

A guide to Health and Wellness...

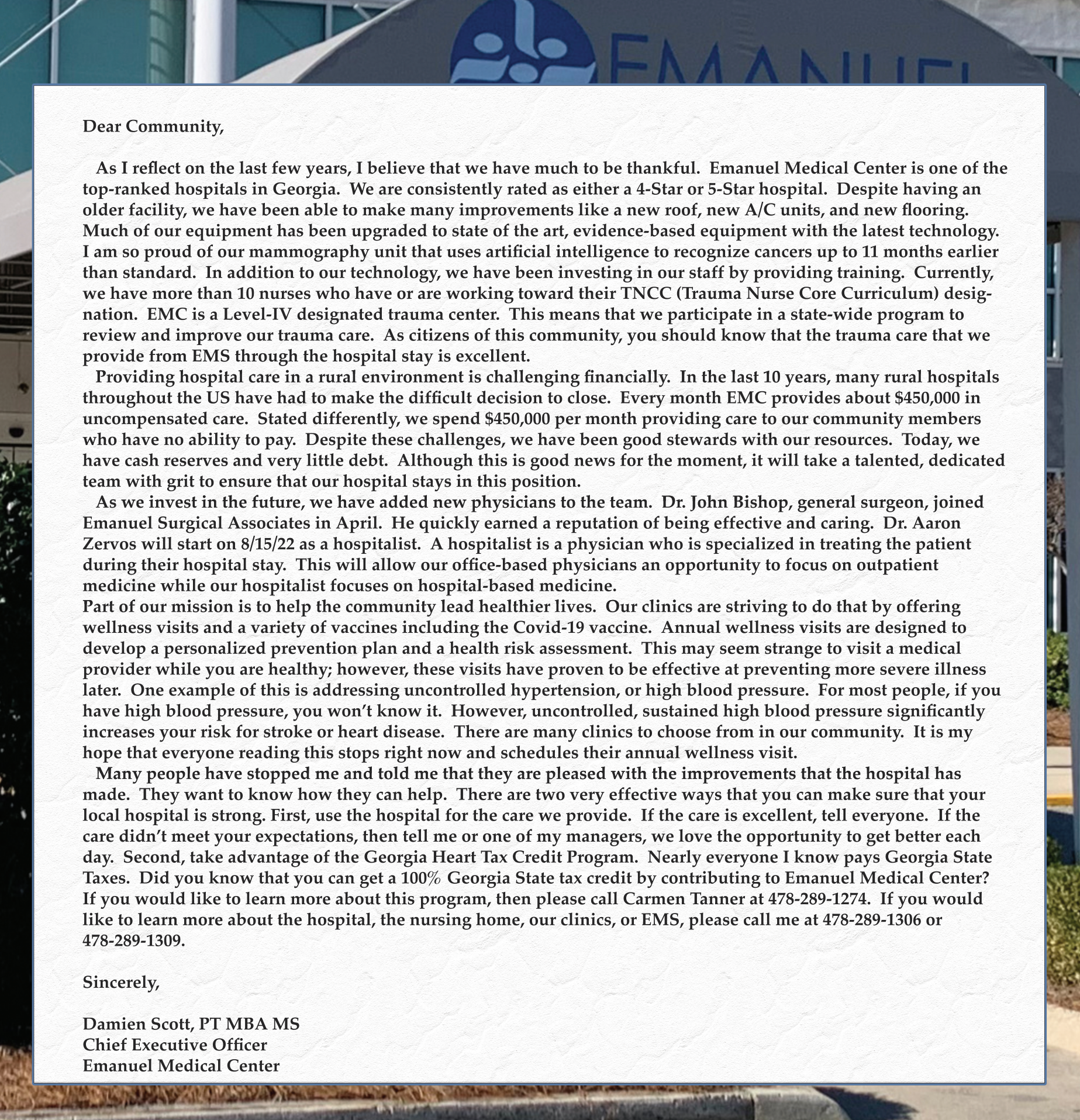
Because we care



With You

117 Kite Road
Swainsboro, GA
478.289.1100

www.emanuelmedical.org

The background of the letter is a photograph of the Emanuel Medical Center building. The building has a large blue logo on its facade, which consists of three stylized human figures in a circle, with the word "EMANUEL" written in large blue letters to the right. The building is a modern, multi-story structure with large windows.

Dear Community,

As I reflect on the last few years, I believe that we have much to be thankful. Emanuel Medical Center is one of the top-ranked hospitals in Georgia. We are consistently rated as either a 4-Star or 5-Star hospital. Despite having an older facility, we have been able to make many improvements like a new roof, new A/C units, and new flooring. Much of our equipment has been upgraded to state of the art, evidence-based equipment with the latest technology. I am so proud of our mammography unit that uses artificial intelligence to recognize cancers up to 11 months earlier than standard. In addition to our technology, we have been investing in our staff by providing training. Currently, we have more than 10 nurses who have or are working toward their TNCC (Trauma Nurse Core Curriculum) designation. EMC is a Level-IV designated trauma center. This means that we participate in a state-wide program to review and improve our trauma care. As citizens of this community, you should know that the trauma care that we provide from EMS through the hospital stay is excellent.

Providing hospital care in a rural environment is challenging financially. In the last 10 years, many rural hospitals throughout the US have had to make the difficult decision to close. Every month EMC provides about \$450,000 in uncompensated care. Stated differently, we spend \$450,000 per month providing care to our community members who have no ability to pay. Despite these challenges, we have been good stewards with our resources. Today, we have cash reserves and very little debt. Although this is good news for the moment, it will take a talented, dedicated team with grit to ensure that our hospital stays in this position.

As we invest in the future, we have added new physicians to the team. Dr. John Bishop, general surgeon, joined Emanuel Surgical Associates in April. He quickly earned a reputation of being effective and caring. Dr. Aaron Zervos will start on 8/15/22 as a hospitalist. A hospitalist is a physician who is specialized in treating the patient during their hospital stay. This will allow our office-based physicians an opportunity to focus on outpatient medicine while our hospitalist focuses on hospital-based medicine.

Part of our mission is to help the community lead healthier lives. Our clinics are striving to do that by offering wellness visits and a variety of vaccines including the Covid-19 vaccine. Annual wellness visits are designed to develop a personalized prevention plan and a health risk assessment. This may seem strange to visit a medical provider while you are healthy; however, these visits have proven to be effective at preventing more severe illness later. One example of this is addressing uncontrolled hypertension, or high blood pressure. For most people, if you have high blood pressure, you won't know it. However, uncontrolled, sustained high blood pressure significantly increases your risk for stroke or heart disease. There are many clinics to choose from in our community. It is my hope that everyone reading this stops right now and schedules their annual wellness visit.

Many people have stopped me and told me that they are pleased with the improvements that the hospital has made. They want to know how they can help. There are two very effective ways that you can make sure that your local hospital is strong. First, use the hospital for the care we provide. If the care is excellent, tell everyone. If the care didn't meet your expectations, then tell me or one of my managers, we love the opportunity to get better each day. Second, take advantage of the Georgia Heart Tax Credit Program. Nearly everyone I know pays Georgia State Taxes. Did you know that you can get a 100% Georgia State tax credit by contributing to Emanuel Medical Center? If you would like to learn more about this program, then please call Carmen Tanner at 478-289-1274. If you would like to learn more about the hospital, the nursing home, our clinics, or EMS, please call me at 478-289-1306 or 478-289-1309.

