

GEORGIA LAKE COUNTRY

# HEALTH & FITNESS

VOLUME 6, ISSUE 1 • FREE

▶ *Boost  
your  
mood  
with  
food*

Nutrition  
in a can?

Relieving the  
high costs of  
cancer



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# The Cancer Foundation OF NORTHEAST GEORGIA

## Relieving the high costs of cancer

■ *By Lynn Hobbs*

The word “cancer” can be one of the most traumatic diagnoses a person could hear; and it can be even more overwhelming for a person who struggles to make ends meet. Add the current inflated cost of living, and a cancer diagnosis could seem totally hopeless.

Fortunately, The Cancer Foundation is helping to restore hope to many

Georgians with cancer by relieving some of the heavy financial burden associated with cancer. Since its beginning in 2009, The Cancer Foundation has helped more than 4,800 patients and their families with \$3.5 million in assistance.

“Being diagnosed with cancer is a difficult time in someone’s life,” recipients Linda and Donnie Welch are quoted

saying on The Cancer Foundation’s website. “But if you add to that the loss of income because you cannot work, it can be devastating. The Cancer Foundation went right to work to help get us funds to pay many of our basic needs the first month in this hard time.

“Being a couple who worked and raised six children and never had to



**Tina Laseter**

TCF director of community engagement

*I'm really proud that we never turned an eligible patient away. Since 2001, every patient who requested assistance received assistance, and we paid the creditor directly, typically within 24-48 hours.*

seek outside help, this could have been a humiliating and embarrassing time; but these people were so good at what they do, we were made to feel comfortable with the process.

***“Thank you to The Cancer Foundation for helping us come a step closer to maintaining our independence during a crisis,” Welch adds.***

The Cancer Foundation, based in Athens, serves patients who live in 25 counties in middle and northeast Georgia, including Morgan, Putnam, Greene, and Taliaferro counties. It does not matter if the patient is receiving treatment outside of those counties, the qualification is based on where the patient lives, says Tina Laseter, TCF director of community engagement.

The patients are referred by more than 35 health care professionals, medical facilities, or hospice centers, and their income must meet the qualifying criteria. The average qualifying income is \$18,000 per year, Laseter explains, noting the average cost of a cancer diagnosis is almost twice that amount at \$35,000.

**How TCF helps**

Once a patient’s eligibility is confirmed, the patient is awarded \$750 a year and TCF sends the money directly to the creditors. TCF has a list of services the patient chooses from and the patient submits the bills accordingly.

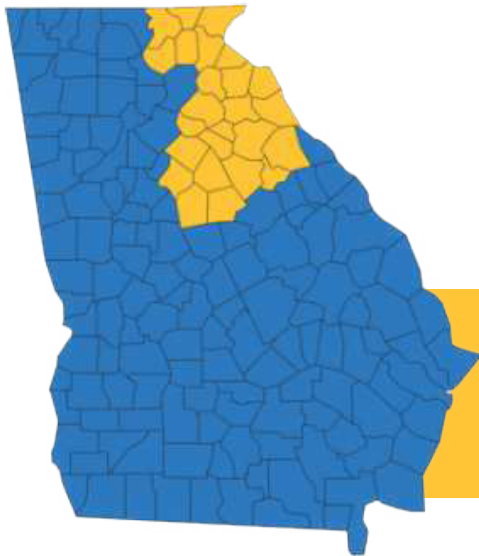
Laseter says the three most requested services are transportation, utilities, and rent

or mortgage payments. “But we will also help with other things such as property tax letters, durable medical equipment, medication, or nutritional supplements,” she adds.

“I qualified for some assistance from The Cancer Foundation and got a gas card, and oh, that has helped wonderfully. I live about 38 miles from my treatment center, which is about an 80-mile round trip and I have to go once a week, sometimes twice a week. It helped tremendously. I really appreciate all you’ve done for me,” pancreatic cancer patient, Martha, says in the TCF testimonials.

Patients with any type of cancer are eligible. They must have a cancer diagnosis and currently receiving treatment or be within six months of treatment or on hospice due to cancer. This year, TCF will help 800 patients, which includes households with about 200 children or teens in those families.

“I’m really proud that we never turned an eligible patient away,” Laseter says. “Since 2001, every patient who requested assistance received assistance, and we paid the creditor directly, typically within 24-48 hours.”



The Cancer Foundation, based in Athens, serves patients in Banks, Barrow, Clarke, Elbert, Franklin, Greene, Habersham, Hart, Jackson, Jasper, Lumpkin, Madison, Morgan, Newton, Oconee, Oglethorpe, Putnam, Rabun, Stephens, Taliaferro, Towns, Union, Walton, White, and Wilkes Counties.





**Above: The Fuller Family worked with their friends and community groups to donate 30 complete emergency food bags for The Patient Pantry Project. They are pictured donating the bags to TCF Operations Manager Brittany Davidson.**

## Filling the need

Because The Cancer Foundation had a lot of patients requesting grocery cards, which were not on the list of services provided, they began a program that provides emergency bags of food to cancer patients. The Patient Pantry Project differs from a food drive in that it provides specific foods that are for people going through cancer treatments. Social workers notify TCF of the need for food, and a delivery is made from a supply of bags that are already packed and on standby. The bags are filled by donations from community or civic organizations, schools, churches, or individuals.

“We don’t always have bags, so we are always glad when donations come in for them because we try to have them ready,” Laseter says.

## TCF assists Lake Country

A total of 69 people have been helped in and around Lake Country, with \$5,175 going directly into the community, according to Laseter. Of those who received assistance, 19 lived in Morgan County, 16 in Greene, 11 in Putnam, 11 in Jasper, seven in Wilkes and five in Taliaferro.

Cancer hits close to home for Dr. Annie Hunt Burriss of Madison, who recently became a member of TCF’s Board of Directors. Dr. Burriss said almost everyone on her maternal side of the family has had or currently has cancer, so she was honored to be asked to join the board.

“There is such a need for assistance, especially for hourly workers,” she acknowledges. “I find TCF’s mission compelling for how they work quietly behind the scene to help friends and family in our region meet tough and highly varied needs that happen when someone is dealing with cancer. .... It will be an honor to serve with others in Morgan County and the Lake Country dealing with cancer.”



