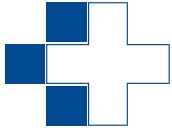


# House CALLS



A Publication of Houston Healthcare

April-May-June 2021



## Houston Healthcare

# Opens New Med-Stop in Bonaire

Having access to local healthcare is part of **Houston Healthcare's** mission to meet the healthcare needs of our community. In January, **Houston Healthcare** opened a new Med-Stop — **Bonaire Med-Stop**, located in Merganser Commons at Bonaire.

“It’s important that as our community grows, our organization grows too,” says **Mindy Hartley, DNP, MBA-MHA, RN, NE-BC**, Chief Operating Officer for **Houston Healthcare**. “There has been so much growth over the past several years in this area and by adding a Med-Stop in this location, it will be a more convenient option for families who live near the area.”

The building was completed in December 2020 and as all **Houston Healthcare Med-Stops** do, this facility has radiology and lab technology to help diagnose minor injuries and illnesses. “We also want the community to know when to go to a Med-Stop versus when to use the Emergency Room,” shares **Kimberley Ham, MD**, Urgent Care physician on staff at **Houston Medical Center**. “Patients with cold and flu-like symptoms should seek treatment in one of our Med-Stop locations. Other minor illnesses or injuries such as eye infections, sprains, minor cuts and burns can be taken care of at a Med-Stop.”

Emergency Departments are for true emergencies — chest pain, severe abdominal pain, serious injuries, head trauma, severe allergic reactions, and respiratory distress to name a few — and require immediate attention from skilled, experienced Emergency Department staff. The Emergency Departments at

**Houston Medical Center** and **Perry Hospital** are open and able to handle these type emergencies.

“Knowing the difference between when to use a Med-Stop and the Emergency Department also can impact your wait time and often your costs for care,” states **Dr. Ham**. “There are times when you can’t stop what you’re doing and go to a Med-Stop for your minor illness or injury; however, you can make a reservation and go when it’s a more convenient time,” explains **Dr. Ham**.



Houston Healthcare offers an on-line check-in process, *Check-in Express*, which will allow you wait at home. The *Check-in Express* reservation can be selected for any of our three Med-Stop locations or for the Emergency Department at **Houston Medical Center** or **Perry Hospital**.

“A few items to note for all of our Med-Stops include: each of our providers and support staff members are certified in advanced cardiac life support and pediatric advanced life support, our x-rays are read

by board certified radiologists on staff at **Houston Medical Center** or **Perry Hospital**, we are able to complete the worker’s compensation initial injury assessment, the COVID-19 rapid test can done here, and we also have 12-lead EKG capabilities. Each one of our locations are well-equipped to handle a variety of your healthcare needs,” adds **Todd Edenfield**, Vice President and Administrator for **Perry Hospital**.

## Houston Healthcare Med-Stop Locations

**Bonaire Med-Stop (Adults and Peds)**  
520 Georgia Highway 247 South  
Merganser Commons at Bonaire Shopping Center  
➡ Open Daily, 7 am - 7 pm

**Lake Joy Med-Stop (Adults and Peds)**  
1118 Highway 96 West, Kathleen  
➡ Open Daily, 9 am - 9 pm

**Pavilion Med-Stop**  
233 North Houston Road, E1 Entrance  
➡ Open Daily, 8 am - 8 pm

# June is Men's Health Month

## Why and When a Man Should See a Doctor

Ask a woman when she last saw a doctor and she will be able to tell you the exact day, month, and year. Ask a man that same question and he more than likely won't have a clue. Why? Studies show that men are 50 percent less likely than women to visit a doctor over a two-year period and only 40 percent go to the doctor when they think it's something serious. Why the reluctance?

**Trent D. Sterenchock, MD**, a urologist on the medical staffs of **Houston Medical Center** and **Perry Hospital**, believes men avoid going to the doctor for several reasons. "Most men simply don't think they need to see a doctor and convince themselves that their condition will improve on its own. Others are uncomfortable with certain exams such as a prostate exam. But I think the biggest reason is fear. They're afraid of getting a bad diagnosis or a bad outcome."

