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livingwell



Groups and individual runners participate in the Healthy Hinesville 5K on Oct. 11 to benefit patients at Georgia Regional Hospital who have mental-health problems.

Photos by Samantha B. Koss

5K benefits mental-health services, promotes healthy living

By SAMANTHA B. KOSS
Coastal Courier correspondent

Seventy-two participants raced around Hinesville on Oct. 11 in the second annual Healthy Hinesville 5K to benefit local patients with mental-health problems and build awareness for the services that support them.

The race, which began at Bradwell Park, was part of the Healthy Hinesville Initiative, a program that promotes healthy lifestyles, nutrition and exercise.

During a ceremony after the run, the top three men and women in five age groups received awards. The first runner to finish was Mohamed San-koh, followed by Alexander Rodrigues and Daniel Lister. The first woman to cross the finish line was Maria Garcia.

Snelson-Golden Middle School's run group was the largest team to participate, and the members won a trophy for their efforts.

Saundrea Polk, who attends Georgia Southern University, participated in the event to help raise awareness for healthy lifestyles and to support the mental-health fundraiser.

"I used to run a lot in high school, so I'm trying to get back into the groove it," Polk said after crossing the finish line at the 27-minute mark, good for second place in her age category. "I've always been interested in fitness and nutrition, and I want to get back into running to stay healthy."

She originally is from Seattle but has family in the area.

"My aunt lives here and was recently diagnosed with heart failure, so I am trying to push her to improve her lifestyle," Polk said. "Eating right and exercising is so important, and it is never too late to make a change."

The proceeds from the event will go to Georgia Regional Hospital.

"The hospital is based in Sa-

vannah, but a lot of people don't realize that they accept patients from our entire region," Hinesville Public Relations Manager Krystal Hart said. "A lot of their patients are from Hinesville or Liberty County, so it is fitting to give the mental-health proceeds to that organization."

The Healthy Hinesville 5K was held to help the community focus on health and wellness and also to make people aware of the total health-and-wellness spectrum, which includes mental health.

"We wanted to piece together the puzzle," Hart said. "We are already doing

employee wellness challenges and giving information out to our employees on overall health and wellness. Mental health is an important part of that puzzle, too."

The Hinesville Downtown Development Authority will visit Georgia Regional Hospital in December to present the proceeds from this year's fundraising efforts.

"That is always a great event because it ties everything back together," Hart said. "It is so nice to be able to visit the patients, and they are always grateful for the company during the holiday season."

The event also provided a way for the community to support local businesses, and it gave the businesses a chance to sponsor a meaningful cause.

Joseph Grant, an agent with Hinesville State Farm, sponsored the event last year and participated this year as well.

"I'm really happy to contribute to such a worthwhile cause," said Grant, who originally is from Charleston, South Carolina. "This is such a great area, and these are the nicest folks I've ever met in my life. ... My wife and I feel very welcomed here."



Participants of the Healthy Hinesville 5K cross the finish line Oct. 11 near Bradwell Park in Hinesville.

Runners from Snelson-Golden Middle School receive a trophy from Hinesville Mayor Jim Thomas for having the largest group Oct. 11 at the Healthy Hinesville 5K.



Long County is planning a Diabetes Awareness Day

Diabetes-friendly chili cook-off among event competitions, activities

By MIKE RIDDLE
Coastal Courier correspondent

Diabetes is a disease that sometimes can be forgotten. But in the United States alone, there are over 26 million people living with it and another 79 million who are at risk of being diagnosed with it.

With so many people at risk, one would think the disease would receive more attention. But in many cases, people don't think about the disease or its prevention until it is too late.

A group in Ludowici led by Walt Pelton is planning to get the word out about this disease by holding the first-ever Long County Diabetes Awareness Day on Nov. 8 at the Long County Recreation Complex.

Activities include a CrossFit competition, a motorcycle dice run, pony rides, a bounce house and a diabetes-friendly chili cook-off. In addition, there will be free health screenings, live music, door prizes and a raffle for a 75-quart Grizzly Cooler.

