KEEPING STUDENT ATHLETES IN THE GAME Safely

The Care You Need at the Right Location • Apple-glazed Pork Tenderloin

CRISP LIVING
FALL 2016

CRISP REGIONAL
Dear Friends,

New arrivals to our region and residents who have been in the area for generations remark on the excellent care Crisp Regional Health Services provides right here at home.

In this issue of Crisp Living, we highlight a few examples of the diverse healthcare services Crisp Regional provides and the locations where we provide them.

On Pages 4–5, we have an in-depth feature about how Crisp Regional partners with Crisp County Schools to keep young local athletes healthy and safe while they gain an appreciation for teamwork and other benefits that come from sports.

On Page 6, we answer questions about when to go to the Emergency Department and when a better option is Crisp Regional Convenient Care or your primary care physician.

We also introduce a new physician who has joined Crisp Regional Convenient Care.

Here on Page 2, we welcome a husband-and-wife duo to our anesthesia team, and on Page 3 we spotlight our first Certified Nurse Midwife. Also on Page 3, we look at the pediatric services Crisp Regional provides from infancy through young adulthood. And on Page 7, we highlight ways to tackle fall allergies.

Thank you for giving us the privilege of serving the health needs of our community.

Cordially,

Steven L. Gautney
President & CEO
Crisp Regional Health Services

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A NETWORK OF FACILITIES

Crisp Regional Health Services also includes a comprehensive network of facilities that serve the community:

- **Crisp Primary Care/Occupational Medicine**
  - Convenient Care—229-276-2000
  - Warwick Healthcare Center—229-535-4567
- **Crisp Regional Rehabilitation**—229-271-4612
  - Physical, occupational and speech therapy for a variety of needs
- **Cordele Health and Rehab**—229-273-1227
  - A 100-bed facility
- **Crisp Regional Nursing and Rehabilitation Center**—229-273-1481
  - A 143-bed facility to care for our community’s seniors
- **CareSouth Homecare Professionals**—229-271-4690
  - Delivering a wide range of health and social services to people at home
- **Blackshear Retirement Villas**—229-273-2405
  - Assisted living for people who don’t need daily nursing care
- **Reflections Hospice**—229-273-6282
  - Helping people have dignity and loving care at the end of life
- **Dialysis Center**—229-273-2335
  - State-of-the-art technology, right here in Cordele
- **Wound Center**—229-271-4620
  - Special help for wounds that do not heal within 30 days

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The Crisp Continuum

Crisp Regional is a regional health system with new facilities in the departments that matter most. Our ICU and brand new Emergency Department have won national awards for design that enhances the patient experience and the medical staff’s ability to provide personal attention.

**CRISP REGIONAL HOSPITAL**

For more information about all these outstanding services, call 229-276-3100 or visit crispregional.org and click on “Services.”

- Anesthesiology
- Cardiology
- Dermatology
- Ear, nose, throat & allergy
- Emergency medicine
- Family medicine
- Gastroenterology
- General surgery
- Geriatrics
- Imaging services (radiology)
- Internal medicine
- Nephrology (kidney)
- Neurology
- Obstetrics/gynecology
- Oncology
- Ophthalmology
- Orthopedics
- Pain Management
- Pathology
- Pediatrics
- Podiatry
- Pulmonology
- Urology
- Vein Center
- Wound Center

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**All in the (Anesthesiology) Family**

Randy Reyher, MSN, CRNA, and Stacy Reyher, MSN, CRNA, recently joined Crisp Regional’s anesthesia group, bringing 27 years of combined experience in that field.

The husband-and-wife team graduated with degrees in nursing anesthesia from the University of Tennessee–Chattanooga. Prior to earning his degree, Randy served as a registered nurse for two years, spending one year at the University of South Alabama Medical Center and another at surgical intensive care units in Asheville, North Carolina, and Denver. Stacy was a registered nurse for eight years at the Medical Center of Central Georgia. Both are accredited by the American Association of Nurse Anesthetists and have earned Advanced Cardiac Life Support certifications.

The anesthesiology office is at 902 N. Seventh St. in Cordele.

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**The Crisp Continuum**

Randy Reyher, MSN, CRNA

Stacy Reyher, MSN, CRNA
Midwife Widens Circle of Women's Health Care Available Locally

Building on our existing services for women at all stages of life, Sharon Pierce, CNM, has joined Crisp Regional Health Services as our—and the area’s—first Certified Nurse Midwife.

Crisp Regional now includes an obstetrics clinic overseen by Sharon, with access to Crisp Regional obstetricians. The clinic is beside our Women’s Center. Patients will be able to make appointments sooner, and there will be expanded space for wellness visits and additional gynecological services.