What men fail to realize is that routine checkups with their primary care doctor can greatly reduce the chances of small issues becoming major health concerns. "Preventative exams can really reduce a man's risk of suffering from significant health conditions such as diabetes, high blood pressure, colon cancer, or prostate cancer," explains **Dr. Sterenchock**. "Unfortunately, high blood pressure and high cholesterol, for example, are often found in men when they're already out of control."

When should a man visit their doctor? "Think of a doctor's visit like taking your car for a tune-up," says **Dr. Sterenchock**. "If your doctor doesn't find anything wrong, you're all set, and if he does find something abnormal, then you can begin the necessary steps to correct it."



### 5 Medical Screenings Every Man Needs

#### Physical Exam with Blood/Urine Tests

- Age 20-39: every 3 years
- Age 50 and older: every year

#### Electrocardiogram (EKG)

- Age 30, if in a high-risk group: every 3 to 5 years
- Age 50 and older: every 3 to 5 years

#### Colon Cancer

- Age 40, if in a high-risk group and follow doctor recommendations for further screening
- Age 50 and older: every 3 to 4 years

#### PSA Blood Test (prostate cancer screening)

- Age 40, if in a high-risk group: every year
- Age 50 and older: every year

#### Blood Pressure and Cholesterol Check

- Age 18 and older: every year



**Trent D. Sterenchock, MD**  
Urologist



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**Dr. Trent D. Sterenchock** is board certified by the American Board of Urology. He is on the medical staffs at **Houston Medical Center** and **Perry Hospital**. For more information about Dr. Sterenchock, visit the Physician Directory on our website, [hhc.org](http://hhc.org).

*"Anytime is a good time to schedule a preventative checkup with your primary care doctor."*

*Trent D. Sterenchock, MD, urologist on the Medical Staffs of Houston Medical Center and Perry Hospital*

#### Statement of Nondiscrimination

Houston Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**ATTENTION: Language assistance services, free of charge, are available to you. Call 478-975-5662 (Houston Medical Center) or 478-218-1635 (Perry Hospital).**

**Spanish:** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 478-975-5662 (Centro Médico de Houston) o 478-218-1635 (Hospital de Perry).  
**Korean:** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 478-975-5662 (Houston Medical Center), 478-218-1635 (Perry Hospital) 번으로 전화해 주십시오.

# EduCare CALENDAR

Research shows that people who receive education and support and who practice healthy habits have decreased medical costs and improved health. EduCare offers a variety of classes tailored to meet specific health needs. Our classes are free or low cost as a service for you. If you have any questions regarding our classes or overall services provided by Houston Healthcare, call us at (478) 923-9771. You may also sign up for our classes online at [www.hhc.org/calendar](http://www.hhc.org/calendar).

## GENERAL HEALTH AND WELLNESS

### Help for the Heart: Heart Failure Education

An education program designed to improve the quality of life for persons with congestive heart failure. Taught by a multidisciplinary team of healthcare professionals, educational topics include Understanding Heart Failure, Nutrition, and Medications. Join us for this free program to become a more active part of improving your overall health. Caregivers or support persons are also encouraged to attend.

📍 **Wednesday, April 21, May 19, June 16**  
1 – 3 pm

Houston Health Pavilion EduCare Center  
233 North Houston Road, Warner Robins  
Call 923-9771 to pre-register.

### Protect Your Heart: Blood Pressure Management

Persons with uncontrolled blood pressure have a higher risk of heart disease and stroke. This evidence-based educational program is taught by a Registered Nurse and is designed to equip participants to better manage their blood pressure.

📍 **Wednesday, May 5**  
5 – 6 pm

Houston Health Pavilion EduCare Center  
233 North Houston Road, Warner Robins  
Call 923-9771 to pre-register.

### Protect Your Heart: Cholesterol Management

Knowing your lipid or cholesterol numbers and understanding how they relate to coronary artery disease can help you make changes that protect your heart and long-term health. Learn about risk factors of high cholesterol and how to improve these numbers. Taught by a Registered Nurse.

