PROMOTING HEALTHY LIVES, FAMILIES AND COMMUNITIES

FRIDAY, JANUARY 24, 2014



Fort Stewart exercise fair teaches patrons healthy habits page 3 Get to know some of Liberty's top physicians. page 4



# Cold and flu season

**Ivingwe** 



When the symptoms strike, how will you fight back?

Renowned pharmacist says natural remedies can do the trick

By EMILY C. HARRISON eharrison@coastalcourier.com

Lt's common this time of year. First come the sniffles, maybe a slight throat tickle and then ... a sneeze! Denial is pointless. Break out the tissues, cough drops and humidifier.

The realization a cold has set in is enough to trigger panic in any otherwise healthy individual. Rather than spend a few days in a cloud of misery, many people seek out medicine to ward off or shorten the illness. Some are even willing to try natural remedies, which is what Dr. Jason DuBois focused on last Thursday during his lecture at Farmer's Natural Foods in Hinesville.

HybridRemedies co-founder DuBois spoke for an hour on natural immune-boosting herbs and supplements, drawing a sizable crowd to the health-and-wellness retailer, which is coordinating an ongoing series of nighttime educational programs. Store owners said they invited DuBois from Jacksonville to talk about cold-and-flu season due to his knowledge and expertise in the field of immunology.

DuBois, who has 18 years of experience as a clinical pharmacist for a health facility in the Northeast, shared immune-system information, including little-known facts about the common cold and ways to help prevent illness. Previously a natural-

#### Herbs that reportedly can help prevent and lessen the severity of a cold:

- echinacea purpura
- panax ginseng
- andrographis panculteta
- elderberry
- larch arabinoglactanare

For more information and tips on staying healthy, see page 2.



remedy skeptic, he said he now is an advocate.

"Everyone would ask me my professional opinion of the 'Airborne' supplement, and I would give them a fairly biased answer — I didn't believe in natural supplements," he said. "I had to challenge myself to research if there were any ingredients in the product that would actually help with the severity and duration of a cold,

**R**EMEDIES continues on 2

HybridRemedies cofounder Dr. Jason DuBois, a clinical pharmacist from the Northeast, gave a lecture on boosting immunity with natural remedies, supplements and herbs last Thursday at Farmer's Natural Foods in Hinesville.



# **'Battle of the Badges' blood drive is Feb. 7**

#### Area public-safety entities compete for a trophy

#### SPECIAL TO THE COURIER editor@coastalcourier.com

The American Red Cross' "Battle of the Badges" is being waged this year in Liberty County, where local police departments, the sheriff's office, firefighters and EMS workers will compete to see who can recruit the most people in their communities to donate blood.

All presenting donors will cast a vote to help decide the winner of this year's competition. A total of four blood drives will be held throughout the year. The winning entity will earn bragging rights and a trophy.

The battle begins from 11 a.m.-3 p.m. Friday, Feb. 7, at the Liberty County Sheriff's Office's blood drive, which will be at the Liberty County Justice Center, 201 S. Main St. in Hinesville. Donors should look for the Red Cross Bloodmobile in the rear parking lot.

The event will feature appearances by "Buddy the Blood Drop" as well as local police officers, deputies, firefighters and EMTs in uniform. Although this drive is sponsored by the sheriff's office, donors can vote for other publicsafety entities - police, firefighters or EMS.

As Valentine's Day approaches, come out and show your love for local heroes. Schedule an appointment to donate at the Battle of the Badges blood drive. Go to redcrossblood.org and enter sponsor code LCSO or call 1-800-733-2767.



Donors Jeanie Johanson, Sandra Hodges, Jacquelyn Smith and Donna Perryman stand with Liberty County Sheriff **Steve Sikes** in front of the **Bloodmo**bile after donating at a sheriff's office drive last year.

Courier file photo

#### REMEDIES

Continued from page 1

and that's where my journey began."

A weekend research project morphed into a newfound passion that prompted a twoyear journey ending in the development of HybridCR, a rapid immune-defense supplement that has been on the market for about a year.

"When I really researched it, the more I learned that there are herbs out there that have good clinical data — that do work. ... There are also herbs out there that don't work. Part of my drive was to come up with a better product that was more evidence and research based," DuBois said.

Although winter is prime cold-and-flu season, DuBois said colds can be caught at any time of the year. About 70 percent of people worldwide experience at least one cold per year, which adds up to billions of colds annually. Winter months bring cold air that dries out the skin, causing cracks that allow viruses to enter the body, which is why illnesses spike in December, January and February.

There are more than 200 cold virus strains in existence, according to DuBois, and they can be picked up in one of three ways - hand-to-hand contact, hand -to-surface contact and by inhaling or coming into contact with airborne droplets from an infected person's cough or a sneeze. The flu virus can live on stainless-steel countertops for up to 48 hours and on our hands for up to 15 minutes. In addition, statistics that show the average human touches his or her face more than 16 times an hour, including eight lip touches. Since a typical cold can last anywhere from seven to 10 days, it's important to take action as soon as signs of illness appear, DuBois said. He touted the benefits of many

#### Dr. Jason DuBois' tips for staying healthy

#### 1. Get the right amount of sleep

Studies show that those who get less than eight hours of sleep a night are three times more likely to catch a cold. Changes in typical sleep patterns can even increase your chances.

