

# Health Matters

the MAGAZINE of PHOEBE PUTNEY HEALTH SYSTEM

## *Love YOUR Heart*

Grammy-winning  
musician Ann Nesby  
Wears Red to fight  
heart disease



Cardiology  
Associates  
Celebrates 30<sup>th</sup>  
Anniversary

Phoebe Vascular  
Surgery ranked  
Number 1 in  
Georgia for 2013



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Grammy Award winner Ann Nesby is just one of three heart disease survivors who share their stories with our readers.

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## Health Matters

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# Dear Friends

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February is recognized around the country as National Heart Month. As part of that recognition, we have dedicated this entire issue to the theme Love Your Heart. Inside, read the compelling story of Grammy award-winning singer and Georgia resident Ann Nesby and her battle with heart disease. Phoebe patients are served by some of the best heart specialists in the country. In fact, our vascular surgery program was recognized by Healthgrades as being tops in its field in Georgia for 2013. When it comes to your heart, you want the assurance of experience. This year, Cardiology Associates celebrates 30 years of being on the leading edge of providing life-saving cardiac care to the citizens in our region. Until 30 years ago, Southwest Georgians in need of these services had to leave town and the comforts of home and family.

I know you will be inspired by the touching personal stories of our neighbors in the



community who are celebrating as survivors of heart disease or whose lives has been touched in some way by this disease. We are honored that they have shared their stories with us.

Throughout February, I encourage you to take advantage of free screenings and healthy heart events being offered throughout our community. According to the Centers for Disease Control (CDC), cardiovascular disease is the leading cause of death in the United States. Staggering statistics show that one in every three deaths is from

heart disease. That is more than 2,200 deaths per day. These alarming statistics could improve with a little education and a few preventative steps. By learning the signs and symptoms of heart disease or a heart attack, you may save your life or that of a loved one.

Finally, be sure to support our local Wear Red Day on Sunday, February 24, by wearing your favorite red clothing! This will be a great opportunity for our community to come together and support the fight against heart disease.

All my best,

**Joel Wernick**

PRESIDENT/CEO



**ANN NESBY**  
GRAMMY AWARD-WINNER,  
HEART PATIENT



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*“LISTEN  
TO YOUR  
HEART*

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*IT’S TRYING TO TELL YOU SOMETHING”*

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**P**rophetic words indeed, from a lady who should know. Ann Nesby, Grammy award-winning singer and heart disease survivor, just didn’t feel like herself that day in January, 2006. It was the beginning of a new year for Ann. She was hard at work in the studio, laying down tracks for her new album — and congestive heart failure was the furthest thing from her mind.

Her heart had other plans for her.

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CONTINUED ON PAGE 4

One too many bouts with shortness of breath, tight feelings in the chest and even dizzy spells sent her to the office of her local doctor. He sent her to the hospital. Good thing, too. Congestive heart failure was the diagnosis, with hypertension and diabetes added to the list. It couldn't have come at a worse – or a better – time.

“When I found out I had congestive heart failure, it changed my life – for the better,” Ann says.

She took control of her life. That meant an immediate date for gastric bypass surgery to get her weight under control, then a profound change in her diet and exercise. “I was not about to become another heart disease statistic.”

Those statistics Ann was referring to are pretty grim. Heart disease is the number one killer of men and women in the United States.

Unfortunately for far too many, Ann Nesby is not alone and no one is immune. Everyone knows someone who's been touched by this horrible disease. A parent, a spouse, brother or sister, friend or co-worker. But there are ways to fight back. Learning the warning signs of a heart attack is one way. Getting regular checkups is another. Ann Nesby says, “I'm alive today because of the steps I took to take care of my own heart.”

Sam Foster of Albany is another who refused to become a statistic – only he had a little help. Sam is alive today because of a persistent wife.

He was getting tired a lot and had shortness of breath. “It felt like someone was sitting on me,”

is what Sam says. So, Sam did exactly what Betty insisted he do. He went to the doctor.

His doctor ordered a stress test and an EKG. An emergency open-heart surgery and two bypasses later, Sam thanked his heart surgeon for saving his life. “The surgeon said to me, ‘Don't thank me, it's that wife of yours and the good Lord above who saved your life,’” he said.

Today, Sam and Betty are dedicated members of the Mended Hearts Chapter 165 at Phoebe Putney Memorial Hospital. “It gives us a chance to give back. We visit patients in their rooms. Sometimes their families are there. We answer questions for them that others can't. We know because we've been there.”