Sincerely,

Damien Scott, PT MBA MS
Chief Executive Officer
Emanuel Medical Center

COVID-19: *Bust common myths and learn the facts*

MYTH: The ingredients in COVID-19 vaccines are dangerous.

FACT: Nearly all the ingredients in COVID-19 vaccines are also ingredients in many foods – fats, sugars, and salts.

Exact vaccine ingredients vary by manufacturer. Pfizer-BioNTech and Moderna COVID-19 vaccines also contain messenger RNA (mRNA) and the Johnson & Johnson/Janssen COVID-19 vaccine contains a harmless version of a virus unrelated to the virus that causes COVID-19. These give instructions to cells in your body to create an immune response. This response helps protect you from getting sick with COVID-19 in the future. After the body produces an immune response, it discards all the vaccine ingredients just as it would discard any information that

cells no longer need. This process is a part of normal body functioning.

COVID-19 vaccines do NOT contain ingredients like preservatives, tissues (like aborted fetal cells), antibiotics, food proteins, medicines, latex, or metals.

MYTH: The natural immunity I get from being sick with COVID-19 is better than the immunity I get from COVID-19 vaccination.

FACT: Getting a COVID-19 vaccination is a safer and more dependable way to build immunity to COVID-19 than getting sick with COVID-19.

COVID-19 vaccination causes a more predictable immune response than infection with the virus that causes COVID-19. Getting a COVID-19 vaccine gives most people a high level of protection

against COVID-19 and can provide added protection for people who already had COVID-19. One study showed that, for people who already had COVID-19, those who do not get vaccinated after their recovery are more than 2 times as likely to get COVID-19 again than those who get fully vaccinated after their recovery.

All COVID-19 vaccines currently available in the United States are effective at preventing COVID-19. Getting sick with COVID-19 can offer some protection from future illness, sometimes called “natural immunity,” but the level of protection people get from having COVID-19 may vary depending on how mild or severe their illness was, the time since their infection, and their age.

Getting a COVID-19

vaccination is also a safer way to build protection than getting sick with COVID-19.

COVID-19 vaccination helps protect you by creating an antibody response without you having to experience sickness. Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19. Getting sick with COVID-19 can cause severe illness or death, and we can't reliably predict who will have mild or severe illness. If you get sick, you can spread COVID-19 to others. You can also continue to have long-term health issues after COVID-19 infection.

MYTH: COVID-19 vaccines cause variants.

FACT: COVID-19 vaccines do not create or cause variants of the virus that

causes COVID-19. Instead, COVID-19 vaccines can help prevent new variants from emerging.

New variants of a virus happen because the virus that causes COVID-19 constantly changes through a natural ongoing process of mutation (change). As the virus spreads, it has more opportunities to change. High vaccination coverage in a population reduces the spread of the virus and helps prevent new variants from emerging. CDC recommends COVID-19 vaccines for everyone ages 6 months and older, and boosters for everyone 5 years and older, if eligible.

MYTH: All events reported to the Vaccine Adverse Event Reporting System (VAERS) are caused by vaccination.

FACT: Anyone can report (Continued on page 4)

Swainsboro Healthcare

305 Kite Road, Swainsboro, GA | 478.237.2144 | Fax 478.237.4538

Monday, Tuesday, Thursday and Friday 8 a.m. to 5 p.m. • Wednesday 8 a.m. to 1 p.m.



James Clifton,
DO



Mary Jo
Greenway,
FNP-C



Kimberly
Withrow,
NP-C

Services Include: Chronic Disease Management (HTN, Diabetes, etc.) • DOT Physicals (DOT Certified)
• Sports Physicals • Wellness Visits (Adult & Children) • Worker's Comp Drug Screens • Sick Visits
• Family Practice/Internal Medicine Allergy Clinic

COVID-19: Bust...

(From page 3)

events to VAERS, even if it is not clear whether a vaccine caused the problem. Because of this, VAERS data alone cannot determine if the reported adverse event was caused by a COVID-19 vaccination.

Some VAERS reports may contain information that is incomplete, inaccurate, coincidental, or unverifiable. Vaccine safety experts study these adverse events and look for unusually high numbers of health problems, or a pattern of problems, after people receive a particular vaccine.

Recently, the number of deaths reported to VAERS following COVID-19 vaccination has been misinterpreted and misreported as if this number means deaths that were proven to be caused by vaccination. Reports of adverse events to VAERS following vacci-

nation, including deaths, do not necessarily mean that a vaccine caused a health problem.

MYTH: The mRNA vaccine is not considered a vaccine.

FACT: mRNA vaccines, such as Pfizer-BioNTech and Moderna, work differently than other types of vaccines, but they still trigger an immune response inside your body.

This type of vaccine is new, but research and development on it has been underway for decades.

The mRNA vaccines do not contain any live virus. Instead, they work by teaching our cells to make a **harmless piece** of a “spike protein,” which is found on the surface of the virus that causes COVID-19. After making the protein piece, cells display it on their surface. Our immune sys-

tem then recognizes that it does not belong there and responds to get rid of it. When an immune response begins, antibodies are produced, creating the same response that happens in a natural infection.

In contrast to mRNA vaccines, many other vaccines use a piece of, or weakened version of, the germ that the vaccine protects against. This is how the measles and flu vaccines work. When a weakened or small part of the virus is introduced to your body, you make antibodies to help protect against future infection.

MYTH: COVID-19 vaccines contain microchips.

FACT: COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement.

Vaccines work by stimulating your immune system to produce antibodies, exactly like it would if you were exposed to the disease. After getting vaccinated, you develop immunity to that disease, without having to get the disease first.

MYTH: Receiving a COVID-19 vaccine can make you magnetic.

FACT: Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination which is usually your arm.

COVID-19 vaccines do not contain ingredients that can produce an electromagnetic field at the site of your injection. All COVID-19 vaccines are free from metals.

MYTH: COVID-19 vaccines authorized for use in the United States shed or release their components.

FACT: Vaccine shedding is the release or discharge of any of the vaccine components in or outside of the body and can only occur when a vaccine contains a live weakened version of the virus.

None of the vaccines authorized for use in the U.S. contain a live virus. mRNA and viral vector vaccines are the two types of currently authorized COVID-19 vaccines available.

MYTH: COVID-19 vaccines can alter my DNA.

FACT: COVID-19 vaccines do not change or interact with your DNA in any way.

Both messenger RNA (mRNA) and viral vector COVID-19 vaccines work by delivering instructions (genetic material) to our cells to start building protection (Continued on page 5)

Emanuel Healthcare Center

117 Kite Road, Swainsboro, GA (Second Floor of Emanuel Medical Center) | 478.289.1240
Monday thru Friday 8:30 a.m. - 5 p.m. • Saturday 10 a.m. - 6 p.m. • Sunday 1 p.m. - 6 p.m.



Jodi
Gilmer, PA-C

Walk-In Clinic • Non-Emergency Conditions • Shorter Waiting • Sick Visits • Sports and Employment Physicals

COVID-19: Bust...

(From page 4)

against the virus that causes COVID-19.

After the body produces an immune response, it discards all the vaccine ingredients just as it would discard any information that cells no longer need. This process is a part of normal body functioning.

