treat patients with all types of allergic disorders, including hay fever, asthma, hives, insect sting allergies and food allergies.

Dr. Hurwitz offers two plans of action to his patients: a short-term plan that quickly gets patients feeling better by providing immediate relief from sinus or allergy problems, and a long-term plan that gets to the root of the problem and provides lasting protection from recurring symptoms. "We have so many different treatment options available to us now that almost all patients can get their conditions under control, allowing them to live a normal life relatively symptom-free with relatively rare episodes," Dr. Hurwitz explains. Such treatments range from the newly offered allergy drops to allergy shots.

"We have multiple convenient locations and provide a very high-quality service and individualized patient care, and we have a very patient-oriented staff—from the front desk to the nurses to the providers, which include doctors as well as nurse practitioners," says Dr. Hurwitz. Julie Williard, FNP-C, has been with the practice for 10 years and provides care for patients in Carrollton. Robin Childress Rodriguez, FNP-C, takes care of the patients in Villa Rica and Douglasville.

The Center for Allergy and Asthma of Georgia participates in most insurance and managed care programs and has nine convenient office locations in Atlanta, Carrollton, Bremen, Villa Rica, Newnan, Smyrna/Marietta, Hiram, Peachtree City/Fayetteville and Douglasville.



Dr. Hurwitz with the Carrollton office staff pictured in front of the numerous awards he has received for patient care including "Best Allergy Doc" in the area, an award he has received for many years consecutively.

## Learn About Your Doctor...

The Center for Allergy and Asthma of Georgia has grown to provide care in nine convenient locations where patients can expect to find quality care in a comforting atmosphere and the unfailing assurance of being able to see a board certified doctor right away when needed. **Dr. Eugene Hurwitz, Dr. John Vickery and Dr. William Boleman** are all board certified physicians who share a continued focus on providing high quality individualized care.

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# WHY DO WE NEED FIBER?



Many food products boast added fiber on their packaging. Breads, cookies, beverages, and so much more contain extra fiber in response to the public's growing desire to consume foods with high levels of dietary fiber, which medical professionals claim is an essential element to a healthy diet. Despite that publicity, many consumers remain in the dark about the role fiber plays in the body.

## **About fiber**

Many people are aware of the importance of including fiber in the diet, but few people understand the importance of dietary fiber. Fiber is an essentially indigestible substance that is found mainly in the outer layers of plants. Fiber will pass through the human digestive system virtually unchanged from when it was consumed and without being broken down into nutrients. Fiber is classified into two types: insoluble fiber, which will not dissolve in water, and soluble fiber, which can be dissolved. Insoluble fiber is typically found in whole grain products, dark leafy vegetables, green beans, wheat bran, corn bran, seeds, nuts, and skins of fruits and vegetables. Soluble fiber comes from foods like oats, nuts, fruits, and dried beans.

## **Fiber and digestion**

Fiber is essential to digestion. The Harvard School of Medical Health advises people should get between 20 to 30 grams of

fiber each day, though many people do not consume that much fiber. Fiber adds bulk in the digestive system, which helps soften stool and flush out the intestines. It assists in making bowel movements more frequent, preventing constipation. A diet high in fiber helps reduce the risk for hemorrhoids and diverticular disease.

## **Fiber and weight loss**

While fiber is often associated with improving regularity, that is not its only role. Fiber, particularly soluble fiber, that can be slowly digested will prolong the digestive process, helping to keep the stomach fuller longer. Feeling full can help a person eat healthy portions. Fiber-rich foods are also less calorie-dense. This means you can eat more and feel fuller without consuming tons of calories. Increasing fiber consumption may help men and women looking to lose weight.

## **Fiber and blood sugar**

The slow absorption of carbohydrates also regulates the absorption of sugar into the bloodstream. This can prevent sugar spikes that may be dangerous to those with diabetes. It also may be able to help reduce the risk of developing type 2 diabetes, according to a study published in the New England Journal of Medicine in May 2000.

## **Fiber and cholesterol**

Soluble fiber has been shown

to help lower blood cholesterol concentrations by decreasing the absorption of cholesterol and bile acids in the small intestines. When less bile acid is absorbed, the body must use stored cholesterol to make more, lowering blood cholesterol as a result. The American Heart Association reports greater reductions in low-density lipoprotein, or LDL, cholesterol among people who consume diets high in soluble fiber compared to diets low in saturated fat and cholesterol alone.

**How to increase fiber consumption**

While many products include added fiber, here are some of the best ways to increase the number of grams of fiber consumed on a daily basis.

\* Eat more bran, as bran has the highest fiber content of any food at about 25 to 45 percent.

\* Consume whole fruit instead of juice. Whole fruits have more fiber in them and fewer calories than juices. Eating fruit can help you to feel fuller longer.