Another who's been there, Rufus Davis of Albany, has a heart story that went in a different direction.

“It was just this past May,” said Rufus. “I had a heart attack on a Tuesday. I didn't go in to see the doctor until Wednesday.” When asked why, Rufus'

One in three die from heart disease or stroke. Over two million heart attacks and strokes a year – with over 800,000 deaths – works out to about 2,200 deaths per day.

Centers for Disease Control & Prevention

answer is unfortunately, pretty typical.

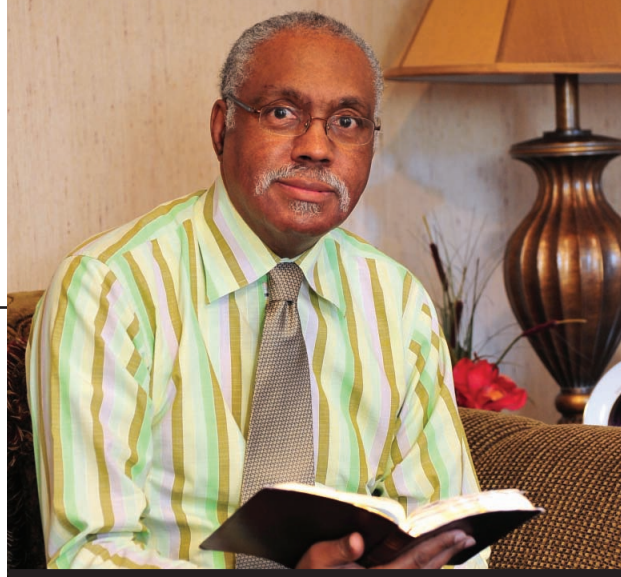
“The pain went away so I figured that was that. Maybe I had indigestion or something.” You see, the pain was in his stomach. “Not the arm or shoulder or neck like you usually hear.”

But the “indigestion” got so bad the next day he went to the emergency room. Surgeons promptly put in several stents, a defibrillator and a pacemaker. “If I hadn’t had the quality of care I did at Phoebe, I wouldn’t be here right now. Those doctors are some of the best in the world,” he said.

Ann Nesby, Sam Foster and Rufus Davis all have marvelous stories to tell. But their stories aren’t over just yet. Every one of them has an ending they want to share with our readers and with family and friends and anyone who’ll listen.

“I would tell anybody – do not assume it’s something else,” says Rufus. “Better to be safe. Assume it’s a heart attack and get checked out.”

“February is National Heart Month – a perfect time to put your heart in the spotlight,” says Ann Nesby. “Listen to your heart – it’s trying to tell you something.” We couldn’t agree with her more. ❤️



“If I hadn’t had the quality of care I did at Phoebe, I wouldn’t be here right now.”

Rufus Davis, Albany



If you are experiencing the symptoms of a heart attack, dial 911 – don’t delay. The symptoms may include:

- 1 Uncomfortable pressure,** squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- 2 Pain or discomfort** in one or both arms, the back, neck, jaw or stomach.
- 3 Shortness of breath** with or without chest discomfort.
- 4** Other signs such as breaking out in a **cold sweat, nausea or lightheadedness.**
- 5** As with men, the most common symptom of heart attack for women is **chest pain or discomfort.** But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these signs, don’t wait more than five minutes before calling for help. Call 9-1-1... Get to a hospital right away.

\*Source: American Heart Association

#### **MENDED HEARTS** CHAPTER 165

Meets on the 4th Monday night of each month in the Conference Room at Phoebe Northwest, 2336 Dawson Road, Albany, Georgia.

Light refreshments at 7:00 P.M.  
Speakers and Program at 7:30 P.M.

For more information, call  
Betty Foster at 229-436-7140



What's the  
Gift  
For a  
30<sup>th</sup>  
Anniversary?

NO, IT'S NOT PEARLS OR PORCELAIN. HERE'S A HINT: IT'S THE SAME PRECIOUS GIFT THAT PHOEBE AND THE DOCTORS AT CARDIOLOGY ASSOCIATES HAVE BEEN GIVING THEIR PATIENTS YEAR IN AND YEAR OUT SINCE THE FALL OF 1982 – ACCESS TO WORLD-CLASS HEART AND VASCULAR CARE.



# It's the gift of *Life*.

**C**ardiology Associates was the genesis for the comprehensive Phoebe Heart and Vascular Center, a major regional center that includes the Chest Pain Center, a dedicated emergency area for diagnosis and treatment of acute coronary syndromes.

