

HEALTHY LIVING

2019 HEALTH & WELLNESS GUIDE

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A SUPPLEMENT TO
The Daily Tribune News
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 —Audiology—

HEARING HEALTH CARE

Are your hearing aids spending more time in a drawer than in your ears?

You did it! You prioritized your hearing health and purchased hearing aid technology! You recognized the emotional toll that untreated hearing loss can have, knowing that it can lead to social isolation and even feelings of depression and anxiety. You (and perhaps those nearest and dearest to you) experienced the frustration of constantly asking for conversations to be repeated and decided enough was enough. You realized that impaired hearing can have an effect on your balance, your general safety, and can even lead to brain tissue loss and dementia. Accepting the consequences of hearing loss wasn't ok with you, so you chose to make an investment of time and financial



resources so that you could hear better and lead a happier, healthier, more fulfilled life.

And you and your hearing aids lived happily ever after, right? Well...maybe not...

Raise your hand if your hearing aids are now residing full time in a bedside table or dresser drawer!

The reasons why hearing aids may go unused can be numerous. Let's focus instead on four steps that can lead to success with your hearing aids!

Step #1: Make a commitment to yourself

You might think that success with hearing aids is all about the technology. Certainly, today's advanced technology is an important part of the equation; however, just as vital is the hearing aid wearers commitment to success. Thomas Jefferson observed that "Nothing can stop the person with the right mental attitude from achieving a goal; nothing on earth can help the person with the wrong mental attitude." When embarking on your journey to better hearing, make a mental and emotional

pledge to yourself. Accept that hearing loss is a health issue just like any other and make the conscious decision to address it, just like millions of people address other aspects of their health each day, like their eyesight, their teeth, etc. Now that you've committed yourself to your hearing health, move on to the steps below.

Step #2: Find a trusted partner

You've made the commitment to your hearing health, and the next step is to find a hearing health care clinic whose attitude is "If you're all in, we're all in with you!" When choosing a provider, ask the health care clinic if you will be working one-on-one and face-to-face with university-trained audiologists and ask about his or her credentials. You want to find an audiology practice that employs audiologists who have a minimum of a master's degree in audiology or, preferably, a doctorate in audiology. Know the difference between an audiologist and a minimally-trained hearing aid dispenser. You want a well-established, local audiology practice that will be there for you through every step of your hearing journey, from the initial hearing evaluation, through your fitting and orientation appointment, for multiple follow-ups and adjustments and for years to come.

As you search for an audiology practice with which you can establish a partnership, also, take these considerations into account. Find out if your audiology practice works with all the major hearing aid manufacturers—instead of just one or two. Do the audiologists in the practice stay abreast of updates and new technology in the industry and participate in continuing education classes? Ask if the practice provides a detailed report to your primary care physician of your progress. Inquire as to whether the practice works with the full realm of insurance companies and checks your insurance benefits.

Step #3: Choose the right technology

Here's the great news! The landscape has never been brighter for effectively treating hearing loss. The sweeping and ongoing Digital Revolution has meant a collateral benefit in the hearing aid technology world—smaller devices

with ever-improving sound quality, programming options, style and connectivity are a far cry from the clunky, obtrusive hearing devices of years gone by.

Today's hearing aids are complex medical devices that can help you achieve amazing results toward better hearing. Again, your audiology practice is your partner on your road to success. Your audiologist should take into account a number of factors when recommending technology. First, your audiologist will consider and review with you the results of your hearing test to identify the type and degree of hearing loss, since, just like your fingerprint, your hearing is unique. Your audiologist will ask you questions about your lifestyle, daily activities, your common listening environments, etc. He or she will also talk with you about your budget and other financial considerations so that you will be comfortable with the investment you are making.

But choosing your technology is only the beginning. The real work begins when you are fit with your hearing aids and start wearing them. Remember to be patient and don't give up. Adjusting to hearing aids can take some time as your brain learns to process sounds it may have been missing for years, so a big part of your commitment to your success that was discussed in Step 1 is to put your hearing aids on when you wake each morning, don't take them off until you go to sleep, and never skip a day.

