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A Special Supplement to the
THE CHATSWORTH TIMES



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Pediatric orthopedic care is about more than sports

Submitted by AdventHealth

Trystan Parker didn't tear a ligament in his knee from playing basketball, soccer or any other sport where injuries like his are likely to happen. He was running up the stairs to let his dad know he was going outside to play with a friend.

"My puppy was in my bedroom, and as soon as I got to the corner, she ran out," said Trystan, 10. "She was excited, and I ran straight to her to tell her to stop, and I hit the wall or the ground."

Magnetic resonance imaging, more commonly known as an MRI, determined Trystan had torn his ACL, a ligament in the knee that connects the thigh bone to the shin bone and would need surgery to repair it.

ACL tears are common among athletes who, while training for their sport or facing an opponent during gameplay, place stress on the knee from a sudden stop, direction change or blow to the knee.

But Jeffrey Kovacic, MD, an orthopedic surgeon with AdventHealth Medical Group Orthopedics and Sports Medicine, said he just as often treats ACL tears and other injuries that occur while kids are being kids, playing at home or on the playground.

"We've become really good at fixing ACLs because of athletes," said Dr. Kovacic, who surgically repaired Trystan's ACL in June 2021. "Over the years, lots of kids have benefited from the sports medicine approach."

Before joining AdventHealth in 2020, Dr. Kovacic completed an orthopedic surgery residency and sports medicine training at The Cleveland Clinic and served as a team physician to three pro-sports teams in Cleveland, Ohio: the Browns, the Cavaliers and the Indians. He is well known among high school athletics and youth sports programs across Northwest Georgia.

"I have my training to thank for that," he said. "My mentor was a pioneer who put sports medicine on the map."

Dr. Kovacic came, in part, to AdventHealth to build a pediatric sports medicine program in Calhoun and Chatsworth. He has spent time meeting with athletic directors, trainers and coaches in the region. He's also finding innovative ways to use technology to share his expertise with youth sports programs, including cheerleading, wrestling, and other sports that can often be eclipsed by those with bigger booster club support and sponsorships.

But he says his designation as a sports medicine specialist is a misnomer.

"It implies I'm only here to take care of athletes, and that's not true," Dr. Kovacic said.

While Dr. Kovacic treats joint pain and musculoskeletal injuries in adult patients, he brings expertise to the practice in pediatric care and treating



James Parker and his son Trystan with their dog Athena. Trystan was treated for a torn ACL by Dr. Jeffrey Kovacic of AdventHealth Medical Group Orthopedics.

young patients whose bones are still growing.

"Kids and their orthopedic problems are the reason we exist," he said. "I like the unique problems and the unique challenges that come with taking care of pediatric patients."

When the emergency department team first told James Parker that his son had likely torn his ACL and would possibly need surgery, he didn't ask for a recommendation for an orthopedic surgeon.

"I already knew who I was going to see," Parker said. "I told them I wanted to see Dr. Kovacic."

Dr. Kovacic had previously cared for Trystan when the boy had a broken arm.

"In my experience, there are a lot of good doctors in the world, but the reason I took Trystan specifically back to Dr. Kovacic was because he is not just a good doctor; he's a great doctor," Parker said.

While Dr. Kovacic's training and credentials gave Parker peace of mind that his son was in experienced hands, the single dad from Dalton sought out Dr. Kovacic because of his bedside manner.

"Trystan absolutely loves him," Parker said. "He gets excited for his doctor appointments because he gets to hang out with his buddy."

Parker said Dr. Kovacic is skilled at putting pediatric patients and their parents at ease by thoroughly explaining complicated medical procedures in easy-to-understand terms.

Dr. Kovacic said building trust with patients and their parents is critical.

Parker said Dr. Kovacic used a model of the knee to show Trystan where his injury was, why it hurt and how he would fix it.

"I like how he explained stuff to me, how my body works, how my leg works and stuff," Trystan said.

Dr. Kovacic said he doesn't sugar-coat the truth, but he also doesn't create undue drama.

"I use education to take the mystery out of things," he said. "Kids are stoic and can handle things well if they feel like no one's trying to pull the wool over their eyes. They're very, very capable of handling what they're facing."