The genetic material delivered by mRNA vaccines never enters the nucleus of your cells, which is where your DNA is kept. Viral vector COVID-19 vaccines deliver genetic material to the cell nucleus to allow our cells to build protection against COVID-19. However, the vector virus does not have the machinery needed to integrate its genetic material into our DNA, so it cannot alter our DNA.

MYTH: A COVID-19 vaccine can make me sick

with COVID-19.

FACT: Because none of the authorized COVID-19 vaccines in the United States contain the live virus that causes COVID-19, the vaccine cannot make you sick with COVID-19.

COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are signs that the body is building protection against the virus that causes COVID-19.

FACT: Currently no evidence shows that any vaccines, including COVID-19 vaccines, cause fertility problems (problems trying to get pregnant) in women or men.



Safe and effective COVID-19 vaccines are available for everyone ages 6 months and older.

Emanuel Surgical Associates

120A Victory Drive, Swainsboro, GA | 478.237.3291

Monday thru Thursday, 8 a.m. to 5 p.m. • Friday 8 a.m. to 2 p.m.



John Bishop, MD
General Surgery

Surgical Services:(not limited to)
Laparoscopic Cholecystectomy

- Hernia Repair • Appendectomy • Porta Cath • Hemorrhoids
- Excision of Suspicious Skin Lesions to Rule Out Cancer
- Evaluate and Treatment of Other Skin Conditions, Cysts, Mass, Lumps • Excision Ingrown Toenail • Colorectal Screening • Diagnostic Colonoscopy • Upper Endoscopy

COVID-19 vaccines are free to the public

What You Need to Know

- COVID-19 vaccines are available for everyone ages 6 months and older at **no cost**.
- Vaccines were paid for with taxpayer dollars and will be given free of charge to all people living in the United States, regardless of insurance or immigration status.
- COVID-19 vaccination is an important tool to help stop the pandemic.
- CDC recommends you [get a COVID-19 vaccine](#) as soon as you can.

Be Aware of Scams

If anyone asks you to pay for access to a COVID-19 vaccine, you can bet it's a scam. Don't share your personal or financial information if someone calls, texts, or emails you promising access to a vaccine for an extra fee.

COVID-19 vaccination providers cannot:

- Charge you for a vaccine
 - Charge you directly for any administration fees, copays, or coinsurance
 - Deny vaccination to anyone who does not have health insurance coverage, is underinsured, or is out of network
 - Charge an office visit or other fee to the recipient if the only service provided is a COVID-19 vaccination
 - Require additional services in order for a person to receive a COVID-19 vaccine; however, additional healthcare services can be provided at the same time and billed as appropriate
- ### COVID-19 vaccination providers can:
- Seek appropriate reimbursement from the recipient's plan or program (e.g., private health insurance, Medicare, Medicaid) for a vaccine administration fee

ent's plan or program (e.g., private health insurance, Medicare, Medicaid) for a vaccine administration fee

- However, providers **cannot** charge the vaccine recipient the balance of the bill.

Anyone in the United States Can Get Vaccinated

The federal government is providing vaccines **free of charge** to everyone 6 months and older living in the United States, regardless of their immigration or health insurance status.

CDC does not require U.S. citizenship for individuals to receive a COVID-19 vaccine. Jurisdictions (state, tribal, local, and territorial) cannot add U.S. citizenship requirements or require U.S. citizenship verification as a requirement for vaccination.



Swainsboro Internal Medicine

131 A Victory Drive, Swainsboro, GA | 478.237.8342 | Fax: 478.237.8281
Monday thru Thursday 8 a.m. - 5 p.m. • Fridays 8 a.m. - 12:30 p.m.



Anthony
Howard, MD



Suffearria Daniels-Ellison
Doctor of Nursing Practice
APRN, CNS, AGNP-C,
MBA-HM

Services Include:
Internal Medicine • Family Care • Chronic Disease Management • Acute Care Visits • Wellness Visits
Preventative Visits • Sports Physicals • Weight Management

COVID-19 vaccination: *It is safe for children*

Before recommending COVID-19 vaccination for children, scientists conducted clinical trials. Then, the U.S. Food and Drug Administration (FDA) determined COVID-19 vaccines are safe and effective for everyone 6 months and older.

Ongoing safety monitoring shows that COVID-19 vaccination continues to be safe for children. The known risks of COVID-19 and possible severe complications outweigh the potential risks of having a rare, adverse reaction to vaccination.

Tips for Parents and Caregivers:

- **Before vaccination**, tell the vaccine provider about any allergies your child may have—just like what you would do when your child receives their routine vaccines.

- **Requesting accommodations at COVID-19 vaccination sites:** When making an

appointment or arriving for vaccination, you can let staff and/or volunteers know your child might need some accommodations. By law, children are also allowed to have a service animal accompany them.

Getting vaccinated can help protect children against COVID-19.

Vaccinating children can:

- **Prevent children from getting seriously sick if they do get COVID-19.** COVID-19 vaccination continues to protect children against severe disease, including hospitalization. There is no way to tell in advance how children will be affected by COVID-19. Children with [underlying medical conditions](#) are more likely to get severely ill from COVID-19. However, healthy children without underlying medical conditions can also experience severe illness.

- **Give parents greater confidence for children to**

participate in childcare and school and in sports, playdates, extracurricular activities, and other group activities.

Children may have some side effects after COVID-19 vaccination.

Reported side effects are mild, temporary and like those experienced after routine vaccines. Side effects are more common after the second shot. Some children have no side effects.

COVID-19 vaccination helps protect people from getting severely ill with COVID-19. Some people have side effects from the vaccine, which are normal signs that their body is building protection. These side effects may affect their ability to do daily activities, but they should go away in a few days. Some people have [no side effects](#), and allergic reactions are rare.

Adverse effects that could

cause a long-term health problem are extremely unusual following any vaccination, including COVID-19 vaccination. If [adverse effects](#) occur, they generally happen within six weeks of receiving a vaccine dose. For this reason, during clinical trials, the U.S. Food and Drug Administration (FDA)

collected data on each of the authorized COVID-19 vaccines for a minimum of two months (eight weeks) after the final dose. CDC, FDA, and other federal agencies continue to [monitor the safety of COVID-19 vaccines](#) even now that the vaccines are in use.



Ogeechee OBGYN Clinic

125 A Victory Drive, Swainsboro, GA | 478.419.1250 | Fax: 478.419.1252

Monday thru Thursday 8 a.m. - 4 p.m. • Fridays 8 a.m. - 12 p.m.



**Jim Small,
MD**



**Chelsea J.
Mikell, MD**



**Shannon
Hall, PA-C**

Services Include:

Routine and High Risk Pregnancies • Cesarean and Vaginal Birth After Cesarean (VBAC) • In Office Ultrasound Including 3 and 4D U/s (provided at no cost to patients*) • GYN and Infertility • Evaluation and Treatment of Pain and Abnormal Bleeding • Fibroid Treatments • GYN Ultrasound in Office • Endometrial Ablation Including Novasure • Hysterectomy: ROBOTIC Laparoscopic Hysterectomy • Incontinence Surgery • Advanced (minimally invasive) Laparoscopy Surgery Such as Treatment of Endometriosis • Tubal Reversal Surgery* • Pap Smears Screening, Colposcopy, LEEP • Genetic Cancer Screenings • Tubal Ligation Birth Control, Including NEXPLANON and IUD Placements • Hormone Replacement Therapy

Considerations for taking medication before getting vaccinated

It is not recommended you take over-the-counter medicine (such as ibuprofen, aspirin, or acetaminophen) before vaccination for the purpose of trying to prevent vaccine-related side effects. It is not known how these medications might affect how well the vaccine works. If you take these medications regularly for other reasons, you should keep taking them before you get vaccinated. It is also not recommended to take antihistamines before getting a COVID-19 vaccine to try to prevent allergic reactions.