Keep in mind that getting your new hearing aids fine-tuned to your unique circumstances may take some tweaking. That's why the audiologists in the practice you choose should be ready, willing and able to meet with you—multiple times, if needed—to achieve success. You will work with your audiologist on issues like the fit and comfort of your hearing aids, the sound quality and adjusting the programming for things like background noise and speech recognition. It's a process that is ongoing and can change over time, so always speak up and discuss your concerns. Just like with your other healthcare professionals, you want your relationship with your audiologist to be one forged over many years of positive experiences and ongoing dialogue and built on trust.

Step #4: Take advantage of all the insurance benefits and financial assistance you have coming to you

When you make a decision to buy hearing aids, you want to be sure you are making the most sound financial decision possible, and nothing is more frustrating than spending good money on technology that goes unused. Following the steps outlined thus far in this article can go a long way toward success with your hearing aids. Couple that with feeling like you got the best technology for your outlay of money, and your satisfaction continues to increase.

One way to ensure you get the best hearing aid options at the best price is to work with an audiology practice that goes the extra mile to find out if your specific insurance policy offers a dollar amount or discount for hearing aid testing and/or technology and then works hard in helping you take full advantage of those benefits. But beware, not every hearing aid professional verifies insurance benefits, and understandably, knowing every benefit your insurance offers can be a daunting task for a patient since insurances that provide hearing aid benefits do so in a variety of ways. Therefore, working with an audiology practice that has trained on-staff billing specialists means they will know exactly what questions to ask your insurance company and will work on your behalf.

Don't settle for a world of silence

Now, more than ever before, hearing loss does not have to be a sentence into a world of silence for most. That's a timely message as age-related hearing loss is the third most prevalent chronic health condition facing older adults in the U.S. today. As noted above, however, success with hearing aids can be elusive, leading to hearing aids being relegated to the dark recesses of your sock drawer. If this scenario describes you or someone you know, consider carefully the four steps above and contact a reputable audiology practice like Johnson Audiology—one that takes seriously its mission to help as many people as possible hear better and be successful with their decision to wear hearing aids.

Celebrate Your Colon for Colon Cancer Awareness Month

CONTRIBUTED BY HARBIN CLINIC

A healthy digestive tract is critical to many aspects of our overall health so it's important to keeping it running smoothly. March brings us the opportunity to celebrate this hard working organ by taking special steps to ensure our colon is safe from cancer and other problems.

As the last stage of the digestive tract, the colon is responsible for absorbing water and any remaining nutrients from our food while preparing waste for elimination. A person's large intestine will process roughly 50 tons of food in a standard lifetime. That's a lot of work, and a lot of reason to keep the colon as healthy as possible for as long as possible.

"Keeping your colon healthy is critical to keeping your whole body healthy," says Dr. Riaz Gill, Gastroenterologist at Harbin Clinic Gastro-

enterology Cartersville.

Dr. Gill decided to become a doctor after watching his father develop gastrointestinal cancer when he was young. He has now been practicing for nearly 30 years and has extensive experience with helping patients deal with the problems that can arise.

"After my father's cancer, I developed the drive to help others live healthier lives," Dr. Gill recalls.

Simple Tips to Keep Things Working Smoothly

Maintaining a healthy well-balanced diet that includes plenty of fiber, whole grains, probiotics, and fruits and vegetables is the most important thing you can do to keep your colon on the right track. It is important to limit your consumption of fatty foods, caffeine and alcohol, as these can irritate the lining of the

colon and create inflammation and weakness.

Keeping stress levels low is important for your overall health, but keeping your body relaxed and stress-free can be helpful to the colon, too. While you don't think of "exercising" this important muscle in your body, maintaining a healthy exercise routine can keep things moving through the colon, which allows toxins and irritants to be eliminated from the body more quickly. Hydration is critical, as well, for elimination and preservation of the tissues.

Other helpful habits include things like chewing your food thoroughly, which increases and supports the enzymes that are needed further down the line to break foods down. Taking a daily multivitamin can give you the extra assurance that you are

getting the nutrients you need, and consuming foods high in vitamin D has been shown to be helpful for preventing colon cancer and maintaining a healthy colon. It has also been found that drinking green and white teas can inhibit the development of polyps that can lead to the development of colon cancer.

Midlife Check, not Crisis

Prevention and maintenance are very important to colon health, but as we get older the chances increase that problems can develop.

"As we age, the colon can weaken, similar to the way other organs and tissues do. Issues can begin to show up, especially in those who have a family history of colon problems, and it is important to take a look and see how things are going," Dr. Gill says.