#### 2. Wash your hands often and properly

Know how to wash your hands and wash them the right way every time to help stop the spread of cold and flu viruses. Use soap and hot water, rub hands vigorously starting with palms, and then get between fingers, the back of each hand, the base of each thumb, the backs of the fingers, under the fingernails (bacteria can get trapped in there) and each wrist. Dry hands on a clean towel.

#### 3. Protect your nose

Cooler air equals dryer air, which can dry out nasal passages and increase your chances of a virus getting into your body. Humidifiers and saline sprays can help keep nasal passages moist.

#### 4. Exercise regularly

Exercise helps to boost the immune system. Increased circulation helps to make white blood cells. Exercise for 30 minutes a day for the full benefit.

#### 5. Just relax

Stress weakens the immune system. Find ways to relax and unwind to reduce stress levels.

clinically proven botanical herbs and plants that research shows will help boost the immune system, which, if taken at the onset of symp- costly to produce, therefore toms, can shorten the dura- consumers should be wary of tion of a cold and ease symptoms. According to DuBois' research, the herbs echinacea purpura, panax ginseng, andrographis panculteta, elderberry and larch arabinoglactanare are effective. When seeking out these remedies, DuBois urges consumers to look for standardizedformula supplements that contain a high ingredient. Also, the best part of botanicals often is found in the plant root, so be sure to read labels to learn where the active component was derived from. The pharmacist noted that due to the way the immune system works, no single product will do the trick; it takes a

combination of different natural remedies to maximize results. Additionally, herbs such as panax ginseng are cheap varieties they find on the market. Hinesville resident Linda Barbee attended DuBois' lecture because she said she's interested in the topic. After seeing a flier in Farmer's Natural Foods, she and her mother, Anna, decided to go, and they both said they enjoyed the presentation. "We wanted to learn more about the immune system and this was very informative," Barbee said. "It was great to hear the things to avoid and what to do to stay healthy, like good hand-washing and avoiding stress. They are things that we already knew but that we don't always pay attention to."



HybridRemedies cofounder Dr. Jason DuBois, a clinical pharmacist from the North east, talks with an attendee after his lecture last Thursday at Farmer's Natural **Foods on** boosting immunity with natural remedies, supplements and herbs. Photo provided





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# Post exercise fair teaches healthy habits

### Event included "aerobicthon," informative displays and booths

BY SAMANTHA B. KOSS skoss@coastalcourier.com

Fort Stewart's Newman fitness center hosted an aerobicthon on Jan. 11 to build health-and-wellness awareness.

Various aerobic-style classes were taught by certified instructors with different fitness backgrounds. Attendees participated in kick-boxing, step, Zumba and line-dancing classes. The fair also featured fitness assessments, nutritional information and health screenings between classes.

"We want to promote general healthy habits for everyone in the military community," Army Public Health nurse practitioner Sandra Durrence said. "At these fairs, we can identify medical needs based on screenings and offer services when needed."

Durrence and her team from Winn Army Community Hospital's preventive-medicine clinic analyzed participants' blood pressure, body-mass indexes, bodymass percentages and blood-glucose screenings.

"Everyone should know their blood pressure, blood sugar and cholesterol," Durrence said. "Blood glucose should be between 60 and 110 ... and the universal numbers for blood pressure are 120 over 80."

While those are the universal target numbers for blood pressure, Durrence said those figures may be too high or low for certain people.

"We want people to know what normal blood pressure is for them," she said. "The 120 over 80 might be high for some and low for others. Everyone varies."

After participants received their blood-pressure results, test to measure body-fat percentages and body-mass indexes were administered. Body-fat percentages are based on age and gender while a body-mass index is based on height and weight using a mathematical formula people can calculate on their own. Participants' weight in kilograms was divided by their height in meters squared. The resulting number then was multiplied by 703 to determine body-mass index.

"This is a way to determine if someone is healthy for their height," Durrence said.

the Army Wellness Center, such as smoking-cessation assistance.

"Smoking elevates your blood pressure and, over time, your blood-glucose levels," Durrence said. "It also negatively affects triglycerides and cholesterol."

Small lifestyle changes can make a difference in overall health, she added. Lofty, long-term goals are sometimes unrealistic and hard to accomplish.

"We can make a tremendous difference in their health if we can get them to lose 10 pounds and quit smoking," she said. "Even if they don't make it to their ideal weight, they can be healthy overweight."

In addition to smoking-cessation help, soldiers, their families and government employees also can attend stress-management sessions and get physical-fitness assessments and metabolic screenings at the Army Wellness Center.