Pelton said a 5K is on the schedule as well and that it's open to runners as well as walkers.

"The walk is free, but you may purchase a T-shirt designed for the event by a local high school student for \$25," Pelton said.

To preregister for the 5K, purchase a T-shirt or join a team, go to www.diabetes.org/stepoutsavannah. Although the majority of the activities will take place Nov. 8, Pelton said the fun actually will begin with a dance for both kids and adults at 6 p.m. Nov. 7 at Long Middle School.

"All proceeds from this event will go to the American Diabetes Association to help fight diabetes, a disease that affects one out of every three Americans," Pelton said.

There are two types of diabetes. Type 1 usually affects children and young adults when their bodies do not produce enough insulin.

Type 2 is the more common, affecting 95 percent of the people with diabetes.



Photo provided

Members of the Long County Diabetes Awareness Day committee include top row, from left: Timmy Wells, John Kuhnnek, Gerald Blocker, Shawn Smith, Focus Sanders, Juan Rosario and Shawn Cowart; and bottom row, from left: Debi Wells, Mary Pelton and Walt Pelton.

People with this type do not process glucose as they are supposed to, resulting in abnormal sugar levels.

Some of the signs of Type 2 diabetes include being unusually hungry or thirsty, frequent urination and unexplained weight loss. People who are overweight, smoke tobacco, are physically inactive or have high blood pressure are at the highest risk to be diag-

nosed with Type 2 diabetes, according to the American Diabetes Association.

"Please come out and support this great cause and have some fun," Pelton said.

For more information on becoming a vendor or sponsor, call Pelton at 912-656-6289. For more information on diabetes and its warning signs, go to www.diabetes.org.

Richmond Hill Pharmacy to celebrate 30th anniversary

Shop's Hinesville location has served community even longer

SPECIAL TO THE COURIER
editor@coastalcourier.com

RICHMOND HILL — Richmond Hill Pharmacy will celebrate its 30th anniversary next week with giveaways of a Kindle Fire and \$30 gift cards, free hot dogs, drinks and popcorn, as well as the annual sidewalk sale, Christmas open house and 11th annual health fair. During the celebration event, which is set for 10 a.m.-4 p.m. Nov. 7 at 2409 Highway 17 in Richmond Hill, pharmacists and staff will be present to answer questions and administer seasonal flu shots as well as pneumonia and shingles vaccines with a doctor's prescription.

"We wanted to celebrate our 30 years in business and say thank you to our loyal customers. They're the reason we've been around so long," said pharmacist Al Dixon, the owner of Richmond Hill Pharmacy. "We're extremely grateful for the continued support of this community. We couldn't have done it without them, and we look forward to many years to come."

Richmond Hill Pharmacy

has been serving customers in the Richmond Hill area since 1984. Dixon joined Richmond Hill Pharmacy in 1987 as a partner and became the sole owner in 1998.

In June 2012, Dixon purchased Medical Center Pharmacy, located at Memorial University Medical Center. The independent pharmacy serves the general public, patients of the hospital and hospital staff.

In 2001, Alex Tucker joined Dixon as a partner and pharmacist of both locations.

In 2002, Dixon and Tucker purchased Hinesville Pharmacy — previously Whitman Pharmacy — which was the only remaining independent pharmacy in Hinesville. It has been serving the Hinesville community for more than 30 years.

All three locations offer prescription compounding, blood pressure monitoring and diabetic education.

The Richmond Hill and Hinesville pharmacies also offer a range of medical equipment, including diabetic supplies, as well as a Hallmark gift gallery.

Amerigroup Georgia puts on a farmers market at Regency Park

Event includes free health screenings, education and kids' activities

SPECIAL TO THE COURIER
editor@coastalcourier.com

Amerigroup Community Care of Georgia brought an old-fashioned farmers market to the Hinesville Housing Authority's Regency Park Apartments last week.