He also uses humor.

"I like that he's nice," Trystan said. "There's so many things I like about him. If you're having surgery or something like that, or if you're hurt, he's going to make sure you're okay, fix you right up and you're basically good."

Dr. Kovacic said when he has a pediatric patient, he focuses on caring for the whole family.

"All parents want is someone to talk to them and educate them and tell them what's going on and that you have a game plan," he said.

When it comes to athletes, he's also focused on getting them back in the game as soon and safely as possible.

"My number one responsibility to you and to your parents is to solve this problem and make you whole," he said. "As much as I can do that while keeping you involved in your sport is my goal."

Helping patients of all ages return to their pre-injury activities and lifestyle is always his focus,

Dr. Kovacic said, but especially so when he's caring for children.

"I'm not just trying to fix the problem, but fix it in a highly functioning result," he said. "With kids, they're not sick, they're just hurt, and they just want to get better. They just want to get back on the playground or the soccer field."

For Trystan, it was the swimming pool.

Dr. Kovacic opted for a knee brace for Trystan and set the boy up with stretching exercises he could do in the pool as part of his at-home rehabilitation program.

"He didn't have to have a full leg cast, which was nice because I was sure that's what was going to happen, and he would be miserable the whole summer," Parker said.

Today, Trystan is back to doing the things he loves, like shooting hoops and playing with his puppy, Athena.

Take a closer look: Women and heart disease

Submitted by Chattanooga Heart Institute

Cardiovascular disease is the leading cause of death for both men and women in the United States. While the cardiovascular system anatomy is the same for men and women, unique hormones cause the blood vessels of men and women to function differently.

Overall, doctors generally use the same criteria to diagnose men and women with heart disease; however, there are several distinctions in the diagnostic workup that your doctor may consider. Women can experience symptoms of heart disease differently than men – and historically many women were not heard or validated when reporting symptoms of heart attack and cardiovascular disease, leading to critical delays in diagnosis and treatment.

“Here at The Chattanooga Heart Institute, our priority is to be a leader in the diagnosis and treatment of women experiencing cardiovascular symptoms,” shared Aaron Soufer,



Dr. Aaron Soufer

MD, imaging cardiologist with The Chattanooga Heart Institute. “How do we accomplish this goal? By listening to our patients and thoughtfully evaluating them – regardless of their gender.”

It’s important to keep in mind that

there are nuances when diagnosing women with heart disease. One example is with nuclear stress testing, which can be technically challenging because breast tissue may interfere with the doctor’s view of the heart. This may require more advanced testing, like a cardiac PET scan or specialized cardiac CT. Treadmill testing for women has a higher tendency to be falsely abnormal, which means the abnormal result isn’t due to underlying cardiac disease.

Women may also be more likely to have “microvascular” coronary heart disease, which can affect diagnosis, says Soufer. Coronary artery disease is plaque formation in the vessels that supply the heart with blood, which can cause chest pain called angina when the plaque causes a significant blockage of the vessels. ‘Microvascular’ coronary artery disease occurs when there is disease in blood vessels that are too small to see on traditional studies like arteriograms and angiograms. “Because women are more likely to have microvascular disease

that is difficult to see on traditional imaging, many providers may miss the diagnosis of this form of disease in their female patients,” explains Soufer. “Thankfully, there are emerging ways to assess microvascular coronary artery disease, including measurement of blood “flow reserve” with equipment known as cardiac PET scanners – although not every hospital is equipped with this special technology.”

The Chattanooga Heart Institute uses the very latest diagnostic tools like cardiac PET, cardiac MRI, and others which allow our physicians to successfully and correctly diagnose patients with microvascular heart disease. These testing capabilities greatly improve our ability to care for female patients experiencing symptoms or who are at risk for heart disease.

Current and new patients may call The Chattanooga Heart Institute at 423.697.2000 to schedule an appointment. For more information, visit chattanoogaheart.com.

Help save lives by donating blood, platelets

Submitted by American Red Cross

ATLANTA – It’s officially spring! As the weather warms up and the latest COVID-19 surge continues to slow, many people are looking forward to meeting up with family and friends. At the start of this new season, the American Red Cross encourages the community to play an important role in helping save lives by making blood or platelet donation part of their spring plans.

