

WINTER 2021 DELIVERING QUALITY HEALTH CARE TO SOUTH CENTRAL GEORGIA



SOUTHWELL

with you for life

CHECKING IN ON
EACH OTHER

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HEALTHY

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We Are in This Together

PLEASE CHOOSE TO GET VACCINATED

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BY VISITING [MYSOUTHWELL.COM](https://mysouthwell.com)

Creating Community Health,

Together



The COVID-19 pandemic has presented challenges in our community over the past two years. Not only have we come together, adapting and supporting one another through this time, Southwell and the communities we serve have risen to the unprecedented occasion and faced these challenges head-on.

Without your support, we wouldn't have been able to execute new health initiatives to help tackle COVID-19 and better protect the people we serve. Southwell would like to thank everyone in our communities who have helped us turn these current health obstacles into hurdles we can overcome.

Cameron Nixon, MD, internal medicine physician at Southwell Medical Clinic and Chief Transformation Officer at Southwell, joins us to discuss a few of the many initiatives Southwell has implemented to help navigate the pandemic and keep our communities safe, as well as provide valuable insight on the pandemic.

DRIVE-THRU TESTING

Southwell quickly developed and implemented a process for a drive-thru COVID-19 testing site at

the Tift Regional Community Events Center for those exhibiting mild COVID-19 symptoms. Re-opened for a time in August 2020 during the Delta variant surge, we will continue to closely monitor case spikes and offer this service as needed.

“If you are exhibiting any COVID-19 symptoms, we urge you to get tested at one of our clinics as soon as possible. If you begin to have trouble breathing, have persistent pain or pressure in the chest, experience confusion, or bluish lips or face, seek medical attention immediately,” says Dr. Nixon.

Visit mysouthwell.com/COVID-19 for information on current testing centers or call (229) 353-2819.

SOUTHWELL CONNECT

In August, Southwell kicked off its virtual visit program called Southwell Connect, offering

“We strongly encourage local residents to receive both doses of this safe vaccine. During the recent case surges, almost all of Tift Regional Medical Center’s COVID-19 inpatients had not received the vaccination.” –CAMERON NIXON, MD

How to Get Your Vaccination

It's not too late to get your COVID-19 vaccination. Southwell is administering COVID-19 vaccinations at the following locations free of charge, by appointment only. We encourage you to fill out your paperwork and bring it with you at the time of your appointment. For a copy of the consent form and to schedule your appointment, go to mysouthwell.com/vaccine.

COVID-19 Vaccination Locations

WorkSmart Occupational Health

4468 Union Rd.
Tifton, GA 31794
229-353-2200
Appointments available for the entire community.

Affinity Pediatrics Tifton

39 Kent Road, Suite 5
Tifton, GA 31794
229- 353-7337 for children 12+
Appointments available for established patients of Affinity Pediatrics in Tifton.



patients another way to connect with their providers regarding health concerns that don't require face-to-face contact.

"We are incredibly excited to offer Southwell Connect to residents in our community, especially during this time," Dr. Nixon shares. "Virtual visits help minimize exposure to the virus and can also help prevent costly downstream events, such as ER visits and hospital admissions."

Visit mysouthwell.com/connect to see if a virtual visit is right for you.

MYTHS

VS

FACTS

COMMON COVID-19 MYTHS, EXPLAINED

There is a lot of information out there, which can make it difficult to determine fact from fiction. Southwell's Rubal Patel, MD, FCCP, helps us tackle a few of the most common misunderstandings of the COVID-19 vaccines.

MYTH: The COVID-19 vaccine isn't safe because it was rapidly developed and tested.

FACT: "As the FDA's vaccine approval process can sometimes take years, the FDA gave emergency use authorization to COVID-19 vaccines based on less data than normally required due to the impact of the pandemic. However, for the FDA to give emergency use authorization, the data must show the vaccines are safe and effective."

MYTH: I already had COVID, so I don't need a vaccine.

FACT: "While it's true contracting COVID-19 might offer some natural protection from reinfection, it's unclear how long this protection lasts. Even if you've previously contracted the virus, we strongly recommend you get vaccinated."

MYTH: There are severe side effects of the COVID-19 vaccines.

FACT: "Serious side effects from COVID-19 vaccines are exceedingly rare. You may experience mild effects such as injection site pain, fatigue, and chills, but these symptoms are typically relieved within 24-48 hours of injection. These mild symptoms are a sign that your immune system is responding to the vaccine like it should."

Physician Spotlight

MEET SOUTH GEORGIA'S NEW GENERAL SURGEON, ANDREW NACKASHI, DO



BACKGROUND: "I'm originally from Jacksonville, FL. From there, I received my doctorate in osteopathic medicine from the West Virginia School of Osteopathic Medicine, then completed a five-year general surgery residency training at Henry Ford Allegiance Health in Jackson, MI. I couldn't be more excited to be in Georgia, closer to my Jacksonville Jaguars, and playing a role in the community here."



JOB: "General surgeons have to perform a wide variety of surgeries, including procedures for the abdomen, digestive tract, endocrine system, and soft tissues such as skin and breast tissue, to name a few. I specialize in minimally invasive, high-tech robotic surgeries that decrease pain and recovery time. In addition to my general surgeon responsibilities, I'm excited to take over as Director of the Tift Comprehensive Breast Center and build on the legacy of Joel Johnson, MD."



FAMILY: "I'm not the only one in the house dedicated to bringing better health to Southwell communities. My wife, Sharon Nackashi, DO, recently accepted a post as one of Southwell's pediatric hospitalists. As a pediatrician, she cares primarily for children in the pediatric ward, labor and delivery, the newborn nursery, and emergency department. We have two young children who keep us very busy!"