"The metabolic screenings shows you how many calories your body is burning at rest so you gauge where you want to be for diet and exercise," Army Wellness Center nurse educator Valerie Isaac said. "The stress-management sessions teach soldiers breathing techniques and how to deal with stress and resiliency."

Isaac said the most popular attraction at the center is their bodpod, a large pod that participants enter for 30 minutes to measure body composition using air displacement.

"Obesity is affecting the military just as much as the rest of the country," Isaac said. "So the best way to help our military is to provide them with another weightmanagement resource ... to them."

After deployment, she added, soldiers tend to see the weight gain come on quickly. This is common because they sometimes can't do the same amount of physical exercise they were used to doing in the past due to injuries.

"Some will try to get back out there and do the same exercises and injure themselves even worse," she said. "We want them to understand their limits and stay within them."

Another health resource for military families and civilians is the Farmer's Natural Foods in Hinesville. Representatives from the health-and-wellness retailer seminars is posted on Farmer's attend many fairs on post to teach Natural Foods' website at www. families the important role diet farmersnaturalfoods.com.



**66** We can make a tremendous difference in their health if we can get them to lose 10 pounds and quit smoking. "

Sandra Durrence, Army Public Health nurse practitioner

plays in living a healthy lifestyle.

"We want to let people know we are here for healthy alternatives," store owner Roberta Poppell said. "The foundation of a healthy lifestyle starts with nutrition ... that is key in overall health."

The store has sold organic foods and all-natural products for 30 years. They also host occasional movie nights, where health-related documentaries are screened. Farmer's offers educational seminars about various health issues and topics, and cooking classes taught by store chef Evelyne Redcross. Redcross also prepares healthy meals for the store's graband-go case, where customers can take home fresh meals for lunch or dinner.



Photos by Samantha B. Koss

The schedule for cooking class- Top: Efrem Futrell, a personal trainer at the 4th Brigade Combat Team's es, movie nights and educational fitness center, leads a group of participants in a dance class during the

Participants also received information about all the programs available to them at WACH and

Jan. 11 aerobicthon on Fort Stewart: Aerobicthon participants sign up for Farmers Natural Food's email list during the Jan. 11 health and wellness fair at Newman Fitness Center on Fort Stewart.



Army Wellness Center nurse educator Valeria Isaac weighs Miguel Ayala to check his body mass index during the Jan. 11 health and wellness fair at Newman Fitness Center on Fort Stewart.



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# 

# **MEET THE DOCTORS**

#### CARDIOLOGY



#### **Aaron Ford, MD**

**Board Certifications:** Dr. Ford is certified in both Cardiovascular Disease and Internal Medicine and comes to us from the Heart Care Center in Council Bluffs, Iowa.

#### **Education:**

Dr. Ford received his Medical Doctorate from the University

Of Nebraska College Of Medicine in Omaha. Following graduation he then went on to residency in Internal Medicine at the Iowa Medical Center in Des, Moines Iowa. From there he attended Creighton University Medical Center in Iowa where he completed his training in Internal Medicine while serving as Chief Resident. Pursuing an interest in Cardiology, Dr. Ford then completed a fellowship in Cardiology, serving as Chief Fellow at Creighton Cardiac Center.

Dr. Ford is now accepting patients from his office in the Liberty Regional Medical Office Building.

> Liberty Cardiology 455 S. Main St., Ste 205, Hinesville 912-876-5620

#### SURGERY



#### **Christina McCain, MD**

**Board Certifications:** American Board of Surgery.

#### Education:

Dr. McCain received her Bachelor of Science in Neuroscience and Behavioral **Biology from Emory University** in Atlanta and received her Doctorate of Medicine from

Mercer University in Macon. She came from Memorial University Medical Center in Savannah where she served as Chief Resident of General Surgery and Administrative Chief Resident over all of the residents.

Dr. McCain is now accepting patients at Southeast Georgia Surgery.

#### **NURSE PRACTITIONER**



Education: Master of Science in Nursing, Family Nurse Practitioner Track at Georgia Southern University in Statesboro, Georgia. Bachelor of Science in Nursing (Voc-Ed classes) at Georgia Southern

University in Statesboro, GA.

Martha Kitchings, **MSN, FNP-BC** 

Diploma in Nursing at Barrett School of Nursing at University Hospital in Augusta, GA.

Experience: March 2005-February 2008, Nurse Practitioner, Director Employee Health and Infection Control at Liberty Regional Medical Center in Hinesville, GA. In February of 1999 to November 2008, Nurse Practitioner at CMAC Liberty County Health Department. March 2007-September 2012, Nurse Practitioner at Diversity Health Center in Hinesville, Georgia.

Dr. Kitchings is now a Nurse Practitioner at Allied Health System, in Hinesville and Ludowici, Georgia.

**Diversity Health Center** 303 Fraser D., Hinesville; 213 N. McDonald St., Ludowici 912-545-9398

#### **INTERNAL MEDICINE**

#### Calin Badea, MD



American Board of Internal Medicine

#### Education:

University of Medicine and Pharmacy; Residency at St. John's Episcopal Hospital in Sunny Brooklyn, N.Y.

