health DIRECTORY

Serving Baldwin, Putnam & Greene Counties

January- March 2018

Exercise vs Dieting

pg. 16

How to use this directory

The Area Health Directory is a reference to aid the public to identify and locate healthcare providers and suppliers in Baldwin, Putnam, Hancock, Wilkinson, Jones, and Greene Counties and the surrounding area. Take a moment to browse through this publication, you will find various physicians, dentists, chiropractors, pharmacies, home healthcare providers and more, all listed by category of specialty. The listings are in alphabetical order for ease of use.

We were surprised to find the large number of healthcare professionals and providers in our area and, although every attempt was made to be sure we included every one, we apologize for anyone inadvertently omitted.

We hope you will find this reference guide useful and keep it handy by your phone, or elsewhere, to refer to when you need these services or products. We also thank our advertisers for making this publication possible and hope you will express your thanks when you visit them.

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The Health Directory is available at various medical offices throughout Milledgeville and the Lake Oconee area and also at The Union-Recorder.

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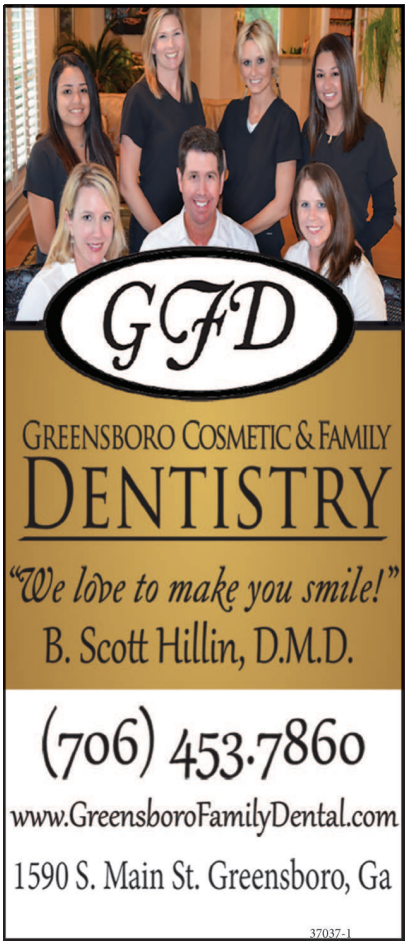

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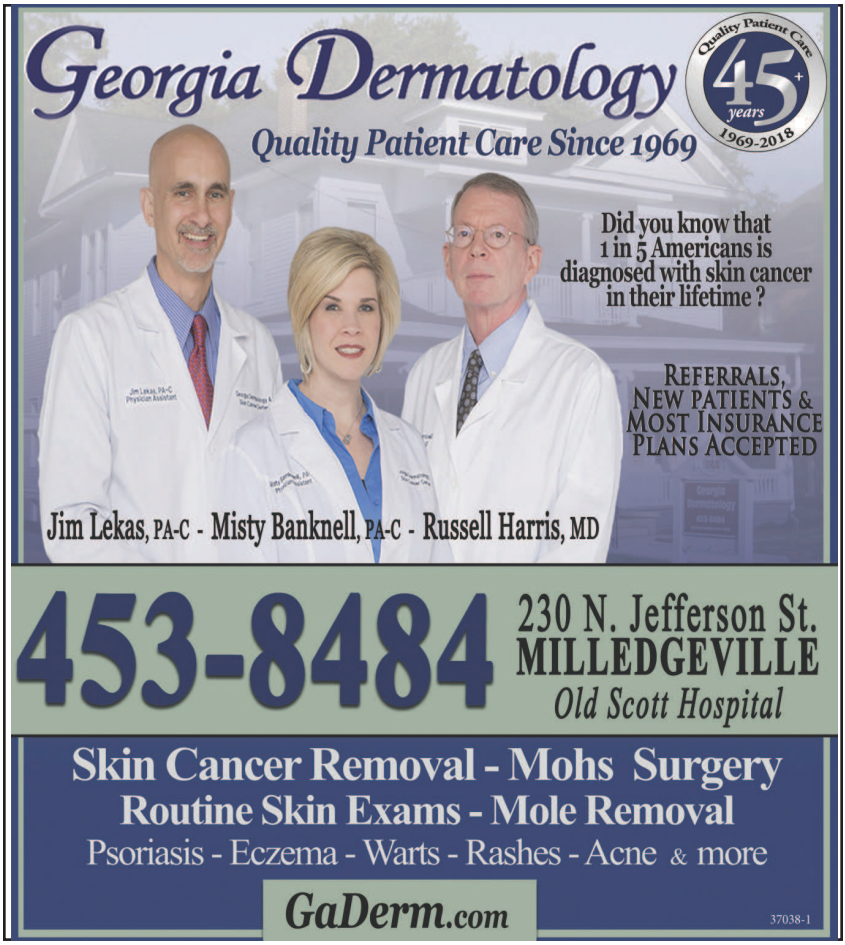