A team of physicians treats patients using diagnostic cardiac catheterizations, open-heart procedures, and healthy heart management. The cardiologists performed the region's first cardiac catheterization – which remains a key diagnostic procedure even today. Phoebe's cardiac cath lab now offers some of the most up-to-date technology available to perform diagnostic and therapeutic procedures, including coronary balloon angioplasty, drug-eluting stents and pacemakers. They've done more than 50,000 such procedures. They completed the region's first angioplasty to clear clogged arteries without surgery. And they led the successful effort to have local and regional ambulances equipped with EKG machines. Now paramedics acquire and transmit vital data to physicians before the patient ever reaches the hospital, saving time, and lives.

Cardiology Associates also performed Albany's first electrophysiology procedure to implant an in-chest defibrillator. The defibrillator jump starts the patient's heart should it stop beating. They have been in



the forefront of new treatment techniques and emerging developments in interventional cardiology. Their expertise allows patients to undergo radioactive isotope testing, which provides images of the heart through the use of a nuclear camera.

For patients and families facing heart disease, the Phoebe Heart and Vascular Center offers a full range of services, from prevention, diagnosis and intervention to surgery, rehabilitation, and education. Providing these services close to home, family and friends, reduces additional stress and expense.

As for the next 30 years, Cardiology Associates will continue to focus on the care of you and your loved ones right here at home. This is world-class healthcare at work. ❤️

**For more information about Phoebe heart and vascular services or to make an appointment please contact:**  
**CARDIOLOGY ASSOCIATES at 229-312-1022**  
**CARDIOVASCULAR SURGICAL at 229-312-7500**

## CARDIOLOGY HISTORY OF FIRSTS

### OCTOBER 1982

Dr. Jeffrey Hoopes forms Cardiology Associates.

### JANUARY 1983

Cardiology Associates performs the first catheterization procedure in Albany.

### APRIL 1983

Albany's first-ever heart bypass surgery was successfully performed at Phoebe.

### JUNE 1989

Cardiology Associates completes the first angioplasty procedure designed to clear blocked heart arteries without surgery.

### AUGUST 2007

Cardiology Associates performs Albany's first procedure to implant an in-chest defibrillator.

### CARDIOLOGISTS:

*JEFFREY R. HOOPEES, M.D.*  
*STEPHEN W. MITCHELL, M.D.*  
*STEPHEN K. SOUTHER, M.D.*  
*C. CRAIG MITCHELL, M.D.*  
*THOMAS A. JOINER, M.D.*  
*STEVEN C. WOLINSKY, D.O.*  
*KAMIL HANNA, M.D.*  
*MARK COHEN, M.D.*  
*PHILIP REESE, DO*  
*JOSE RODRIGUEZ, MD*

### CARDIOVASCULAR SURGEONS:

*FRANCIS N. HERRBOLD, MD*  
*CHARLES W. HOLLEY, JR., MD*  
*ANTHONY HOOTS, MD*  
*DANIEL MARTIN, MD*



# A Heart Hard At Work

**T**helma Cutts – a very young almost 61 – has spent many hours sewing quilts by hand for each of her five children and 17 grandchildren.

“It is a little something I want to do for each of them to remind them that you have to take responsibility and have values and work hard in this life,” she says of the hand-stitched quilts that bear each grandchild’s name. “I like doing things that might make a change in someone else’s life. It comes from my heart and that feels good.”

Taking care of her heart is important to Cutts, whose father Sam, a truck driver, suffered two strokes and a heart attack that ultimately took his life five years ago at the age of 72. Her grandfather also died from a massive heart attack. Those tragedies opened her eyes to a family history she did not want to repeat.

“Seeing my father go through those things made me think about

what I needed to do in my own life,” she recalls. “As long as I had breath in my body I could make some changes.” And that she has.

Regular visits to her doctor, changes in her diet, and keeping active are helping Thelma control high cholesterol and other factors that might contribute to heart disease. One of the hardest things so far has been giving up bacon. “I love bacon,” she admits with a laugh. “Used to eat it every day. I gave that up. It was hard. I’m not going to lie. But it’s worth it in the end.”

“You have to have a good attitude and think of others.” Both are reasons Thelma has worked in environmental services at Phoebe Putney Memorial Hospital for almost 13 years.

“Working at Phoebe, I see a lot of people going through a lot of things and it’s not always easy seeing people hurting. But I smile at them. I ask how they’re doing and if there’s anything I can do for them,” she said.

