



How Stress Can Impact Your Heart's Health

Cardiologist Dr. Jonathan Lanham offers seven tips to keep your heart healthy

A looming deadline at work; broken down vehicle; family drama – we all go through stressful moments and react to it in different ways. How much stress you experience and how you react to it can have an impact on your health, including your heart.

More research is needed to determine the direct impact on stress and heart disease. However, researchers know there is a clear indirect impact on the heart due to stress.

“We know people that have a lot of stress tend to have higher blood pressure and cholesterol,” says Dr. Jonathan Lanham, a cardiologist at SouthCoast Health. “They are more likely to smoke, drink and not get physical activity and that ends up indirectly leading to a higher propensity for heart disease.”

Additionally, some people may experience headaches, back aches or stomach pains due to stress. Stress also can zap your energy, disrupt your sleep and leave you feeling moody, forgetful or even out of control.

And who wants to eat right or exercise when all these symptoms and emotions are occurring?

“When you get stressed out the last thing you focus on is what you are eating, how much you are exercising,” Dr. Lanham says. “You get that tub of ice cream and turn on Netflix and zone out.”

Others may turn to heavy alcohol use or smoking to deal with stress.

But there are better ways to deal with stress that are also good for your heart.

Dr. Lanham does not treat stress, but he does advise his patients to manage it, and if stress, anxiety or depression seem severe enough, he does recommend professional help.

One of the best ways to reduce stress is to stay physically active, Dr. Lanham says. The recommendation is 150 minutes of moderate to rigorous activity a week, or 30 minutes a day, five days a week.

“There are studies that show people who get moderate amounts of physical activity compared to people who don't have less bad mental health days per month,” Dr. Lanham says. “People generally have better moods, and better outlooks when they exercise compared to people who don't.” *(Continued on page 2)*



Dr. Jonathan Lanham

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How Stress Can Impact Your Heart's Health *(continued)*

Other things you can do to manage stress include:

- Follow a healthy diet
- Develop close friendships and talk to friends and family often
- Learn some relaxation techniques such as meditation
- Seek professional help if needed

Managing stress and improving your heart's health have a lot in common. In the end, it comes down to something Dr. Lanham teaches all his patients: Life's Simple 7, a list of lifestyle changes developed by the American Heart Association for achieving excellent cardiovascular health.

1. Manage blood pressure
2. Control cholesterol
3. Reduce blood sugar
4. Get active
5. Eat better
6. Lose weight
7. Stop smoking

"I like to say the heart is like the body's foundation and when that starts to crumble, everything starts to go south too. It's really important that you focus on these seven things," Dr. Lanham says. "Yes, they can help with stress and lowering your risk of heart disease, but they help with so many other things such as blood sugar, diabetes, our kidneys and eye sight. It's globally healthy."



Keith Seibert, MD



Crystal Carter, LPN



William Webb, MD



Nelson Elam, MD

SouthCoast Health honored to be chosen as Bryan's Best Medical Group, Bryan's Best Pediatrician & Bryan's Best Nurse!

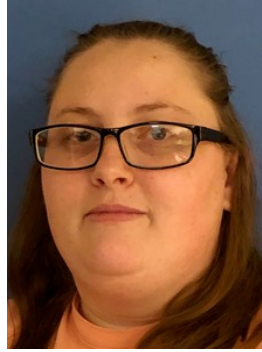
SouthCoast Health is pleased to announce three-category winnings for the 2020 *Bryan County News* competition, "Bryan's Favorites." Readers of the publication voted SouthCoast Health as the Best Medical Group. SouthCoast Health medical providers Dr. Keith M. Seibert and Crystal Carter won the categories for Best Pediatrician and Best Nurse. Also, Dr. William Webb and Dr. L. Nelson Elam were acknowledged as the runner-ups for the Best Pediatrician and Best Physician categories. All four honorees practice at the SouthCoast Health Pediatrics location in Richmond Hill.

"Our team strives to deliver the best healthcare for our patients and we are grateful to have this acknowledgment from the Bryan County community," SouthCoast Health Administrator John Marrero said. "We are so honored that our patients have recognized our hard work and we send our congratulations to all the honorees."

SouthCoast Health Welcomes Our January New Hires



Lena Smith
IS Support Manager,
Admin



Ariel Strout
Lab Assistant,
Main Campus



Zakera Green
Patient Representative,
PRN Pool



Leisa Claiborne
Certified Medical Asst.,
Hinesville



Carrie Purvis
Ultrasound Tech,
Imaging



Keana Taylor
Registered Medical Asst.,
Cardio

Looking to move up without moving out???

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

HR CORNER

SCH Reminders

- Please remember to use Candler/St. Joseph hospitals. Memorial is out-of-network for SCH employees.
- Certified/Registered Medical Assistants, please be mindful that you **MUST** keep your certification/registry current.