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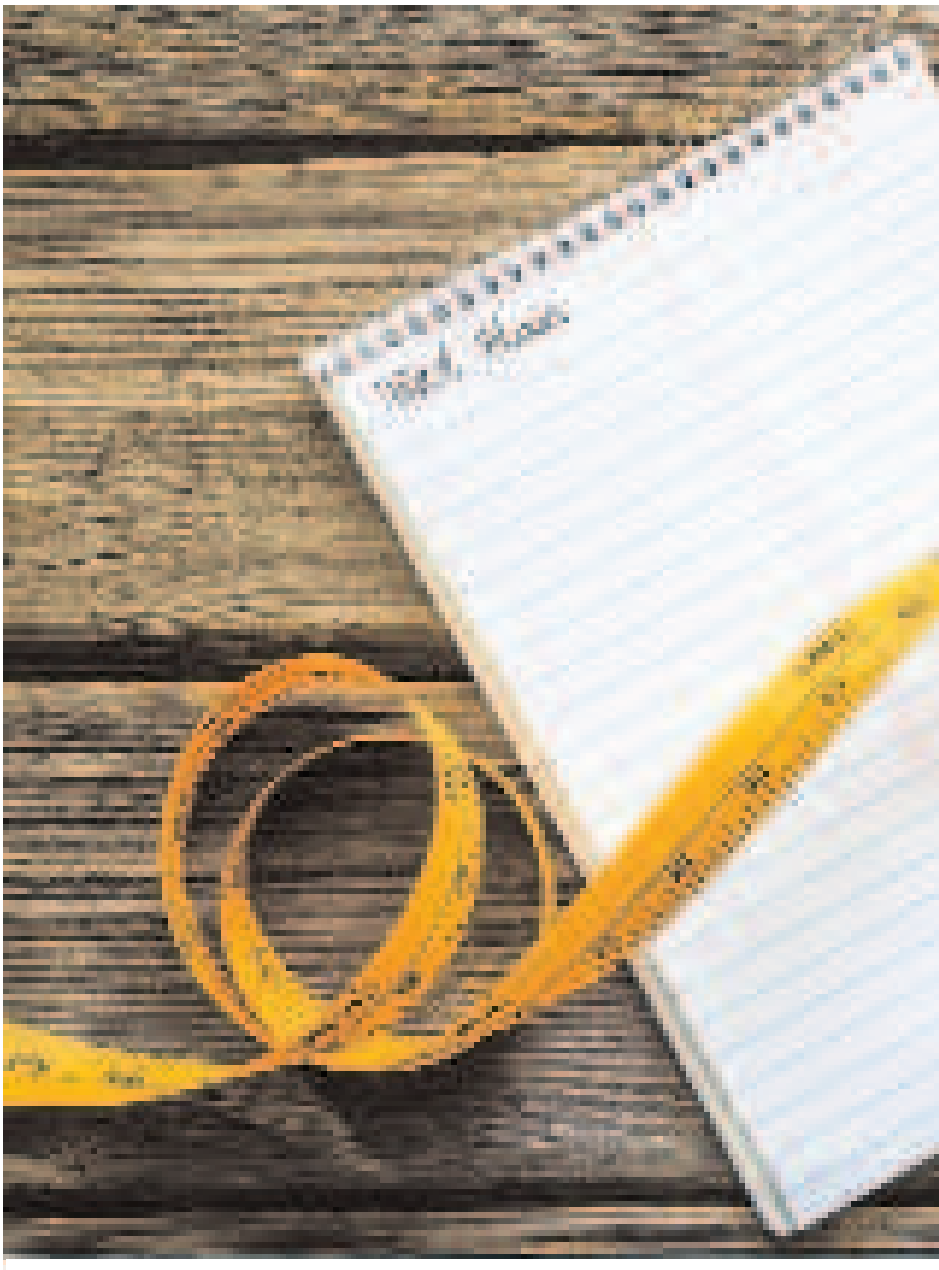