The Red Cross is grateful to the hundreds of thousands of individuals who have rolled up a sleeve to give in early 2022. It’s important to remember donated blood has a limited shelf life, so supplies must be constantly replenished. In the days and weeks ahead, it’s critically important to maintain a readily available blood supply. Donors can make an appointment by downloading the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

While getting back into the stands to watch the home team play this spring, donors can join a team of their own – Team Red Cross! As a thank-you, all

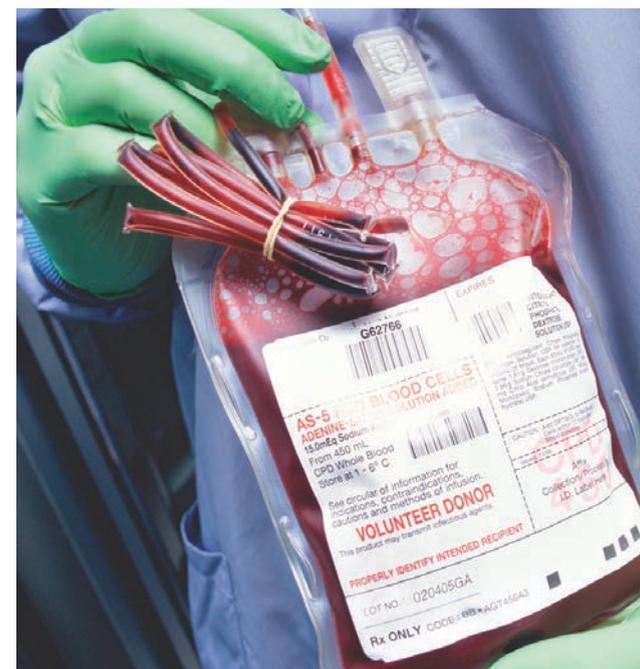
who come to give April 1-18 will receive an exclusive Red Cross T-shirt, while supplies last.

HEALTH INSIGHTS FOR DONORS

The Red Cross is testing blood, platelet and plasma donations for COVID-19 antibodies. The test may indicate if the donor’s immune system has produced antibodies to this coronavirus after vaccination or past exposure, regardless of whether they developed symptoms.

Plasma from routine blood, platelet and plasma donations that have high levels of COVID-19 antibodies may be used as convalescent plasma to meet potential future needs of COVID-19 patients with weakened immune systems.

The Red Cross is not testing donors to diagnose infection, referred to as a diagnostic test. To protect the health and safety of Red Cross staff and donors, it is important that individuals who have been asked to quarantine or believe they may be ill with



It takes courage to be a leader

With 27 cardiologists, three cardiothoracic surgeons, and three vascular surgeons, The Chattanooga Heart Institute is the area's largest center dedicated solely to cardiac and vascular care and has been for more than 40 years. Drawing on the strength of the team, we get to answers more quickly and offer a level of care that's not available at other hospitals in this region. Our focus on you pushes us to be better every single day.

CHI Memorial and The Chattanooga Heart Institute have been recognized as Best Regional Hospital by U.S. News and World Report. Our cardiac team was recognized as "high performing" in heart failure, heart bypass surgery and abdominal aortic aneurysm repair. The Society of Thoracic Surgeons has also awarded us the

highest rating – 3 out of 3 stars – for coronary artery bypass surgery, which denotes the highest category of quality and places us among the elite for heart bypass surgery in the United States and Canada.

Collaboration between specialists is what makes The Chattanooga Heart Institute unique. It's what you deserve. And it's the kind of heart care only available at The Chattanooga Heart Institute.



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Weightlifting tips for beginners

Special to the Times

Strength training is a vital component of an effective exercise regimen. Guidelines from the Office of Disease Prevention and Health Promotion recommend adults include moderate-to high-intensity strength training activities in their workout regimens at least twice per week.

