

**Our hearts can't survive without love or a healthy lifestyle!  
 National Heart Month February 2016**

Heart disease is responsible for 1 of every 4 deaths in the country. Every single one of us has a heart which means every one of us is at potential risk!

Caring for your heart through a healthy diet and regular physical activity is the secret weapon to preventing heart disease. The real preventative power lies with real changes to your lifestyle – which can reduce the risk for heart disease by as much as 80 percent.

**1.) Consume a healthy diet.**

- a. Fruits and vegetables
- b. Fiber
- c. Foods with a low glycemic index and low glycemic load, which have less of an impact on blood sugar and insulin levels
- d. Monounsaturated fat rather than trans fatty acids or saturated fats
- e. Omega-3 fatty acids, which can be found in fish, plant sources or supplements



**2.) Quit smoking.**

The benefits of smoking cessation begin to appear after only a few months and reach that of a nonsmoker in several years.

**3.) Control your blood pressure.**

- a. Start with appropriate diagnosis.
- b. Hypertension is defined as a systolic pressure

(the top number) greater than or equal to 140 mmHg and/or diastolic pressure (bottom number) greater than or equal to 90 mmHg. Prehypertension is defined as 120/80 to 139/89 mmHG.

- c. Talk to your doctor to determine what your goal blood pressure should be—this is determined according to age and other health conditions.
- d. If prescribed, take your blood pressure medication every day.

**4.) Exercise.**

- a. Commit to 150 minutes of moderate intensity exercise each week and 75 minutes of vigorous intensity exercise each week.
- b. If you have other health conditions that limit your capacity for exercise, you should stay as physically active as your condition allows.

**5.) Maintain a healthy weight.**

- a. Abdominal obesity is defined as a waist circumference greater than or equal to 102 centimeters—or 40 inches in men and greater than or equal to 88 centimeters—or 35 inches in women. Belly fat increases your risk of heart disease.
- b. Calculate your body mass index (BMI)— there are BMI calculators online, which measure your body fat based on height and weight.

***National Wear Red Day: February 5, 2015***

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# Bryan County News Announces Bryan's Favorites 2016

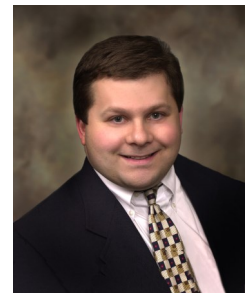
Each year the readers of the Bryan County News cast their votes for their favorites for just about everything that Richmond Hill and Bryan county have to offer. This year, SouthCoast Health is proud to have been awarded the favorite in 4 categories.

SouthCoast Health was awarded **Bryan's Favorite Place to Work** and Bryan's Favorite Overall Industry. Dr. William Webb was awarded **Bryan's Favorite Pediatrician**. Dr. Doug Perry was awarded **Bryan's Favorite Family Physician** for the 2nd year in a row.

SouthCoast Health thanks all of the readers who voted for us as well as the staff who work so hard to make these awards so deserved.



*Dr. William Webb*



*Dr. Doug Perry*



## What Are YOU Waiting For?

As SouthCoast Health continues to grow our Facebook page, we need your help. Without a doubt, we know that our employees are some of most engaged, best-informed advocates of the SouthCoast Health brand. If you haven't already done so, take the time to "Like" the SouthCoast Health Facebook page and begin sharing and liking posts. In addition, if you have great ideas for our Facebook page, please share those ideas with your manager or marketing department. SouthCoast Health offers many great services to our communities and we have a great story to tell. What are YOU waiting for?



We are in need of volunteers to help with the SouthCoast Health booth at this year's Southern Women's Show, February 26th - 28th.

If you are interested in helping out, please contact Eric Betts at Admin, 912-303-3579/ext. 8579.

## Looking to move up without moving out???

... check out some of the job openings available right here at SCH!

- Population Management, Director
- Patient Care Coordinator
- Nurse Practitioner/Peds
- Network Admin II
- PRN Ultrasound Tech
- P/T Ophthalmic Tech
- Full-time & PRN LPN
- PRN MA
- Physician Assistant/Cardio
- PRN Lab Assistant
- Scheduler
- PRN Rad Tech

SCH Health Tips...

### Plan for Health in the New Year

The beginning of the year is the natural time for fresh starts, from scheduling doctor visits and reviewing changes to your health plan to cultivating new health habits.

#### Pull out your calendar

If you haven't arranged your annual check-up, now is the time to see to it. Office slots sometimes fill up months in advance. Also schedule time with any specialists you see on a routine basis, such as the eye doctor, allergist or cardiologist. Try to avoid waiting to the end of the year when patients cram in last-minute doctor visits, leading to inconvenient appointments and long wait times.