Weighing in on exercise vs. dieting

for better weight loss results

Statistics indicate more and more men, women and children are overweight or obese. The National Institutes of Health state that more than 35 percent of adults in the United States are obese and more than 34 percent are overweight, while 17 percent of children and adolescents in the United States are obese. Obesity rates are three times as high among today's children than they were among youngsters just one generation ago.

As individuals attempt to lose weight, they may wonder what is the most effective way to accomplish that objective. Some argue that the secret to weight loss is lots of exercise, while others insist that calorie control is the key. When it comes to slimming down, some may be surprised by what the experts have to say.

The Mayo Clinic advises that cutting calories through dietary changes appears to promote weight loss more effectively than physical exercise alone. According to Shawn M. Talbott, Ph.D., a nutritional biochemist and former director of the

University of Utah Nutrition Clinic, weight loss is about 75 percent diet and 25 percent exercise. People generally see the largest short-term results when they eat healthy foods and healthy portions.

Poor diets can be difficult to overcome, as it takes a lot of exercise to spur dramatic weight loss, whereas a low-calorie, healthy diet can be a simple and effective means to losing weight. Nutritionists often point to a balanced diet that focuses on fruits and vegetables, lean proteins and whole-grain carbohydrates over fad diets or ones that require the adherence to strict guidelines that are difficult to follow for lengthy periods of time.

But exercise should not be abandoned in favor of a low-calorie diet. Dr. Yoni Freedhoff, who runs one of the largest obesity clinics in Canada, says that weight loss occurs from what's created in the kitchen, but health is gained in the gym. Dr. Freedhoff often advises his clients to make smart changes to the foods they eat to spur weight loss, and then incorporate exercise into their lifestyles as a way to keep the body in top form. Regular physical exercise is necessary to maintain strong bones, build muscle, improve flexibility, and keep the cardiovascular system working efficiently. Exercise also releases endorphins, which can improve mental alertness and feelings of well-being.

The Mayo Clinic notes that studies have shown that people who lose weight and keep it off over the long haul are those who get regular physical activity.

When it comes to losing weight, the foods a person eats play a bigger role than exercise. But it is the combination of both diet and exercise that can lead to greater overall health and sustained weight loss.

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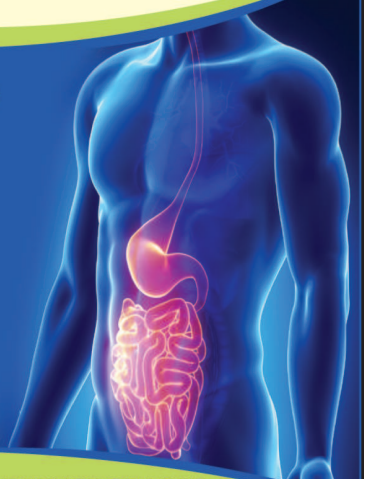

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504 Osigian Blvd, Ste 5, Warner Robins
(478) 333-64444

PEDIATRICS

Children's Healthcare Center of Sandersville
Dr. Charnetta Colton
Dr. Christy Mountain
Dr. Jennifer Tarbutton
601 Ferncrest Dr., Sandersville
(478) 552-0006

Eatonton Pediatrics
Al Hakim, MD
116 Sparta Hwy., Eatonton
(706) 923-0904

Kids First Pediatrics
Prabhdeep Brar, MD
Sokar Kendor, MD
Christopher Bowers, MD
530 N. Cobb St., Milledgeville
(478) 453-1020

Lake Oconee Pediatrics
Christopher J. Bassett, MD
1011 Parkside Commons Unit 100,
Greensboro (706) 454-1210

Middle GA Pediatrics
Chen K Ho, MD
2938 Heritage Place, Suite A,
Milledgeville
(478) 453-0453