She does even more as an active member of the hospital’s PEACH (Phoebe Employees Active in Community Health) program, by donating monthly contributions to cardiology services at Phoebe. It’s a small thing she can do to help others and also honor the memory of her father, she says. But her giving doesn’t stop there. She also donates blood regularly and is signed up as an organ donor.

“You don’t know how much of a light you may be to someone else unless you try. The heart is where it starts,” she says, placing her hand on her chest. “If you take care of it and share it with others, it will take care of you.”

**For information about how to help others by donating to cardiology services and other services at Phoebe, visit the Phoebe Foundation at [www.supportphoebe.org](http://www.supportphoebe.org) or call 229-312-4483.**



## Phoebe Vascular Surgery Ranked #1 in Georgia for 2013

Healthgrades, a leading consumer source for ranking physician and hospital quality, has named Phoebe Putney Memorial Hospital #1 in Georgia and among the top five percent in the nation for excellence in Vascular Surgery. It's also the fourth year in a row that our hospital received Healthgrades' Vascular Surgery Excellence Award.

Notable achievements include:

- Ranked among the top five percent in the nation for vascular surgery in 2013
- Ranked #1 in Georgia for vascular surgery in 2013
- Ranked among the top five in Georgia for vascular surgery for five years in a row (2009-2013) five-star recipient for vascular surgery for two years in a row (2012-2013)
- Five-star recipient for carotid surgery for two years in a row (2012-2013)
- Five-star recipient for peripheral vascular bypass for four years in a row (2010-2013)

According to Joe Austin, chief operating officer at Phoebe, "The designation in vascular surgery demonstrates excellence. It's indicative of the outstanding efforts of our surgeons and the entire Phoebe team that focuses on the quality of care for our patients."

Dan Martin, MD., medical director of the vascular program, said the focus on quality initiatives has been key in achieving recognition for quality. "We are protocol-driven because we know improvement requires consistency," he said. "A team approach to care allows us to manage cases with clinical outcomes in mind."

**More information on the American Hospital Quality Outcomes 2013: Healthgrades Report to the Nation, including the complete methodology, can be found at [www.healthgrades.com/quality](http://www.healthgrades.com/quality).**

healthgrades

## HEART MONTH

### ■ THURSDAY, FEBRUARY 7

at ALBANY MIDDLE SCHOOL  
Phoebe Network of Trust and KOHL's will announce a program to conduct health fairs for 8<sup>th</sup>-grade students in Dougherty and Lee Counties.

### ■ THURSDAY, FEBRUARY 14 | 10am-2pm

Annual **Love Your Heart** blood pressure screenings at Albany Mall. Screenings also in Americus at Walmart, Winn Dixie and Family Dollar.

### ■ TUESDAY, FEBRUARY 19 | 2:30pm

at FIREHOUSE SUBS  
Phoebe's Network of Trust and Firehouse Subs partner to place 17 new AED units in Dougherty County Elementary Schools

### ■ FRIDAY, FEBRUARY 22

Phoebe Cardiologist, Dr. Kamil Hanna, will donate much needed AED equipment to Albany/Dougherty Search and Rescue

### ■ SATURDAY, FEBRUARY 23

Phoebe HealthWorks Center will hold an employee and family "Zumba Day" to promote Heart Health

### ■ SUNDAY, FEBRUARY 24

Phoebe Promotes Community Wear Red Day to support Healthy Heart awareness

### ■ TUESDAY, FEBRUARY 26

Phoebe and American Heart Association announce grant to build heart healthy urban garden at Lincoln Magnet School

## Other February activities to watch for:

### ■ FOR MORE INFORMATION

For a complete list of community events and activities visit [phoebeputney.com](http://phoebeputney.com)

# Seven Keys *to a* Healthy Heart

1

## GET ACTIVE

exercise at least 30 minutes a day.

2

## CONTROL CHOLESTEROL

work to keep your cholesterol under 200.

3

## EAT BETTER

include foods low in saturated fat and  
foods high in whole grain fiber.

4

## MANAGE YOUR BLOOD PRESSURE

a healthy blood pressure is 120/80

5

## LOSE WEIGHT

maintain a healthy Body Mass Index (BMI)  
of 25 or lower.

6

## REDUCE BLOOD SUGAR

reduce consumption of  
simple sugars (soda, candy  
and sugary desserts).

7

## STOP SMOKING

smoke damages your entire  
circulatory system and increases  
your risk for heart disease.