Individuals with little weightlifting experience may not recognize the value of strength training, which is often associated with building as much muscle as possible. Though strength training helps build muscle, it's also a great way to burn fat. Muscle increases resting metabolic rate, which means individuals who engage in strength training will burn more fat during rest than they would if they did not include such exercise in their workout regimens. Stronger muscles also provide more support to bones and connective tissues, which reduces injury risk. That's an especially important benefit for aging men and women.

As valuable as strength training is, it's imperative that individuals approach weightlifting and other strength-building exercises with a measure of caution. Improper form or going too hard too soon can increase injury risk. Beginners can heed these tips as they acclimate to strength training.

* Work with a personal trainer. Proper form is imperative to avoiding injury while strength training, and personal trainers can guide individuals through an assortment of exercises to make sure they're performing them correctly. If a long-term commitment to a personal trainer is beyond your financial means, find a trainer with limited commitment packages or one who lets clients pay on a session-by-session basis. Many fitness facilities include one or two free personal trainer consultations for new members, so take advantage of these opportunities when they're offered. If you plan to work out at home, ask a friend with weightlifting experience to show you the correct form or watch online tutorials.

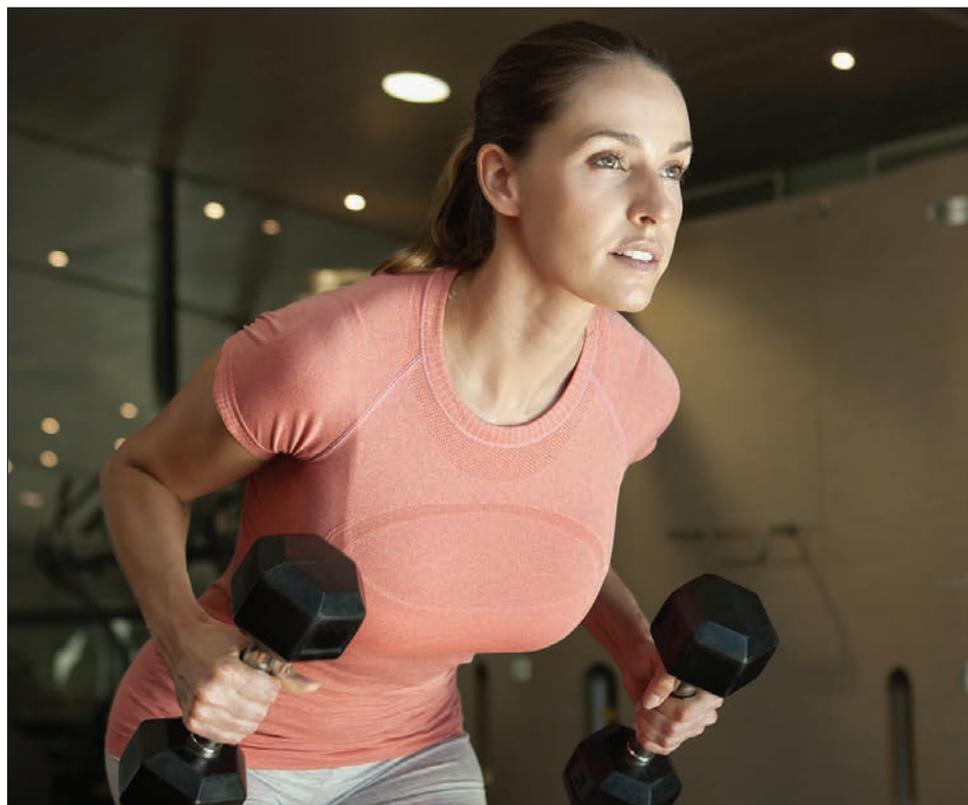


PHOTO BY METRO CREATIVE

Strength training can have excellent health effects but trying to do too much too quickly can lead to a whole new set of problems.

* Begin with light weight. Beginners should avoid reaching for the heaviest dumbbells on the rack. Mastering form is vital at the beginning stages of a new strength training program, so go for lighter weights and gradually add weight as your body acclimates. If you find yourself completing a set without much effort, you can add a little more weight. But start with light weight and build from there.