Affiliations: Liberty Regional Medical Center

My interests/hobbies: Music, Reading



#### SURGERY

#### **Rebecca Coefield-**Floyd, MD

**Board Certifications:** American Board of Surgery.

#### Education:

Dr. Coefield earned a B.S. in Biology at Winthrop University and her Medical Doctorate from the University South

Carolina School of Medicine. From there she worked toward her residency in General Surgery at University of Tennessee in Knoxville and completed the residency program at Mercer University School of Medicine at Memorial University in Savannah Georgia where she was Chief Resident and Resident Instructor. Dr. Coefield completed a Fellowship in Minimally Invasive Surgery from Emory in Atlanta, Georgia.

Dr. Coefield is now accepting patients at Southeast Georgia Surgery.

> Southeast Georgia Surgery 455 S. Main St., Ste 102, Hinesville 912-876-5505

#### RADIOLOGY

#### Sanford Berens, MD

**Board Certifications:** 

American Board of Radiology American Board of Radiology/ Nuclear Medicine

#### **Education:**

Attended Dartmouth University. Earned his MD from Dalhousie University Medical School.

Residency: Kings County Hospital, Brooklyn, NY

Internship: Victoria General Hospital, Halifax, Novia Scotia Canada

Member: Radiological Society of North America, American College of Radiology, Society of Breast Imaging, American Roentgen Ray Society

Southeast Georgia Surgery 455 S. Main St., Ste 102, Hinesville 912-876-5505

#### **EMERGENCY MEDICINE**

Hinesville Family Care Center 502 E. Gen. Stewart Way, Ste B, Hinesville 912-368-4169

#### INTERNAL MEDICINE

Radiology Associates of Savannah 462 E.G. Miles Pkwy, Hinesville 912-369-9474

# **Board Certifications:**



#### **NEPHROLOGY & CRITICAL CARE**

#### **Heather Simon, MD**

Education: Masters of Public Health from Tulane University; MD: Tulane University School of Medicine, New Orleans, LA

Residency: Medical College of Georgia, Augusta, GA

Member: AmericanC ollegeo fEme rgency Physi cians, Georgia College of Emergency Physicians, American Medical Association



#### Affiliations:

American College of Physician; American Society of Internal Medicine

Interests/Hobbies: Soccer; Movies, Automobiles

#### Adewunmi Sobowale, DD

Hometown: Lagos, Nigeria

#### **Education:**

Morgan State University, Baltimore; New York College; Osteopathic Medicine, Long Island, New York

#### Nizar Eskandar, MD

**Board Certifications:** 

American Board of Internal Medicine

#### Education:

Doctor of Medicine, Damascus University, School of Medicine, Damascus, Syria; Residencies at Internal Medicine

Residency, Wayne State University, Detroit Medical Center, Detroit, Michigan

#### Fellowships:

Chief Fellow, Nephrology Fellowship, University of Virginia, Charlottesville, VA; Critical Care Medicine Fellowship, University of Rochester, Rochester, N.Y.

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912-877-6822

**ORTHOPEDICS & SPORTS MED.** 

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#### **OBSTETRICS & GYNECOLOGY**



#### Seth Borquaye, MD

Accra, Ghana **Board Certifications:** American College of Obstetrics

#### **Education:**

and Gynecology

Hometown:

University of Ghana-B.SC.; Duquesne University-M.S.; University of Pittsburgh- M.D.

#### Affiliations:

American College of Obstetrics and Gynecology; American Board of Obstetrics and Gynecology, Medical Association of Georgia, Georgia Obstetrical and Gynecological Society

#### Interests/Hobbies:

Public Speaking, Reading, Soccer, Sports, Empowering the Youth

Bryan Medical Associates 740 Gen. Stewart Way, Ste 101, Hinesville 912-876-5452

#### **OBSTETRICS & GYNECOLOGY**



Kathleen Cools, MD

Hometown: Orlando, FL

#### Board Certifications:

American Board of Obstetrics &

#### Education:

Spellman College: B.S.; Meharry Residency

#### Affiliations: Liberty Regional Medical Center

Medical College: MD, Carolinas Medical Center Charlotte, NC:



#### Jeff Brunelli, MD

#### Education:

University of Louisville School of Medicine

Internship: Atlanta Medical Center

**Residency:** Atlanta Medical Center

#### Fellowship:

University of Colorado School of Medicine Dr. Brunelli is a member of the American Academy of Orthopedic Surgeons and the American Orthopedic Society of Sports Medicine.