#### Review your health plan

If you didn't read the fine print of your health plan during open enrollment, do so now. You may be able to take advantage of a new wellness benefit or to save money by switching to a less expensive medication. Call Healthgram with any questions you may have.

#### Schedule recommended screenings and immunizations

Regular health screenings, such as a colonoscopy or blood pressure reading, are key to detecting problems early—before they lead to something serious. Yet Americans are surprisingly lax about getting recommended tests. Ask your physician what tests you may need during the year and

schedule them. Likewise, adults, like kids, need to roll up their sleeves every now and then for immunizations. Ask your doctor if you are due for any vaccinations, such as those for tetanus, shingles

and pneumococcal disease.

#### Update emergency contacts

When you visit the doctor, make sure to update your emergency contacts. Do the same with schools and employers.

#### Make healthy goals

You will be more likely to succeed at resolutions if you reframe traditional goals. Instead of pledging to lose 10 pounds, for instance, vow to train for a 5K race. You'll reach your goal—and have fun doing it!





# February 2016

## ANNIVERSARIES

### 1 Year

Kaci Holloway  
Teresa Hamby  
Kiara Pipkin  
Michelle Brunelli  
Heather Connor  
Bria Coney  
Stacey Burgess  
Eboney Green  
Jessie Violet  
Jasmine Parker

### 2 Years

Dr. Regina Dandy  
Chelsea Olson  
Crystal Carter  
Ashley Buttersworth  
Kelly Stahl  
Megan Gambrell

### 3 Years

Cheryl Carey  
Alicia Deien  
Edward Kowalewski  
Qanita Minter

### 4 Years

Monique Jernigan  
Mindy Barrett  
Sheree White

### 5 Years

Dyshyan Brown  
Karen Reed

### 6 Years

Pamela Gunby

### 7 Years

Dr. Firas Bannout  
Dr. Nizar Eskandar  
Cherie Scaggs  
Kristin Keel  
Christina Feal  
Dedra Rice

### 8 Years

Sherrina White

### 9 Years

Richard Noble  
Gwen Sparger  
Cheryl Gay

### 13 Years

Carolyn Scott

### 14 Years

Dr. Sidney Bolch  
Mary Cook  
Jean Spell

### 15 Years

Cynthia Lamp  
Sue Hunnings

## BIRTHDAYS

- |                         |                          |
|-------------------------|--------------------------|
| 1 James Hughes          | 16 Cheryl Jackson        |
| 3 Latarsha Jefferson    | 17 Jillian Epperson      |
| 3 Kimberlee London      | 18 Dr. Douglas Hanzel    |
| 4 Jessica Jones         | 18 Pamela Gould          |
| 5 Chris Curry           | 18 Heather Hogan         |
| 5 Christina Burgdorf    | 18 Shelia Williams       |
| 5 Wanda Anderson        | 18 Heather Boulineau     |
| 5 Carin Hazeley         | 18 Sylwia Mora           |
| 5 Brittni Barrett       | 19 Michelle Brunelli     |
| 5 ShaQuail Ripley       | 19 Chris Kimble-Hall     |
| 6 Kay Hudson            | 20 Dr. Sidney Bolch, III |
| 6 Amber Swain           | 20 Gloria McCoy          |
| 7 Angela Curry          | 20 Shaquanda Sims        |
| 7 Avis Knowles          | 21 Fonda Terry           |
| 7 Lakkia Roseman        | 22 Bonnie Wilson         |
| 8 Carolyn Collins       | 22 Ashley Moran          |
| 9 Christina Feal        | 22 Charito Diaz          |
| 9 Nicole Aguillard      | 24 Tammy Frye            |
| 10 Dr. Russell Sliker   | 25 Kendra Cain           |
| 10 Sandra Vranich       | 26 Dr. Andrew Wade       |
| 10 Leslie Lawson        | 26 Emily Randall         |
| 11 Dr. Amanda Hendricks | 27 Shameia Isaac         |
| 12 Cheryl Gay           | 28 Dr. Nenad Avramovski  |
| 12 Nikki Williams       | 28 Bonnie Johnson        |
| 14 Katina Moody         | 28 Ytेशia Jackson        |
| 15 Billie James         | 29 Elaine Harn           |



### SCH In The Know...



It's that time again,  
To help support American Heart Month,  
lets show our creativity with our pink and  
red accessories (no hats allowed, but you  
may wear headbands! )

During the 2nd week of February (8th-12th),  
SCH employees will be allowed to accessorize!

Please remember, nothing too revealing or  
anything that impedes your ability to work.



Munch & Learn  
Sessions will begin  
the 3rd week of  
February! More  
info to follow!