"Turning 50 is a good benchmark for examining the colon to see how things are working and to determine a baseline for colon care moving forward."

It is recommended that men and women schedule a colonoscopy when they turn 50 to check for polyps and bowel cancer, as well as screening for changes or abnormalities that can be caused by various bowel diseases. If you have a family history of problems, the American Cancer Society suggests that starting as early as 45 can be helpful in preventing genetic trends.

If you find that these categories apply to you, celebrate your colon this month by calling Harbin Clinic Gastroenterology and schedule an appointment. We care completely for keeping your colon on the right track for overall health.

Lacey's Medical Supply settled into newest location

CONTRIBUTED BY

LACEY'S MEDICAL SUPPLY

Lacey's Medical Supply has comfortably settled into our newest location at 236 North Dixie Avenue in Cartersville. We are serving the Cartersville and surrounding area by offering a complete line of medical and homecare equipment with the same level of expertise and attention as our Acworth and Marietta locations have for decades.

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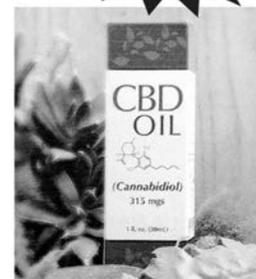


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Meditation offers a bevy of physical, mental health benefits

By DONNA HARRIS

donna.harris@daily-tribune.com

Stress has been proven to be one of the biggest life-zappers there is, but just a few minutes of meditation each day can help keep life's troubles from causing physical, mental and emotional problems.

Every Saturday morning, Bartow County residents of all ages gather at the Cartersville Public Library for 90 minutes of Mindful Meditation, a

time of guided meditation and discussion about the practice led by an experienced leader.

"Meditation is essentially taking the time to become aware of yourself and your environment," said Adult Services Coordinator Nicole Klein, who participates in the sessions herself. "It is a deeply personal journey. A common misconception about meditation is that there's an end goal to 'turn off' your thoughts, but actually it is more about becoming aware

of your thoughts, acknowledging them without judgment and accepting them and ultimately yourself. Breathwork — taking conscious control of one's breathing — can be a big part of meditation practice."

Learning to meditate and doing it regularly has both physical and mental benefits for practitioners, Klein said.

"There are so many scientifically backed health benefits to a daily meditation practice, including lower

blood pressure, relief from anxiety and depression, better sleep, relief from chronic pain and even increased immunity," she said. "Meditation is an amazing self-care tool. It can enhance focus, lessen feelings of fear and stress and ultimately provide a greater sense of calm and clarity."

According to the Mayo Clinic website, meditation may help "clear away the information overload that builds up every day and contributes to your stress."

Emotional benefits can include gaining a new perspective on stressful situations, building skills to manage stress, increasing self-awareness, focusing on the present, reducing negative emotions and increasing imagination, creativity, patience and tolerance.

But those benefits "don't end when your meditation session ends," the website said.

SEE MEDITATION, PAGE 5

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Cartersville Public Library Adult Services Coordinator Nicole Klein

Meditation

From Page 4

“Meditation can help carry you more calmly through your day and may help you manage symptoms of certain medical conditions” that are aggravated by stress, such as anxiety, asthma, cancer, chronic pain, depression, heart disease, high blood pressure, irritable bowel syndrome, sleep problems and tension headaches, the site said.

Klein said “just about anyone and everyone” can benefit from learning how to meditate.

“There are stories of mindful meditation being used in the classroom in lieu of deten-

tion and in prisons, too, since it is such a great tool for transformation and personal development,” she said. “[But] those who have suffered abuse or trauma should tread carefully. Because meditation can bring deeply buried traumas to the forefront, it may be necessary to proceed with caution under the guidance of an experienced teacher and/or with a willingness to adapt your practice.”

Since everyone’s approach to meditation may be different and unique, there isn’t one “best” place to meditate, Klein said.

“Most practices will suggest a particular sitting position, posture or alignment,” she said. “Personally, I have found the chair of the dentist office to be one of the best places for my meditation practice, but I truly enjoy meditating outside at dawn.”

Klein said she started meditating “as a natural result of my yoga practice.”