For most people, it is not recommended to avoid, discontinue, or delay medications that you are routinely taking for prevention or treatment of other medical conditions around the time of COVID-19 vaccination.

If you are taking medica-

tions that suppress the immune system, you should talk to your healthcare provider about what is currently known and not known about the effectiveness of getting a COVID-19 vaccine. Ask about the best timing for receiving a vaccine.

Most people who take medication can get a COVID-19 vaccine. Taking one of the following medications is not, on its own, a reason to avoid getting your COVID-19 vaccination:

- Over-the-counter medications (non-prescription)
- Non-steroidal anti-inflammatory drugs (NSAIDs) (naproxen, ibuprofen, aspirin, etc.)
- Acetaminophen (Tylenol, etc.)
- Biologics or biologic response modifiers that treat autoimmune diseases

- Chemotherapy or other cancer treatment medications
- Antiviral medication
- Antibiotics
- Statins
- Blood pressure medications/antihypertensives (amlodipine, lisinopril, etc.)
- Diuretics
- Thyroid medications
- Antidepressants
- Metformin
- Diabetic medications
- Insulin
- Steroids (prednisone, etc.)

This is not a complete list. It is meant to provide some examples of common medications. Taking any of these medications will not make COVID-19 vaccination harmful or dangerous.

If you have questions about medications that you are taking, talk to your healthcare professional or your vaccination provider.



Porter Medical Clinic

124 Victory Drive, Swainsboro GA | 478.237.5506
Monday thru Thursday 8 a.m. - 5 p.m. • Friday 8 a.m. - 12 p.m.



Cedric Porter,
MD



Amanda Sweat
Jarriel, FNP-C

Services Include:
Chronic Disease Management (HTN, Diabetes, etc.) • Sports Physicals • Wellness Visits (Adult & Children)
• Worker's Comp • Sick Visits • Specializes in ADHD • Family Practice/Internal Medicine • Pediatric

COVID and underlying medical conditions

People of any age with certain underlying medical conditions are at increased risk for severe COVID-19 illness. The numbers below are model-based estimates of the prevalence for any of five underlying medical conditions that increase the risk for severe COVID-19-associated illness, including chronic kidney disease, chronic obstructive pulmonary disease (COPD), heart disease, diagnosed diabetes, and obesity. The data reflected are based on an analysis of the 2018 Behavioral Risk Factor Surveillance System (BRFSS) survey for which questions were available and U.S. Census population data among U.S. adults in 3,142 counties.

Chronic kidney disease
4 %
estimated number: 679
COPD
11.1 %
estimated number: 1,896
Heart disease
9.1 %
estimated number: 1,555
Diagnosed diabetes
16.3 %
estimated number: 2,775
Obesity (BMI>=30)
37.7 %
estimated number: 6,420

Vaccines recommended for travel and some specific groups

People in certain research jobs and travel situations may be exposed to dangerous or deadly diseases that are no longer common in the U.S. Because of the increased risk of disease exposure in these instances, these 9 non-routine vaccines are available, listed below by disease. These are considered non-routine vaccines because they are not part of the recommended immunization schedules for children, adolescents and adults.

- Adenovirus
- Anthrax
- Cholera
- Japanese Encephalitis (JE)
- Rabies
- Smallpox
- Tuberculosis
- Typhoid Fever
- Yellow Fever

South Georgia Internal Medicine, P.C.

544 West Church Street, Swainsboro, GA | 478.237.2527
Monday thru Friday 8 a.m. to 12:30 p.m. & 1:30 p.m. to 5 p.m.



Vijtha Prasad,
MD



Megan Knight,
FNP-C



Pamela Love,
RNC, WHNP

Services Include: Acute Disease Management(Physicals, Occupational Medicine, Geriatric, etc.) •Chronic Disease Management (Diabetes, Arthritis, Hypertension, etc) • Office Procedures (Stress Testing, Echo CARDiogram, etc) • Medicare Annual Wellness Visits • Chronic Care Management • Telehealth SERVICES

Different types of Flu vaccines

Influenza (flu) vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are used to make vaccine. The seasonal flu vaccine protects against the influenza viruses that research suggests may be most common during the upcoming season.

Is there more than one type of flu shot available?

Yes. There are different flu vaccine manufacturers and multiple influenza vaccine products licensed and recommended for use in the United States.

CDC recommends use of any licensed, age-appropriate influenza vaccine during the 2021-2022 influenza season. Available influenza vaccines include quadrivalent inactivated influenza vaccine [IIV4], recombinant influenza vaccine [RIV4],

or live attenuated influenza vaccine (LAIV4). No preference is expressed for any influenza vaccine over another.

Quadrivalent flu vaccines include:

- Standard-dose quadrivalent influenza shots that are manufactured using virus grown in eggs. These include Afluria Quadrivalent, Fluarix Quadrivalent, FluLaval Quadrivalent, and Fluzone Quadrivalent. Different influenza shots are licensed for different age groups. These four vaccines are approved for people 6 months of age and older. Most influenza shots are given in an arm muscle with a needle. One quadrivalent influenza shot (Afluria Quadrivalent) can be given either with a needle (for people aged 6 months and older) or with a jet injector (for people aged 18 through 64 years only).

- A quadrivalent cell-based influenza shot (Flucelvax Quadrivalent) containing virus grown in cell culture, which is licensed for people 6 months and older. This vaccine is egg-free.

- Recombinant quadrivalent influenza shot (Flublok Quadrivalent), an egg-free vaccine, approved for people 18 years and older.

- A quadrivalent flu shot using an adjuvant (an ingredient that helps create a stronger immune response), Fluad Quadrivalent, approved for people 65 years of age and older.

- A quadrivalent high-dose influenza vaccine Fluzone High-Dose, which contains a higher dose of antigen to help create a stronger immune response, licensed for people 65 years and older.

- A live attenuated influenza vaccine (FluMist Quadrivalent), which is

given intranasally. This vaccine is approved for people 2 through 49 years of age. Live attenuated influenza vaccine should not be given to people who are pregnant, immunocompromised persons, and some other groups.

- There are many flu vaccine options to choose from, but the most important thing is for all people 6 months and older to get a flu vaccine every year. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional.

Who should and who should not get a flu vaccine?

Everyone 6 months of age and older should get an influenza (flu) vaccine every season with rare exception. CDC's Advisory Committee on Immunization Practices has made this recommendation since the 2010-2011 flu season.

Vaccination to prevent flu and its potentially serious complications is particularly important for people who are at higher risk of developing serious flu complications. See People at Higher Risk of Developing Flu-Related Complications for a full list of age and health factors that confer increased risk.

More information is available at *Who Needs a Flu Vaccine*.