ADVANCED, SAFE CARE
A midwife is a medical professional trained to care for women throughout pregnancy and birth. As a Certified Nurse Midwife, Sharon has been educated in both nursing and midwifery. Her job is to help you have a happy, healthy pregnancy and delivery. Don’t think “home birth” when you hear midwife, either. Sharon, like most certified nurse midwives, guides women through hospital deliveries.

Midwives talk with their patients about all aspects of pregnancy and childbirth, providing education and counseling on topics including:
• Nutrition
• Sleep
• Exercise
• Breastfeeding
• Relationship and emotional issues
• Pain management during labor

Because midwives are educated about all aspects of pregnancy, they can quickly identify any problem that may arise. When needed, midwives work with OB/GYNs to provide medical or surgical support. Midwives can also bring other specialists onto your care team if necessary.

To learn more about women’s services at Crisp Regional, visit crispregional.org/services/womens-center.

Experienced Partners for Parents

Once you have your baby, it’s important to connect with trusted medical providers to help see your son or daughter through to healthy adulthood. The five highly trained pediatricians and the other medical professionals who make up Crisp Regional’s pediatrics team are with you and your growing family for the long haul.

WRAPAROUND CARE
Crisp Regional’s experienced, compassionate experts in pediatrics offer a broad spectrum of services to help keep your little one healthy from head to toe. They provide:
• Annual wellness and other routine exams
• Immunizations
• Treatment of a range of illnesses and injuries
• Care of chronic conditions
• Access to a wide variety of services as needed, from imaging and diagnostics to surgery, to physical, occupational and speech therapy
• Referrals to specialists

Crisp Regional is also dedicated to creating a high-quality experience for patients and their families when they seek care. To better serve patients’ needs, Crisp Regional Pediatrics in Cordele recently renovated its offices. One big change: To reduce the spread of illness, there are now separate waiting areas for children who may have contagious illnesses and those who need routine care or treatment of injuries or noninfectious illnesses. Waiting times are also shorter so you can get back to your normal routine sooner.

To find a pediatrician, schedule a wellness exam for your child or learn more about our pediatric services, visit crispregional.org/services/pediatrics or call 229-271-2229. To schedule an appointment with Dr. Himada, please call 229-273-5575.

Claudia Conde, M.D.
Nikkia Johnson, M.D., FAAP
Kristin S. Rischar, M.D., FAAP
Amelia Stevens, M.D., FAAP
Fawzi M. Himada, M.D.
Fawzi M. Himada, M.D.
In 2012, Crisp Regional joined forces with the school district to form the Crisp Regional Athletic Healthcare Team. That helped fill a community need for sports medicine coverage at Crisp County High School.

**A LINK IN CARE**

High school athletes, especially those who play contact sports, are at risk for potentially serious injuries, such as concussions. Athletic trainers have the medical knowledge to prevent, assess, and provide triage and management of those injuries, as well as help prepare athletes for a safe return to sports.

The Crisp Regional Athletic Healthcare Team includes a Certified Athletic Trainer: JP Hamilton, MS, LAT, ATC, who joined the Crisp Regional team in 2013. JP works full time at Crisp County High School and offers medical coverage for all of the Cougars’ freshman, junior varsity and varsity sports teams.

As a Certified Athletic Trainer, he serves as a link between student athletes and healthcare providers. He works closely with other members of the Crisp Regional Athletic Healthcare Team, which includes physical therapists from Crisp Regional Rehabilitation, physicians, and the Principal and Athletic Director of Crisp County High School. His role includes providing medical coverage for all home games, traveling with the varsity football team to away games and coordinating sports physicals, as well as assessing injuries, performing first aid and making physician referrals as needed.

**OUR TEAM IN ACTION**

JP delivers care at the Crisp County High School Athletic Training Facility, which is equipped with a variety of up-to-date sports medicine technologies, such as ultrasound, electrical stimulation, and several forms of cryotherapy and thermotherapy. Athletes who play contact sports also complete a baseline neurocognitive test every two years. The test, which is called Concussion Vital Signs, can be completed online in as little as 25 minutes and measures such markers as visual and verbal memory.

**Going Above and Beyond**

The services provided by the Crisp Regional Athletic Healthcare Team don’t end on the playing field. JP Hamilton, MS, LAT, ATC, routinely partners with local organizations to obtain grant funding to meet a variety of community needs. Most recently, JP and Sheriff Billy Hancock received a Georgia Homeland Security Grant to install the Thor Guard lightning prediction system in three locations: the Crisp County High School Football/
Introducing Dr. Scalamogna!

