

Health & Wellness

Directory



July 2017

A Special Supplement to

The Holistic Observer

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Hospitals

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Moultrie Internal Medicine
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229-985-2198

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229-985-5437

Andrew Wills, MD
Children's Medical Group
of Southwest GA
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Moultrie, Ga. 31768
229-985-1293

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Rebecca Peters, FNP
Sterling Group Pulmonology
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Lee McGill, MD
Radiology Associates of Moultrie
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Jacob Schwartz, MD
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229-890-3553

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229-891-9323

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229-890-6612

Sports Medicine

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3100 Veterans Parkway
Moultrie, Ga. 31768
229-890-3553

Urology

Winston Wilfong, MD
Sterling Center Surgery and Medicine
4 Live Oak Court
Moultrie, Ga. 31768
229-785-2400

Urogynecology

Cheau Williams, MD
Sterling Center Surgery and Medicine
4 Live Oak Court
Moultrie, Ga. 31768
229-502-9788

Prepare a disaster kit

A disaster supplies kit is simply a collection of basic items your household may need in the event of an emergency.

Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with you.

In addition to food and water, a basic emergency supply kit should include:

- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Local maps
- Cell phone with chargers, inverter or solar charger

Did you know?

Outdoor exercise can benefit both the planet and the people doing the exercising. By exercising outdoors instead of at home or at indoor fitness centers, men and women can reduce their carbon footprints. Exercising in the great outdoors does not require the use of energy-consuming fitness machines. In addition, when exercising outdoors during daylight hours, nature provides all the light men and women will need for their workouts, further reducing the average person's energy consumption. And it's not just adults who can benefit from spending more time outdoors. According to the Harvard Medical School, children are likely to get more exercise if they spend time outdoors than they are if they spend time indoors.



A study from researchers in England used GPS devices and accelerometers to track the activity of 1,000 children. The children were more than twice as active when they were outside than they were when they were inside. When children spend ample time outdoors, that, too, can benefit the environment. According to the National Institutes of Health, the average youngster spends three hours per day watching television and gets as much as seven hours of screen time each day. When kids are outdoors, they are less likely to be staring at energy-consuming screens and devices than they are when they're indoors.

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10289-1

Treatments for Alzheimer's disease evolve

Alzheimer's disease is one of the most prevalent types of dementia in the world, affecting an estimated 35.6 million people all over the globe, and that number is expected to double in 20 years.

There is no cure for Alzheimer's disease, nor is there an effective long-term way to prevent potential mental decline. However, that has not stopped scores of researchers and medical teams that continue to study the efficacy of different drugs and therapies. The following are some of the more promising options in the works.

Leukine

A safety trial on the drug Leukine already is underway at the Colorado University Anschutz Medical Campus.

"We found so far that Leukine is safe in people with Alzheimer's disease," said Dr. Huntington Potter, the director of Alzheimer's research at the university. "That means it doesn't have the side effects that so many other Alzheimer's drugs have had, which are swelling in the brain and bleeding into the brain."

Leukine has been successful in removing the plaque or amyloid along the outside of nerve cells in the brain of mice. Researchers do not know the exact mechanism for removal, but the drug is working and working



quickly. Leukine also may be helping the brain repair itself.

Insulin

Neurologists at Rush University Medical Center are testing a type of insulin that is inhaled through a nasal spray to see if it improves cognition and memory function in people with mild cognitive impairment.

"There is growing evidence that insulin carries out multiple functions in the brain and that poor regulation of insulin may contribute to the development of Alzheimer's disease," said Dr. Neelum Aggarwal, a neurologist at Rush and the lead investigator of the study.

Xanamem

Australian researchers at Actinogen Medical have begun trials of a new drug called Xanamem. More than 170 patients with mild dementia in Australia, the United States and the United Kingdom will take part in the placebo-controlled 12-week trial. The medicine blocks the stress hormone cortisol in order to improve mental function for those with dementias. In 2015, an Edinburgh University study of mice showed reducing cortisol in the brain improved their memory and decreased the number of Alzheimer's-associated amyloid plaques in the brain.

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11418-1

Serving the Greatest Generation



They say it's the hardships of life that form our true character. If that's true, then Americans who were born between the two World Wars have certainly earned their character badges. For this, we call them the "Greatest Generation".

Because they made the world a better place for us, we're committed to making the world a better place for them.

Honoring the Greatest Generation is part of our mission here at Legacy Village at Park Regency. In fact, serving this generation is our mission. In carrying out that mission, we hope to uphold the values handed down to us by the Greatest Generation in every possible way.

Who is the Greatest Generation?

You've probably heard the term before. It was coined almost twenty years ago by Tom Brokaw. Former anchor and managing editor of the NBC News, Mr. Brokaw published his best-selling book, *The Greatest Generation*, in 1998. By doing so, he forever set the phrase in our hearts and minds.

The phrase may be familiar, but have you ever stopped to wonder what makes this group of people "The Greatest Generation?"

Four Factors Contributing to the Formation of the Greatest Generation

•Momentous Changes

This generation lived through the Great Depression, World War II, and then on into one of the most prosperous eras in the history of our nation.

•Work Ethic

Perhaps because of having lived through the Great Depression, this generation knows a thing or two about working hard. On top of that, they lived through the years of World War II and appreciate stability.

•Frugality

The combination of living during the Great Depression and experiencing wartime rationing means many in this generation are well-versed in frugal living. They learned to make due. They also learned creativity in the face of scarcity.

•Sacrifice and Honor

Many gave of themselves during World War II, to the extent that they lost life or limb. The war was truly all-encompassing for this generation at that time. The Battle of the Bulge, for example, is considered by military experts to be the greatest in the nation's history.

United as a country in the face of evil,

the greatest generation came together to sacrifice what they could to make the world a better place.

How do we, the team members of Legacy Village at Park Regency, serve the Greatest Generation?

Each day we strive to give the residents of Legacy Village a purposeful day. We do this by creating an active and busy activities calendar, by providing the best possible care and by making our community a place to call home.

We strive to give each of our residents a sense of purpose. Finding a purpose can mean so many different things to different people. It can be gardening in the courtyard, cooking brownies, singing in bible study or just participating in daily activities. In everything we do, we aspire to create a sense of being for all residents.

The advice we like to give our residents is to keep an open mind about everything. For the generation that elevated the art of self-awareness and being open to change, it shouldn't be all that difficult!

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About Dr. Baddour:

Originally from Moultrie, Dr. Baddour earned his medical degree from the St. George's University School of Medicine in the West Indies. He completed OB/GYN residency training in Chicago at the Mount Sinai Medical Center.

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