“Meditation allows me to feel more in tune with myself and the amazing beauty of the natural world,” she said. “When I meditate, I feel a calmness permeate my being, and I can accept myself and my place in the universe.”

In the “big picture,” meditation has helped Klein feel connected to the universe.

“But in my daily practice, meditation relieves stress, anxiety and allows me to mindfully practice gentleness and patience towards myself and all other living beings,” she said.

For people who want to start meditating, there are “tons of great resources at the library” for beginning a meditation practice, Klein said.

“There are tons of books available for any

and all, ranging from the skeptic to the busy parent,” she said. “There are even apps available for our smartphones and tons of great nonprofit organizations and websites on the internet.”

The library’s Mindful Meditation Discussion and Practice also is a good place for beginners of all ages to start.

“I’ve seen young adults, aged 11, practicing to much-older adults,” Klein said. “Most attendees each week are middle-aged to maybe 60s, if I had to guess.”

The free sessions, which began in April 2016, are held every Saturday from 10:30 a.m. to noon in the Nathan Dean Meeting Room of the library at 429 W. Main St.

For information, call 770-382-4203 or visit www.bartowlibraryonline.org.

What is an Abdominal Aortic Aneurysm and should you be checked?

By MICHAEL COREY MD

An aneurysm refers to a weakening of an artery wall, which causes it to bulge or balloon. Aneurysms are concerning because of their propensity to “rupture” or burst, which can often be fatal. It is common for aneurysms to occur in the abdominal aorta.

The aorta is the main artery in the body. In the chest, it is connected to the heart and its branches deliver blood to the brain and arms. In the abdomen, it has many branches that provide blood flow to necessary organs such as the liver, kidneys, pancreas and intestines. When aneurysms occur in the abdominal aorta (AAA), they are often asymptomatic and go unnoticed until they become a problem. Sometimes, they are incidentally discovered on imaging studies, such as MRIs or CT scans, that are performed for other reasons or complaints such as low back pain or abdominal pain. Nevertheless, when they are discovered, we treat them very seriously. If they rupture at home, 50 percent of patients never make it to the hospital, and only 50 percent of the people that make it to the hospital will survive.

Risk Factors for AAAs and Who Should be Screened:

— Age, gender and cigarette smoking are the most important risk factors for the development of abdominal aortic aneurysms (AAAs). AAAs more commonly affect men than women on an order of 8:1. It is estimated that AAAs affect between 3-7 percent of all men over the age of 60. Men who smoke or have ever smoked are two to three times more likely to develop an AAA than men who have never smoked. Many patients



Corey

with AAAs also have high blood pressure or lung disease, mainly COPD. There is also a genetic component to aneurysm development. Twenty percent of patients with an AAA have a family member who also had an AAA. The Society of Vascular Surgery (SVS) recommends that all men over the age of 65 have a one-time screening ultrasound test looking for an AAA. Ultrasounds are cheap, easy to perform and non-invasive. Women who are over the age of 65 and have ever smoked or who have a relative with a history of an AAA, should also undergo an ultrasound screening exam. Patients with first degree relatives with a history of an AAA, should have an ultrasound screening test at age 55. These ultrasound tests are easily performed in an office based setting.

When Should Asymptomatic AAAs be Fixed and What are the Treatment Options

Research has shown us that small AAAs are unlikely to rupture. Therefore, when AAAs are discovered, we watch them closely with serial ultrasound tests over time. When they reach a diameter

of 5 cm, they are more likely to rupture. In general, the bigger the diameter of the AAA, the more likely it is to rupture. Most AAAs can be repaired via minimally invasive methods which usually only means one night in the hospital after the procedure. This depends on the specific anatomy of the aneurysm itself. Often times, we are able to insert a stent graft inside the aorta via small holes in the groin arteries to seal the aneurysm and prevent it from rupturing in the future. The stent graft seals below the kidney arteries in the “aneurysm neck” and diverts the blood flow away from the aneurysm walls. If the aneurysm neck is short, we can even specially design stent grafts that have holes or “fenestrations” for the important aorta branches to meet the individual patient’s anatomy.