Crisp Regional Health Services is excited to welcome a new addition to our orthopedic surgery team, Domenic Scalamogna, M.D. Dr. Scalamogna is passionate about sports medicine and serves as an orthopedic specialist for the Crisp Regional Athletic Healthcare Team.

He completed his medical degree at the University of Pittsburgh and performed his internship and residency at the National Naval Medical Center in Bethesda, Maryland. Fellowship training in shoulder and elbow surgery followed at St. Francis Orthopaedic Institute in Columbus, Georgia. An American Board of Orthopaedic Surgery-certified physician, Dr. Scalamogna practices at Flint River Orthopedics. To schedule an appointment with him, call 229-276-2286.

“In the event of a concussion, we can compare an athlete’s baseline score to his or her post-injury score,” JP says. “This helps us diagnose and evaluate concussions and determine when it is safe to return athletes to playing status.”

JP also works closely with outpatient physical therapists and orthopedic surgeons at Crisp Regional. In the event of injuries severe enough to interfere with athletes’ ability to play, athletes are referred to Crisp Regional orthopedic surgeons for follow-up assessments. If surgical treatment is necessary, orthopedic surgeons correct the injury and then refer athletes to physical therapy to facilitate re-entry into sports. Whether or not surgical care is required, JP, in conjunction with the physical therapy team, may then resume athletes’ care and develop individualized rehabilitation plans.

“Physical therapists perform a full musculoskeletal evaluation of injured athletes to establish a specialized rehabilitation program to recover and prevent further injury,” says Jena E. Wright, PT, DPT, physical therapist at Crisp Regional. “Our staff also helps with annual sports physicals to determine if it’s safe for athletes to participate in competition.”

“The goal of the entire Crisp Regional Athletic Healthcare Team is to make sure the safety of our student athletes remains the top priority. We want our athletes’ parents to know that their child will receive the best medical care our community can provide while participating in athletics.”

—JP Hamilton, MS, LAT, ATC, Certified Athletic Trainer at Crisp Regional Health Services

Crisp Regional Rehabilitation outpatient physical therapists and the Crisp Regional Athletic Healthcare Team are also implementing functional movement screening to help identify muscle imbalances that may increase an athlete’s risk of injury.

“Functional movement screening takes the individual as a whole and evaluates his or her balance, strength and flexibility to determine if there are deficiencies in those areas,” says Domenic Scalamogna, M.D., orthopedic surgeon at Crisp Regional and for the Crisp Regional Athletic Healthcare Team. “If a deficiency is found, we can focus on improving those areas with strength and agility training so athletes are in the best shape possible.”

By pinpointing imbalances, this tool helps reduce lost practice and game time associated with sports injuries.

“Preventing injuries is just as important as treating injuries that have already happened,” says Lester Littell III, M.D., orthopedic surgeon at Crisp Regional. “Through the Crisp Regional Athletic Healthcare Team, physical therapists, orthopedic surgeons, coaches and an athletic trainer are all working together to provide the safest possible sports environment.”

» For information about the Crisp Regional Athletic Healthcare Team or our other rehabilitation services, visit crispregional.org/services/rehabilitation.
When you have a medical emergency, it’s great to know you can rely on the expert providers at the Crisp Regional Hospital Emergency Department. However, some surveys suggest more than half of the 136 million visits Americans make to emergency departments each year—at an average cost of well over $1,000—are avoidable. Many injuries and illnesses can be handled at Crisp Regional Convenient Care or by a primary care physician at a fraction of the cost.

Knowing when it’s best to go to the Emergency Department, Crisp Regional Convenient Care or a primary care physician will help you get the right care in the right place—and save time and money. Here are some tips to guide you when you’re unsure of the best place to seek care.

» Learn more about the best place to seek care by visiting crispregional.org/facilities/convenient-care.

CRISP REGIONAL HOSPITAL
EMERGENCY DEPARTMENT
Ask, “Is it life- or limb-threatening?”
If so, go to the Emergency Department.
The staff there:
• Attend to serious, life-threatening illnesses and injuries
• Provide hospital-based care 24/7
• Prioritize treatment based on the severity of patients’ injuries or illnesses

CRISP REGIONAL
CONVENIENT CARE
Ask, “Is it something that isn’t life-threatening but that shouldn’t wait until I can schedule a doctor’s appointment?” If so, use Crisp Regional Convenient Care.
The staff there:
• Handle major but non-life-threatening illnesses and injuries
• Provide care Monday–Saturday from 9 a.m. to 7 p.m. and Sunday from 2–7 p.m.
• Accept walk-ins or appointments

CRISP REGIONAL PRIMARY
CARE PHYSICIANS
Ask, “Can it wait until regular office hours?” If so, seek treatment from a primary care physician. These physicians:
• Handle minor illnesses and injuries and provide routine checkups and preventive care
• Manage chronic illnesses
• See patients during standard office hours at scheduled appointment times, though same-day appointments are sometimes available

Welcome, Dr. Hillman!