**Annie Hunt Burriss**  
TCF Board of Directors member

*I find TCF’s mission compelling for how they work quietly behind the scene to help friends and family in our region meet tough and highly varied needs that happen when someone is dealing with cancer. .... It will be an honor to serve with others in Morgan County and the Lake Country dealing with cancer.*

## How to help or receive help

To learn the eligibility requirements or how to receive help, visit The Cancer Foundation's website, [www.cancerfoundationofneg.org](http://www.cancerfoundationofneg.org), and click on "programs."

The Cancer Foundation is funded totally by financial donations. To learn more about the Foundation itself, making a donation, information about filling bags for the Patient Pantry Project, paying tribute to a loved one through a memorial, or volunteering, visit the website mentioned in the previous paragraph and click on "community" or "support TCF". Or call the Foundation at 706.353.4354 and speak to Laseter or Program Manager Katrina Moody or Operations Manager Brittany Davidson.

A great way to help both efforts is by spreading the word. Invite Laseter to speak at your club or organization meeting or follow The Cancer Foundation on Instagram and Facebook and share its posts. ❖

**Below: A memorial post, like this one that pays tribute to Dennis Carpenter, is a way to donate funds to TCF.**



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# Tackling Ingrown Toenails

■ *By Christopher Menke | DPM FACFAS*

## Take a deeper look...

If you suffer from ingrown toenails, you may already know it can be incredibly painful and extremely inconvenient if not treated promptly and correctly. An ingrown toenail occurs when your nail grows into the surrounding tissue instead of moving away from it as it normally would, thus causing inflammation, pain and oftentimes infection.

Ingrown toenails occur in people of all ages and skin color and while the big toenail is the most commonly involved, any toe can experience the pain and problem associated with a painful toenail.

## Causes

There are several reasons people experience problems related to their toenails. Although toenails can thicken over time, age is not necessarily correlated with developing a painful ingrown toenail, as this is very common problem in both kids and adults.

Ingrown toenails can be hereditary as family members may have similar toenail features such as toenails that

naturally curve. Sometimes there is a pattern where it involves only certain toes and sometimes it may involve all toes.

Physical trauma can distort the natural growth of the toenail, especially after dropping an object on the toenail or repeatedly stubbing the toenail(s) in overly tight shoes. Overtime and as the toenail(s) grow, they can curve and grow into the side of the toe.

Increased swelling in the feet from pregnancy, chronic lymphedema, and in individuals playing sports can trigger pain and problems with the toenail.

Lastly, individuals who trim their nails too short or round them off deep into the toenail corners have a greater rate of ingrown toenail occurrence.

## Symptoms

Ingrown toenails usually worsen in stages and when recognized and treated early on, symptoms and permanent tissue damage can be minimized. Early symptoms include swelling and tender skin along the side of the toenail, occasional pain when pressure is applied

to the side of the toenail, and even fluid accumulation along the side and corner of the toenail can occur. If left untreated, the surrounding tissue in the toe becomes increasingly redder and more swollen and the tenderness along the side of the nail progresses to more consistent pain.

The skin immediately adjacent to the nail will harden and become callused, leading to additional discomfort. Overtime, the surrounding tissue will become very inflamed with overgrowth of skin around the nail. This granular tissue will bleed even with the slightest touch. As the ingrown toenail is neglected and left untreated, eventually an infection will develop, including the presence of fluid or pus.

## Diagnosis

Individuals of all ages suffer from the symptoms of painful toenails; however, not all painful toenails are a result of an ingrown toenail.

Other toenail conditions causing





pain include toenail fungus and disorders such as a subungual hematoma, dystrophic toenail from previous trauma, and loose and detaching toenails. A podiatrist clinical experience is the best means of diagnosing and properly treating the toenail.

### Treatments

One of the easiest ways to treat an ingrown toenail is through prevention! Trim your nails regularly and cut straight across with a pair of sharp toenail clippers. Avoid digging in the corner of the toenail as it is very easy to leave a piece of toenail behind that will continue to grow into the end of the toe. Also, avoid filing the ends of the toenail into shapes like squares or circles, as those edges can get caught in socks and lead to additional problems. Finally, you should wear appropriate footwear; avoiding tight or compressive shoes that apply pressure and rubbing against the toenails.

If an ingrown toenail is mild and just beginning, consider soaking your toe in a basin of cold water for 5-10 minutes multiple times a day. Adding an Epsom salts shea butter mix to the cold soak will help to promote reduced swelling in the surrounding tissue while softening the skin along the side of the toenail. This can be very effective in decreasing minor problems associated with an acutely inflamed toenail. If symptoms persist, consider adding a small amount of anti-bacterial soap or over-the-counter antiseptic such as Hibiclens in place of the Epsom salt soaks to aid in preventing a localized infection.

It is always best to seek consultation with a doctor before any

ailment gets worse and when the above at home treatments are insufficient in relieving the symptoms, it is time to see a professional.

To prevent a worsening infection, and in rare cases, hospitalization requiring antibiotics, our podiatrists can provide treatment for your ingrown toenail that includes removing a small portion of the side of the nail and any abnormal skin. Avoid visiting a nail salon every few weeks to have the corner of the toenail painfully dug out and removed, as our physicians can offer a relatively quick and painless option that is designed to be a permanent fix to the problem. Our physicians utilize evidence-based techniques to achieve the best results and our locations follow strict procedure protocols including the use of hospital-grade instrument sterilization guidelines for your procedure and toenail laser sterilization following your procedure. We've taken the worry out of the process for you as our locations have everything you need to care for your toenail following the procedure with our podiatrist approved Ingrown Toenail Kit.

Ingrown toenails can be painful and problematic, and the thought of professional treatment can be intimidating; however, podiatric physicians have the most comprehensive training and experience when it involves resolving this issue. Our podiatrists have extensive experience diagnosing, preventing, and successfully treating mild and severe ingrown toenails, but if you are still intimidated by the thought of having the ingrown toenail permanently removed, an alternative option is the Ingrown Toenail Band Application. ❖

## What is an Ingrown Toenail?

A toenail that digs into the side of the toe, leading to pain and sometimes infection.