Milledgeville Pediatrics
Luis Samper, MD
Marshall Ivey, MD
750 N. Cobb St., Milledgeville
(478) 453-9383

Pediatrics "R" Us
Al Hakim, M.D.
1015 Fernwood Dr., Milledgeville
(478) 452-3835

Putnam Pediatrics
and Adolescent Medicine
132 C. Sparta Hwy., Eatonton
(706) 485-8924

PERSONAL CARE

Helping Hands of Milledgeville
525 Hwy 24 E
Milledgeville
(478) 453-2142

Savannah Court of Lake Oconee
1061 Willow Run Road
Greensboro
(706) 454-0980

Savannah Court of Milledgeville
61 Marshall Road NE
Milledgeville
(478) 452-2511

Stone Brooke Suites
114 Stone Brooke Dr., Gray
(478) 986-0097

PHARMACY

CVS/Pharmacy
960 N. Columbia St., Milledgeville
(478) 452-5533
641 S. Wayne St., Milledgeville
(478) 452-3566
809 Oak St., Eatonton
(706) 485-5832
6201 Lake Oconee Parkway
Greensboro
(706) 453-9094

Gordon Drug Company
210 Milledgeville Rd., Gordon
(478) 628-2481

Gray Drug Company
157 Bill Conn Pkwy. Gray
(478) 986-3161

H&M Drugs
295 Hammock Rd., Milledgeville
(478) 453-7715

Hunter's Drug Store
102 N. Main St., Greensboro
(706) 453-7431

Kmart Stores Pharmacy
1970 N. Columbia St.
Milledgeville
(478) 453-8399

Kroger Pharmacy
2809 N. Columbia St.,
Milledgeville
(478) 414-2145

Lake Country Pharmacy & Compounding Center
1110 Commerce Dr., Suite 110,
Greensboro (706) 923-2933

Medical Arts Pharmacy
811 N. Cobb St. #8, Milledgeville
(478) 452-1222

Medical Center Pharmacy
750 N. Cobb St., Milledgeville
(478) 452-3591

Medicap Pharmacy
236 W. Clinton St., Gray
(478) 986-4827

Putnam General Hospital, Navicent Health Partner Pharmacy
101 Lake Oconee Parkway, Eatonton
(706) 485-2711

Publix Super Markets
6350 Lake Oconee Pkwy. #106
Greensboro (706) 454-7150

Ray Drug Company
34 N. Jefferson Ave., Eatonton
(706) 485-3081

Rite-Aid Pharmacy
2400 N. Columbia St. Milledgeville
(478) 452-3589
202 N. Main St. Eatonton
(706) 453-4120
257 N. Main St. Greensboro
(706) 342-0888
611 W. Clinton St. Gray
(478) 986-5454

Shoppers Pharmacy
303 Jefferson St., Eatonton
(706) 485-6262

Southside Discount Drug
200 W. Andrews St., Milledgeville
(478) 453-7227

Walgreens
2350 N Columbia St., Milledgeville
(478) 414-1168

PHYSICAL THERAPY

Advance Rehabilitation Physical Therapy
April Powell, PT, DPT, AT-C
1000 Cowles Clinic Way,
Dogwood Cottage, Suite D100
Greensboro
(706) 454-1394

Andrews Physical Therapy
446 Spring St., Sparta
(706) 444-9200

East Athens Physical Therapy
665 Gaines School Rd., Athens
(706) 369-8115
1061 Park Dr., Greensboro
(706) 453-2330
1541 Old Buckhead Rd., Madison
(706) 342-0336
242 General Daniel Ave. S., Danielsville
(706) 795-0155

Georgia Rehab Services Inc.
5109 Hwy. 278 NE, Suite C,
Covington (770) 784-0091

Lake Oconee Rehabilitation & Performance Center, LLC.
Brian E. Prell, Owner/Physical Therapist
117 Harmony Crossing, Suite 4
Eatonton (706) 454-1811

Oconee Regional Medical Center Rehab Services
1203 Columbia Drive, Milledgeville
(478) 454-3640

ProMotion Physical Therapy & Rehabilitation
Chris Alligood PT, MS, OCS
Denny Wood PT, CSCS
1001 Village Park Dr., Suite 105
Greensboro (706)454-2000