Comprehensive OB/GYN Health Center 455 S. Main S., Ste 202, Hinesville 912-877-2228

Comprehensive OB/GYN Health Center 455 S. Main S., Ste 202, Hinesville 912-877-2228

Liberty Orthopedics & Sports Medicine 455 S. Main S., Ste 106, Hinesville 912-369-0284

# Gynecology

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# **MEET THE DOCTORS**

#### PEDIATRICS



#### **LaKimberly Nicole** Pearson, MD

Hometown: Monroe, Georgia

**Board Certifications:** American Board of Pediatrics Certification

#### Education:

Emory University Atlanta, GA; Bachelor of Science at Howard University College of Medicine in Washington, D.C., Medical Degree at Morehouse School of Medicine Pediatric Residencv

#### Affiliations:

American Academy of Pediatrics; National Medical Association; American Medical Association

#### Interests/Hobbies:

Alpha Kappa Alpha Sorority, INC; Community Service, Family, Religion, Sports

> Liberty Cardiology 455 S. Main St., Ste 205, Hinesville 912-876-5620

#### **INTERNAL MEDICINE**



Sabin A. Tomus, MD Hometown:

Bucharest, Romania **Board Certifications:** Internal Medicine

Education: Carol Davila School of Medicine, Bucharest, Romania

Area of Specialty: Internal medicine, weight-loss management

#### **Affiliations**

Memorial University Medical Center, Savannah, Georgia; associate professor at Mercer University School of Medicine, Savannah Campus





#### Kerri Cook, PA

Hometown: Toledo, Ohio

#### **Board Certifications:**

Adult Nurse Practitioner, Board Certified by ANCC, American Nurses Credentialing Center

Education:

Medical College of Ohio and University of Toledo, BSN. Armstrong Atlantic State University, MSN

Affiliations: American Nurses Association NP Council of Coastal Georgia

#### Interest/Hobbies:

Fitness, Boating, Cooking, Travel, Spending time with family and friends

> SouthCoast Medical Group 455 S. Main St., Ste 201, Hinesville 912-877-6822

#### **PEDIATRICS**

#### Julio Pajaro, MD

Hometown: New York City, NY

**Board Certifications:** American Board of Pediatrics

#### Education:

B.S. Degree in Chemistry from Fordham University, N.Y.; M.D. Degree from Colombian

School of Medicine form Bogota, Colombia, South America; Pediatric Residency Diploma form New York Medical College

#### Affiliations:

Diplomat of the American Board of Pediatrics; Fellow of the American Academy of Pediatrics, Member of the Georgia Chapter of American Academy of Pediatrics; Clinical Instructor for: GA Southern University, Virginia College, Savannah Technical College, and Allied Health Institute

#### Interest/Hobbies:

Playing Music (clarinet/guitar), Teaching, Walking, Bike Ridina, Soccer

> **Pajaro Pediatrics** 1763 E.G. Miles Pkwy, Hinesville 912-876-2298

#### **OPHTHALMOLOGY**

#### **Dr. Charles L.** Harris

Board of Certifications: National Board, American Board of Ophthalmology

#### **Education:**

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High School- Savannah Country Day School, Savannah, GA: August 1981 to June 1985; Undergraduate- University of

North Carolina, Chapel Hill, NC; August 1985 to May 1989, B.A. Psychology; graduation May 14, 1989, Medical School-Medical College of Georgia, Augusta, GA; August 1989 to June 1993, M. D., graduation June 5, 1993.

Internship: Memorial Medical Center, Savannah, GA

Fellowship/Residency: University of Tennessee, Memphis, TN

#### Southern Retina, LLC 5354 Reynolds St., Ste 317, Savannah 912-353-7900

#### **PODIATRY & PODIATRIC SURGERY**

Hometown:



Houston, TX **Board Certifications:** ABPS Foot & Ankle &

**Reconstructive Rear foot** 

**Henry Taylor, DPM** 

Education:

Surgery

BA Chemistry, University of Houston College & Pharmacy; Pennsylvania College of **Podiatric Medicine** 

#### Affiliations:

Liberty Regional Hospital, Georgia Podiatric Medical Association

> All Ways Feet, P.C. 127 MacArthur Dr., Hinesville 912-876-8637

**Hinesville Medical Associates** 455 S. Main St., Ste 201, Hinesville 912-876-3552

#### **EMERGENCY MEDICINE**

**OPTOMETRY** 

OD

Education:

Davie, Florida

Societies:

**Edward Sammons**,

Doctor of Optometry, Nova

Southeastern University, College

American Optometric Association; Georgia Optometric Association,

of Optometry, Fort Lauderdale-





#### **Charles Ferris, MD**

Medical Director of Radiology -Liberty Regional Medical Center

**Board Certifications:** Diagnostic Radiology 1991

Education: Medical College of Georgia

Internshin Memorial Health University Center

Residency Medical College of GA Hospital and Clinic

#### Member

Alpha Omega Alpha Honor Medical Society, Radiological Society of North America, American College of Radiology

> Liberty Regional Medical Center 462 E.G. Miles Pkwy, Hinesville 912-369-9400

#### **NEPHROLOGY**



#### **Garrett White, MD**

**Board Certifications:** American Board of Internal Medicine (Internal Medicine & Nephrology)

**Education:** University of Kansas School Of Medicine

#### Residencies:

University Hospital/ University of Cincinnati

#### Societies.

American College of Physician Executives; Renal Physicians Associations, American Society of Nephrology; Nephrology Coverage Advisory Panel (RPA Subcommittee)

