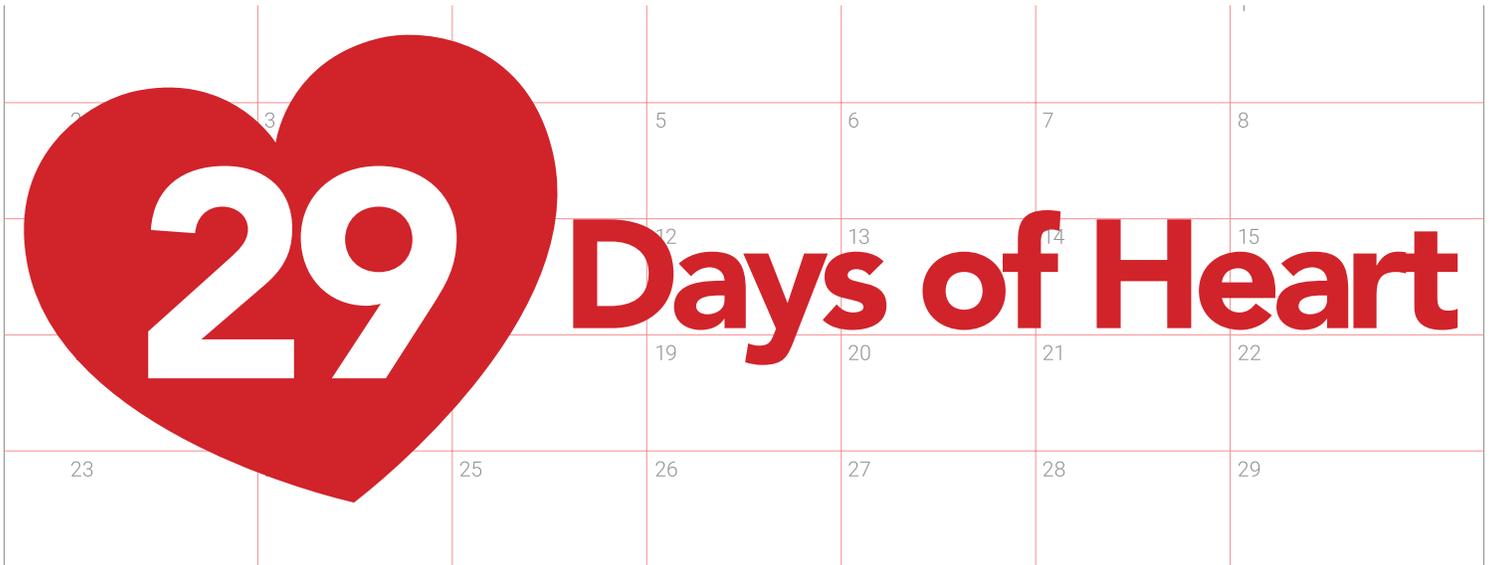




Making Communities Healthier®

StarrRegional.com

STARR REGIONAL MEDICAL CENTER NEWS + WINTER/SPRING 2020



Leap Year gives you an extra day. But a healthy heart can give you extra years. That's why we're celebrating American Heart Month with 29 Days of Heart. For each day in February, we'll have a new informative article at StarrRegional.com to

help you take charge of your heart health.

Why is your heart so deserving of this much attention? Simply put, your heart is one of the most essential parts of your body. It's one of the hardest working muscles

Continued on Page 2

Ask a Doc

Ted Tucker, MD,
practices family medicine at Athens Family Practice



QUESTION: *What's the right age to start getting colonoscopies?*

ANSWER: According to the American Cancer Society, those at average risk for colon cancer should begin getting screened at age 45. Those at higher than average risk may need to begin screening prior to age 45, and more frequently and/or with specific testing methods. And while the majority of colorectal cancer cases happen

in people 50 and older, the disease can strike men and women at any age. So it's important to start getting screened at the recommended times. Talk to a provider about your risks and the right time for you to begin screening. To talk with a provider or schedule a colonoscopy, visit the "Find a Doctor" tab at StarrRegional.com. You can also learn more about colorectal cancer and its signs and symptoms at www.cancer.org/cancer/colon-rectal-cancer.

Continued on Page 4



A note from the CEO

2020: a new year and a new decade. For many of us, “2020” reminds us of getting that report of “perfect vision” from the eye doctor. For all of us at Starr Regional Medical Center, it reminds us of our commitment to our own vision - to create places where people choose to come for healthcare, physicians want to practice and employees want to work – and our mission of Making Communities Healthier.

As we begin this new decade, I am also reminded of how grateful I am for our wonderful medical staff and employees who work so tirelessly to provide our community with compassionate, quality care and a welcoming and safe environment in which to receive that care. And I am grateful to you – our neighbors – for trusting us with your and your families’ care needs. Your support allows us to continue to enhance and improve the many ways we support you and our community.

This issue of *Making Communities Healthier* is just one of many ways we’re helping you stay on the road to good health this year – with tips, answers to commonly asked medical questions, info about upcoming events and more. I hope you get as much out of it as I know I have! ■

John McLain

Continued from cover

29 Days of Heart

you’ve got – ticking around the clock to keep you going and only taking a break when you relax or sleep. There’s a lot riding on it, so it’s important to think smart when it comes to your heart.

Unfortunately, your heart is also one of the most vulnerable parts of your body. According to the American Heart Association, heart disease is the number one killer of both men and women, with one in four men and one in five women dying of it each year. In fact, more women die of heart disease than from most cancers combined.