Putnam General Hospital, Navicent Health Partner Physical Therapy & Cardiac Rehabilitation
101 Lake Oconee Pkwy., Eatonton
(706) 485-2711

Serenity Physical Therapy
107 NE Sportsman Club Rd., Milledgeville
(478) 453-0041

St. Mary's Good Samaritan Hospital Rehabilitation Services
5401 Lake Oconee Parkway
Greensboro
706-453-5088

Twin Lakes Physical Therapy
571 Hammock Rd., #106, Milledgeville
(478) 452-6252
510 Settlement Dr., Suite 7, Gray
(478) 986-5400

PODIATRY

AFA Foot & Ankle Centers
Paul G. Smaha II, DPM
Paul Smaha III, DPM
Carol Smaha, DPM
Jason B. Smaha, DPM
192 NW Roberson Mill Rd., Milledgeville
(478) 452-1404
106 Hospital Perimeter Rd., Eatonton
(706) 484-8050

Debbie Byron, DPM
3556 Riverside Dr. Macon
(478) 475-9250

Da Vinci Foot and Ankle
Allison Menke, DPM, FACFAS
Christopher Menke, DPM, FACFAS
1031 Village Park Drive, Suite 103
Greensboro (706) 999-9994

Foot Specialist, Inc.
Emanuel Willis, DPM
John Wallace Wright DPM, PC
151 N. Jefferson St., Milledgeville
(478) 452-7342

Personal Foot & Ankle Specialists
Thuy Giang, DPM
1820 N. Columbia St.,
Milledgeville (478) 451-0300
Sandersville (478) 552-1086

PRIVATE HOME CARE

Caring Companions
269 Albermarle Place, Macon
(478) 476-0444
24 Hour Assistance (877) 819-0444

PSYCHIATRY

Antonio Luis, M.D.
850B West Thomas Street
Milledgeville (478) 251-6924

Georgia Pain & Behavioral Medicine
Thomas H. Sachy, MD
247 Lana Dr., Gray
(478) 986-0484

Psychiatry & Psychological Associates,LLC
Mark L. King Ph. D
Mimi Vilma, MD
1000 Cowles Clinic Way
Oak Cottage, Suite O-100
Greensboro (770) 718-9790

PSYCHOLOGY

Katie Cowan, Psy. D.
1097 Lake Oconee Pkwy, Eatonton
(404) 931-6555

Child and Adolescent Resources, PC
1200 Confederate Rd., Madison
(706) 342-3130

Lee Edwards, PhD
850B W. Thomas St., Milledgeville
(478) 452-4969

S. Clark Heindel, PhD
700 W. Thomas St., Milledgeville
(478) 456-5050

Greg Jarvie, PhD
136B W. McIntosh St., Milledgeville
(478) 452-2600

PULMONOLOGY

Athens Pulmonary & Allergy
Hugh Jenkins, MD
John Lazenby, MD
Jane Parks, MD
Shraddha Tongia, MD
1000 Cowles Clinic Way
Greensboro
(706) 999-9983, (706) 549-5560

Cardiopulmonary Associates of Central Georgia
Rashmi Hooda, MD
S.K. Hooda, MD
511 N. Cobb St., Milledgeville
(478) 453-9472

Oconee Medical Associates
J. Wesley King, MD
641 W. Thomas St., Milledgeville
(478) 453-0662

Ram Puri, MD
1209 Columbia Dr., Milledgeville
(478) 452-3200

RADIOLOGY

Lake Oconee Diagnostic Center
1040 Park Dr., Greensboro
(706) 454-0710

Midwest Diagnostic Management
One Call Medical Inc.
1850 N. Columbia St., Suite 3,
Milledgeville
(800) 331-6062, (800) 872-2875

Milledgeville Imaging Center
1850 North Columbia St.,
Milledgeville (478) 453-4101

Oconee Regional Medical Center
Frederick Falchook, MD
John Penuel, MD
Laurence Steinfield, MD
William A. Willoughby, MD
811 N. Cobb St., Milledgeville
(478) 454-3810

Putnam General Hospital, Navicent Health Partner Radiology
101 Lake Oconee Parkway
Eatonton (706) 485-2711