#### Hospital Affiliations:

St. Joseph's/Candler Hospital, Memorial Health University Medical Center, Liberty Regional Medical Center

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President-First District GOA

#### **Special Interest:**

Primary Eye Care with Emphasis in Dry Eye, Diabetic Eye Care, Glaucoma, and Contacts

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#### **INTERNAL MEDICINE**

#### Cristine Miclat, NP

#### **Board Certifications:**

Georgia Board of Nursing (RN, APRN); American Nurses Credentialing Center (certified adult nurse practitioner)

#### Education:

Armstrong Atlantic State University (MSN, ANP); University of San Agustin, Philippines (BSN)

#### Areas of Specialty:

Adults, long-term care, quality of life

Advanced Practice Registered Nurse Council of Coastal Georgia; United Advance Practice Registered Nurse; Georgia Nurses Association

#### Interests/Hobbies: Asian culture and history, traveling

Comprehensive OB/GYN Health Center 455 S. Main S., Ste 202, Hinesville 912-877-2228

#### **Rob Spinola, DPM**

Hometown: Boston, Mass

#### **Board Certifications:**

Fallow of the American College of Foot & Ankle Surgeons; American Board of Podiatric Surgery

Education: Boston University, Temple University School of Medicine

Affiliations: American College of Foot & Ankle Surgeons

#### Interests/Hobbies:

Golf, Running, Fishing, Family ("i am the best dad in the world")

> Ankle & Foot Associates 481 E. G. Miles Pkwy, Hinesville 912-432-7236

#### **PODIATRIC MEDICINE & SURGERY**

#### **Candice N. Escalea**, DPM

Hometown: Cairo, GA

#### Education:

New York College of Podiatric Medicine; Doctor of Podiatric Medicine; Xavier University of Louisiana- Bachelor of Science in Chemistry

#### Areas of Specialty:

Diabetic Foot and Wound Care; Forefoot Surgery; Primary Podiatric Medicine

#### Affiliations:

GA Podiatric Medical Association-Board Member; American Podiatric Medical Association

Interests/Hobbies:

Traveling, Fishing

Ankle & Foot Associates 481 E. G. Miles Pkwy, Hinesville 912-432-7236

Hometown: Philippines



# <u>Ivingwe</u>

# **MEET THE DOCTORS**

#### PLASTIC SURGERY



#### **Daniel Most, MD**

About Dr. Most: His diverse training includes renowned places such as Stanford, Johns Hopkins, and Harvard University. As a board-certified plastic surgeon, a published researcher and a teacher in his field, he brings a unique perspective as to what is cutting-edge in Cosmetic and Reconstructive

Surgery. His experience with microsurgery also allows him to bring the precision and creativity required to all branches of cosmetic surgery.

Affiliations: Memorial Health University Medical Center, St. Joseph's/Candler Health System, and Liberty Regional Medical Center (Hinesville, GA).

Area(s) of Speciality: Cosmetic and Reconstructive Surgery of the Face, Breast Reconstruction and Enhancement, Liposuction and Body Contour Surgery, Buttock Enhancement Surgery, including Fat Transfer. Chemical Peels, Botox, Restylane, Juvederm.

> Most Plastic & Reconstructive Surgery 512 S. Main St., Hinesville 912-209-4456

#### **PULMONARY/SLEEP MEDICINE**



#### Adewumi Oguntunmibi, MD

**Education:** College of Medicine, University of Ibadan, Nigeria

Residency: Chief Resident, Howard University Hospital,

Washington, DC Internship Howard University Hospital, Washington, DC

Fellowship in Pulmonary - Howard University Hospital Fellowship in Critical Care - University of Pittsburgh, Pittsburgh, PA

#### **INTERNAL MEDICINE**



**Board Certifications:** American Board of Internal Medicine

#### Education:

**Residency: Wright State** University, Dayton, OH Internship: Transitional Internship, Damascus University Hospitals,

Damascus, Syria Medical School: Doctor of Medicine, Damascus University School of Medicine, Damascus, Syria.

#### Affiliations:

American College of Physicians; Georgia Medical Society; Medical Association of Georgia.

Spoken Languages: English, Arabic, Russian

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#### Mark C. Clayton, DDS

Hometown: Baltimore, Maryland

**Board Certifications:** American Board of Oral and Maxillofacial Surgeons

#### **Education:**

B.S., Howard University in Zoology, D.D.S Howard University in Dentistry; Residency in Oral and Maxillofacial

Surgery at Howard University Hospital

Experience: Four years of service of active duty in the U.S. Army in Ft. Stewart, serving as chief of Oral and Maxillofacial Surgery at Winn Army Community Hospital.

Affiliations: American Association of Oral and Maxillofacial Surgeons, Georgia Society of Oral Maxillofacial Surgeons, American Dental Association, National Dental Association, Georgia Dental Society, American Dental Society of Anesthesiology, Savannah Dental Society, Southeastern Dental Society, American Academy of Implant Dentistry.