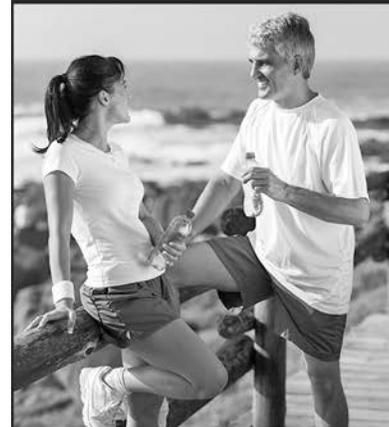
Sometimes, depending on the aneurysm anatomy, we cannot fix AAAs with minimally invasive techniques and we have to perform the old fashioned “open repair.” This involves a large abdominal incision and temporarily stopping blood flow in the aorta while we sew in a prosthetic graft to replace the aneurysmal area. This is usually associated with a much longer recovery time than the stent graft, but it has been shown to be a very durable repair over time. Regardless of the technique, both options are safe and readily available to all patients with an AAA.

— Dr. Michael Corey is a Board Certified Vascular Surgeon at Vascular Surgical Associates, PC, which operates out of 10 locations in the metro Atlanta area. He is highly trained in all methods of AAA repair and is readily available by appointment. For

more information about our office and the services we provide, please call 770-423-0595 or visit our website at www.vascularsurgicalatlanta.com. The Cartersville office is located at 962 Joe Frank Harris Parkway, Suite 202, Cartersville.

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Cranial Sacral & Massage Therapy

By MELODY LAMBERT

Certified Herbalist, The Herb Shop

Although Massage Therapy is great for relaxation and stress relieve, this timeless therapy is part of a health care program that keeps us free of sickness and disease. Sometimes referred to as body work, the human neuromuscular and skeletal systems are benefited from these therapeutic sessions. All body systems benefit from Massage Therapy including our central nervous system, digestive system, immune system and skeletal system.

There are two new and leading therapies to take Massage Therapy to a new level in 2019. These two modalities work hand in hand to alleviate pain in the body. The primary reason for booking Massage Therapy Sessions is pain relief. A certified and educated massage therapist is well trained in these modalities to help the client achieve a pain free body that can then function at a prime level of performance. This boosts energy and overall confidence. We will look at the two leading therapies:

CBD MASSAGE THERAPY: In this highly skilled approach to pain relief, the therapist first takes a full health history, while listening to the client's description and location of pain present in the body. Together, the trained therapist and client decide on the best approach and begin the bodywork taking great care to gently stimulate and release any tight or constricted muscles. During this time, a specially formulated pain relief oil is applied that contains CBD. This highly prized oil is well documented for quick and immediate pain relief. The CBD oil is applied to the area of the body experiencing high levels of pain and the client immediately feels relief.

CBD has been in the Natural Health Field for many years now as an aid to pain relief but has many other health benefits as well. Typically, it is not only great for pain, but for inflammation and swelling. Often the pain has associated heat coming off of the joint, spine, knee, ankle, elbow, neck, etc. This is a sign that the body is trying to fight inflammation. This problem can lead to worse health issues, including deterioration of the joints, spine, muscles, etc.

CBD oil is known to also infuse the body with relaxation. Most clients report a high level of improvement in the way they feel over all. Additional benefits include stress relief and feeling rejuvenated. The health benefits of CBD oil are numerous due to its high level of antioxidants. This oil helps with dry, sensitive skin as well, while providing anti-inflammatory properties that permeate deep within the skin cells. CBD provides Analgesic properties with anti-anxiety and anti-stress benefits.

CRANIAL SACRAL THERAPY: This highly skilled and tailored massage gets to the root cause of many health-related complaints. This therapy stems from Osteopathy, which emphasizes the role of the musculoskeletal system in health and disease. Craniosacral Massage is a gentle, non-invasive, healing therapy that was once practiced among Osteopath

Physicians that knew the importance of alignment and balance within the muscles, spine and cranium.

The certified practitioner notes selected points on the body that are blocked, where the energy (chi) movement is stagnant and pain or inflammation has occurred. Much focus is given around the head, neck, spine and shoulder to apply gentle finger pressure to make sure these areas are open and in alignment and balance.

The goal of the Craniosacral Therapist is to help get rid of restrictions in this system to improve the functioning of the central nervous system, which is the electrical system of the body.

Just like the wiring in your home, the electrical system in your body must be moving energy smoothly and openly without blowing fuses.