At the Oct. 22 farmers market, Amerigroup Georgia conducted health screenings and provided health tips on various topics, including obesity, diabetes and nutrition.

In addition, Captain Amerigroup made a guest appearance and taught kids about eating healthy and staying active. The event ended with a dance contest, which was designed to keep children active and moving.

"We are excited to announce our new farmers market initiative," said Fran Gary, president of Amerigroup Community Care of Georgia. "By providing fresh produce and promoting healthy eating in a community gathering place, our farmers market initiative will also educate the community about the importance of healthy eating and how to maintain an active lifestyle."

Amerigroup, which will host various farmers markets throughout the state, is a WellPoint Inc. subsidiary that serves 7.7 million seniors, people with disabilities,



Photos provided



The Oct. 22 farmers market at the Hinesville Housing Authority's Regency Park Apartments provided residents with fresh produce and featured children's activities and health tips.

low-income families, other state- and federally sponsored beneficiaries and Federal Government Solutions enrollees in 26 states.

Amerigroup Georgia provides ongoing community relations and outreach to encourage members to become active participants in their health care. Through health-education programs, members are empowered to choose and sustain healthy lifestyles.

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Aerobathon showcases YMCA's fitness classes

Members and nonmembers enjoy chance to learn more about the community-based gym's offerings

By MICHELLE D. GOLDEN
Coastal Courier correspondent

The Liberty County Armed Services YMCA showed that it is more than just a gym and swim when it held an aerobathon earlier this month.

During the Oct. 11 event, 30 attendees participated in eight sessions with a new instructor every 30 minutes. Eleven people also competed at light, medium and heavy levels in the bench-press contest.

The aerobathon was established to make the local community aware of the plethora of free fitness classes the gym has to offer, according to Doni Brezenski, event coordinator and aerobics lead at the YMCA.

Brezenski said the YMCA has eight aerobics instructors on staff and offers 19 group-exercise classes ranging from popular ones like insanity, step and Zumba to classes that target specific areas of the body, such as Rock Hard Abs and Glute Camp.

Karen Branson, a YMCA aerobics instructor from Hinesville, said every exercise was represented at the aerobathon. She also said that the money collected from the event will stay in house to support other YMCA programs, including ones that support at-risk youth.

Donna Waite, the branch director of the Liberty County Armed Services YMCA, said the aerobathon provided a chance for the fitness conscious to push themselves physically — almost like a marathon.

Waite added that the



Left: The aerobathon participants who made it to the end of the event pose for a "survivors" photo. Right: A team of YMCA group-fitness instructors pose for photos during the Oct. 11 aerobathon in Hinesville.



Photos provided

event also provided an opportunity for members to learn more about the fitness classes that occur at times other than when they usually work out.

Elva Mihan, a YMCA member from Ludowici, just happened to be dropping off her kids for weight lifting during the aerobathon.

"(I was) thrilled to learn that they offered classes at night and a step class at that," she said, adding that she was unaware of evening classes because of her busy work schedule.

Meanwhile, YMCA member Eric Patel of Midway said he started out only wanting to stay at the aerobathon for an hour but ended up staying for the duration.

Ryan Golden, a nonmember from Midway, was one of top contenders in the bench-press contest.

"It was awesome," he said of the competition. "I can't wait for the next one."

Educating people of all ages

Brezenski said she was happy that the YMCA got the chance to reach the community and make people more aware of the fitness classes the gym offers.

She mentioned that events like the aerobathon are important because of the poor health statistics of people living in this part of the country.

"If we can get people involved in fitness through fun events such as the aerobathon, then we can help prevent the onset of certain diseases, such as diabetes and hypertension," Brezenski said.

Tony Velez, who works at the front desk of the YMCA, said activities like the aerobathon also give kids the opportunity to develop a discipline for exercise at an early age.

Nine-year-old Haiden Balderama, for example, enjoyed participating in the Zumba session with her

grandmother Maria Gregory, a member from Hinesville.