Different influenza (flu) vaccines are approved for use in people in different age groups. In addition, some vaccines are not recommended for certain groups of people. Factors that can determine a person's suitability for vaccination, or vaccination with a particular vaccine, include a person's age, health (current and past) and any allergies to flu vaccine or its components.

Ray Clinic

401 W. Main St., Swainsboro, GA | 478.237.9928

Monday thru Thursday 8:30 a.m. - 5 p.m. • Fridays 8:30 a.m. - 3 p.m.



James Ray,
MD



Thomas J.
Ferrari, MD



Michael
Edenfield,
FNP-C

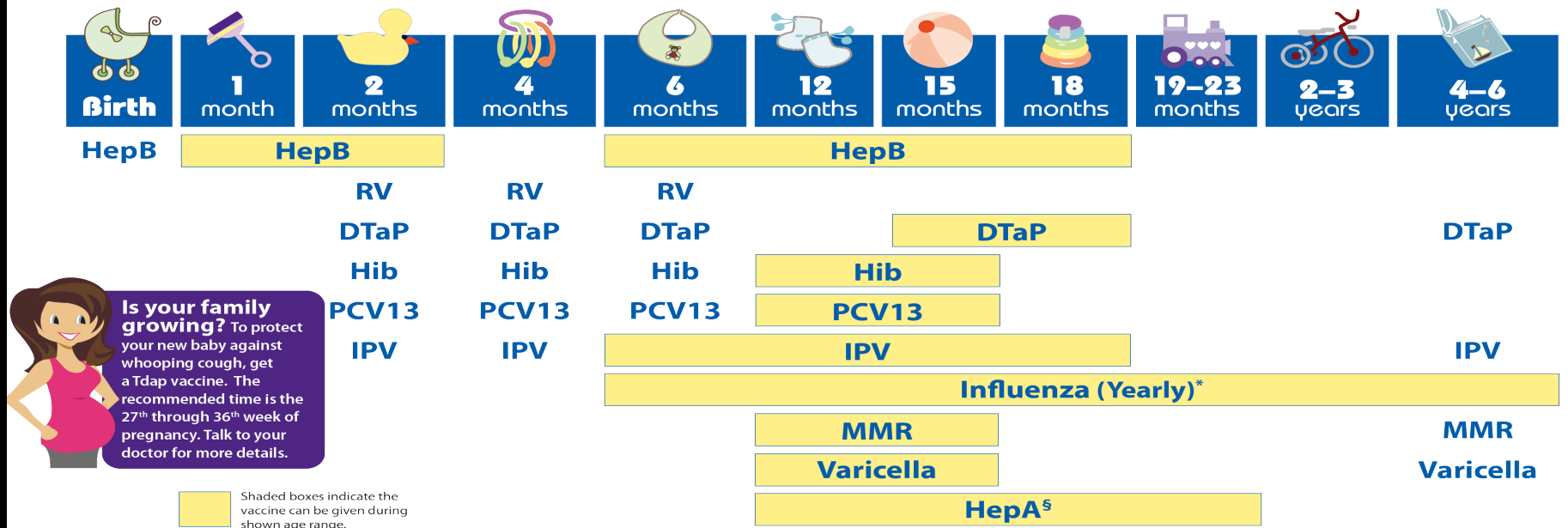


Gabrielle
Story,
PA-C

Services Include:

Chronic Disease Management (HTN, Diabetes, etc.) • DOT Physicals (DOT Certified) • Sports Physicals • Wellness Visits (Adult & Children) • Worker's Comp • Drug Screens • Sick Visits • Family Practice/Internal Medicine

2022 Recommended Immunizations for Children from Birth Through 6 Years Old



COVID-19 VACCINATION IS RECOMMENDED FOR AGES 5 YEARS AND OLDER.

NOTE:

If your child misses a shot, you don't need to start over. Just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES:

- * Two doses given at least four weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
 - ^s Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the first dose. All children and adolescents over 24 months of age who have not been vaccinated should also receive 2 doses of HepA vaccine.
- If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he or she may need.

See back page for more information on vaccine-preventable diseases and the vaccines that prevent them.

For more information, call toll-free
1-800-CDC-INFO (1-800-232-4636)
or visit
www.cdc.gov/vaccines/parents



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



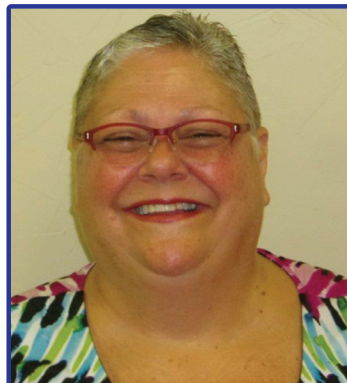
American Academy
of Pediatrics



Senior Behavioral Health Center

117 Kite Road, Swainsboro, GA (Second Floor of Emanuel Medical Center) | 478.289.1169

Admissions are accepted 24 hours a day



Rhonda Stanfield,
NP-C

We Provide Care to Help Manage: Social Withdrawal/Hopelessness/Helplessness • Cognitive Impairment/Increased Forgetfulness or Confusion • Loss of Interest in Personal Appearance/Hygiene • Crying Spells • Delusions and/or Hallucinations • Aggressive or Combative Behavior • Agitation • Paranoia • Refusing to Take Medications • Recurrent Thoughts of Dying • Suicidal Ideations • Homicidal Ideations • Failure of Outpatient Psychiatric Treatment

INFORMATION FOR PARENTS 2021 Recommended Immunizations for Children 7–18 Years Old

Talk to your child’s doctor or nurse about the vaccines recommended for their age. COVID-19 vaccination is recommended for some adolescents.

	Flu Influenza	Tdap Tetanus, diphtheria, pertussis	HPV Human papillomavirus	Meningococcal		Pneumococcal	Hepatitis B	Hepatitis A	Polio	MMR Measles, mumps, rubella	Chickenpox Varicella
				MenACWY	MenB						
7-8 Years											
9-10 Years											
11-12 Years											
13-15 Years											
16-18 Years											
More information:	Everyone 6 months and older should get a flu vaccine every year.	All 11- through 12- year olds should get one shot of Tdap.	All 11- through 12- year olds should get a 2-shot series of HPV vaccine. A 3-shot series is needed for those with weakened immune systems and those who start the series at 15 years or older.	All 11- through 12- year olds should get one shot of meningococcal conjugate (MenACWY). A booster shot is recommended at age 16.	Teens 16–18 years old may be vaccinated with a serogroup B meningococcal (MenB) vaccine.						

These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.

These shaded boxes indicate the vaccine is recommended for children with certain health or lifestyle conditions that put them at an increased risk for serious diseases. See vaccine-specific recommendations at www.cdc.gov/vaccines/hcp/acip-recs/.

These shaded boxes indicate the vaccine should be given if a child is catching up on missed vaccines.

This shaded box indicates children not at increased risk may get the vaccine if they wish after speaking to a provider.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



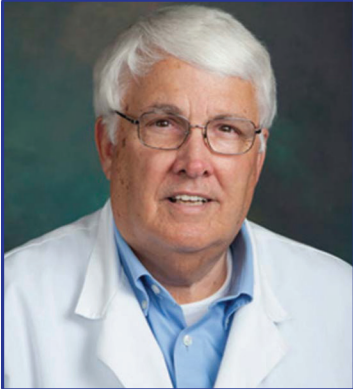
AAFP
AMERICAN ACADEMY OF FAMILY PHYSICIANS

Smith Clinic

114 South Jefferson Street, Swainsboro, GA | 478.237.7517 | Fax 478.237.4299
Monday thru Thursday 8 a.m. to 5 p.m. • Friday 8 a.m. to 12 p.m.