* Warm up with some light cardio prior to lifting any weight. The fitness experts at Gold's Gym note that some light warmup prior to a strength training workout increases range of motion, decreases injury risk and contributes to more permanent change in muscles. Keep warmup sessions to between five and 10 minutes, opting for anything from a low-intensity jog on a treadmill or

session on an elliptical. After warming up, perform some stretches that target the muscles you'll be focusing on during your workout. A trainer or online tutorial can be good sources of stretches to perform before working out a particular muscle group.

* Recognize the need for recovery. Rest and recovery is vital for any athlete, and that includes strength training beginners who are not yet lifting a lot of weight. Rest helps to build lean muscle tissue and prevents injuries. When planning a strength training regimen, ensure muscles get adequate rest by never working out the same muscle groups on consecutive days.

Strength training beginners should take things slowly and gradually change their routines as their bodies become more acclimated to exercises designed to make them stronger.

BLOOD: Needed

FROM PAGE 4

COVID-19 postpone donation until they are symptom free for 10 days and feeling well and healthy.

At a time when health information has never been more important, the Red Cross is screening all blood, platelet and plasma donations from self-identified African American donors for the sickle cell trait. This additional screening will provide Black donors with an additional health insight and help the Red Cross identify compatible blood types more quickly to help patients with sickle cell disease.

Donors can expect to receive antibody testing results and sickle cell trait screening results, if applicable, within one to two weeks.

BLOOD DRIVE SAFETY

Each Red Cross blood drive and donation center follows high standards of safety and infection control, and additional precautions – including face masks for donors and staff, regardless of vaccination status – have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive.

SAVE TIME DURING DONATION

Donors can also save up to 15 minutes by completing a RapidPass. With RapidPass, donors complete the pre-donation reading and health history questionnaire online, on the day of donation, from a mobile device or computer. To complete a RapidPass, follow the instructions at [RedCrossBlood.org/RapidPass](https://www.RedCrossBlood.org/RapidPass) or use the Red Cross Blood Donor App.

To donate blood, individuals need to bring a blood donor card or driver's license or two other forms of identification that are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

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Eat a rainbow of fruits and vegetables

Submitted by Erlanger Health System

It can be easy to find yourself in a routine of eating the same fruits and vegetables. But to reap the benefits of healthy eating, it's a good idea to include fruits and vegetables of all types — and colors — in your diet.

The colors in produce signals the nutrients those fruits and veggies contain. That's why it's important to liven up your dinner plate with multiple colors.

HEALTHY EATING RAINBOW: RED

Red fruits and vegetables typically contain beta-carotene and lycopene, along with vitamin C. These powerful antioxidants help the body in multiple ways.

Lycopene, which gives food their red color, helps prevent blood clotting and has been shown to help rid the body “free radicals” that cause cellular damage. It's also been linked with a reduced risk of heart disease and prostate cancer.

Beta-carotene is beneficial for eye health and contributes to healthy muscles, while vitamin C helps protect and repair the body's tissues.

Fill your plate with tomatoes, red potatoes, kidney beans, red peppers, radishes, strawberries, raspberries, red apples and cranberries.

HEALTHY EATING RAINBOW: GREEN

Green foods often contain the antioxidants lutein and zeaxanthin, which have shown to help protect eye health and prevent some types of cancer.

Darker green vegetables also contain B-vitamins, calcium and potassium.

Fill your plate with avocado, collard greens, Brussels sprouts, spinach, lettuce, green peppers, broccoli, green apples, green grapes, honeydew melon and kiwi.

HEALTHY EATING RAINBOW: ORANGE/YELLOW

Like red foods, orange and yellow foods also contain high levels of beta-carotene and vitamin C. These foods come packed with vitamin A, another nutrient that's beneficial



for healthy vision, which also helps boost brain health.

Fill your plate with pumpkin, orange peppers, sweet potatoes, corn, summer squash, oranges, peaches, nectarines, papaya, cantaloupe, lemons and pineapple.

HEALTHY EATING RAINBOW: BLACK

Black fruits and veggies might not seem appealing, but the darker the color of produce, the more antioxidants it contains.

Black foods contain both iron and calcium. Iron helps red blood cells deliver oxygen to other cells in the body, while calcium helps build strong bones and teeth.

Fill your plate with black beans, black olives, black rice, black pepper and black lentil.