\* Pass up on refined flours. Opt for whole grains whenever eating bread, cereal and baked goods. Try to aim for grains that have at least three grams of fiber per serving.

\* Increase your consumption of beans. Beans are relatively inexpensive, filling and tasty. Plus, they pack a great deal of fiber, protein and other important nutrients.

\* Take a fiber supplement if you feel you are not getting enough fiber in your daily diet. Gummy fiber chews can be tasty ways to get fiber.

\* Opt for fresh fruit and vegetables for snacks over processed foods. ■




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# Taste the Rainbow of Fruit and Veggies

**Get Healthy, Live Well is producing a play to show kids that eating healthy can be fun**

Getting kids to eat their veggies is a daily struggle for many parents who are constantly trying to find ways to include more whole foods in their diets.

For those who have run out of ideas and have thrown their hands up in defeat, a comprehensive community health collaborative led by Tanner Health System is coming to the rescue.

Get Healthy, Live Well has come up with an innovative strategy to educate local children about the importance of eating more fruit and vegetables. The initiative is producing a fun and educational play called “Eat a Rainbow” to show kids that eating healthy can be fun.

The 20-minute play features a mad scientist named Dr. FunKill who tries to feed a little girl evil doughnuts, but he is thwarted by three vegetable superheroes. Broccoli Boy, Captain Carrot and Rude-A-Bay-Girl teach children to protect themselves by eating a rainbow — five portions of fruits and vegetables a day.

To get this message out, Get Healthy, Live Well reached out to west Georgia writers and artists who used their gifts to craft infotainment that would be attractive to kids.

About 200 families attended the play’s premiere on Halloween at The AMP dur-

ing the Carrollton Fall Festival.

The play will also be performed at elementary schools in Carroll, Haralson and Heard counties. It will be shown to students in kindergarten through 5th grade.

Kids who attend the play at school will be given a set of five bands — each a different color. The bracelets will remind them to eat a rainbow of fruits and vegetables every day. Each morning, they will put the five bands on their left wrist.

For each serving of fruit or vegetable eaten, they will move one band to their right wrist.

“Get Healthy, Live Well wants to educate and empower kids to make healthy food choices,” Amy Riedesel, director of community health at Tanner Health System, said. “This play will teach them — in a fun way — the importance of eating fruits and vegetables.”

Eating a rainbow is an important message to get out to kids, according to Tanner Dietitian Christina Schoerner.

“We’re in the middle of an obesity epidemic,” Schoerner said. “Today, about 1 in 3 of our children and teens are obese. For the first time, our kids are expected to live shorter lives than their parents and we’ve got to do something about that.”





MAKING THE WORLD HEALTHIER, ONE BITE AT A TIME



eat @  
**rainbow**

TANNER HEALTH SYSTEM PRESENTS A GET HEALTHY, LIVE WELL PRODUCTION IN PARTNERSHIP WITH CENTERS FOR DISEASE CONTROL AND PREVENTION

DIRECTED BY MIMI CENTRY "EAT A RAINBOW" PHOTOGRAPHY BY JOHNNY CAIN POSTER BY WARREN TINGEN

GINNA BLAIR EMMA AND RUDEBAYGIRL SAMANTHA COTTON CAPTAIN CARROT AND DR. FUNKILL MARK LYLE BROCCOLI BOY AND WEBSTER



GET HEALTHY  
LIVE WELL



Get Healthy, Live Well is funded in part by a Partnership in Community Health (PICH) grant from the Centers for Disease Control and Prevention (CDC). The individuals and organizations who are part of this collaborative effort share a common vision to improve the overall health of residents in west Georgia. The impact of this collaboration depends on volunteers and partners from every sector of the community sharing their talent.

One of those volunteers is Carrollton writer Mimi Gentry who wrote the play.

A veteran marketer who has won an ADDY award from the American Advertising Federation, Gentry has learned many ways to get consumers to buy products.

“I was excited by being able to use those same methods — color, cartoons, music — to get kids to buy in to eating healthy,” she said.

Gentry also designed the costumes.

“I wanted to create a live production that looked like a cartoon, with bright colors and strong textures,” she said.

For Gentry, the names of the characters came first, and then she got the ideas for the costumes.

“It was important to use standard superhero elements like capes and chest blazons, but because it’s a kid’s production, I wanted to make sure it was funny, too, so that’s where the silly hats came from,” she said.

The play aims to empower kids with knowledge that will help them make better decisions about food.

“This was an amazing collaboration between artists and writers in the west Georgia area who all understand how important it is for kids to not only hear this message, but embrace it,” Gentry said.

The play encourages interaction between the audience and actors. It also features repetition of catchy phrases like “If you can’t read it, don’t eat it,” which the kids in the audience are asked to chant dur-

ing the play. The play will also include original music with songs like, “Eat Fruits and Veggies, We Don’t Mind.”