### Causes:

Hereditary genes, tight shoes, trauma, cutting toenails too short

### Symptoms:

Pain, redness, swelling, drainage, sometimes infection

### Diagnosis:

Physical examination

### Treatment:

Oral antibiotics and anti-inflammatory medications, topical medications, cold water soaks, in-office procedures



Dr. Christopher Menke is a double board-certified podiatric surgeon at 26 Foot and Ankle in Madison, Ga. and can be reached at (706)981-5850. He performs a majority of his surgery at Morgan Medical Center in Madison and St. Mary's Good Samaritan Hospital in Greensboro. He also treats patients in the Dominican Republic through the nonprofit Surgeons of Service and hosts shoe drives for the needy.



# How to avoid repetitive strain injuries

Repetitive strain injuries can upset workflow and compromise exercise routines. Though such injuries are often characterized as nuisances, for many people they're much more than a minor inconvenience.

Data from the Occupational Safety and Health Administration indicates that repetitive strain injuries (RSI) affect roughly 1.8 million workers in the United States each year. Such injuries are common across the globe, as researchers in Sweden estimate that roughly one in 50 workers is suffering from the symptoms of RSI. These injuries also are not limited to adults, with one study from researchers at Australia's University of Technology finding that 60 percent of children suffered discomfort when using a laptop.

The Cleveland Clinic notes that RSI most commonly affect certain parts of the body, including:

- fingers and thumbs
- wrists
- elbows
- arms
- shoulders
- knees

These areas of the body are vulnerable when people routinely engage in activities in which they repeat the same motions. For example, office workers who spend eight hours a day

typing away at their computers may develop RSI in their fingers, thumbs, wrists, and/or elbows. Such workers need their jobs, so what are they and others who suffer work-related RSI to do? Prevention of RSI is not always so easy, but individuals can try various strategies to reduce their risk of developing RSI.

- Make adjustments to your workstation. Individuals whose RSI are a byproduct of sitting at a desk and working on a computer all day long can adjust their workstations to see if this helps reduce strains. For example, a keyboard wrist rest is an inexpensive accessory that can be placed between users and their keyboards to keep their wrists in a neutral position and alleviate wrist pain that results from typing all day. Mouse rest pads serve a similar function and can be equally effective. A keyboard and mouse pad should be low enough to allow users to relax their shoulders.

- Consider replacing your desk and/or chair. Desks and chairs also could increase risk for RSI if it they are not compatible. Office workers should be able to pull their chairs beneath their desk when they're sitting and working. If the desk is too small or low to the ground to allow that, or if the chair is not adjustable so it can be pulled up to the edge of the desk while working,

workers' posture could suffer, as they will be forced to lean into their desk and narrow their shoulders when typing. The Cleveland Clinic notes that improving posture helps people avoid putting extra stress on their bodies that can contribute to RSI.

- Get up and walk around.

Prolonged periods of sitting can increase the risk of RSI. Sitting at a desk all day long without taking routine breaks means those parts of your body vulnerable to RSI, such as the wrists, elbows and shoulders, are not moving all day. The strain that puts on these parts of the body increases RSI risk, which underscores the importance of taking routine breaks.

- Stretch before sitting down.

Stretching may be something associated with a workout routine, but the principles of stretching also apply to sitting at a desk. Exercise enthusiasts stretch to loosen and protect their muscles and tendons from injury, and the same idea can safeguard office workers as well. Some simple stretches throughout the day can keep muscles and tendons in the hands, elbows and shoulders loose and reduce the risk of RSI.

Individuals vulnerable to repetitive strain injuries can employ various techniques to reduce the likelihood that these painful and potentially debilitating conditions develop. ❖



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# Nutrition in a can?



You probably just planted seeds or seedlings for your backyard garden; so, while you eagerly wait for those fresh sun-ripened vegetables, you can still find healthy and delicious options on the grocery store shelves.

Canned foods can provide significant nutrition, especially if you cannot find fresh fruits and vegetables during certain times of year, such as winter. In fact, the Produce for Better Health Foundation notes that research indicates canned foods offer comparable nutrients to fresh and frozen foods.

The PBHF reports that canned foods are minimally processed, which helps to preserve nutrients and flavor. However, dietitians note that all canned foods are not made the same, so it's imperative that shoppers read food labels prior to purchasing any canned goods. Overconsumption of sodium, which has been linked to health problems such as hypertension, heart attack and stroke, is a common consumer concern about canned foods. Shoppers can ease such concerns by reading product labels and looking for items described as "sodium-free," "low sodium" and/or "no salt added." If none are available, dietitians suggest that before heating the canned vegetables, rinse them under running water to help remove some of the salt. ❖

## FUN FACT!

**Buying canned food is good for you and the environment too!**

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[familymedicalassociates.com](http://familymedicalassociates.com)

### Greene County Health Dept.

1031 Apalachee Rd., Greensboro  
(706) 453-7561



### Lake Oconee Urgent Care & Specialty Center

114 Harmony Crossing, Ste. 1  
Eatonton  
(706) 484-0884

### Mercer Medicine Multi-Specialty Clinic

(Behavioral health, cardiology, endocrinology, infectious disease, psychiatry, pulmonology, sports medicine)  
250 Martin Luther King Jr. Blvd.  
Macon  
(478) 301-4111

### Morgan County Health Dept.

2005 S. Main St., Ste. 200, Madison  
(706) 752-1266

### Oconee Valley Healthcare

803 S. Main St., Greensboro  
(706) 453-1201  
and 1041 Park Dr., Greensboro  
(706) 453-4945  
and 510 N. Cobb St., Milledgeville  
(478) 414-1414

### Piedmont Urgent Care Athens

485 N. Hwy. 29, Athens  
(706) 353-9300

### Putnam County Health Dept.

117 Putnam Drive, Suite C, Eatonton  
(706) 485-8591

### Piedmont Urgent Care

1010 Village Dr., Watkinsville  
(706) 769-0000

### Regional FirstCare

Dr. Rick A. Brewer  
1960 Experiment Station Rd.,  
Watkinsville  
706-769-0000

## CONCIERGE MEDICINE

### Dr. James Tippet

Board Certified In Internal Medicine  
1210 Commerce Drive, Suite 106  
Greensboro  
706-510-3659  
drippedt.com

### Lake Oconee Specialty Center

114 Harmony Crossing,  
Suite 1, Eatonton  
(706) 484-0884

### Pamela Hall, MD

2002 S. Main St., Madison  
(706) 438-1122

## COSMETIC, AESTHETIC & RECONSTRUCTIVE PLASTIC SURGERY

### Aesthetic Specialty Centre Plastic Surgery & Dermatology

Marc E. Yune &  
Raven Elosiebo- Walker, MD  
2001 Linger Longer Rd., Greensboro  
(706) 467-6500 • (770) 393-9000  
asc-psd.com