St. Mary's Good Samaritan Hospital Imaging Center
5401 Lake Oconee Parkway
Greensboro 706-453-7331

RADIATION ONCOLOGY

Oconee Regional Medical Center
H. L. Tripp Simpson, III, MD
821 N. Cobb St., Milledgeville
(478) 454-3805

SENIOR LIVING

The Cottages of Monroe
601 Breedlove Drive, Monroe
(770) 207-5335

SLEEP DISORDERS

Athens Neurological Associates (ANA) and Sleephealth Clinic
Terry L. Wimpey, MD
Ailene Mitler, President & CEO
1000 Cowles Clinic Way Aspen Cottage, Suite A-100, Greensboro
(706) 353-0606, (706) 454-0020
(800) 929-9502

Middle Georgia Chest & Medical Center & Sleep Diagnostic Center
Ram Puri, MD
1209 Columbia Dr., Milledgeville
(478) 452-3200

Oconee Sleep & Wellness Center
681 W. Martin Luther King, Jr. Dr., Milledgeville
(478) 454-2456

Putnam General Hospital, Navicent Health Partner Sleep Center
101 Lake Oconee Pkwy, Eatonton
(706) 485-2711

St. Mary's Good Samaritan Hospital Sleep Disorders Center
5401 Lake Oconee Parkway
Greensboro
(706) 389-3200

SPA

Solimar Med Spa
Marisol San Inocencio, MD
1001 Fernwood Dr.
Milledgeville
(478) 453-8100

SPORTS MEDICINE

Mercer Medicine Sports Medicine Clinic
Shelley Street Callender, MD, FAAP, FACP
Board Certified Internal Medicine, Sports Medicine & Pediatrics
1327 Stadium Drive, Macon
(478) 301-2382

Oconee Orthopedics
Steven Niergarth, DO
James Extine, DO
Torrence Drakeford, NP, ATC
1201 Columbis Drive,
Milledgeville
(478) 451-0040

STAFFING

ATC Health Care Nurse
Staffing Services
3015 Heritage Rd., Milledgeville
(478) 414-1960

Healthcare Staffing, Inc.
571 Hammock Rd.
Suite 100, Milledgeville
(478) 414-1703

Medical Specialty Services Nursing Agency
811 North Cobb, Suite A
Milledgeville (478) 453-2222

SUPPORT GROUPS

Celebrate Recovery at Grace Fellowship
1971 South Main Street
Greensboro (706) 453-0020

Faith, Hope & Love Cancer Support Group, Putnam & Baldwin Counties
Carol Minshew - President
(478) 453-7434

Living Beyond the Label Support Group for Parents of Children w/ Special Needs
101 Greensboro Rd. Eatonton
Josette Akhras - (478) 456-2592
Shannon King - (706) 342-0568

THERAPEUTIC RADIOLOGY

Radiation Therapy
H. Tripp Simpson III, MD
821 N. Cobb, Milledgeville
(478) 454-3805

Southeastern Radiotherapy Specialists/ Georgia Center for Total Cancer Care
David Lowther, MD
1000 Cowles Clinic Way
Magnolia Cottage, Greensboro
(706) 454-1624

UROLOGY

Cowles Clinic Center for Urology Robert S. Cowles, III, MD, FACS 1000 Cowles Clinic Way
Cypress Cottage, Suite C-100
Greensboro (706) 454-0100

MCG Medical Associates
Donald G. Mode, MD
2011 Westend Drive
Greensboro (706) 453-9803

Oconee Urology PC
M. Frederick Stewart, MD
Brois Velimirovich, MD
1217 Columbia Dr.
Milledgeville (478) 453-7516

VA CLINICS/HOSPITALS

Carl Vinson VA Medical Center
1826 Veterans Blvd., Dublin
(478) 272-1210

VASCULAR & THORASIC SURGERY

Dr. Rashmi Hooda
511 N. Cobb St., Suite 13
Milledgeville (478) 453-9472

Michael Roberts, MD
750 N. Cobb St., Ste. 110
Milledgeville (478) 452-0205

Vascular Institute of GA
J. Mark Rheudasil, MD
1000 Cowles Clinic Way,
Oak Cottage, Suite O-300 Greensboro
(762) 243-3840, (404) 256-0404