Kacey Gerhart, an instructor of a Zumba class at the gym, said the YMCA has tons of variety compared to other gyms in the Hinesville area and that the aerobathon was a great opportunity to show the community — members and nonmembers alike — that the YMCA is about community and family.

"This is why we sponsor programs like parents' night out, give free food to kids and sponsor free sports activities for kids," she added.

Joe Clark, a fitness coordinator at the gym, said that because the YMCA is so community based, it gives people a sense of belonging, which tends to make people more fitness oriented.

Partnering with the military

Branson, a military spouse, said the event reflected the partnership between the military and the

community in the Hinesville area.

The Liberty County Armed Services YMCA has a long history with the military. According to Branson, this includes sponsoring the Wounded Warriors program, providing an alternate physical-training site and responding to special requests from military units.

Erica Wymer, also a military spouse, is a nonmember from Hinesville who was invited by an employee. She said the YMCA's programming is good for nonworking military spouses who like to stay busy.

"If a person wasn't working, they could literally be in the gym all day," Wymer said.

Waite added that unlike other gyms in the Hinesville area, the YMCA gives families the opportunity to do everything in one place.

"We have the pool. We have soccer and gymnastics. We have day care," she said.

Supporting the community

The aerobathon also featured vendors from the local community, including Deborah Scaife from Farmer's Natural Foods; Britt D'Angelo, a recycling advocate who brought products made from recycled materials; and Stacey Koerner, a teacher at Lewis Frasier Middle School who sold Mary Kay products at the event.

The aerobathon was a "fabulous time of fellowship and fun," Koerner said.

Brezenski echoed that sentiment, referring to Scripture about praising God in the dance.

"Many people aren't fortunate enough to be able to move, and fitness gives us the ability to move," she said. "So, why not be into fitness and glorify God?"

Waite said the YMCA is planning to make the aerobathon a quarterly event starting in 2015.

New treatment target identified for aggressive breast cancer

Research led by scientist from Georgia Regents University's Medical College of Georgia

SPECIAL TO THE COURIER
editor@coastalcourier.com

AUGUSTA — One of the first-known oncogenes has a protein partner that helps breast cancer proliferate, and when it's blocked, so is the cancer, scientists recently reported.

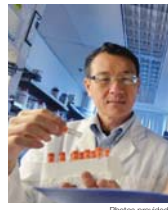
The gene ErbB2, commonly called HER2, is highly expressed in about 25 percent of breast cancers. Scientists now have found that the protein Erbin, thought to be an anti-tumor factor, also is highly expressed in these cancers and essential to ErbB2's support of breast cancer.

When scientists interfere with the interaction between the two in mice, it inhibits tumor development and the usual spread to the lungs, according to an international team reporting in the journal PNAS.

The team documented the overexpression of both in 171 cases of mostly aggressive human breast cancer as well.

The findings point toward a new therapeutic target for aggressive breast cancer and potentially an adjunct for women who become resistant to Herceptin, or trastuzumab, the drug commonly given to ErbB2-positive patients, said Dr. Lin Mei, corresponding author and chairman of the Department of Neuroscience and Regenerative Medicine at the Medical College of Georgia at Georgia Regents University. Additionally, Erbin could be a diagnostic biomarker that physicians look for in breast tissue biopsies, Mei said.

Erbin, which also is expressed in healthy breast



Photos provided

Dr. Lin Mei, corresponding author and chairman of the Department of Neuroscience and Regenerative Medicine at the Medical College of Georgia at Georgia Regents University, works in the lab.

tissue, is critical to the stability and activity of aggressive, ErbB2-positive breast cancer, the research shows.

When the scientists decreased Erbin levels, breast-cancer growth and spread dramatically was reduced or eliminated.

"Erbin is an intracellular molecule that binds to ErbB2 and stabilizes it," Mei said. "If you take it out, ErbB2 becomes unstable."

ErbB2, on the other hand, typically extends both outside and inside breast cancer cells. Drugs such as Herceptin degrade excessive levels of the oncogene by targeting the portion that sticks out of the cell, which can be powerfully effective, moving patients from high risk to a potential cure, Mei said.