HEALTHY EATING RAINBOW: BLUE/PURPLE

Foods with these darker hues contain vitamin C and flavonoids called anthocyanins. Anthocyanins have been shown to have positive effects on memory and learning, and may help protect against heart disease and breast cancer.

Fill your plate with blue potatoes, purple cabbage, eggplant, blue corn, blueberries, blackberries, plums, purple grapes and black cherries.

Choosing a variety of fruits and vegetables to incorporate into your family's diet will benefit you in multiple ways — introducing you to new and delicious flavors, while also ramping up the health benefits of the foods you're eating.

Not sure if you're getting enough of



the essential nutrients? Your doctor can check you for vitamin deficiencies as part of your regular checkup. To find the primary care physician that's right for your family, visit erlanger.org/primarycare or call 423-778-9901.

Hamilton Diagnostics uses advanced MRI system

Submitted by Hamilton Diagnostics Center

DALTON – Advanced MRI is empowering physicians and improving the patient experience at Hamilton Diagnostics Center (HDC), the first location in Georgia to begin using the MAGNETOM Lumina 3T MRI.

The MAGNETOM Lumina includes groundbreaking BioMatrix technology. The system accommodates patients' anatomical and physiological differences – as well as technologist differences. This decreases the need for rescans and increases scan consistency across a diverse patient population.

“Our new state of the art 3T magnet will produce better image quality which will lead to greater diagnostic capabilities in detecting disease processes all while improving the patient's overall experience during the examination,” said Neil Patel, MD, radiology medical director. “The scanner has new technologies such as noise reduction capabilities and faster scan times which will make scans more tolerable for patients by allowing them to be in the magnet for shorter durations.”

Patel said the improved image quality will allow radiologists to detect smaller abnormalities in many of the major organs they image including the liver and the prostate gland.

“We will also have the ability to provide new quantitative analysis of infiltrative (diverse cardiac) diseases such as hemochromatosis,” he said. “This will allow us to monitor disease progression and help both primary doctors and specialists make sure patients are getting the best care possible.”

The accelerated imaging technology provides a dramatic reduction in exam times.

The scanner's architecture and innovative applications simplify and accelerate workflows while increasing exam precision and patient comfort. Its GO Technologies automate and streamline workflows from the start of the scan through quality control of the image data, resulting in increased



Dr. Neil Patel



Terri Sullivan



The Magnetom Lumina 3T MRI at Hamilton Diagnostics Center is the first of its kind to be used in Georgia.

productivity for routine examinations throughout the body.

“By taking automation and personalization

to the next level, our new MRI scanner virtually eliminates patient and user variability,” said Terri Sullivan, HDC imaging manager.

HMC receives national recognition for stroke treatment

Submitted by Hamilton Medical Center

DALTON – Hamilton Medical Center (HMC) has again received the American Heart Association/American Stroke Association's Get With The Guidelines Stroke Gold Plus Quality Achievement Award. The award recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

HMC earned the award by meeting specific

quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period.

These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients.

Before discharge, patients should also receive education on managing their health, get a follow-up visit scheduled, as well as other care transition interventions.



PHOTO BY METRO CREATIVE SERVICES

Don't let allergies ruin your spring. There are steps you can take to minimize the discomfort brought on by warmer weather.

Take steps to minimize allergy problems

Special to The Times

Spring is synonymous with re-birth. Each spring, flowers begin to bloom again, grass starts to grow and people from all walks of life rekindle their love affair with the great outdoors. Spring also marks the return of a familiar foe: allergies.

Seasonal allergies can put a damper on even the most welcoming spring day. After all, a day soaking up the sun isn't so relaxing when it's also spent sneezing and confronting allergy symptoms like congestion, runny nose and watery eyes. Thankfully, it's possible for seasonal allergy sufferers to have their spring and enjoy it, too.

* Pay attention to seasonal allergy trackers. Seasonal allergies are now easier to track than ever. For example, Pollen.com is an easily accessible and free site that allows visitors to type in their ZIP codes and access daily allergy reports for their towns and cities. Visitors also can see five-day forecasts that can help

them plan trips and other outdoor excursions. Weather.com also offers free allergy reports and forecasts. Individuals with seasonal allergies can make use of these sites and plan their activities based on the information they provide.