WOMEN'S HEALTH

Academia of Women's Health & Endoscopic Surgery
Assia A. Stepanian, MD
1000 Cowles Clinic Way Ste C-300
Greensboro
755 Mount Vernon Hwy, Ste 240
Atlanta
(404) 549-3224

Center for Women's Care & Reproductive Surgery
Thomas L. Lyons, MD, MS, FACOG
1000 Cowles Clinic Way, Cypress Cottage, Suite C300, Greensboro
(888) 545-0400
(706) 453-9820 (770) 352-0037

Crossroads Pregnancy Center
451 S. Wayne St., Milledgeville
(478) 452-7376

First Call Pregnancy Center
1531 W. Broad St., Greensboro
(706) 453-1908

Milledgeville OB/GYN Associates PC
SuzAnne Palmer, MD
Charles F. Brown, MD
Katie Webster, FNP-C
750 N. Cobb St., Milledgeville
(478) 453-8511

St. Mary's Medical Group
Eric Silver, MD
1000 Cowles Clinic Way Suite D-300, Dogwood Bldg Greensboro
(762) 243-3860

Woman's Health Care Center
Mohan Papudesu, MD, FACOG
Shalu Taylor, MSN, WHNP
Laura Redden, CNM
610 Ferncrest Drive, Sandersville
(478) 553-0505

The Woman's Care Center
Marisol San Inocencio, MD
Keisha McEwen, MD
Jenifer Byrd, NPC
Jessica Hudson, NPC
1001 Fernwood Drive,
Milledgeville
(478) 453-8100

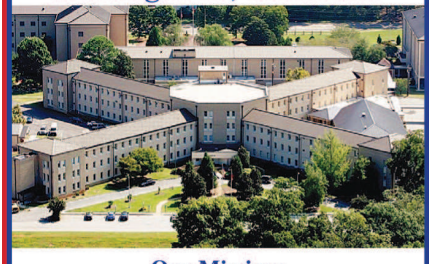
Navicent Women's Health
Shanna B. Holcomb,
MD, FACOG, NCMP
Sheila Sanders, MD
1000 Cowles Clinic, Suite CY100
Cypress Cottage, Greensboro
(706) 485-7454

WOUND HEALING CENTER

The Wound Healing Center at Putnam General Hospital
PGH Medical Office Bldg.
130 Hospital Perimeter Road
Eatonton
877-295-2273 Toll Free

Millions of people resolve to get healthier by dieting and exercising more frequently at the start of each new year. According to data from the International Health, Racquet & Sportsclub Association, 12 percent of new gym memberships are opened in January. The second week of January is one of the busiest times of year in the fitness industry. But many people who decide to exercise more at the dawn of a new year quickly lose that resolve. New Year's resolutions to diet may wane as well. In 2013, a UK food company found that of those who diet regularly, two out of five quit within the first seven days, one out of five last a month, and only 20 percent make it to the three-month mark. To make healthy resolutions last longer, people should recognize that results do not happen overnight and should not be discouraged by slow progress. In addition, diet and exercise is not a fast fix, but rather a lifestyle change. With consistent calorie control and exercise, people may see a gradual reduction in weight and other improvements to their overall health. Some may find it most effective to work with a nutritionist and a gym trainer.

Georgia War Veterans Home
2249 Vinson Highway
Milledgeville, GA 31061



Our Mission:
The staff at Georgia War Veterans Home is committed to providing the highest quality care to veterans with skilled nursing care needs while seeking to improve their quality of life. This includes providing support to the Veterans in all activities of daily living in a setting that is as home-like as possible.

- Around the clock skilled nursing service
- Routine therapy
- Leisure activities
- Medical services
- Dental services
- Psychological services
- Nutritional counseling
- Nutritious meals and snacks
- Therapeutic recreation
- Recreation center
- Outdoor pavilion
- Miniature golf course
- Bus and two vans
- Large library with free internet access

Contact:
The Admissions Coordinator
Office: (478) 445-4295
Fax (478) 445-5583
Email:
vyoung@pruitthealth.com
37055-1

health directory

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706-485-2711
www.putnamgeneral.com

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