"But the tumors are very smart," Mei said. In this case, breast cancer cells can mutate so they no longer have an external protrusion of ErbB2,

leaving Herceptin without a place to bind. While getting inside the cells can be more difficult, the ability to target intracellular Erbin one day could make a difference for these patients.

"Erbin itself could be a novel target: You disrupt the interaction, and it will be therapeutic," Mei said. "Secondly, when a patient becomes Herceptin-resistant because the extracellular domain of ErbB2 is lost, this approach should still be effective because of the critical interaction of the two."

Next steps include refinement of the peptide they used for laboratory studies as well as high throughput screenings to look at other existing small molecules that might run important interference.

Mei and his colleague, Dr. Jean-Paul Borg, director of the Cancer Research Center of Marseille, both came across Erbin in 2001. Neuroscientist Mei was looking for proteins that regulate the protective covering around nerves, and Borg was looking for cancer-relevant proteins. It turned out Erbin was involved in both.

The current international team also includes scientists from China's Hangzhou Normal University and First Affiliated Hospital and Institute of Life Sciences of Nanchang University.

The Food and Drug Administration approved Herceptin for women with metastatic breast cancer who overexpress ErbB2, or HER2, in 1998 and, in 2006, as an adjuvant treatment in early stage HER2-positive breast cancer.

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At the CRI Healthy Garden at Trustees' Garden, some of the volunteer gardeners find they are not the only newcomers. Making new friends is as enjoyable as digging and planting.

Photo provided

Work on making healthy changes — one small step at a time

By DR. MARIA MALCOLM
Special to the Courier

"A journey of a thousand miles begins with a single step," Chinese philosopher Lao Tzu offered this thought thousands of years ago.

Then people resisted change. Today, we still tend to resist change and anything that challenges the status quo. I've chosen a career focused on helping people make healthy choices to improve their health and their lives. My experience is that most people — including me — can be hesitant about making changes for ourselves.

I also serve as a Canyon Ranch Institute Life Enhancement Program Core Team member. In this program, we talk a lot about sustainable, positive change in all aspects of life, including the way we think, our emotions, our bodies and our spiritual selves.

The CRI Life Enhancement Program uses the small-steps approach. Let me give you some examples. When life is busy and happiness seems far away, it's easy to look for instant gratification, such as that second or third beer before dinner, or a big dish of ice cream rather than a healthy lunch. It's no wonder that ads for fast-acting miracle drugs and cures get attention. It seems like no one wants to wait for change to happen.

So why do we encourage CRI Life Enhancement Program participants to take small steps to their goals? Here's why: Do you remember that crash diet, New Year's resolution or other cold-turkey solution you attempted in the past? Chances are, if the change you were hoping for was too dramatic or too drastic, your good intentions soon fell by the wayside.

A small-steps approach emphasizes achievable goals that result in a sense of success. When we feel successful, we have increased enthusiasm and optimism about taking the next small step and making even more healthy changes.

In the CRI Life Enhancement Program, whether a participant focuses on exercise, social engagement, mindfulness or healthy eating, a gradual approach using small steps is easier to integrate into everyday life.

For example, an exercise plan that requires two hours of exercise seven days per week sounds daunting from the word "go." Alternatively, exercising 30 minutes at a time, five times per week can feel more doable. A person who has not been getting much, if any, physical activity is far more likely to get started by taking a small step.

Here are some other small steps people can take on their individual journeys to better health:

- Choose one healthy vegetable per day in place of a fried food.
- Substitute water for soda once a day.
- Take the stairs instead of the elevator.
- Add five minutes a day into your daily schedule for calm reflection and deep breathing.
- Say at least one kind thing to yourself every morning.

This might be: "You are a good friend."

A very powerful kind of change is when you do something you've never imagined doing. For CRI Life Enhancement Program participants, new experiences include practicing yoga, cooking with a new grain (such as quinoa) or signing up for a 5K walk or run.