- Director Of Operations
- Practice Manager
- EMR Index Specialist
- Imaging Clinical Coordinator
- PACS Administrator
- Patient Representative-RH Peds
- PTE Optometrist
- Medical Assistant-Chatham/Nephro(SC)/Bldg. 1
- PRN Medical Assistant-Pooler
- PRN Radiology Tech
- MRI Tech
- Medical Technologist
- Lab Assistant
- Medicare Wellness Nurse
- Nurse Practitioner-RH 89

SCH employees can now apply for open positions without having to complete the standard application. There is a shorter version of the application for internal candidates on the SCH website under Employee Self Service/Recruiting. Internal applications will be open for three days, before switching to standard. For questions or concerns please contact the HR Department.

***Internal candidates, please be aware that you must inform your current supervisor if you are interested in another position and would like to apply for it.



Emergency Room, Urgent Care or your Primary Care Physician?

Make a plan before you need care

You can't always predict when you'll need medical attention, but you can be prepared. Getting the right care can save you time and money. Keep these guidelines in mind to determine the best level of care.

Make a Plan

Creating a care plan now can help you have a clear mind if something does happen. Ask yourself these five questions and write down the answer in a note in your phone or keep them in a safe place that is easily accessible.

1. Do you know where your nearest urgent care is?

Write down the address and hours, many are open 24/7 so make a note of which locations those are.

2. What are your primary care doctor's office hours?

If your doctor offers days with extended hours, be sure to make a note of that too.

3. Have you added your primary care doctor's office phone number as a contact in your phone?

4. Do you have an easily accessible list of your emergency contacts?

5. Have you created a list of any allergies to medications you may have? This is usually one of the first questions that is asked when you receive care.

Know Where To

	Primary or Urgent Care	Emergency Room
Chest pain or shortness of breath		✓
Minor cuts, sprains or bruising	✓	
Fever over 104 degrees		✓
Low grade fever	✓	
Fractures/ broken bones		✓
Trauma or head injury		✓
Common cough or cold	✓	
Poisoning		✓
Skin rash and bug bites	✓	
Earache or ear infection	✓	
Severe bleeding/ burns		✓



February 2020



ANNIVERSARIES

1 Year

Dr. Emma Walker
Chynna Davis
Vandi Ryan
Erin Holston
Parris Cummings
Malaysia Ferrell

2 Year

Tyesha Hamilton
Sabrina Williams
Elizabeth Lightle
Paige Jordan
Stephanie Singelton

3 Year

Jessica Wren
Danielle Felton
LaJoy Thomas
Jordan Murphy
Ariele Albritton

4 Year

Heather Yuill
Emily Anderson

5 Year

Antonece Singelton
Teresa Hamby

6 Year

Dr. Regina Dandy
Chelsea Olson
Crystal Carter

7 Years

Alicia Jordan
Qanita Minter

8 Years

Mindy Barrett
Sheree White

9 Years

Karen Reed

11 Years

Dr. Firas Bannout
Dr. Nizar Eskandar
Dedra Rice
Kristin Keel

12 Years

Sherrina White

13 Years

Cheryl Gay
Gwendolyn Sparger
Richard Noble

17 Years

Carolyn Scott

18 Years

Dr. Sidney Bolch
Mary Cook
Jean Spell

19 Years

Cynthia Lamp

BIRTHDAYS

3	Latarsha	Jefferson	14	Kenya	Mitchell
3	Christel	Starnes	16	Cheryl	Jackson
4	Nitha	Bendele	16	Caitlin	Thomson
4	Ashley	Hughes	16	Antonese	Minor
5	Chris	Curry	18	Pamela	Dukes
5	Christina	Burgdorf	18	Dr. Douglas	Hanzel
7	Avis	Knowles	18	Heather	Johnson
7	Lakia	Roseman	18	Heather	Boulineau
8	Carolyn	Collins	19	Chris	Kimble-Hall
9	Amanda	Woods	20	Dr. Sidney	Bolch, III
10	Sandra	Vranich	20	Gloria	McCoy
10	Dr. Russell	Sliker	22	Ashley	Moran
10	LaJoy	Thomas	23	Leisa	Claiborne
10	Summer	Dean	24	Dr. Walter	Bowden
10	James	Polites	25	Tiffany	Williams
11	Dr. Amanda	Hendricks	26	Rashonda	Milton
11	Pamela	Stewart	27	Marsha	Zacher Jones
12	Cheryl	Gay	27	Tyrese	Daughtry
12	Nikki	Williams	28	Bonnie	Johnson
12	Mary	Griffin	28	Dr. Nenad	Avramovski
13	Benjamin	McLaughlin	28	Ytेशia	Jackson
14	Katina	Moody	29	Elaine	Harn

*** SCH employees are allowed to wear red and pink accessories for the week of February 10th-14th to support American Heart Month!

Please be mindful of inappropriate attire

Happy Valentines Day