“By creating a series of catchy melodies and hook phrases, we’ll get the kids to respond and maybe even remember our messaging,” Gentry said.

The play features five songs written by Jim Boyd, a Grammy Award-nominated songwriter who lives in Carrollton. Boyd was nominated for a Grammy in 2013 for Best Children’s Album. He believes teaching kids to eat healthy is just as important as teaching them to look both ways before crossing the street.

“We’re talking about a matter of life or death,” Boyd said. “That’s a little melodramatic, but on the other hand, it’s a true thing. The more we can make them aware of eating healthy, the less likely they’re going to get diseases and have problems later in life.”

The cast includes Carrollton business owner Ginna Blair, local musician Mark Lyle and Samantha Cotton, who is a University of West Georgia student majoring in music.



Blair is the director and an actor in the play. This isn't the first time Blair has worked on Get Healthy, Live Well productions for kids. She previously worked on two plays — one on nutrition and the other on tobacco cessation.

"The show will have a wide appeal to both kids and adults alike," Blair said.

She described the music as being "very catchy."

"I think kids and parents will be taking the tunes home in their heads, which is exactly what we want — to make something that is easy to remember so kids will make changes that will make them healthier and happier," Blair said.

The music was recorded locally at Southside Studio, which is owned by Lyle. The play also benefited from the talents of local artists Gerald Byrd and Angela Lewis.

Byrd, an illustrator, contributed some colorful, whimsical, child-like illustrations that were enlarged and transformed into the backdrop for the play. He believes it's important to use tools that are colorful and fun to teach kids about nutrition.

"I believe that cartoons are engaging for children and the children will be more likely to respond to the storyline, which is all about healthy eating," Byrd said.

He is excited that children in the area will get to experience his artwork live on stage.

"I pray that it will enrich their lives and make them live a lot longer and a lot healthier," Byrd said.

To book a free performance of "Eat a Rainbow" at your school, contact Get Healthy, Live Well at 770.812.9871. To learn more about Get Healthy, Live Well, visit [www.GetHealthyLiveWell.org](http://www.GetHealthyLiveWell.org) ■



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# Live Life to the Fullest at Ashbrook Village



## Independent Living

Making the right choices later in life can be difficult for senior adults. As they prepare for life after retirement, many of them consider their safety and health to be top priorities when making decisions. A residential retirement community is a wonderful option for active senior adults.

Ashbrook Village, located in Villa Rica, Georgia, serves the West Georgia area offering independent cottages and an assisted/memory care living community. Nestled on 36 acres, Ashbrook Village is conveniently located to Tanner Medical Hospital and 3 miles from Interstate 20 so it is easily accessible to family members from several destinations.

***“The reason my husband and I moved to the cottages is because we are planning for the future. Knowing my husband’s health condition, he will one day require an assisted living community and I can continue to live independently while he receives the care he needs from Ashbrook Village Assisted Living. It will be convenient for me and my entire family.”- Mrs. W from Atlanta***

## Independent Living

The perfect alternative to seniors who are looking to downsize and are interested in a low-maintenance lifestyle. Our one and two-bedroom cottages are spacious and include a kitchen, dining area, living room, handicap accessible bath and washer/dryer hook-ups. Residents living in Ashbrook Village’s cottages can choose additional amenities and services such as housekeeping, laundry and meals served in our assisted living community in a private dining.

Our cottages are designed for seniors who do not need 24-hour supervision, but want to experience living in a retirement community where they will feel safe and secure knowing their friends and neighbors are a few short steps away.

***“As a child and young adult, my grandmother showed me unconditional love, kindness, patience, and humor. I have wonderful memories of the great experiences we shared. Now it is my turn to return the gifts she has given me and provide her with the same essentials in life that she showed me as a child. Ashbrook Village is a place where my grandmother and I can create new memories and have new experiences with her. We are blessed to have this community!”***

***- Granddaughter of Ashbrook Village resident***

## Assisted Living – All New Memory Care

Ashbrook Village Assisted/Memory Care Community has been specifically designed and constructed to allow an abundance of natural light throughout our community. The community is clean and open, yet traditional enough offering a warm and friendly environment.

Our approach provides the ideal solution for seniors who may need some assistance with bathing, dressing, medication management and bathing. Our residents enjoy beautifully appointed living spaces, delicious meals, engaging social activities, and transportation to doctor’s appointments.

There are no long-term contracts, just a simple month-to-month fee. With a variety of care options, our residents only pay for what they need and want. Our staff takes pride in providing personal care assistance. We support and encourage the independence of our residents through our professional assisted living services. With our safe living accommodations and 24-hour staffing, resident and their families are comfortable knowing they are safe and secure.

## Veterans Benefits

Ashbrook Village is proud to accept benefits available for U.S. veterans or the surviving spouse of a U.S. veteran. Once eligibility is determined, residents may receive a federal pension of up to \$2,200 per month to help pay for assisted living services at Ashbrook Village.