### Augusta University Medical Associates

2011 Westend Dr, Greensboro  
(706) 453-9803  
augustahealth.org/lakeoconee

### Solimar MediSpa

Dr. Solimar Marisol  
1003 Fernwood Dr., Milledgeville  
(478) 804-1772

### Southern Laser Medical Spa and Healing Arts

Dr. Ceasar Gumicio  
921 Harmony Rd., Ste. 2, Eatonton  
(706) 485-7200

## DENTISTRY

### ENDODONTICS:

#### Lake Oconee Endodontics

1011 Parkside Commons,  
Suite 103, Greensboro  
(706) 484-9844

### GENERAL:

#### H. Meigan Miller, DMD Family Dentistry

104 N. LaFayette Ave., Eatonton  
(706) 485-9031

#### Dr. Frank Arnold, DMD

1421 N. Columbia St. Milledgeville  
478-454-2114

#### Dr. Michael Miller

Lake Oconee Family Dental  
1050 Founders Row, Greensboro,  
706-454-3040

#### Dr. Thomas L. Brown

104 N. Lafayette St., Eatonton  
(706) 485-6313

#### Thomas L. Davidson, DMD

300 N. Jefferson St., Milledgeville  
(478) 452-3820

### Greensboro Cosmetic and Family Dentistry

B. Scott Hillin, DMD  
1590 S. Main St., Greensboro  
(706) 453-7860

### Gregory Graham, DMD

395 Meadow Ridge Dr., Milledgeville  
(478) 452-0270

### John Harrington, DDS

645 W. Thomas St., Milledgeville  
(478) 453-8666

### Janet Hogan Harrison, DDS, PC

108 Fieldstone Dr., Milledgeville  
(478) 453-7535

### Lake Oconee Dentistry

1011 Parkside Main, Greensboro  
(706) 453-1333

### Lake Oconee Oral Surgery & Dental Implant Center

1031 Founders Row, Greensboro  
(706) 454-1500

### Choice One Dental Care

Russell A. Marson, DDS  
1041 Parkside Commons,  
Ste. 104, Greensboro  
(706) 454-0044

### Scott R. Roberts DMD

Roberts Dental Care  
1021 Founders Row, Greensboro  
(706) 454-1233

### Lake Country Dental Care

Dr. Michael Lefkove  
750 N. Cobb St., Ste. 140,  
Milledgeville  
(478) 452-3768

### R. Richard Reichman, DDS, FICCMD, FACMS

1040 Barclay Dr., Madison  
(706) 342-1242

### Madison Family Dentistry

Dr. Marie Detienne  
1686 Eatonton Rd., Madison  
(706) 342-0550

### T. Alan Maxwell, DDS

179 Garrett Way, Milledgeville  
(478) 453-3004

### Moore Family & Cosmetic Dentistry

Dr. William Moore Jr.  
1961 S. Main St., Greensboro  
(706) 453-2351

### Joshua Whetzell, DMD Forest R. Padgett, DMD

1880 Bethany Rd, Ste. A, Madison  
(706) 342-3636

### Peters and Justice Dental Office

Alfred B. Peters, DMD, PC and Leroy  
Justice, DDS, PC  
540 W. Thomas St., Ste. A  
Milledgeville  
(478) 453-8464

### Scherer Family Dentistry

2151 Eatonton Rd., Bldg. D., Madison  
(706) 752-1910

### Adrian Woodruff, DMD

480 Hancock St., Madison  
(706) 342-2155

### Young-Jones Dental Center

136 Sparta Hwy., Eatonton  
(706) 484-0282

### ORTHODONTICS:

#### Orthodontic Care of Ga.

Bret Freedman, DMD  
Hector Bush, DMD  
1690 Eatonton Rd., Madison  
(706) 342-7272

#### Paschal Orthodontics

1880 Bethany Road,  
Suite B, Madison  
1110 Commerce Rd.,  
Suite 111, Greensboro  
(706) 342-7330  
paschalorthodontics.com

#### Sanchez and Craig Orthodontics

202 N. Jefferson St., Eatonton  
(706) 485-5778  
1006 Fernwood Dr., Milledgeville  
(478) 452-7441  
197 W. Clinton St., Gray  
(478) 986-1556  
sanchezcraigsmiles.com

### ORAL SURGERY:

#### Lake Oconee Oral Surgery & Dental Implant Center

1031 Founders Row, Greensboro  
(706) 454-1500

### PEDIATRIC DENTISTRY:

#### Sanchez and Craig Orthodontics

202 N. Jefferson St., Eatonton  
(706) 485-5778  
1006 Fernwood Dr., Milledgeville  
(478) 452-7441  
197 W. Clinton St., Gray  
(478) 986-1556

## DERMATOLOGY

### Aesthetic Specialty Centre Plastic Surgery & Dermatology

Marc E. Yune &  
Raven Elosiebo- Walker, MD  
2001 Linger Longer Rd., Greensboro  
(706) 467-6500 • (770) 393-9000  
asc-psd.com

### Georgia Skin Cancer & Aesthetic Dermatology

1000 Cowles Clinic Way, Greensboro  
Willow Cottage, Suite 100  
(706) 543-5858/1180 Resurgence  
Drive, Suite 100, Watkinville  
(706) 543-5858

### Dermatologic Surgery Specialists

Vickie M. Brown, MD  
840 W. Thomas St., Milledgeville  
(478) 742-2180

### Georgia Dermatology and Skin Cancer Center

230 N. Jefferson St., Milledgeville  
(478) 453-8484

## DIALYSIS

### DaVita Milledgeville Dialysis

400 S. Wayne St., Milledgeville  
(800) 424-6589

### Greensboro Dialysis & Nephrology

1220 Siloam Rd., Greensboro  
(706) 453-7222

### Lake Oconee Dialysis Center, LLC

1000 Cowles Clinic Way, Greensboro  
(706) 454-1440

### Medical Kidney Services of Central Georgia

Dr. James Rowland  
521 W. Montgomery St., Ste. 14A  
Milledgeville  
(478) 453-2031