Anthony
Howard, MD



Mason Smith,
PA-C



Rhonda
Oglesby,
FNP-C

Services Include:

Chronic Disease Management (HTN, Diabetes, etc.) • DOT Physicals (DOT Certified) • Sports Physicals • Wellness Visits (Adult & Children) • Worker’s Comp • Drug Screens • Sick Visits • Family Practice/Internal Medicine

Vaccine - preventable diseases and the vaccines that prevent them

Disease	Vaccine	Disease spread by	Disease symptoms	Disease complications
Chickenpox	Varicella vaccine protects against chickenpox.	Air, direct contact	Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs), death
Diphtheria	DTaP* vaccine protects against diphtheria.	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
Hib	Hib vaccine protects against <i>Haemophilus influenzae</i> type b.	Air, direct contact	May be no symptoms unless bacteria enter the blood	Meningitis (infection of the covering around the brain and spinal cord), intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia (infection in the lungs), death
Hepatitis A	HepA vaccine protects against hepatitis A.	Direct contact, contaminated food or water	May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure, arthralgia (joint pain), kidney, pancreatic and blood disorders, death
Hepatitis B	HepB vaccine protects against hepatitis B.	Contact with blood or body fluids	May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain	Chronic liver infection, liver failure, liver cancer, death
Influenza (Flu)	Flu vaccine protects against influenza.	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs), bronchitis, sinus infections, ear infections, death
Measles	MMR** vaccine protects against measles.	Air, direct contact	Rash, fever, cough, runny nose, pink eye	Encephalitis (brain swelling), pneumonia (infection in the lungs), death
Mumps	MMR**vaccine protects against mumps.	Air, direct contact	Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain	Meningitis (infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness, death
Pertussis	DTaP* vaccine protects against pertussis (whooping cough).	Air, direct contact	Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
Polio	IPV vaccine protects against polio.	Air, direct contact, through the mouth	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
Pneumococcal	PCV13 vaccine protects against pneumococcus.	Air, direct contact	May be no symptoms, pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
Rotavirus	RV vaccine protects against rotavirus.	Through the mouth	Diarrhea, fever, vomiting	Severe diarrhea, dehydration, death
Rubella	MMR** vaccine protects against rubella.	Air, direct contact	Sometimes rash, fever, swollen lymph nodes	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
Tetanus	DTaP* vaccine protects against tetanus.	Exposure through cuts in skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

Twin City Family Medical Clinic

115 Gillikin Street, Twin City, GA | 478.763.3036
Monday thru Thursday 8 a.m. - 5 p.m. • Friday 8 a.m. - 4 p.m.



Michael
Wheelis, MD



Claire Ault,
FNP-C

Services Include:

Chronic Disease Management (HTN, Diabetes, etc.) • DOT Physicals (DOT Certified) • Sports Physicals • Wellness Visits (Adult & Children) • Worker's Comp • Drug Screens • Sick Visits • Family Practice/Internal Medicine • Pediatric

Be a *Heart-Health* role model

Bike riding is a great way to have fun and get the family moving.

Sharing is caring, but not when it comes to serious health conditions like diabetes or heart disease. These health conditions, like many others, can run in families. But there's a lot you can do to help protect yourself and your family. Learn tips on how to be a heart-health role model for your family.

Heart disease is one of the most common complications of diabetes. And the longer you have diabetes, the more likely you are to develop heart disease. Recent studies show that people are developing type 2 diabetes at a much younger age, which means they will be affected by diabetes over a longer time and are at risk of develop-

ing diabetes complications like heart disease sooner.

If you have diabetes, you know how important healthy habits are to helping you manage the condition and prevent or delay complications like heart disease. And it's not practical to have a different lifestyle than the rest of your family. So, what's the key to being a heart-healthy role model? Getting your family involved! By showing your family how you're taking steps to a healthy lifestyle, you'll be a role model they can follow. Here are a few tips on how to be a heart-health role model for your family.

Share Your Family Health History

Like diabetes, heart disease can run in families. Having a family member with diabetes or heart dis-

ease increases your risk and the risk for others in your family. Talking about your family's health history doesn't only have to be a serious sit-down conversation. You can use family gatherings, mealtimes, or even coffee chats as a time to talk about your health history. You'll want to:

- **Ask questions.** Asking your relatives about which health conditions they have had and when they were diagnosed can help you find out about your risk.

- **Record and updated information.** Write down the information you collect and remember to update it as you learn more.

- **Share with other family members.** Sharing your family's health history will benefit all members of your family, and it's especially

important to share this information with your younger relatives so that they can take steps now to prevent or delay heart disease.

Gathering family health history is just the first step. The next step is to act on it. Share the information at medical appointments so your doctor can decide which screening tests you need and when you'll need them. Identifying and treating diabetes, heart disease, and other chronic conditions early can often mean better health in the long run. By starting the conversation and sharing your family's health history, everyone can take steps to lower their risk.

Get Moving With Your Family

Of course you can't change your genes, but

there are lifestyle changes you and your family can make to lower the risk of heart disease. Being active with your family is a great way to lead by example. If the kids in your family see you enjoying physical activity, they'll be more likely to give it a try.

Ask the people in your family what they like to do to be active, and build your family physical activities around those. Here are a few fun ways to get started.

- **Go for a walk.** You don't have to do intense workouts to reap the benefits of physical activity. Walking is a great way to get exercise and spend time with your family.

- **Try hula hooping.** Did you know hula hooping is excellent exercise? It's a

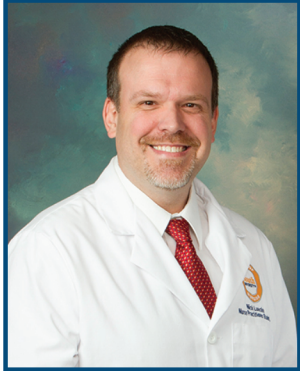
(continued on page 15)

Emanuel Wound Care Center

117 Kite Road, Swainsboro, GA (Second Floor of Emanuel Medical Center) | 478.289.1126
Monday and Thursday 8:30 a.m. - 5 p.m. • Friday 8:30 a.m. - 12 p.m.



Anthony Davis,
MD



Nick Luecke,
NP-C

Services Include:

Chronic Wounds Diabetic Wounds • Non-healing Surgical Wounds • Pressure & Vascular Ulcers Venous Stasis Ulcers
Advanced Treatment Options Include: Complete Medical History • Wound Assessment • Compression Therapy • Surgical Debridement •
Advanced Dressings • Patient and Caregiver Education

Be a *Heart-Health*...

(From page 14)

lot of fun and it's great for the whole family, even grandma and grandpa.

- **Go for a bike ride.** If you have knee or hip problems, bike riding is a great non-impact exercise. Kids love riding bikes too! Don't forget to wear a helmet.

- **Dance.** Turn family time into dance time. Dancing is a great way to burn calories and get your heart pumping. Whether it's just two to tango or a family group for your dance troupe, you'll be dancing your way toward a healthier you.