Whether you are considering independent living assisted living, we invite you to take the time to call us and learn more. You are also welcomed to stop by for a tour of our wonderful community.



# Ashbrook Village

*Assisted Living, All New Memory Care  
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# ***Include good fats and carbs in a healthy eating plan***

Come the end of the holiday season, many people resolve to rest, recharge and get back to healthy eating habits.

Time magazine reports that losing weight and getting fit are the most popular New Year's resolutions, but also the ones that people are most likely to abandon after a short time. That may be because New Year's dieters are too often choosing diets that are impractical and not conducive to long-term success. Some may stop eating certain foods or ingredients entirely, while others look to diets that require a level of commitment beyond busy adults' capabilities.

Many fad diets target fat and carbohydrates, but dieters may not know that fat and carbs are necessary for a healthy metabolism. According to Dr. Walter Willett of the Harvard School of Public Health, low-fat diets don't work for many people. In fact, dozens of studies have found that low-fat diets are no more healthy than moderate- or high-fat diets and may, in fact, be worse. Foods that are low in fat may be full of ingredients that can be detrimental when eaten in high amounts. Processed low-fat foods can be made to taste better with copious amounts of salt or sugar. Some low-fat foods are

actually high in simple carbohydrates, which can cause spikes in blood sugar and increase bad fats called triglycerides in the blood.

Simple carbohydrates are generally those that break down fast and do not provide much value beyond the initial energy burst. Although some simple carbs, such as fructose and lactose, can be beneficial and are generally found in healthy foods, it's best to avoid simple carbs.

Eating healthy doesn't mean avoiding carbohydrates and fats altogether. The key is to find good fats and carbs that provide a host of benefits. Good fats, such as monounsaturated fats, polyunsaturated fats, and omega-3 fatty acids, help to manage mood, maintain mental acuity, fight fatigue, and control weight. Good fats are largely found in olives, nuts, legumes, soy, and fatty fish. Keep total fat intake to 20 to 30 percent of your calories.

Good carbs are complex carbohydrates. They're starches that take a longer time to metabolize in your digestive system. Good carbs will raise blood sugar, but they will keep it at a stable level for an extended period of time. Complex carbs usually contain a lot of fiber, which can help keep a person feeling full for long periods of time. Plus, they help keep digestion moving smoothly to help you avoid constipation. Fibrous vegetables, fruits, whole grains, and beans are high in fiber and are good carbohydrate choices. Some foods contain both good carbs and good fats.

Eating healthy means finding a balance that includes the right fats and carbohydrates. ■



# Atlanta Gastroenterology Associates Now Offering Pediatric and Adolescent Care

When it comes to caring for children with GI issues, personal and comprehensive care is a top priority at Atlanta Gastroenterology Associates' Pediatric and Adolescent Division. With two board certified pediatric gastroenterologists on staff – Dr. Nirav Patel and Dr. Tejas Mehta – infants, children, 'tweens, and teens receive the same high level of care AGA has been providing to adults in metro Atlanta for nearly 40 years.

While all types of digestive and liver disorders are evaluated and treated by AGA's pediatric specialists, "some of the more common digestive issues seen in many young patients are acid reflux and constipation," says Dr. Patel. "Where possible, I like to take an approach focused on nutrition and lifestyle changes, in addition to traditional medicine."



Children and adolescents can also suffer from many of the same GI issues that affect adults, including abdominal pain, celiac disease, Crohn's disease, ulcerative colitis, diarrhea, esophagitis, heartburn, irritable bowel syndrome, liver disease, and motility disorders. Chronic abdominal pain, for example, can be a sign of a food allergy or something more serious, like inflammatory bowel disease. "The

incidence of food allergies and hypersensitivity to foods is on the rise," says Dr. Mehta, "and that can result in more serious gastrointestinal disorders." To help with these issues, nutrition counseling is available for patients.



Helping children of all ages with their digestive health and nutritional needs is one area the physicians at AGA's Pediatric and Adolescent Division are passionate about. "We can really make a difference in a child's life," says Dr. Mehta. "When families walk in the door, they should expect to receive high quality care and responsiveness," adds Dr. Patel. "Dr. Mehta and I are dedicated to offering complete pediatric digestive healthcare services to our patients."

AGA's Pediatric and Adolescent Division has three convenient locations:

- Sandy Springs: 5445 Meridian Mark Rd, Suite 490
- Alpharetta: 3300 Old Milton Pkwy, Suite 225
- Duluth: 2660 Satellite Blvd

To schedule an appointment, call 404.843.6320. For more information, visit: [www.atlantagastro.com/pediatrics](http://www.atlantagastro.com/pediatrics).