### Oconee Dialysis Center

421 N. Jefferson St., Milledgeville  
(478) 451-0064

## EAR, NOSE, THROAT

### Augusta University Medical Associates

2011 Westend Dr, Greensboro  
(706) 453-9803  
augustahealth.org/lakeoconee

### Middle Georgia Ear, Nose and Throat Center, PC

Rick Lockhart, MD  
111 Fieldstone Dr., Ste. 102  
Milledgeville  
(478) 452-6610

### Oconee Ear, Nose, Throat

Brad Mathias, MD  
850 W. Thomas St. Milledgeville  
(478) 452-4800

### Arthur Torsiglieri MD FACS

Ear, Nose and Throat Specialists  
1370 Wellbrook Circle  
Conyers, GA. 30012  
770-922-5458  
1110 Commerce Drive. Ste 108  
Greensboro  
www.entspecialists.net

## FAMILY PRACTICE

### Omar Akhras, MD

120 Sparta Hwy. Eatonton  
(706) 485-4002

### Augusta University Medical Associates

2011 Westend Dr, Greensboro  
(706) 453-9803  
augustahealth.org/lakeoconee

### Family Practice and Surgery

120 Sparta Hwy. Eatonton  
(706) 485-4002

### Diana C. Homeier, MD

117 Harmony Crossing, Ste. 1  
Eatonton  
(762) 320-2100

### J.I.L. Family Healthcare Center

Dorothy Stewart, MD  
325 N. Cobb St. Milledgeville  
(478) 453-2606

### Rakesh Kumar, MD

123 Sparta Hwy., Eatonton  
(706) 485-2621

### Lake Oconee Urgent Care & Specialty Center

105 Harmony Crossing, Ste. 3  
Eatonton  
(706) 484-0884

### Dan Zant, MD

1820 Bethany Rd, Madison  
(706) 438-1122

### Madison Medical Associates

1550 Eatonton Rd., Madison  
(706) 752-0322

### Madison Primary Care

1311 Atlanta Hwy Ste. C, Madison  
(706) 342-3103

### Middle GA Medical Associates

Dr. Joshua Lang, MD  
1110 Commerce Rd  
Ste 108, Greensboro  
706-999-0243  
www.middlegama.com

### Oconee Family Medicine Center

Roy Deen, James Smith Jr.,  
Michael Duke, MDs  
800 W. Thomas St., Milledgeville  
(478) 453-9346

### Phillips Family Medicine

Kimberly Phillips, MD  
142 Hospital Perimeter Rd., Eatonton  
(706) 485-1145

### Susan Jones, MD

952 Lake Oconee Pkwy., Eatonton  
(706) 485-0880

### Tendercare Community Health Center

803 S. Main St., Greensboro  
(706) 453-1201

## GASTROENTEROLOGY

### East Atlanta

### Gastroenterology Associates

1000 Cowles Clinic Way, Greensboro  
Cowles Clinic, Cypress Bldg,  
Suite C-300  
(770) 922-0505  
Morgan Memorial Office  
1075 South Main Street, Madison  
(770) 922-0505

### Keith Garnto, MD

G. I. Specialist  
163 NE Roberson Mill Rd., Milledgeville  
(478) 453-9402

## GENERAL SURGERY

### Athens General & Colorectal Surgeons

1110 Commerce Rd  
Ste 108, Greensboro  
706-548-5488  
athensgeneralsurgeons.com

### Augusta University Medical Associates

2011 Westend Dr, Greensboro  
(706) 453-9803  
augustahealth.org/lakeoconee

### Eatonton Medical & Surgical Center

132 Sparta Highway, Eatonton  
(706) 485-8495

### W. Andrew Lawrence, MD

740 Prince Ave., Building 2, Athens  
1110 Commerce Drive,  
Suite 108, Greensboro  
(706) 548-5488

### Oconee Surgical Associates

Harinder Brar, MD  
315 N. Cobb St., Milledgeville  
(478) 453-0230

### Piedmont Regional Surgical Associates

Stephen Langston /Seth Rion, MDs  
750 N. Cobb St. Ste. 130,  
Milledgeville  
(478) 452-1024

### Michael Roberts, MD

750 N. Cobb St., Ste. 110,  
Milledgeville  
(478) 452-0205

### Surgical Associates of Atlanta, PC

Charles R. Finley, MD  
1000 Cowles Clinic  
Cowles Clinic, Greensboro  
(404) 688-1934  
www.cowlesclinic.com

## HEALTH & REHAB

### Chaplinwood Health & Rehab.

325 Allen Memorial Dr., Milledgeville  
(478) 453-8514

### Eatonton Health & Rehab.

125 Sparta Highway, Eatonton  
(706) 485-8573

### Greene Point Health & Rehab.

1321 Washington Hwy., Union Point  
(706) 486-2167

### Legacy Health & Rehab.

1211 Siloam Rd, Greensboro  
(706) 453-1912



## HOME HEALTH CARE

**A.C.T. Home Health Care, Inc.**  
1075 Gaines School Rd., Athens  
(706) 559-4432

**Amedisys Home Health Care**  
500 Great Oaks Dr., Ste. 3, Monroe  
(770) 207-0790

**Amicita**  
1612 Mars Hill Road,  
Suite B, Watkinsville  
(706) 769-5330

**Piedmont Home Health**  
1510 Prince Ave., Athens  
706-475-5500

**Bright Star Healthcare**  
3021 Atlanta Hwy, Ste 106, Athens  
(706) 548-0100

**Encompass Home Health**  
117 Harmony Crossing,  
Suite 7, Eatonton  
(706) 485-7188

**St. Mary's Home Health Care**  
1021 Jamestown Blvd #215,  
Watkinsville  
(706) 389-2273

## HOSPICE

**Abbey Hospice**  
215 Azalea Court, Social Circle  
(770) 464-5858

**Silverleaf Hospice**  
435 Hawthorne Ave. #500, Athens  
(706) 546-0286

**St. Mary's Hospice**  
1021 Jamestown Blvd, Watkinsville  
(706) 389-2273

## HOSPITALS

**Atrium Health Navicent Baldwin**  
821 N. Cobb St., Milledgeville  
(478) 776-4000

**Morgan Medical Center**  
1740 Lions Club Rd., Madison  
(706) 342-1667

**Piedmont Newton Hospital**  
5126 Hospital Dr. NE, Covington  
(770) 786-7053

**Piedmont Athens Regional  
Medical Center**  
1199 Prince Ave., Athens  
(706) 475-7000

**Putnam General Hospital**  
101 Lake Oconee Parkway, Eatonton  
(706) 485-2711

**St. Mary's Health Care System**  
1230 Baxter St., Athens  
(706) 389-3000

**St. Mary's Good  
Samaritan Hospital**  
5401 Lake Oconee Pkwy.,  
Greensboro  
(706) 453-7331  
www.stmarysgoodsam.org