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## Mark Byron, MD

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# Dancing fundraiser aids kids, keeps participants fit

### Atlantic Area CASA hosting first 'Dancing with the Stars'

BY SAMANTHA B. KOSS skoss@coastalcourier.com

The Atlantic Area Court Appointed Special Advocate program stepped out with its Dancing with the Stars fundraiser kickoff party Jan. 10 at the LaQuinta Inn and Suites. Prominent local community members will compete in the March 1 event at the Liberty County Performing Arts Center in Flemington.

Competitors include Riceboro City Councilman Chris Stacey, Carolyn Smith, Karen Bell and Dr. Mark Clayton. Stacey. Smith and Bell will represent Liberty County, and Clayton is representing Bryan County.

Each local star has until March 1 to raise funds for CASA with help from his or her team. The participants will compete with professional dancers from area studios for the best male and best female awards. Also, the dancer who raises the most money for CASA will receive an award. This is the first time Atlantic Area CASA has hosted a fundraiser of this variety.

"The CASA program in Savannah has hosted 'Dancing with the Stars' for six years, and it has been a very successful fundraiser," Atlantic Area CASA Executive Director Petula Y. Gomillion said. "All the money raised at our event will go to the Atlantic Area CASA, which includes eight counties."

The CASA program advocates for the interests of abused and neglected children involved in juvenilecourt deprivation proceedings.

It is a national volunteer program that began in 1977 and was started in Liberty and Long counties in 1999. The Department of Family and Protective Services served 162 children from Liberty County in 2009. Today, the program has grown to include support for eight area counties.

"Our goal is to have a CASA for every child," Gomillion said. "Without CASA volunteers, many times these children are voiceless."

The CASA program volunteers undergo training and get to know the children they represent. Volunteers speak to everyone involved in a child's life, including family members, teachers, doctors, lawyers and social workers.

"I want to help out the children in any way that I can," said Bell, who represents Liberty County in the contest. "It is amazing to see what these children go through in their little lives, and programs like CASA are so important."

Bell, who retired from the Army after 26 years of service, owns three businesses in Hinesville — the Ardyss Kbell weight-loss company, Rottweiler Vending and J&K Photo Booths. She originally is from Detroit and has lived in Liberty County since 2004. Bell will dance with professional dancer and dance teacher Joseh Marion.

"(The CASA) program is near and dear to my heart," Bell said. "It is a blessing to the young children. I will do the best I can for them."

Another retired Army veteran, Stacey, graduated from Bradwell Institute in 1975. He started Georgia Coastal Youth Inc. in 2002, to serve and mentor youth in Liberty County. Stacey is paired with professional dancer Jaunita Lowery, the artistic director at Inspirations Performing Studio in Allenhurst.

Carolyn Smith also will

represent Liberty County. She is the administrative assistance to F. Barry Wilkes, the clerk and court administrator for the superior, state, juvenile and magistrate courts of Liberty County, as well as the Liberty County Board of Equalization.

"I am very excited to be part of this event," Smith said. "It's a such good cause."

Smith has worked in the county for more than 15 years and was born in Hinesville. She will be teamed with professional dancer Jeff Trent, who teaches at the Academy of Ballroom in Atlanta.

representing Clayton, Bryan County, has a dental office in Hinesville. He originally is from Baltimore and was stationed at Fort Stewart during his four years of active-duty service as chief of oral and maxillofacial surgery at Winn Army Community Hospital. He is paired with professional dancer CC Powell, owner of Synergistic Bodies in Savannah.

"I look forward to raising money for CASA," Clayton





Top: Dancing with the Stars competitors chat with Petula Y. Gomillion, executive director of the Atlantic Area CASA, during the fundraiser's Jan. 10 kickoff party at the LaQuinta Inn and Suites in Flemington. Above: Competitors pose for a group during the kickoff. The contest is set for March 1 at the Liberty County Performing Arts Center. Proceeds benefit CASA.

said. "I'm glad I can be a part of it." Admission to the March person or \$60 for two and performances.

1 Dancing with the Stars is will include passes to recep-\$20. VIP tickets cost \$35 per tions before and after the



## Affordable Care Act focuses

### on pediatric eye health care

SPECIAL TO THE COURIER editor@coastalcourier.com

The U.S. Department of Health and Human Services recently released its implementation plan for the Affordable Care Act's pediatric eve-health benefit.

The guidance on the ACA's standard set of benefits reaffirms that:

• Millions of children will gain health insurance coverage that includes comprehensive eye exams and treatment.

• Pediatric eye health care is considered an "essential health benefit" and must be offered by all new health plans as a benefit of well-child care.

• Pediatric eye health care is defined as an annual comprehensive eye exam and treatment, including medical eye care.

• All new health plans - both inside and outside of state exchanges - are required to provide fully integrated coverage for pediatric eye health care and must recognize optometrists as providers of medical eye care.

• Vision plans are permitted to partner with health plans in offering eye health care coverage inside and outside of state exchanges.