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# Gifts to promote physical activity

Making New Year's resolutions is a popular tradition once the holiday season has come and gone. Such resolutions often serve as catalysts for something positive, whether it's saving more money in the year ahead or spending more time with family.

Resolving to lose weight is one of the more popular resolutions men and women make each year. But you don't need to wait until the calendar turns to January to start helping a loved one achieve his or her goal of losing weight in the new year. If a friend or family member has expressed a desire to slim down in the new year, the following items can make great holiday gifts that help your loved ones get a head start on their weight loss goals.

· **Yoga mat and DVD:** Yoga has grown increasingly popular in recent years. According to a survey from the National Institutes of Health, nearly 10 percent of adults in the United States participated in yoga in 2012, up from 5 percent in 2002. Yoga is a great way to relieve stress and get in shape, and it can help men and women feel more flexible. That increased flexibility can help men and women looking to lose weight, making a yoga mat and DVD an ideal holiday gift. Such gifts are even better for men and women who may feel intimidated by exercising after a long layoff, as they can dust off the cobwebs from the comforts of their own homes. Offer to come over and show them some basic moves and help

them in their first few sessions if you're already familiar with yoga.

· **Swimming lessons:** Many people learn to swim as children, but a refresher course can help loved ones who have not dipped their toes in any water in recent years. Such lessons also may ignite (or reignite) a passion for swimming, which is a wonderful exercise that can promote weight loss and cardiovascular health while helping men and women develop toned muscles. Find a local swim club or gym that offers lessons, and go along for the first few lessons to help calm any nerves your loved one might have.

· **Healthy cookbook:** Effective, long-term weight loss requires both diet and exercise. A cookbook full of healthy recipes can prove an invaluable resource for men and women who recognize the role healthy foods play in losing weight and keeping the weight off. Many adults cite a lack of time as the primary reason they eat unhealthy foods, so look for a cookbook that offers healthy recipes that can be cooked up quick.

· **Fitness tracker:** Fitness trackers come in many shapes and sizes, but many allow users to count their steps and track the distances they travel in a typical day. More advanced models may even help men and women track the amount of calories they've consumed, both on a daily basis and over time. Such devices can prove motivational to men and women looking to lose weight, providing detailed daily information they can use to track and see their progress.

Holiday gifts that aim to help men and women looking to lose weight can pay dividends long after the holiday season has come and gone. ■





***A yoga mat and instructional DVD make great holiday gifts for loved ones who want to get a head start on their New Year's fitness goals.***



A lot of people understand taking care of their car better than taking care of themselves.

You know where to go to get the car's oil changed, where to go to get the tires rotated and maybe even where to go to get the brakes replaced. There are shops that specialize in specific maintenance for your car. When the car is running rough or not running at all, you take it to your mechanic or even the car dealership.

Taking care of yourself can be a bit more complicated than taking care of a car. Like auto mechanics, the doctors you choose may have specific rolls much like the different mechanics do for a car. These are the types of medical providers and services you will find in our office:

### Primary Care Doctor

This is an MD trained and board certified to manage a broad range of medical conditions in adults. These doctors will treat an immediate need like the flu and they will manage chronic conditions like your cholesterol, blood pressure or diabetes. Much of the treatment is with medication, but these doctors also provide specific guidance on nutrition and exercise. This doctor will refer you to a specialist when you need a more in-depth evaluation. The primary care doctor is like your quarterback, always involved in your health decisions. This is who you call on for guidance in making decisions about your health care. Primary care doctors at Primary Care Group are Joseph Jellicorse, MD and Hermogenes Pagsisihan, MD.

### Pulmonologist

This is an MD that specializes in treating diseases of the lungs. These doctors often treat patients with COPD, severe asthma or bronchitis. The pulmonologist diagnose and treat lung cancer and other life threatening diseases of the lungs. Pulmonologists can offer patients with COPD ways to improve their breathing, allowing

them to enjoy a more active life. With proper nutrition, weight loss and a commitment to stop smoking you may just find you are more active than ever. Pulmonologists in our practice are Dr. Jeff Reid and Dr. Lindsey Roenigk.

### Sleep Medicine

This is an MD that treats patients with a variety of sleep disturbances, such as sleep apnea, insomnia and restless legs syndrome. The most common disorder we treat is obstructive sleep apnea (OSA). Patients with OSA often complain of fatigue, snoring and daytime sleepiness. OSA is diagnosed with a sleep study. Our doctors use Tanner's Sleep Centers and can offer you an in-lab study or a home study.

need to be seen that same day you will likely see the PA. In our office Mandi DelPozo is the PA.

### Nurse Practitioner

A Nurse Practitioner (NP or NP-C) is licensed in medicine by the state. The NP usually receives a nursing degree as an RN from a four-year college program. Following work as a Registered Nurse (RN), they continue their education with a master's degree in medicine. An NP is part of the medical care team serving under a supervising physician. The NP writes prescriptions, reports to other physicians, and maintains a schedule like an MD. In our office the NP, Shawna Berg, sees patients for the pulmonary doctors.