## INTERNAL MEDICINE

**Augusta University  
Medical Associates**  
2011 Westend Dr, Greensboro  
(706) 453-9803  
augustahealth.org/lakeoconee

**Baldwin Medical Center**  
Saqib Nazir, MD  
644 N. Cobb St., Milledgeville  
(478) 452-3700

**Eduardo Cossio, MD**  
1075 S. Main St., Ste. 300, Madison  
(706) 342-0449

**Miguel Cossio, MD**  
1075 S. Main St., Ste. 400, Madison  
(706) 342-9664

**Eatonton Medical  
and Surgical Center**  
Ajay Kumar, MD  
132 Sparta Hwy., Eatonton  
(706) 485-8495

**George Martinez, MD**  
750 N. Cobb St. Ste. 120,  
Milledgeville  
(478) 452-5515

**Middle Georgia Chest and  
Medical Center and Sleep  
Diagnostics Ctr**  
Ram K. Puri, MD, FACP,  
FCCP, D, ABSM  
132-C Sparta Highway, Eatonton  
(706)497-7910  
1209 N. Columbia St., Milledgeville  
(478) 452-3200

**Middle Georgia  
Medical Associates**  
Mary Nesbit, MD  
1110 Commerce Dr, Ste 108  
Greensboro, GA 30642  
706-999-0243

**Oconee Medical Assoc.**  
Catherine Roberts; Brinson Shiver, MDs  
641 W. Thomas St. Milledgeville  
(478) 453-0662

**Piedmont Athens Regional  
Physician Group  
Internal Medicine**  
Aurelio D. Manto, M.D.  
Richard W. Baehler, M.D.  
1000 Cowles Clinic, Willow Cottage  
Suite W-200, Greensboro  
(706) 999-9710

**Dr. James Tippett**  
Board Certified  
1210 Commerce Drive, Suite 106  
Greensboro  
706-510-3659 • drtippett.com

**William Waller III, MD**  
1211 N. Columbia St., Milledgeville  
(478) 452-1780

**Rose Ann Weaver, MD**  
172 N. Main St., Madison  
(706) 342-4106

## NATUREPATHICS

**IV Wellness Solutions**  
646 Old Phoenix Rd. Suite C,  
Eatonton  
1001 Village Park Dr., #105,  
Greensboro  
(678) 725-4792

## NEPHROLOGY

**Athens Kidney Center**  
1311 Atlanta Hwy., Madison  
(706) 752-1113

**Athens Nephrology**  
Athens Nephrology Associates  
2047 Prince Ave, Suite B, Athens  
(706) 546-0083

**Nephrology Associates**  
B. Brezina, M.D.; Don Williamson, M.D.  
1000 Cowles Clinic Way  
Spruce Cottage, Suite S-100  
Greensboro  
(706) 722-6900

**Piedmont Athens Regional  
Physician Group**  
Nephrology  
Richard W. Baehler, M.D.  
1000 Cowles Clinic  
Willow Cottage, Suite W-200  
Greensboro  
(706) 999-9710

**James Rowland, MD**  
521 W. Montgomery St.,  
Ste. 14A, Milledgeville  
(478) 453-2031

## NEUROLOGY

**Athens Neurological  
Associates**  
1088 A Baxter St., Athens  
(706) 353-0606  
1000 Cowles Clinic Way, Greensboro  
Aspen Cottage, Suite A-100  
(706) 353-0606

**Augusta University  
Medical Associates**  
2011 Westend Dr, Greensboro  
(706) 453-9803  
augustahealth.org/lakeoconee

**Oconee Neurology Svc**  
James Wilson, MD  
425 N. Cobb St., Milledgeville  
(478) 454-1034

**St. Mary's  
Neurological Specialists**  
Angela McSwain, MD  
1110 Commerce Dr, Ste 108  
Greensboro, GA 30642  
706-310-1859

## NUTRITIONIST

**Oconee Nutrition Consultants**  
646 Old Phoenix Road,  
Suite J, Eatonton  
(706) 473-5801

## OBSTETRICAL/ GYNECOLOGY

**Academia of Women's Health &  
Endoscopic Surgery**  
Assia A. Stepanian, M.D.  
1000 Cowles Clinic Way  
Cypress Cottage, Suite C-300  
Greensboro  
(404) 549-3324 (main #)  
(706) 999-0190 (local)

## HerDoc

Shanna Holcomb, M.D.  
121 Harmony Crossing, Suite 1  
Eatonton  
(762)220-1222

## Milledgeville OB/GYN Associates PC

Suzanne Palmer,  
Charles F. Brown, MDs  
Katherine Webster, PA  
750 N. Cobb St., Milledgeville  
(478) 453-8511

## The Woman's Care Center

Dr. Solimar Marisol  
1001 Fernwood Dr. Milledgeville  
(478) 453-8100

## ONCOLOGY

### Piedmont Athens Regional Medical Center

1199 Prince Ave., Athens  
(706) 475-7000

### Georgia Cancer Specialists

1000 Cowles Clinic Way, Greensboro  
Magnolia Building  
(706) 454-0159  
1000 Cowles Clinic Way  
Magnolia Building, Greensboro  
gacancer.com

## OPHTHALMOLOGY/OPTOMETRY

### Advanced Family Eyecare

223 S. Main St., Madison  
(706) 343-1876

### Jennifer M. Cousins, OD

1681 Eatonton Rd., Madison  
(706) 342-8018

### Cowles Clinic Ophthalmology

Dennis M. Marcus  
1000 Cowles Clinic Way, Greensboro  
Elm Cottage, Suite E-100  
(800) 487-2248