📍 **Wednesday, May 12**  
5 – 6 pm

Houston Health Pavilion EduCare Center  
233 North Houston Road, Warner Robins  
Call 923-9771 to pre-register.

### Protect Your Heart: Inflammation Management

Research has linked inflammation to nearly every critical chronic disease. Persons with long-term inflammation are more susceptible to diabetes, cancer, dementia, arthritis, depression, and heart disease. Learn how to protect your heart and your body from these harmful effects.

📍 **Wednesday, May 19**  
5 – 6 pm

Houston Health Pavilion EduCare Center  
233 North Houston Road, Warner Robins  
Call 923-9771 to pre-register.

### Healthy Living for Life

Weight control, healthy eating, exercise, and stress reduction are the most effective ways to reduce your risk for chronic diseases such as heart disease, diabetes and some cancers. This free, ongoing class will teach you healthy habits for life with a different topic each week. You are encouraged to weigh-in weekly and follow your progress for improving weight management, nutrition, exercise, and stress reduction.

📍 **Tuesdays**  
Weigh-in: 4 pm  
Class: 4:30 – 5:30 pm

Houston Health Pavilion EduCare Center  
233 North Houston Road, Warner Robins  
Call 923-9771 to pre-register.

## Critical Conditions/Advance Directives

Do your loved ones know—really know—how much or how little life-extending care you would want at the end of life? Don't leave them wondering. Having a family conversation is the most loving thing you can do to make your wishes known. Call our Life Choices Team for free assistance in preparing an Advance Directive, *Houston Medical Center* – 975-5346 or *Perry Hospital* – 218-1626.

## Georgia Tobacco Quit Line

Call the Georgia Tobacco Quit Line Today – a free and effective service available from your own phone. Tobacco use is a major cause of lung cancer and other types of cancer, heart disease and chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema. It also contributes to asthma, diabetes and pregnancy complications. Tobacco cessation assistance is provided by highly trained coaches. The services are available at no-cost to Georgia adults, pregnant women and teens (ages 13 and older). To learn more about the Georgia Tobacco Quit Line, please call the toll-free number or visit the website:

<https://dph.georgia.gov/ready-quit>.

1-877-270-7867 (English)

1-855-DEJELLO-YA (Spanish)

For Hearing Impaired: TTY services: 1-877-777-6534

## DIABETES MANAGEMENT

### Diabetes Support Group

For adults with diabetes and their support system. Meetings are led by a Diabetes Educator with Houston Healthcare. Caregivers and support persons are encouraged to attend.

📍 **Wednesday, April 7, May 5, June 2**  
1 – 2 pm

Houston Health Pavilion EduCare Center  
233 North Houston Road, Warner Robins

### Diabetes Exercise Program

An exercise program designed specifically for adults with diabetes who would like to learn more about the correct times and methods for exercising in relation to nutrition and medication.

📍 **Monday, Wednesday and Thursday**  
Between the hours of 8 am and 6 pm

Health Connections – located inside Houston Medical Center

1601 Watson Boulevard, Warner Robins

Call 322-5143 for more information and program fees.

### Diabetes Nutrition and Meal Planning Class

For individuals with pre-diabetes or diabetes who need a nutrition review or people with newly diagnosed diabetes. A physician referral is required. For more information, call 923-9771 or fax referral to 975-6776.

### Diabetes Prevention Program: You Can Make a Change for Life

Have you been told by a health care provider that you are at risk for diabetes, pre-diabetes, high blood sugar, borderline diabetes, or gestational diabetes? Did you know YOU can stop the progression and prevent a diabetes diagnosis? The National Diabetes Prevention Program, led by the CDC, can help you make changes for life. This free program helps you learn how to change your lifestyle to prevent Type 2 diabetes. Groups meet for a year-long program with a trained Lifestyle Coach. For more information, call 923-9771.

### Diabetes Self-Management Education Course

Houston Healthcare's Diabetes Self-Management Education Program is an award-winning program that has earned National Recognition by the American Diabetes Association. The course is designed to improve blood sugar control and decrease complications from diabetes. It includes a one-on-one session with a Registered Nurse, nutrition class with a Registered Dietitian, and two comprehensive skill classes. A physician referral is required. For more information, call 923-9771 or fax referral to 975-6776.