### Nurse Educator

A Nurse Educator is a Licensed Practical Nurse that sees patients on behalf of a physician providing education to patients and coordinates refills on controlled substances. Because an increasing number of medications are being controlled with tighter guidelines that only allow for a 30-day prescription, we are required to assess the continued need for the medications. The nurse educator also confirms adherence to prescription directions.

### Pulmonary Function Test

A pulmonary function test (PFT) assesses your lungs for air flow obstruction, air flow restriction and the lungs' ability to move oxygen in and out. This test has three parts, all done in one visit. The spirometry involves blowing into a mouth piece where the force of the exhaled breath is measured. Another part of the test measures lung volume. The third part of the test measures the lungs ability to deliver oxygen to the blood. The PFT is conducted in an enclosed, sealed booth that allows for measurement of pressure inside the container. There is a PFT machine in our office so there is no referral to the hospital for this test.

# your MEDICAL CARE team

Patients with OSA are treated with CPAP to help their breathing at night. Untreated, OSA increases your risk of heart attack, heart failure and stroke. Sleep Medicine Doctors in our practice are Dr. Jeff Reid and Dr. Lindsey Roenigk.

### Physician's Assistant

A Physician's Assistant (PA) is licensed in medicine by the State Medical Board. The PA is part of the care team directed by a MD. The PA can treat a wide variety of issues and can specialize much like a doctor. The PA will write prescriptions, order tests and refer patients to other specialists much like a MD. In our office the PA will provide follow up care to patients on top of their duty of seeing patients with urgent needs. If you are sick and

**Primary Care Group** | 100 Professional Park,  
Ste. 204, Carrollton



# Spread the Word:

## Women's Symptoms of Heart Disease May be Different from Men's

(NAPSI)—Stop for a moment and think about what you fear most. Is it health related? For you? For a loved one? Maybe it has to do with the heart.

Heart disease is the number one killer of women<sup>1</sup> and is more deadly than all forms of cancer combined. In fact, it is estimated that heart disease kills approximately one woman every minute. And women may experience symptoms differently than the more commonly known symptoms men experience. What if there is a way to know whether you should be worried? Would you want to know?

The first step is learning. Learning how to recognize signs of heart disease and one of its most common forms: obstructive coronary artery disease (CAD), which causes one in seven deaths in the U.S.<sup>2</sup>

Now, a new health education campaign called Spread the Word™ is encouraging women and the men who love them to get the facts about the symptoms of obstructive CAD. HealthyWomen, Nurse Practitioners in Women's Health, Coalition of Labor Union Women and Society of Women's Health Research want you to get informed.

### What is Coronary Artery Disease?

Coronary artery disease is the hardening and narrowing of the arteries that provide vital oxygen and nutrients to the heart.

### What Symptoms Look Like

What you need to know is diagnosing obstructive coronary artery disease can be difficult, even more so in women because they can experience symptoms differently than men. So, what can this look like?

### Common Symptoms in Men

- Chest discomfort, tightness, pain or pressure
- Shortness of breath

### Common Symptoms in Women

- Unexplained fatigue or sudden onset of weakness
- Tightness or pressure in the throat, jaw, shoulder, abdomen, back or arm
- Indigestion or heartburn
- Squeezing, heaviness, or burning sensation in the upper body
- Abdominal discomfort or fullness
- Nausea or vomiting
- Dizziness or light-headedness
- Palpitations
- Body aches

### What You Can Do

There are several diagnostic tests available for obstructive CAD, including exercise stress tests and cardiac imaging. There's also a simple blood test that uses age, sex and gene expression (the Corus® CAD test) to get an at the moment look at your risk of obstructive CAD, is designed with women in mind and can help doctors rule out obstructive CAD as the cause of your symptoms. Some tests carry certain

risks, like radiation exposure, while others do not. They all have their uses. What's important is to talk to your doctor to determine which is right for you.

If you or a loved one is experiencing symptoms of obstructive CAD, talk to your doctor. And if you want to raise awareness of obstructive CAD as an important women's health issue, join in and Spread the Word™! Visit [www.GoSpreadtheWord.com](http://www.GoSpreadtheWord.com), to find health information and tools that can be used to discuss testing options.

Quick Tips for Women: If you have symptoms of obstructive coronary artery disease, what should you ask your doctor?

- What are the advantages and disadvantages of each testing option (including risks and side effects)?
- Are there any tests more appropriate for women?
- What lifestyle changes will best improve my health, and what are my treatment options?