Share Family Meals

Work, school, and other life responsibilities can make it hard to come together for mealtimes, but there are real bene-

fits to sharing meals with loved ones. Sharing family meals is not only a great opportunity to pass on healthy eating habits, it's also been shown to decrease family stress and help kids do better in school. Teaching the younger ones in your family the importance of eating together may encourage them to pass this value on to their kids later. Here are some tips for planning family meals:

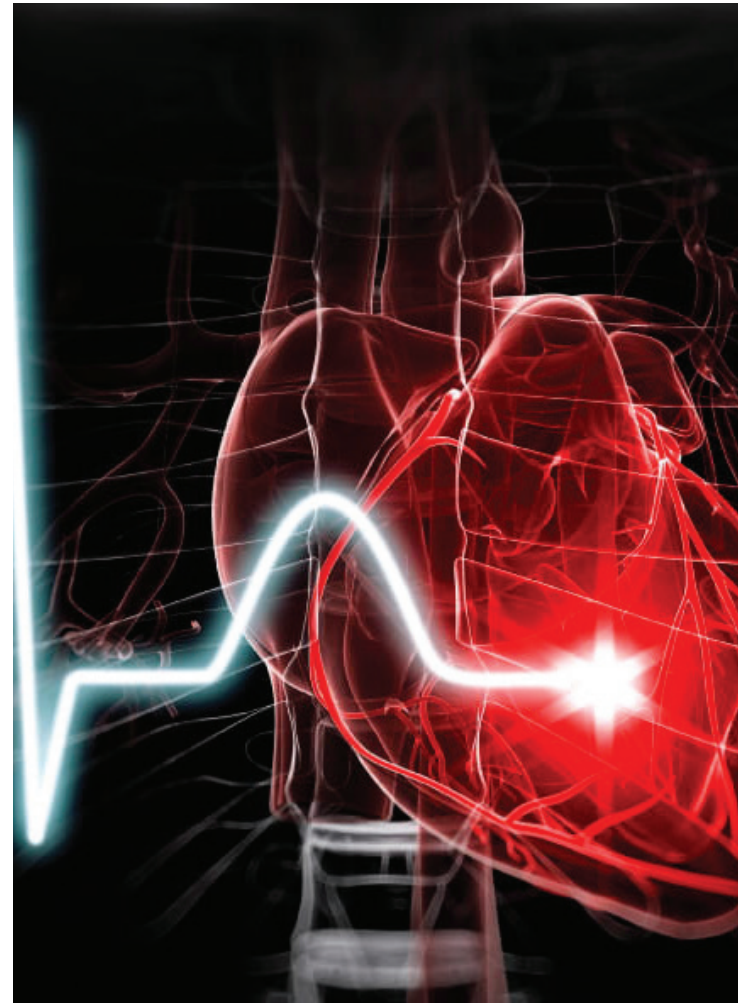
- **Keep it simple.** Mealtime doesn't have to be an elaborate event. Keep recipes simple and enjoyable for the whole family.

- **Get the family involved.** Let kids help with planning meals, creating shopping lists, cooking, setting the table, and cleaning up.

- **Make mealtime screen-free.** Make it a rule that phones and devices should be off or on mute and out of reach. This allows everyone to actively listen and be involved in the conversation.

At the Heart of It All

Being a heart-healthy role model involves knowing your risk, making healthy lifestyle choices, and taking steps to reduce the chance of getting heart disease. Managing diabetes is challenging even without having to manage a diabetes complication like heart disease. The good news is that you can do a lot to stay healthy and protect your heart—and the hearts of those you love.



After Hours Care Weekend Clinic

117 Kite Road, Swainsboro, GA (Second Floor of Emanuel Medical Center) | 478.289.1240
Saturday 10 a.m. - 6 p.m. Sunday 1 p.m. - 6 p.m.



Facts about hypertension

Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body.

Blood pressure normally rises and falls throughout the day, but it can damage your heart and cause health problems if it stays high for a long time. Hypertension, also called high blood pressure, is blood pressure that is higher than normal.

Facts About Hypertension in the United States

In 2017, the American College of Cardiology and the American Heart Association published new guidelines for hypertension management and defined high hypertension as a blood

pressure at or above 130/80 mmHg. Stage 2 hypertension is defined as a blood pressure at or above 140/90 mmHg.

Having hypertension puts you at risk for heart disease and stroke, which are leading causes of death in the United States.

In 2019, more than half a million deaths in the United States had hypertension as a primary or contributing cause.

Nearly half of adults in the United States (47%, or 116 million) have hypertension, defined as a systolic blood pressure greater than 130 mmHg or a diastolic blood pressure greater than 80 mmHg or are taking medication for hypertension.

Only about 1 in 4 adults

(24%) with hypertension have their condition under control.

About half of adults (45%) with uncontrolled hypertension have a blood pressure of 140/90 mmHg or higher. This includes 37 million U.S. adults.

About 34 million adults who are recommended to take medication may need it to be prescribed and to start taking it. Almost two out of three of this group (19 million) have a blood pressure of 140/90 mmHg or higher.

High blood pressure was a primary or contributing cause of death for 516,955 people in the United States in 2019.

High blood pressure costs the United States about \$131 billion each year, averaged over 12

years from 2003 to 2014.

Rates of High Blood Pressure Control Vary by Sex and Race

Uncontrolled high blood pressure is common; however, certain groups of people are more likely to have control over their high blood pressure than others.

A greater percentage of men (50%) have high blood pressure than women (44%).

High blood pressure is more common in non-Hispanic black adults (56%) than in non-Hispanic white adults (48%), non-Hispanic Asian adults (46%), or Hispanic adults (39%).

Among those recommended to take blood pressure medication, blood pressure control is higher among non-His-

panic white adults (32%) than in non-Hispanic black adults (25%), non-Hispanic Asian adults (19%), or Hispanic adults (25%).³

Rates of High Blood Pressure Vary by Geography

High blood pressure is more common in some areas of the United States than in others. Below is a map showing the self-reported rate of hypertension by state in 2011 (using a definition of hypertension as a blood pressure $\geq 140/\geq 90$ mmHg). However, this map likely underreports the true effect of hypertension in each state, because about 1 in 5 adults with high blood pressure is unaware of it and would not report having it.



Hospitalists

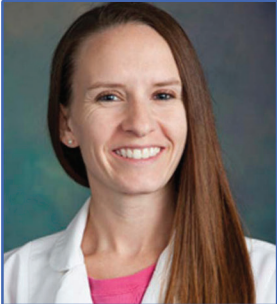
117 Kite Rd, Swainsboro
478-289-1100



Melissa Beasley, NP



Joseph Sonntag, DO



Juli McCaskill, PA



Karri Ray, PA-C



Deidra Woods, NP-AGPC



Aaron Nickolaos Zervos, DO

Fast facts about arthritis

Arthritis is a general term for conditions that affect the joints, tissues around the joint, and other connective tissues. Here are more fast facts about arthritis:

General Arthritis Facts

- There are more than 100 types of arthritis.

- Specific symptoms vary depending on the type of arthritis, but usually include joint pain and stiffness.

- Osteoarthritis is the most common form of arthritis. It occurs most frequently in the hands, hips, and knees.

- Experts don't know the causes of many forms of arthritis.

- Certain risk factors make it more likely that you will develop arthritis.