Once these restrictions are removed, the pain and inflammation are removed also. Most clients experience a much larger range of motion, flexibility, and even balance is improved. Not only do clients leave feeling better, but their spirits have been uplifted and a more positive attitude is present. A release of negative energy and energy disruption has been removed during the session. The body's own natural forces are now open to bring about healing as nature intended.

Most notably, Craniosacral Massage is used for those suffering from the following conditions:

- Chronic Fatigue Syndrome
- Fibromyalgia
- Post-Traumatic Stress Disorder
- TMJ
- Post-Surgical Recovery
- Trauma
- Headaches & Migraines
- Locked Shoulder or Neck
- Anxiety or Panic Attacks
- Continued Sickness/Inability to Heal
- Disturbed Sleep Cycles & Insomnia

Cranial Sacral Therapy has even been noted to help with compression of the spine, including the discs. The flow of lymph fluid in conjunction with appropriate movement in the central nervous system aids the body in self-healing and pain relief. We do recommend three to 10 Sessions to complete your healing process.

Please contact our office today to schedule these highly specialized Therapy Sessions, either the CBD Massage or the Craniosacral Massage. Our Certified Therapist has over 30 years of experience in helping clients to heal and obtain optimal health. Relax, and regain your health in our serene and peaceful health center. For more information, call 770-387-4488.

Moringa lowers cholesterol and balances blood sugar

By MELODY LAMBERT

Certified Herbalist, The Herb Shop

Today, scientific research in both the United States and Asia are providing hard evidence for the health benefits long associated with this super nutritious tree. Often referred to as the "miracle tree" due to its uniquely diverse array of nutritional and medicinal properties,

this natural plant supplement is a treasure box full of health benefits and disease fighting potential.

The true genius name is Moringa oleifera and has been used as food and medicine by the natives of the Himalayan's for centuries and is found in northern India. Additionally, great sources of Moringa oleifera are found in Africa. Used extensively in Ayurvedic medicine, Moringa oleifera is known to lower cholesterol and normalize cholesterol. Doctors from India have encouraged their patients to use Moringa oleifera before considering other medications along with improving their diet. While Statin drugs are taken by one in four Americans over 45, Statin drugs are shown to cause cancer, diabetes, muscle cramps and other problems. Moringa oleifera is a natural option with research to back the ability to work as well as medications

without causing side effects.

What is particularly unique about Moringa oleifera is the fact that every part of the plant, including the bark, leaves, flowers and roots serves a unique purpose in promoting human health. Its seeds, for instance, are full of an oil called "Ben Oil" that is full of antioxidants and is similar to olive oil. The oil is clear and sweet and has an ability to be shelf stable indefinitely. Although Moringa oleifera is best known for its cholesterol fighting abilities, it is also used to fight diabetes and acts as an anti-inflammatory.

Moringa is a super food, dense in nutrition. This super food provides seven times the amount of vitamin C typically found in citrus fruit, four times the amount of vitamin A as in carrots, 36 times as much magnesium as in eggs, 25 times the amount of iron as in spinach, 50 times the amount of B3 as in peanuts, and 50 times as much B2 as in bananas. It also contains more potassium than bananas more protein than yogurt and more calcium than milk — four times as much.

Additional Health Benefits of Moringa include:

- Improves Digestion
- Aids in Weight Loss

- Improves Brain Function
- Uplifts Energy
- Normalizes Blood Sugar
- Strengthens All Body Systems
- Stops Hunger & Reduces Appetite
- Aids Diabetics With Neuropathy
- Helps Overcome Poor Health & Trauma

Moringa is on the top of anti-aging clinics across the world. These experts know that Moringa stops the oxidation of the body and skin. Many Latino cultures have enjoyed the benefits of using Moringa to fight wrinkles, age spots, sagging and crappy skin by adding in Moringa to their skin care products or into their diet. African cultures have used Moringa to protect their skin from sun damage and aging. Eastern cultures add Moringa into shakes and soups to boost energy and improve mental function.

Moringa is a brain food that encourages clear and quicker thinking. Studies have proven that Moringa can aid in long term and short-term memory improvement. Many students, professionals, and executives take Moringa daily to help sharpen performance and mental alertness. Many found that Moringa helps to them to be focused and accomplish goals with ease and less stress. Completing tasks and excelling in testing and grade average has been reported by many students and professionals.