To learn more about obstructive CAD and testing options for women, please visit [www.GoSpreadtheWord.com](http://www.GoSpreadtheWord.com). ■

### References

1. American Heart Association. *Facts about Cardiovascular Disease in Women*. Available at [www.goredforwomen.org/home/about-heart-disease-in-women/facts-about-heart-disease/](http://www.goredforwomen.org/home/about-heart-disease-in-women/facts-about-heart-disease/). Last accessed on December 18, 2014.

2. Mozaffarian D, Benjamin EJ, Go AS, et al. on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. *Heart Disease and Stroke Statistics - 2015 Update: A Report from the American Heart Association*. *Circulation*. 2015;131:e29-e322.

# Avoid contraction of foodborne illnesses

Stomach bugs are rarely pleasant. Such bugs can last several days and result in missed school or work and even turn into something more serious, like dehydration. Many stomach bugs, whether they are the result of a virus or germs brought home from school, may be the result of poorly handled food.

Foodborne illnesses cause about 325,000 hospitalizations and 5,200 deaths nationwide each year, says the Centers for Disease Control and Prevention. Under the right conditions, various bacteria can proliferate in food and result in bugs characterized by bouts of nausea or vomiting.

While many food-related ailments are innocuous, one never knows when something ominous could be lurking

in the foods one has eaten. In many cases, preventing food-related illness needs to begin even before food is brought into the home.

## **At the store**

Shop at stores that take proper food handling seriously. Look for clean stores that properly refrigerate foods.

Inspect frozen or refrigerated foods to make sure nothing appears open or tampered with. If food is packed in clear wrapping, check to see that the food does not have a lot of ice crystals, which may mean it thawed out and then was refrozen. Select canned foods that are in packages without dents or bulges. Dents may compromise the can's seam and let in contaminants, while bulges may indi-

cate improper sealing or processing, contaminating the food inside the can.

Shop for perishable foods last so you minimize the amount of time they are without refrigeration. If you expect that it will take you longer than an hour to get home, consider transporting foods in insulated bags or a cooler to preserve their freshness.

## **At home**

Do not leave foods that need to be chilled sitting out for long periods of time. Refrigerate and freeze foods promptly after unpacking them from the store or after a meal is over. When defrosting foods, do not do so on the kitchen counter. Instead, use the refrigerator or run frozen packages under water.



All fresh produce should be rinsed thoroughly before use, even if stores say the foods have already been washed. Produce can retain bacteria from the fields where it was grown. Also wash the skins or rinds of foods before peeling or slicing, or you may transfer bacteria to the flesh of the food.

Wash and disinfect hands, utensils, cutting boards, and any other surfaces after handling raw meats and poultry. Try to contain juices from meats so they do not get all over countertops. Always use separate utensils for preparing uncooked meats and produce.

Cook foods to the recommended temperature and check with a food thermometer. Keep in mind that some foods may cook unevenly, especially in microwaves. Stir and keep cooking to ensure even heat distribution.

Do not overload the refrigerator and freezer; otherwise they may not chill foods sufficiently. Check that the appliance is working properly.

Avoiding foodborne illnesses requires diligence at the store and at home. With care, members of the household can remain healthy. ■



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**Jerry Hall,**  
President

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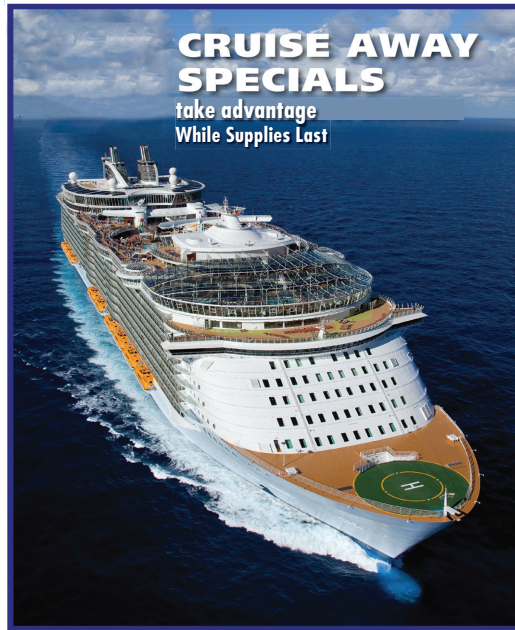
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# Screening For Lung Cancer May Help Heavy Smokers

(NAPSI)—While lung cancer is the leading cause of cancer death in the United States, sometimes, the most common type—non-small cell lung cancer—can be cured if it is found early enough.

More than 200,000 Americans are diagnosed with lung cancer each year. Smoking is the single largest risk factor and is responsible for about 85 percent of lung cancer cases in the United States. The more a person smokes over time, the more likely it is that he or she will get the disease. The risk of lung cancer also increases with age, with most people developing the condition after age 55.

The most important way to prevent lung cancer is to stop smoking and limit exposure to tobacco smoke.