So it’s important to treat your heart well and do everything you can to ensure that it stays healthy for the long run. Our 29 Days of Heart is packed with tips, ideas, information and more to help you on your heart health journey. There’s so much you can do to take care of your heart, including:

- Establishing healthy eating habits
- Engaging in regular physical activity
- Knowing your family medical history
- Understanding the warning signs and symptoms of heart attacks
- Maintaining a healthy weight
- Staying on top of numbers like cholesterol and blood pressure
- Ensuring that you’re getting enough sleep and
- Eliminating excess stress.

Our 29 Days of Heart offers guidance on all of these and more. From recipes and new exercise ideas to essential info on warning signs and fun facts about your heart you may have never known, you won’t want to miss a single day. And if you can’t make it to StarrRegional.com every day, don’t worry. We’ll have past articles saved for you to peruse when it’s most convenient for you.

So, sharpen the focus on your own health and join us for 29 Days of Heart. Your heart will thank you.

If you would like to speak to a provider about your heart health, Visit the “Find a Doctor” tab at StarrRegional.com to schedule an appointment. ■

HEALTHY LIVING SPOTLIGHT

How to Get the Most Out of What You Eat

March is National Nutrition Month®, a great time to focus on establishing healthy eating habits. Good nutrition is essential to good health, so it’s important that we make what we eat count. Here are a few easy ways to help you make the most of your food.

Switch it up. Variety is a key building block of healthy eating. Different foods provide different nutrients, so incorporate a variety of foods from all the food groups to help your body get the most nutrients possible. Healthy salads and well-balanced meals are a great way to keep variety at the center.

Be thoughtful. A successful trip to the grocery store requires some prep. Take inventory of what you have on hand before you go. Check expiration dates to see what you need to eat first before buying more. And research healthy recipes to identify the ingredients you need to create healthy meals all week.

Prepare ahead. Healthy eating is easier than you think – especially with a little preparation. Pick a morning or afternoon

and prep your healthy lunches or dinners for the week ahead. A few hours can save lots of time during the week and keep you accountable to your healthy habits.

Get creative. Make your food work for you. Research ways to repurpose leftovers into new meals. You’ll be stretching your food without stretching your bank account!

Ask for help. Talk with a nutritionist or dietitian about how you can establish a healthy eating program. They’ll have some great ideas that can fit your individual needs.

Want to speak with a nutritionist? Visit the “Find a Doctor” tab at StarrRegional.com to schedule an appointment. ■



COMMUNITY CALENDAR

February

02/20: Diabetes Support Group

Meets the third Thursday of each month in the Physicians’ Dining Room on the Athens campus at 6 pm

02/26: Heart Month – Hands-Only CPR

Join our Healthy Community Group at Starr Regional – Etowah at noon for lunch and to learn more about heart health and the hands-only method of CPR.

March

03/19: Diabetes Support Group

Meets the third Thursday of each month in the Physicians’ Dining Room on the Athens campus at 6 pm.

03/25: Colon Cancer Awareness – Preventative Exams

Join our Healthy Community Group at Starr Regional – Athens at noon for lunch and to learn more about the signs and symptoms of colon cancer and preventative measures you can take.

April

04/16: Diabetes Support Group

Meets the third Thursday of each month in the Physicians’ Dining Room on the Athens campus at 6 pm

04/22: Tour Starr Regional Health & Rehabilitation

Join our Healthy Community Group at Starr Regional – Etowah at noon for lunch and to tour Starr Regional Health & Rehabilitation and learn more about their services.



Meet Stephen Miller, MD

Dr. Miller practices at Starr Regional Cancer & Hematology Clinic, as well as serves as the medical director of Starr Regional Cancer Center. He offers expertise in treating cancer and blood disorders. Dr. Miller has served as the managing director of the University Cancer Specialists at the UT Cancer Institute in Knoxville, as well as the head of the Department of Oncology at UT Medical Center. He completed his fellowship at the H. Lee Moffitt Cancer Center and Research Institute in Tampa, Fla. ■

Creamy Spinach Feta Dip

Try this heart-healthy version of a pre-dinner and snacking favorite.

- 10.5 oz frozen, chopped, packaged spinach
- ½ cup fat-free yogurt
- ½ cup reduced-fat sour cream
- ½ cup fat-free feta cheese (crumbled)
- 1 tsp garlic (minced, from jar)
- 1/3 cup fresh, chopped parsley or dill (or 2 tsp dried parsley or dill)
- ½ tsp black pepper
- 6 whole-wheat pitas (quartered)

1. Cook spinach according to package directions and drain in colander (press with fork to drain completely).
2. Combine all ingredients in a bowl and mix well. Refrigerate for 1 hour and serve with pita slices.

**Recipe from the American Heart Association.
Find more healthy recipes at www.heart.org/recipes.*

Continued from cover

Ask A Doctor

QUESTION:

Help! It's allergy season. How can I manage my suffering?

ANSWER: If you experience seasonal allergies during the spring, you're certainly not alone. Sneezing, itchy eyes, congestion, sore throats and more plague many of us during this otherwise beautiful time of year. Fortunately, there are ways to help manage your symptoms and ease your suffering, including knowing your triggers and working with an allergist to develop a care plan to help minimize symptoms, watching the weather and knowing when it might be best to stay indoors, taking a hot shower and washing your hair to minimize your exposure to allergens, and defending yourself by wearing a mask or taking appropriate, over-the-counter medications before you head out.

Need to talk with a provider about your allergies? Visit the "Find a Doctor" tab at StarrRegional.com to make an appointment. ■

DISCLAIMER: The information and practices described in this newsletter are not intended as substitutes for a diagnosis or clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.