* Stay indoors when allergen levels are especially high. The Mayo Clinic notes that there are several things individuals can do to reduce their exposure to seasonal allergy triggers. That includes staying indoors on dry, windy days. This doesn't mean individuals need to lock themselves indoors all spring. But it's important that seasonal allergy sufferers recognize that some days might be too much to handle. Rain helps clear pollen from the air, so individuals who are avoiding the outdoors on days when pollen counts are high should be able to get outside after a good rain without triggering an attack.

* Maintain clean air indoors. The great outdoors is not the only place where allergens percolate.

The Asthma and Allergy Foundation of America notes that improving air quality in a home can reduce allergy triggers. Air conditioners can prevent outdoor allergens from entering a home, so utilize units on warm spring days when you might otherwise open the windows. Open windows and screen doors provide easy entry points for allergens like pollen, so turning on the AC when outdoor allergen counts are high can make seasonal allergies more manageable.

* Consider treatments. Over-the-counter treatments like antihistamines, nasal sprays and decongestants provide most individuals with sufficient relief from their seasonal allergies. If OTC remedies are ineffective, treatments such as allergen immunotherapy and a consultation with an allergen may be necessary.

Seasonal allergies can spoil an otherwise welcoming spring day. But there are many ways for individuals to corral their seasonal allergies and still enjoy spring sun.

UV exposure not the only cause of melanoma

Special to The Times

Melanoma is the deadliest type of skin cancer. Melanoma occurs when melanocytes, the cells that produce pigment in the skin, become damaged, mutate and start growing unchecked.

While sunlight or UV exposure are typically considered risk factors for the development of melanoma, the fact that melanoma can occur anywhere on the body — even on patches of skin that never see the light of day — indicates UV radiation exposure is not the only reason melanoma occurs.

Mucosal melanoma is a rare form of melanoma, accounting for roughly 1 percent of all cases. Everyday Health says mucosal melanoma can develop in the sinuses, nasal passages, vagina, anus, oral cavity, and other internal areas that likely are not exposed to the sun or other UV radiation. Researchers have not been able to identify any risk factors for mucosal melanoma.

The American Cancer Society says gene changes related to melanoma are typically acquired during a person's lifetime, and in some instances seem to happen randomly within a cell. Melanomas that do not result from UV expo-

sure show changes in the C-KIT genes. There's also the chance that those who develop melanoma inherited gene changes from a parent. These melanomas often result from changes in tumor suppressor genes, rather than genes that help cells grow, divide and stay alive, known as oncogenes. Tumor suppressor genes are supposed to control cell growth. When cells don't work correctly due to inherited changes or other damage, they grow out of control, potentially leading to melanoma.

The following risk factors should be on the minds of all people, and serve as the motivation behind routine skin checks and health care visits.

- Having fair skin and a history of sunburn.
- Excessive UV light exposure.
- Living closer to the equator or at a higher elevation.
- Having more than 50 ordinary moles on the body.
- A family history of melanoma.
- The presence of a weakened immune system from disease or medication.

Individuals concerned about melanoma should get to know their skin and learn about their family history.



Autumn Estate promises 'A home away from home'

Submitted by Autumn Estates

Welcome to Autumn Estate Personal Care Home!

We are nestled in a country setting, convenient to both Chatsworth and Dalton. Our philosophy is 'at the heart of life, there is home'. We are a personal care home that provides assisted living to those that are no longer able to be home alone. You will feel at home the moment you walk in. It's our goal that your experience at Autumn leaves you with that feeling of visiting Grandma's house: warm and loved, with a jar full of homemade goodies always available and you are looking forward to returning. We have a few different room options, all include home cooked meals, assistance with bathing, laundry, medication administration

*'At the heart of life,
there is home'*

and emotional support. Our staff are kind and compassionate. We have a Registered Nurse on staff. We have different patios for back porch sitting. Our mascot is a Peacock named Todd, who loves to show off for his fans. We are here to make a difference, and we would love for your family to be a part of ours.

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