I currently have many clients on Moringa coupled with some beneficial antioxidants to help overcome diabetes and/or to get off medications. Within three months, they are reporting A1C numbers dropping and numbers normalizing after being rechecked by their health care professionals. With the approval of their doctors, many are reducing medications or are completely off medications due to this program and a healthy diet.

Many of the health shows on TV have recently spotlighted Moringa oleifera. Dr. Oz recently had his medical experts check out this super food and dubbed Moringa oleifera as an energy blaster. His recommendation was using it for energy along with other health benefits due to it being so dense in antioxidants. He said it gave you the energy without the downer feeling like caffeine does. Nicknamed the most nutritional tree on this planet, Moringa oleifera is being called a "perfectional plant."

Moringa oleifera has also been featured on the Discovery Channel. This documentary showed the miracle plant being widely cultivated for its health benefits and promoting good health in the natives that used it quite frequently. Now that modern science has discovered the Moringa tree, many healthcare workers are reporting that people are having much success by taking it as a supplement to their diet.



Lambert

Melody Lambert – Certified Herbalist

Doug Acker – Certified Massage Therapist

The Herb Shop – Behind Lowe's

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FLOYDSM

Medical expert urges healthy living, regular checkups to curb stroke risk

By MARIE NESMITH

marie.nesmith@daily-tribune.com

Noting “time is of the essence” when pinpointing treatment for a stroke, Dr. Carlo Oller emphasized the importance of being aware of one’s general health and seeking assistance as soon as symptoms arise. “There are two main kinds of strokes: ischemic and hemorrhagic,” said Oller, emergency physician at Cartersville Medical Center. “The hemorrhagic stroke is usually very acute and immediately life-threatening. It results from bleeding in the brain and ... usually

presents after the onset of a sudden severe headache, vomiting and altered consciousness.

“The ischemic stroke has a wide range of presentations and sometimes the symptoms are ‘indolent’ so patients delay in presentation for treatment. Ischemic strokes are far more common than the hemorrhagic kind.”

Some of the risk factors for stroke include hypertension, diabetes, obesity, elderliness, poor health, high cholesterol and family history, he shared.

“There are so many different ways a stroke can present itself,”

Oller said. “Any new neurologic problem should be [immediately] evaluated. This includes sudden loss of function, sensation, abnormal speech, abnormal balance, confusion.

“If the patient has any chronic medical condition, then that condition should be optimally managed to reduce risk of stroke. If you are in enough health to exercise, it has been shown that just 30 minutes three times per week of moderate physical activity will decrease the chances of, not just stroke, but also all other forms of cardiovascular disease, and will increase your longevity.”

With the March 4 passing of actor Luke Perry at 52 following a massive stroke, this subject has stepped into the limelight recently. While Oller said experiencing a fatal stroke in one’s 50s is “less common,” it is not considered a “rare” occurrence.

“We see strokes in patients even in their 20s. Most strokes are not fatal, however most do result in significant disability and chronic complications to the patient’s health,” Oller said, adding it is important for people to “make sure you take care of yourself, live healthy — drink more water and less sugary drinks,

work out for 30 minutes at least three times per week, have your regular doctor checkups to make sure your sugar, blood pressure, cholesterol are all within normal range.

“If you have any new neurological [symptoms], you should seek urgent medical evaluation because even for us medical providers, it is difficult to tell if your symptoms are due to a stroke or something else. Time is of the essence; every minute counts when we are considering the treatment of stroke.”

SEE STROKE, PAGE 11

Skin Cancer and Cosmetic Dermatology Center celebrates 4 years in the Bartow

CONTRIBUTED BY SKIN CANCER AND COSMETIC DERMATOLOGY CENTER

Skin Cancer and Cosmetic Dermatology Center proudly celebrates four years in the Bartow County and Cartersville area. Offering a range of dermatology services for various skin, hair and nail disorders, the Cartersville office is a full service office for the entire family, with medical, surgical and aesthetic services.

John Chung, MD, is the Medical Director of the Center, and he is a Board Certified Dermatologist and Fellowship Trained Mohs Surgeon. The Associate Providers at the Center are Jennifer Wright, PA-C, Jodi-Ann Moore, PA-C and Douglas DiRuggiero, PA-C. Our medical practitioners have over 55 years combined experience in dermatology, and they are highly trained in the most up to date treatments for dermatology conditions and skin cancer.