For heavy smokers who have not been able to quit or who smoked for a long time before quitting, there is now evidence that screening can prevent a large number of lung cancer-related deaths. Screening is important because lung cancer has no symptoms in its early stages. Most cases of lung cancer are not detected until a person has symptoms, usually after the disease is already at an advanced stage.

## Who Should Be Screened?

The U.S. Preventive Services Task Force (Task Force) now recommends yearly lung cancer screening using

low-dose computed tomography (also known as a CT scan) for people who are at high risk for lung cancer. People are considered to be at high risk if they:

- Are between 55 and 80 years old
- Have a history of smoking for 30 “pack-years” or more
- Are either a current smoker or quit within the past 15 years.

Pack-years are determined by multiplying the number of packs (which typically contain 20 cigarettes) smoked daily by the number of years a person has smoked. For example, you would have a 30 pack-year history if you smoked a pack of cigarettes a day for 30 years, two packs a day for 15 years, or half a pack a day for 60 years.

The goal of screening for lung cancer is to detect the cancer at an early stage so that it can be successfully treated. There are other types of tests that also screen for lung cancer, but the Task Force found that low-dose CT scans are the most accurate for finding cancer early.

## Why Not Screen Everyone?

Not everyone should be screened for lung cancer, not even all smokers. This is because there are some risks from low-dose CT scans and these are greater for people who are not

1 in 15 Americans will be diagnosed with lung cancer.



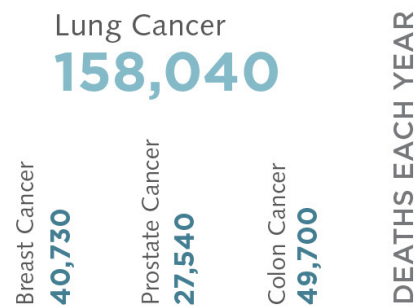
## KNOW THE FACTS

[www.lungcanceralliance.org](http://www.lungcanceralliance.org)

1-800-298-2436

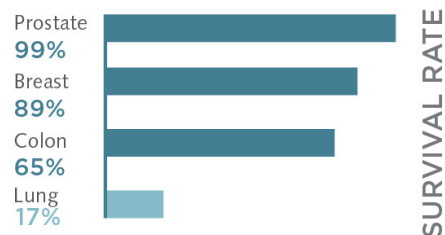
## LUNG CANCER IS THE DEADLIEST CANCER

Lung cancer will take the lives of nearly 160,000 Americans this year.



## LUNG CANCER HAS THE LOWEST SURVIVAL RATE

Only 17%, due to the high percentage of late stage diagnoses and inadequate federal funding and research.



## SNAPSHOT OF PEOPLE WITH LUNG CANCER

Nearly 80% of those with lung cancer are former smokers or have never smoked.



at high risk for lung cancer. For example, people are exposed to a small amount of radiation during a CT scan. Repeated exposure to this radiation can actually cause cancer in healthy people. Also, people at lower risk are more likely to have a false-positive test result (a test result that shows a person has a disease when he or she does not). False-positive results can cause anxiety and can lead to follow-up tests and surgeries that aren't beneficial and have their own significant risks. In addition, screening is not beneficial for people who would be unable (because of poor health) or unwilling to undergo treatment for lung cancer. Treatment involves surgery to remove the cancerous part of the lung.

#### **Before Screening, Quit Smoking**

It's important to remember that getting screened for lung cancer is not an alternative to quitting smoking. Quitting

smoking is still the best way to reduce your risk of developing and dying from lung cancer. The Centers for Disease Control and Prevention offers a toll-free quit line ((800) QUIT-NOW) and a text messaging service (Text QUIT to 47848) to help you get started. See your primary care clinician to discuss ways to help you quit smoking if you still smoke.

#### **How To Get Screened**

The Affordable Care Act requires private insurance companies to cover the cost of lung cancer screening for eligible enrollees, without a co-payment. Additionally, the Centers for Medicare & Medicaid Services recently decided to cover yearly lung cancer screening for people with Medicare who are between 55 and 77 years old and are otherwise considered "high risk" as defined by the Task Force.

If your clinician thinks screening is right for you, check with your health insurance company to see if the cost of screening would be covered and what requirements need to be met for coverage. Then, work with your primary care clinician to find an accredited imaging facility that has experts who are experienced and knowledgeable about lung cancer screening.

#### **Recommendations To Protect Your Health**

The Task Force is an independent group of national experts in prevention and evidence-based medicine. The aim of its work is to evaluate and identify critical preventive health services that primary care professionals can perform.

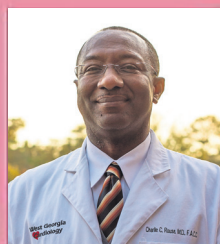
For more information and to read the full report on screening for lung cancer, visit [www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org). ■





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