Lansing Hillman, M.D., is the newest family care physician to join the team at Crisp Regional Convenient Care. Dr. Hillman served four years in the U.S. Air Force, where she achieved the rank of major. Later, she worked in numerous private practices and hospitals across Georgia before coming to Crisp Regional.

After earning her medical degree from Howard University College of Medicine, Dr. Hillman completed a residency at Southwest Georgia Family Medicine Residency Program in Albany.

Dr. Hillman’s interests extend beyond the medical field as well. In her free time, she hones her skills as a woodworker, chef and seamstress.
Cooler fall air has brought sweet relief from the summer sizzle. But in this area, seasonal stowaways with the mild weather include ragweed and pigweed—and related allergy and sinus troubles.

Stifling Fall Sniffles

A runny nose, itchy throat, eye irritation, sneezing, and coughing or wheezing are allergy symptoms many people experience during peak seasons, including autumn. If you are all too familiar with these symptoms, relief is available.

“Allergies respond well to steroids,” says Lois March, M.D., ear, nose and throat specialist and board-certified otolaryngologist and otolaryngic allergist with Crisp Regional Hospital. “Steroid nasal sprays are the cornerstone of allergy treatments because they decrease nasal swelling, allowing you to breathe better, and they also dry up nasal drainage.”

IS IT SINUSITIS?
Unlike allergies, which are triggered by allergens such as weed pollen, sinusitis is caused by an infection—usually from a cold. However, chronic allergies can cause swelling and make you more susceptible to a sinus infection, Dr. March notes. While allergies are typically mild and flare up only when you’re exposed to triggers, a sinus infection can linger for weeks.

“You can help prevent the onset of a sinus infection by avoiding sick people, getting plenty of rest, avoiding stress and wearing appropriate clothing for the chilly temperatures,” Dr. March says.

» Do you suffer from seasonal allergies? Call 229-271-4623 to make an appointment with Dr. March.

Find the Hidden Watermelon

In this issue of Crisp Living, we provide a tasty recipe on our back cover. In addition, if you find the watermelon we hid somewhere in these pages, call 229-276-3284, email bmarshall@crispregional.org, subject line “Watermelon,” or mail a postcard to 902 North 7th St., Cordele, GA 31015 and you’ll be entered in a drawing for a $25 gift card.

Tell us the page number and location of the watermelon—and what you’d like to see in future issues of Crisp Living. A winning entry will be drawn from all responses received by Nov. 1. You must be 18 or older to enter. Employees of Crisp Regional and their family members are not eligible.
Apple-glazed Pork Tenderloin

This low-carb, protein-packed recipe pairs freshly cut apples with shallots and pork to create a savory fall dish worthy of any table.

INGREDIENTS

- ¹⁄₈ teaspoon salt
- ¼ teaspoon ground coriander
- ¼ teaspoon freshly ground black pepper
- ¹⁄₈ teaspoon ground nutmeg
- 1 pound pork tenderloin (trimmed and cut into pieces)
- Cooking spray
- 2 tablespoons butter
- 2 cups apples (cut into thin slices, unpeeled)
- ¹/₃ cup shallots (cut into thin slices)
- ¹⁄₈ teaspoon salt
- ¼ cup apple cider
- 1 teaspoon fresh thyme leaves

NUTRITION INFORMATION

Servings: 4
Calories per serving: 234
Carbohydrates: 12g
Total fat: 10g
Saturated fat: 5g
Cholesterol: 89mg
Dietary fiber: 2g
Sodium: 394mg
Protein: 24g

DIRECTIONS

1. Place large cast-iron skillet over medium-high heat. Combine the first four ingredients and coat the pork with the mixture. Spray the skillet. Cook pork pieces about three minutes per side. Remove pork from the pan.

2. Melt butter in the skillet then add remaining unused ingredients, except the thyme leaves. After four minutes, apples should turn brown. Drop in the thyme leaves and stir well. Place the pork and the apple mixture in a serving tray, dish it up and enjoy.

» Recipe courtesy of the U.S. Department of Agriculture’s What’s Cooking? USDA Mixing Bowl website, whatscooking.fns.usda.gov