## MATERNAL/CHILD

### Breastfeeding Made Simple – Part 1

Breastfeeding is the best and ideal way of feeding your baby. Your breast milk is perfectly matched to meet your baby's needs for proper growth and development. This class provides expectant moms with all the information needed to be successful in breastfeeding your newborn. Learn about the proper latch, various feeding positions, infant feeding cues, guidelines for frequency and duration of feedings, and much more!

📍 **Wednesday, April 7, May 5, June 2**

6:30 – 8:30 pm

Houston Health Pavilion EduCare Center  
233 North Houston Road, Warner Robins  
Call 923-9771 to pre-register.

### Breastfeeding Make Simple – Part 2

Most new moms have lots of questions on the “how to” aspect of breastfeeding once they begin getting back to a routine or daily activity. Join this class to learn about milk production, pumping, milk storage and safety. This class serves as a follow up to the initial Breastfeeding Made Simple class.

📍 **Wednesday, April 14, May 12, June 9**

6:30 – 8:30 pm

Houston Health Pavilion EduCare Center  
233 North Houston Road, Warner Robins  
Call 923-9771 to pre-register.

### Baby Care Boot Camp

This class is an introduction to caring for a newborn. The training covers a variety of topics from infant health and safety to caring for fussy babies. Participants will learn baby care essentials including bathing, diapering, feeding, healthy sleeping and eating patterns, cord care, and much more. This free class provides education as well as an opportunity to ask questions or discuss concerns.

📍 **Tuesday, May 11 or June 22**

6:30 – 8:30 pm

Houston Health Pavilion EduCare Center  
233 North Houston Road, Warner Robins  
Call 923-9771 to pre-register.

### Prepared Childbirth Series

These classes are designed for the expectant family to make informed decisions about their birth experience. Topics include stages of labor, birth, potential medical interventions, comfort measures, and maternal care after delivery. Pregnant moms are encouraged to bring support person. This free class meets one night a week for four weeks. For more information or to register, call 923-9771.

📍 **Tuesday series begins April 13 or May 25**

6:30 – 8:30 pm

Houston Health Pavilion EduCare Center  
233 North Houston Road, Warner Robins  
Call 923-9771 to pre-register.

### Gestational Diabetes Education Program

Gestational Diabetes can be a very serious condition of pregnancy if not controlled. The program includes a detailed initial assessment with a Registered Nurse and nutritional instruction with a Registered Dietitian. A physician referral is required. For more information, call 923-9771 or fax referral to 975-6776.

Join the Conversation at ...





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## May is Asthma Awareness Month How Can You Tell If You Have Asthma?

Asthma is one of the most common lifelong chronic diseases affecting the lungs in both children and adults. According to the Centers for Disease Control and Prevention (CDC), one in 13 million Americans has asthma. Symptoms include repeated episodes of wheezing, breathlessness, chest tightness, and coughing. These episodes are called asthma attacks. Asthma can be caused by genetics; environmental factors such as mold, dust, and secondhand smoke; and occupational conditions such as chemical fumes or wood dust.

“It can be hard to diagnose asthma, especially in younger children. Having a physician test how well your lungs function while they check for allergies can help determine if you have asthma,” explains **Christy Gonzalez, NP-C**, a certified Nurse Practitioner at **Houston Family Care at Houston Lake**.

If you have asthma, **Gonzalez** recommends writing an *Asthma Action Plan*. “Your *Asthma Action Plan* should include your triggers, early warning signs of an attack, your peak flow monitoring information, and a detailed list of all your medications, dosages, and instructions on when and how to take them,” she says.



**Christy Gonzalez, NP-C**  
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**Opening Monday, April 5, 2021**

*“You can control your asthma by knowing the warning signs of an asthma attack, avoiding things that can trigger an attack, and following your physician’s advice. The best possible course of action for asthma attack prevention is to know your common triggers and avoid those triggers if possible.”*

*Christy Gonzalez, NP-C, Family Medicine*