"In taking this action, the Obama administration accepted the (American Optometric Association's) longstanding position on healthy vision for America's children and rejected lobbying by ophthalmologists, pediatricians and their organized medicine allies who wanted pediatric vision care to be based on a

screening or limited to an element of well-child care," AOA President Dr. Ron Hopping said. "The administration also said no to a stand-alone plan carve-out of vision that would have segregated a full pediatric eye health benefit, downgraded it from mandatory to optional status and imposed new barriers to OD-provided medical eye care.

"In the weeks ahead, state officials will also be making important implementation decisions, and continued advocacy by optometry will be needed to lock in patient access gains envisioned under federal law," Hopping added. "To make certain that ODs will play a leading role in delivering the full range of eyehealth and vision-care services — including medical eye care to the millions more children



who will soon gain coverage - the AOA is urging affiliates to advocate for the following directive to be adopted by or included in state exchanges.

"The pediatric vision benefit includes a comprehensive eve evaluation and, if medically indicated, dilation and refraction for prescription glasses as well as other medically indicated vision services," the AOA president said. "This type of eye care is primarily provided by optometrists. As a result, optometrists must be included in qualified health plan networks in order to meet the requirement to provide pediatric vision care."

For more information on AOA advocacy or to get involved, contact the AOA Washington office at 800-365-2219 or email Impact-WashingtonDC@aoa.org.

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## **OPENING IN JANUARY!**

## Make spaghetti night a bit healthier with spelt

I came across spelt when doing some research on wheat alternatives. I once read that spelt flour made great pasta, and since my pasta machine had been sitting idle in my cupboard for Lord knows how



Courier

it was time to give spelt a try. Spelt is an an-Emilv Harrison

cient grain that, although popular throughout Europe, columnist has seen a resur-

long, I decided that

gence in the United States during the past several years. A distant cousin to modern-day wheat, it is a whole grain high in protein and B complex vitamins. It's high water solubility make the nutrients within it much more easily absorbed by the body. Spelt typically is seen as a healthier alternative to traditional wheat.

Although spelt flour can be substituted for wheat flour in just about any recipe, it makes especially tasty pasta dough. Because it has a heartier texture than flour, pasta made with spelt will be a little denser, giving it a rustic appearance and texture when cooked. It has a mild nutty flavor that pairs well with many sauces.

Spelt does contain gluten, although it is a different type that what we're used to. If you have an sensitivity to gluten, such as Celiac disease, you may be able to tolerate spelt; however, dietary specialists encourage gluten-sensitive people to talk to their doctors before trying to cook with spelt.

I found this recipe on http:// anitaliancanadianlife.ca, which is a great resource for healthy Italian-style cooking.

This recipe will make enough pasta for two large family dinners. Extra dried pasta can be stored in an airtight bag and frozen until needed. If you don't want to make extra, simply cut this recipe in half and follow the same preparation instructions.

#### Ingredients

• 8 eggs, brown or cage free • 4-1/2 cups whole-grain

Traditional spelt pasta dough

organic spelt flour

 1/2 teaspoon natural seasalt

#### Directions

Pile flour on a clean work surface, making a well in the middle. Crack eight eggs and add salt to the well and begin to mix in the flour with a fork, slowly gathering the flour from the sides of the well and being careful not to break the walls of flour. Mix until the dough begins to come together then work the dough by hand, adding flour as needed, until the dough is smooth. Form into a ball and wrap in plastic. Let it rest at least one hour.

After resting, cut the dough ball into 10 pieces, flattening each by hand slightly. Process each piece on its own and cover the others with plastic wrap or a towel while not in use. Using a pasta machine, manual or electric-powered, roll the pasta into sheets to your desired thickness.

To do this, set the rollers of the pasta machine to the widest setting and start to feed the dough through with one hand while guiding it out with the other. Once it is through, flour the dough lightly, fold it in thirds and feed it through the roller again. Continue to feed the dough through the rollers, setting the rollers closer together on each pass until you reach your desired thickness. Lay the dough on a table or tray on a clean kitchen towel to dry for 10 minutes.



Once dry, run the pasta through the machine again, using a pasta cutter to create spaghetti or linguine. Feed the dough through with one hand and catch the finished pasta with your free hand as it comes out

If you do not have a pasta machine, you can process your dough using a rolling pin to flatten it to your desired thickness. Then, once you let it dry for a bit, use a pastry wheel or pizza cutter to cut pasta into strips. You will need to go with a thicker linguine-style pasta with this method, but it will still do the trick.

Whatever method you use, once pasta is cut, twist or twirl each bunch of spaghetti into small nests on a floured, clean, kitchen towel on your table or on a tray (use a tray if you intend to freeze some for later). Allow it to dry for at least three or four hours.

Once the pasta is dry, it can be cooked. Bring a large pot of water to a boil and cook pasta for 10-11 minutes or until desired consistency is reached.

Drain well, top with your favorite sauce and enjoy. Garlic bread is a nice accompaniment.



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