Arthritis Statistics

- An estimated 58.5 million US adults have arthritis. Experts believe that number will grow as our nation's population gets older.

- Arthritis is a leading cause of work disability among US adults.

- An estimated 25.7 million adults are limited in their usual activities because of arthritis. That number is expected to grow to 35 million by 2040.

- Arthritis is common among people with other chronic conditions including obesity, diabetes, and heart disease.

Treating and Managing Arthritis

- There is no cure for arthritis, but it can be treated and managed.

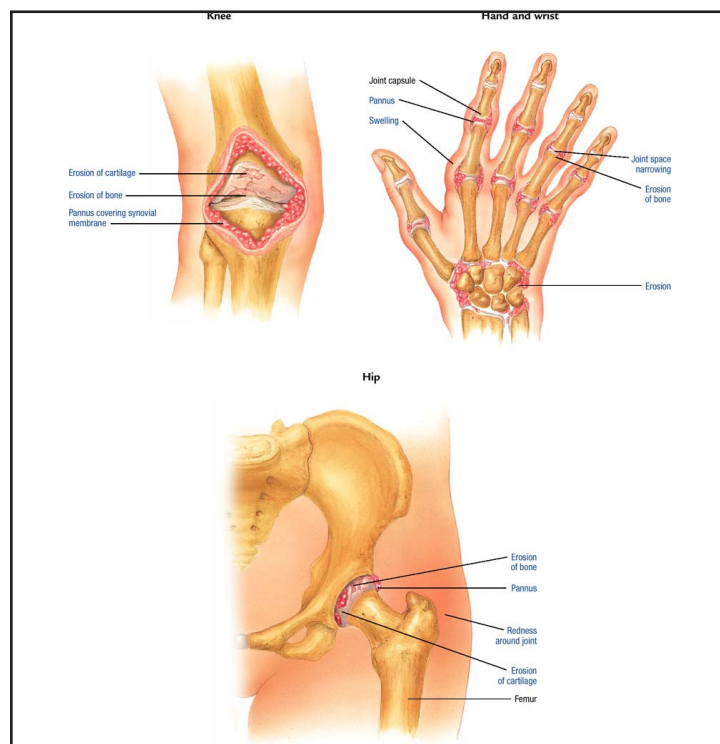
- Treatments include

medication, non-drug therapies such as physical therapy or patient education, and sometimes surgery.

- Managing arthritis symptoms is important to reduce pain, prevent or delay disability, and improve overall quality of life.

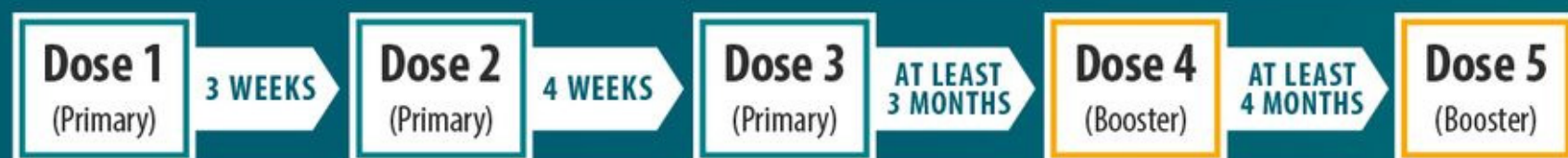
- CDC's Arthritis Program recognizes 5 ways to manage arthritis and its symptoms: learn new self-management skills, be active, talk to your doctor, manage your weight, and protect your joints.

- Physical activity programs and self-management education programs teach adults with arthritis how to manage their arthritis symptoms and other related challenges.



Recommendations for COVID-19 vaccines

AGES 12-17 YEARS | WITH A WEAKENED IMMUNE SYSTEM



AGES 5-11 YEARS | WITH A WEAKENED IMMUNE SYSTEM



bit.ly/boosters-covid

What is diabetes?

With diabetes, your body either doesn't make enough insulin or can't use it as well as it should. Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for

use as energy. If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease. There isn't a cure yet for diabetes, but losing weight, eating healthy

food, and being active can really help. Taking medicine as needed, getting diabetes self-management education and support, and keeping health care appointments can also reduce the impact of diabetes on your life.

Diabetes by the Numbers

- **37.3 million** US adults have diabetes, and 1 in 5 of them don't know they have it.
- • Diabetes is the **seventh leading cause** of death in the

United States.

□ Diabetes is the **No. 1** cause of kidney failure, lower-limb amputations, and adult blindness.

□ In the last **20 years**, the number of adults diagnosed with diabetes has more than **doubled**.

Types of Diabetes

There are three main types of diabetes: type 1, type 2, and gestational diabetes(diabetes while pregnant).

Type 1 Diabetes

Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin. Approximately 5-10% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, no one knows how to prevent type 1 diabetes.

Type 2 Diabetes

With type 2 diabetes, your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults (but more and more in children, teens, and young adults). You may not notice any symp-

toms, so it's important to get your blood sugar tested if you're at risk. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight, eating healthy food, and being active.

Gestational Diabetes

Gestational diabetes develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems. Gestational diabetes usually goes away after your baby is born but increases your risk for type 2 diabetes later in life. Your baby is more likely to have obesity as a child or teen, and more likely to develop type 2 diabetes later in life too.



COVID-19 vaccination is recommended for everyone 6 months and older. Learn more about protecting your child at [cdc.gov](https://www.cdc.gov)

www.cdc.gov

media icon [Low Resolution Video](#)

Prediabetes

In the United States, 96 million adults—more than 1 in 3—have prediabetes. What's more, more than 8 in 10 of them don't know they have it. With prediabetes, blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Prediabetes raises your risk for type 2 diabetes, heart disease, and stroke. The good news is if you have prediabetes, a CDC-recognized lifestyle change program can help you take healthy steps to reverse it.



Our Home

at Emanuel Medical Center

**117 Kite Rd, Swainsboro
478-237-1334**

The Emanuel Medical Center Nursing Home provides twenty-four (24) hour longterm nursing facility for skilled care residents. The staff strives to create a happy, healthy, home-like environment for residents and family members. Their mission is to provide the finest, personalized, professional geriatric care for our area.

The forty-nine (49) bed unit offers the following services:

**Pharmacy
Physical Therapy
Occupational Therapy
Speech Therapy
Dental and Podiatry
Behavioral Health
Laundry
Beauty Shop
Activity Program**



478.289.1100
www.emanuelmedical.org

With You



In a medical emergency, your time and care are our priority. Which is why our 24-hour Emergency Department is designed to deliver the right level of treatment in a time efficient and caring manner.

Emanuel Medical Center is committed to ensuring our Emergency Departments are staffed with competent emergency medicine physicians, practitioners, nurses, technologists and technicians at the bedside to address any medical emergency. We equip our Emergency Department examination rooms specifically for our most frequent treatment needs.

The Emergency Services team is dedicated to providing high-quality, patient-centered, and compassionate care. They are trained and ready to handle major illnesses and injuries like minor traumas to life-threatening injuries, as well as minor emergencies, like broken bones, cuts and concussions. And even though time is critical, Emanuel Medical Center Emergency Department takes pride in our care to make sure each patient gets the complete attention and care they deserve.



With You

**117 Kite Road
Swainsboro, GA
478.289.1100**

www.emanuelmedical.org