INSPIRATION: "I've always wanted to help others. My family has a long history with breast cancer—my mom has the BRCA gene, my grandmother had breast cancer, and my aunt died of breast cancer. So, I try to treat all of my patients like I would want my family to be treated."

Dr. Nackashi is accepting new patients at South Georgia Surgical. Call 229-382-9733 to make an appointment.

THE GENERAL SURGEON'S ROLE IN BREAST CANCER TREATMENT



Did you know there is a 'tumor board' that discusses the best treatment options for you in case of breast cancer? Have you wondered why the lymph nodes located in your armpit are removed during surgery?

Dr. Nackashi joins the LIVE WELL podcast to answer these questions and more when it comes to breast cancer screenings, diagnosis, and treatment. As a general surgeon, Dr. Nackashi is one of the first people you'd meet after receiving concerning mammogram results. Go to mysouthwell.com/blog to listen and learn more about the steps your health team will take to prevent and treat breast cancer.



FOR QUESTIONS about Southwell and *Southwell* magazine, call 229-353-6318.

This magazine is not intended as specific medical advice and is not a substitute for professional medical treatment or diagnosis. Consult your physician with any questions about your health.

Vaccination is our best defense against COVID-19.

Free vaccines are now available. Learn more at mysouthwell.com/vaccine.

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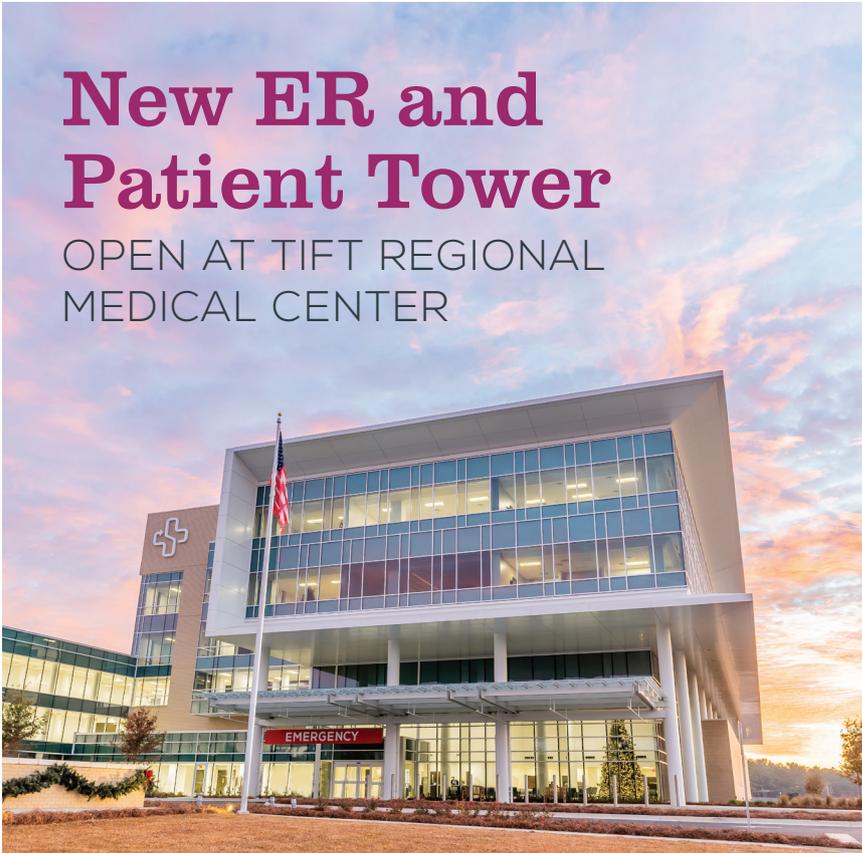
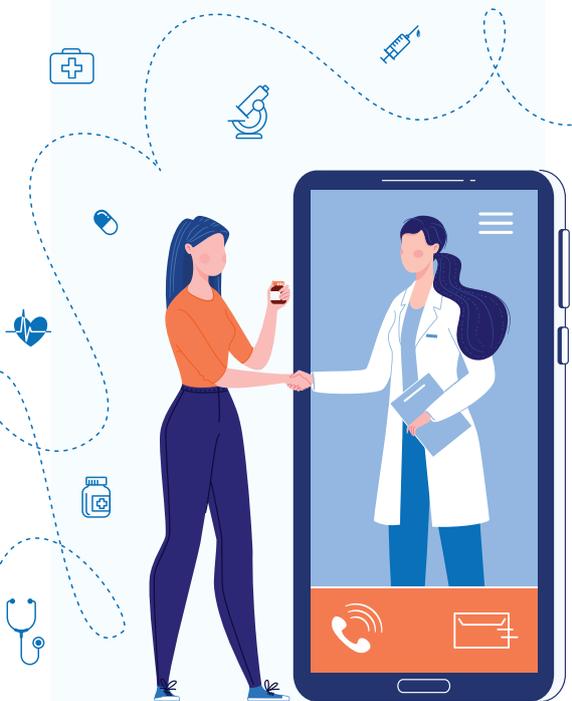
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SOUTHWELL NOW OFFERS VIRTUAL VISITS

Save time and see your Southwell provider from the comfort of your home. All you need is a smartphone, tablet, or computer with a Wi-Fi connection.

Virtual visits are private, secure, and easy to use. Talk to your Southwell provider to see if a virtual visit is right for you!

A list of participating providers can be found at mysouthwell.com/connect.



New ER and Patient Tower

OPEN AT TIFT REGIONAL MEDICAL CENTER