### Eyewear Gallery of Lake Oconee

109 Harmony Crossing  
Suite 5, Eatonton  
706-484-2121

### Family Eye Care Assoc. of Milledgeville

111 Fieldstone Rd., Ste 100  
Milledgeville  
(478) 453-9333

## Georgia Center for Sight

1110 Commerce Dr., Ste. 112  
Greensboro  
(706) 453-1922

## Lake Oconee Eye Care

6061 Lake Oconee Parkway,  
Greensboro.  
(706) 453-4535

## ORAL & MAXILLOFACIAL SURGERY

### Lake Oconee Oral Surgery & Dental Implant Center

1031 Founders Row, Greensboro  
(706) 454-1500

## ORTHOPEIC, NON-SURGICAL

### Joint Regeneration of Lake Oconee

112 Harmony Crossing Suite 1,  
Eatonton  
(762) 220-1199

## ORTHOPEDIC SURGERY

### Athens Orthopedic Clinic

1000 Cowles Clinic Way, Greensboro  
(706) 549-1663

### Augusta University Medical Associates

2011 Westend Dr, Greensboro  
(706) 453-9803  
augustahealth.org/lakeoconee

### Oconee Orthopedics

Steven P. Niergarth, DO  
1201 N. Columbia Dr., Milledgeville  
(478) 451-0040

### Athens Orthopedic Clinic Madison

M. Shane Smith, MD  
1075 S Main St., Madison  
(706) 549-1663

### Southern Orthopedics

Mark L. Mudano, MD  
541 W. Montgomery St., Ste. 1  
Milledgeville  
(478) 451-0200

### St. Mary's Health Care System

1230 Baxter St. Athens  
(706) 389-3000

## Robert Thornsberry, MD

3708 Northside Dr., Macon  
(478) 745-4206

## PAIN MANAGEMENT

### Piedmont Newton Interventional Pain Management Center

5126 Hospital Drive, Covington  
(770) 786-7053

### Ancora Pain Recovery

1030 Founders Row, Greensboro  
(706) 433-0723

## PATHOLOGY

### Cowles Clinic Quest Diagnostics

1000 Cowles Clinic Way, Greensboro  
Aspen Cottage, Suite A-400, 2nd floor  
(706) 454-0025

## PEDIATRICS

### Augusta University Medical Associates

2011 Westend Dr, Greensboro  
(706) 453-9803  
augustahealth.org/lakeoconee

### Eatonton Pediatrics

Muneer Hakim, MD  
116 Sparta Hwy., Eatonton  
(706) 923-0904

### Kids First Pediatrics

530 North Cobb Street  
Milledgeville, GA 31061  
(478) 453-1020

### Lake Oconee Pediatrics

Christopher Bassett, MD  
1011 Parkside Commons, Unit 101  
(706) 454 - 1210

### Middle Georgia Pediatrics

Chen K. Ho, MD  
2938 Heritage Pl., Ste. A, Milledgeville  
(478) 453-0453

### Oconee Valley Healthcare

803 S. Main St., Greensboro  
(706) 453-1201

### Pediatrics 'R' Us

Muneer Hakim, MD  
1015 Fernwood Dr. Milledgeville  
(478) 452-3835

### Milledgeville Pediatrics

Luis Samper, MD; Marshall Ivey, MD  
750 N. Cobb St., Milledgeville  
(478) 453-9383

## PHARMACY

### Lake Country Pharmacy

1110 Commerce Dr #110,  
Greensboro  
(706) 923-2933

## PHYSICAL THERAPY

### Advance Rehabilitation Physical Therapy

1000 Cowles Clinic Way, Suite D-100,  
Greensboro  
(706) 454-1394  
www.advancerehab.com

### East Athens Physical Therapy

1541 Buckhead Rd., Madison  
(706) 342-0336

### Lake Oconee Rehabilitation and Performance Center

117 Harmony Crossing  
Suite 4, Eatonton  
(706) 454-1811  
rehabandperformance.com

### Madison Health and Rehab

2036 S. Main St., Madison  
(706) 342-3200

### Magnolia Medical Group

946 Harmony Rd., Eatonton  
(706) 432-1694

### Morgan Medical Center

1740 Lions Club Rd., Madison  
(706) 342-1667

### Physical and Athletic Rehabilitation Center

1203 Columbia Dr., Milledgeville  
(478) 452-6200

### ProMotion Physical Therapy & Rehabilitation

1001 Village Park Dr.  
Suite 105, Greensboro  
(706) 454-2000

### Putnam General Hospital Physical Therapy

101 Lake Oconee Pkwy., Eatonton  
(706) 485-2711, ext. 2015

### Serenity Physical Therapy

106 NE Sportsman Club Rd.  
Milledgeville  
(478) 453-0041



## **St. Mary's Good Samaritan Hospital**

5401 Lake Oconee Parkway  
Greensboro, GA 30642  
706-453-5088

## **PODIATRY**

### **Associated Foot & Ankle Specialists**

Dr. Matthew Weintraub  
Dr. G. Wayne Newman Jr.  
1567 Milstead Rd., Suite A, Conyers  
(770) 483-2291

### **DaVinci Foot and Ankle**

Dr. Christopher Menke and  
Dr. Allison Menke  
1031 Village Park Drive  
Suite 103, Greensboro, GA  
(706) 999-9994

### **Foot Specialist Inc.**

151 N. Jefferson St., Milledgeville  
(478) 452-7342

### **Georgia Foot and Ankle**

1075 S. Main St., Suite 200, Madison  
(770) 786-0070

### **Personal Foot & Ankle Specialist**

Thuy Giang, DPM  
1820 N. Columbia St., Milledgeville  
(478) 451-0300

## **PULMONARY**

### **Cardiopulmonary Associates of Central Georgia**

511 N. Cobb St., Ste. 13, Milledgeville  
(478) 453-9472

### **Southeastern Lung Care**

1000 Cowles Clinic Way  
Dogwood Cottage, Suite D-200  
Greensboro, GA 30642  
(762) 445-1311

## **PSYCHIATRY**

### **Senior Life Enrichment Center**

Shahzad Hashmi, MD  
1511 Eatonton Road,  
Suite 100, Madison  
(706) 752-1616

## **PSYCHOLOGIST**

### **Kathleen A. McGrady, Psy.D., ABDA**

112 Harmony Crossing, Suite 2  
Eatonton  
(706) 347-4861

## **RADIOLOGY**

### **Milledgeville Imaging Center**

1850 N. Columbia St.,  
Ste. 3, Milledgeville  
(478) 453-4101

### **Morgan Medical Center**

1740 Lions Club Rd., Madison  
(706) 342-1667

### **Oconee Medical Assoc.**

641 W. Thomas St., Milledgeville  
(478) 453-0662

### **Piedmont Athens Regional Medical Center**

1199 Prince Ave., Athens  
(706) 475-7000

### **Piedmont Newton Hospital**

5126 Hospital Dr. NE, Covington  
(770) 786-7053

### **Putnam General Hosp.**

101 Lake Oconee Pkwy, Eatonton  
(706) 485-2711

### **St. Mary's Good Samaritan Hospital Imaging**

5401 Lake Oconee Parkway  
Greensboro, GA 30642  
706-453-5043

## **SLEEP DISORDERS**

### **Middle Georgia Chest and Medical Center and Sleep Diagnostics Ctr**

Ram K. Puri, MD, FACP,  
FCCP, D, ABSM  
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(706) 497-7910  
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# How to boost your mood through food