Is there something you've always been curious about but hesitated to try? We're not talking about skydiving!

Let's say you're interested in growing your own flowers or vegetables. You could start by taking the small step of going to the CRI Healthy Garden at Trustees' Garden and meeting people who are new to gardening as well as people who have a lot of expertise to share.

Sharing a new experience with other people is another important aspect of the CRI Life Enhancement Program, and it may work for you, too. When participants share new experiences (and challenges), they're actually creating their own personal support network. They cheer each other along for every mile walked,

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for every bottle of water consumed and for every healthy choice made.

We like to say that a joy shared is a joy doubled.

Sustainable, healthy change proceeds at a rate that is in tune with nature. Just as fruit trees require years of growth before their first yield, incremental changes may not be apparent to the casual observer. Personal change timelines may require patience. However, as we take small steps and feel their power, we find it easier to build another small-step goal and achieve it!

I encourage you to take a small step today and start your journey to a happier, healthier future.

Malcolm is a licensed psychologist and Core Team member of the Canyon Ranch Institute Life Enhancement Program in Savannah. The CRI Life Enhancement Program is offered in partnership with Curtis V. Cooper Primary Health Care, Connect Savannah and Charles H. and Rosalie Morris.

LIVING WITH CHILDREN

Spanking not essential, but can be effective in certain circumstances

Study cautions against spanking children younger than 18 months

It's time once again for me to clarify my position on spanking. I arrived at this reluctant conclusion because twice in the last week, I've been informed that I believe in it, which is not exactly true.



JOHN ROSEMOND
Parenting columnist

The problem is that in today's anti-intellectual environment, if one does not take a strong public stand against some controversial issue, then lots of folks think one must approve.

First, I do not hold a mere opinion on spanking. My position is based on solid, replicated research done by objective people who aren't seeking to affirm an ideological presupposition.

The researchers in question are Robert Larzelere, a professor of psychology at Oklahoma State University, and Diana Baumrind, a now-retired professor of psychology at the University of California, Berkeley. In my estimation, their studies of the outcomes of so-called corporal punishment are the only such studies worth the paper they're printed on.

Unfortunately, the media is prone to giving attention to studies that

purport sensationalistic outcomes, such as the claim that spanking lowers IQ or predisposes a child to criminality. Larzelere and Baumrind — identified from here on as L&B — have devoted much of their work to critiquing the studies in question, exposing their design flaws and authors' contaminating biases.

In a 2010 paper (<http://scholarship.law.duke.edu>), L&B reported that authoritative parenting — characterized by a high level of nurturing (unconditional love), reasonably high expectations, respect for autonomy and firm discipline (unequivocal authority) — consistently produces the best outcome, according to measures of child well-being and adjustment. All of the authoritative parents in their studies reported that they occasionally spanked.

In this parenting context, L&B were unable to identify any negative outcome to occasional, moderate (two swats with the open hand to a child's rear end) spankings.

Furthermore, they found that when used in conjunction with other discipline such as time-out and removal of privilege, spankings served to enhance the effectiveness of these other methods and could be as usual-

ly phased out. They stress that spanking should not be used with a child younger than 18 months of age and previously have found that its effectiveness, even when used appropriately, greatly diminishes after the sixth birthday.

Therefore, that is my position. I do not believe in spanking in the sense of thinking it is essential to proper discipline. I do believe, however, that with certain children, given certain offenses, and when the parents in question qualify, by L&B's definition, as authoritative, spanking can be effective and is not harmful.

That rational, logical, research-based position will satisfy some, but it will not satisfy anti-spanking activists, who would have the government tell parents how they may and may not discipline their children. They see no difference between two open-handed swats to a child's rear end and a brutal beating.

These are some of the extremists Supreme Court Justice Louis Brandeis had in mind when he wrote that "The greatest dangers to liberty lurk in insidious encroachment by men of zeal, well-meaning, but without understanding."

A family psychologist, Rosemond answers questions on this website, johnrosemond.com and parentguru.com.

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