■ *By Laura Williamson | American Heart Association News*

You've had a bad breakup, a rotten day at work or you're just too exhausted to cook. You're craving comfort, something to soothe your mood. So, you reach for ... a salad?

Probably not. But if it's happiness you want, those leafy greens are a far better choice than a tub of ice cream or a bowl of mac and cheese.

"You might have an initial nice feeling, but comfort foods are ultimately discomfort for the brain," said Dr. Uma Naidoo, a nutritional psychiatrist, chef and director of nutritional and metabolic psychiatry at Massachusetts General Hospital in Boston.

Eating ice cream and high-carb foods feels good because it sends tryptophan to the brain, said Naidoo, who wrote a book published in 2020 that explored the connections between food, mood, and the brain. Tryptophan

is an amino acid that helps the body make serotonin, a mood-boosting hormone. But that good feeling can become addictive, causing the body to crave foods that will ultimately lower mood as it also raises blood sugar. Foods high in sugar, refined flour or saturated fats activate inflammation, which is strongly linked to depression.

Conversely, research suggests eating a diet high in fruits, vegetables, fish and whole grains can lower your risk for depression by fighting inflammation.

"For every 100 grams of fruits or vegetables consumed, the risk for depression falls by up to 5%, according to a meta-analysis of 18 studies published in the *British Journal of Nutrition* in 2018."

But since salads don't generate an immediate pleasure bump, people don't associate them with positive moods.

And we're not taught to think of them that way, Naidoo said. "Doctors don't say, 'Eat your leafy green vegetables because they will ultimately improve your mood.' People need to understand the purpose of eating a colorful salad."

Another reason people don't reach for healthy foods to improve mood is they "don't necessarily eat for health," said Michel Lucas, an associate professor in the department of social and preventive medicine at Laval University School of Medicine in Quebec City.

"Eating is a social act and linked to our cultural and emotional memory," he said. For example, foods that spark childhood memories can bring comfort, whether they're good for our bodies or not.

"We often forget that eating is a pleasure," said Lucas, who suggested people try eating a greater variety of



fresh, whole foods and experiment with cooking to discover new tastes and experiences, using spices that bring out food's natural flavors.

"We need to have a different relationship with the food we are eating,"

he said. "If you like lemon, fresh lemon zest is completely different than the taste of artificial lemon juice. Stay away from the ultra-processed, from the experience of that."

Eating whole foods and an overall plant-based diet is the best way to maximize the intake of mood-boosting foods, Lucas said. But eating something that's not good for you occasionally is fine. "What's more important is what you eat day to day."

Naidoo suggests incorporating dietary changes slowly. Begin by cutting back on foods that drive depression. These include processed, highly refined foods with little fiber, such as junk foods and fast foods that are cooked with processed vegetable oils, trans fats, artificial sweeteners, and foods with added sugars.

"Then add in fiber-rich foods and foods with a lot of folate," an essential nutrient that has been shown to alleviate depression, she said. "These are very important to help your mood and can be found in dark, leafy greens, fruit, nuts, beans, peas, fish and other foods." Spinach, Brussels sprouts and asparagus are especially high in folates.

Many spices, such as ginger, turmeric and black pepper, also help fight inflammation, she said. So do omega-3 fatty acids found in fatty fish and flaxseed.

Just don't expect immediate results, Naidoo said.

"This is not a quick fix. It's not an overnight thing," she said. "If you just have turmeric once, it's not going to change your mood. But if you incorporate this into your lifestyle, cook with garlic on a daily basis, add a little bit of spice, add more vegetables to your diet, more beans and seeds and nuts, over time you will start to see the difference."

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# How to prevent cancer – or find it early

■ *Source: Center of Disease Control*

You can lower your risk of getting many common kinds of cancer by making healthy choices. Screening tests can find some cancers early, when treatment works best. Vaccines (shots) can help prevent several kinds of cancer. Learn more about how to lower your risk of getting cancer.

## **Screening Tests**

Getting screening tests regularly may find breast, cervical, and colorectal (colon) cancers early, when treatment is likely to work best. Lung cancer screening is recommended for some people who are at high risk.

## **Healthy Choices**

You can reduce your risk of getting cancer by making healthy choices like keeping a healthy weight, avoiding

tobacco, limiting the amount of alcohol you drink, and protecting your skin.

## **Vaccines (Shots)**

Vaccines (shots) also help lower cancer risk. The human papillomavirus (HPV) vaccine helps prevent most cervical cancers and several other kinds of cancer. The hepatitis B vaccine can help lower liver cancer risk.

## **Preventing cancer across a lifetime**

CDC scientists and other experts explored ways to lower cancer risk at different ages, including early childhood, adolescence, early adulthood, midlife, and older adulthood.

See [cdc.gov/cancer/dcpc/prevention](https://cdc.gov/cancer/dcpc/prevention) for specific details on each age group.



# Did you know?

Though cancer is a formidable foe, data from the World Health Organization suggests that millions of cancer fatalities can be prevented each year. According to the WHO, cancer accounted for nearly 10 million deaths in 2020. Roughly one-third of those deaths were due to tobacco use, high body mass index, alcohol consumption, low fruit and vegetable intake, and sedentary lifestyles. Cancers linked to such behaviors can be prevented when individuals make healthier lifestyle choices. In fact, the WHO estimates that between 30 and 50 percent of cancers can currently be prevented by avoiding risk factors, including tobacco use and poor diet, and implementing evidence-based prevention strategies, such as measures designed to minimize occupational exposure to ionizing radiation and reducing exposure to outdoor and indoor air pollution.



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