Full body skin examinations to screen for skin cancers and abnormal moles is the specialty of the center, but all of the providers treat general dermatology conditions such as acne, rosacea, melasma, psoriasis, warts and eczema — just to name a few.

Skin cancers of all types (melanoma, basal cell carcinoma, and squamous cell carcinoma) can be treated with surgical excision or Mohs surgery in our convenient locations. For selective non-melanoma skin cancer patients interested in a non-surgical option (no pain, no needles or sutures, and little to no wait time), Superficial Radiotherapy (SRT) is an excellent option for patients ideally that are 60 years old or older.

As a plus, it takes less than 90 seconds to deliver each treatment.

The newest and growing com-

ponent of the Cartersville office is the Aesthetic Department, offering an array of medical grade skin care products (such as Revision, Avène and Neocutis), customized chemical peels, and hypoallergenic mineral based makeup. Some of the latest and most requested services in the country are now available locally,

such as Ultherapy (an FDA approved ultrasound technology that provides nonsurgical lifting and tightening treatment of the face, neck, and chest), and microneedling with Skin-Stylus (an effective minimally invasive alternative for the treatment of acne scarring, collagen stimulation, fine lines, wrinkles and anti-aging).

Certified Aesthetician, Julie Johnson, LMA, also offers IPL for hair removal, brown spots and vascular damage, and she offers spray tans for a sunless glow year-round! Cindy Minshew, RN, Injection Specialist, performs non-surgical rejuvenation procedures such as Botox, Juvederm, and Volume and sclerotherapy. All cosmetic

consultations are always complimentary.

The staff at Skin Cancer and Cosmetic Dermatology Center looks forward to seeing you and addressing all of your skin care needs at their office at 9 Medical Drive. For more information, call 470-227-1600 or visit them online at thedermceters.com.

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Stroke

From Page 9

Listing some of the Cartersville center's achievements, Ginger Tyra — CMC's director of marketing and public relations — underscored its level of stroke care.

"Cartersville Medical Center is a Joint Commission Certified Primary Stroke Center," Tyra said. "This means that our program provides the next generation of stroke care and has met and seeks to maintain The Joint Commission's high standards in providing stroke care."

"Cartersville Medical Center is also a 2018 recipient of 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. Our Level III emergency room physicians and nurses, along with our outstanding area EMS professionals, are well prepared to respond to and treat stroke patients."



Cartersville Medical Center's Dr. Carlo Oller, medical director, Emergency Department, and Heather Clement, Emergency Department director.

RANDY PARKER/THE DAILY TRIBUNE NEWS

Moringa

From Page 6

The reason behind the healing action of Moringa is in several of the active components within the plant. One is Beta-sitosterol which is a specific plant sterol shown to reduce blood cholesterol levels and improve other blood lipid levels bringing them into normal range. Beta-sitosterol is also proven to treat prostate enlargement and also reduce colon cancer cells. Beta-sitosterol also boosts the immune system and helps to heal ulcers.

Moringa also contains high levels of zeatin which are plant hormones called cytokinin's which delay the "death" or aging of plants. Therefore, scientists are examining Moringa as an anti-aging supplement proven to delay biochemical modifications or breakdown of cells that cause aging. It has also been shown to protect animals against neuronal toxicity induced by age specific factors and in the laboratory setting to inhibit cancer cell growth and push cells back to normal health.

Moringa has extraordinary

amounts of lutein. This amazing plant provides 46 types of antioxidants, like lutein, to protect the eyes from degeneration (such as macular degeneration). Other compounds in

the plant have been found to protect the liver and the kidneys. For more information, call 770-387-4488. The Herb Shop professionals have been serving our community for 21 years.



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James Duncan, a family nurse practitioner who treats patients at Floyd Primary Care in Cartersville.

RYAN SMITH/FLOYD MEDICAL CENTER

Don't let your guard down against the flu

CONTRIBUTED BY
FLOYD MEDICAL CENTER

Flu season appears to be lingering and health officials are warning patients that it could extend well into spring this year. Health care providers at Floyd are also urging individuals to visit their nearest primary care or urgent care if they think they have the flu.

"There is little doubt the flu season is still continuing," said James Duncan, a family nurse practitioner

who treats patients at Floyd Primary Care in Cartersville. "People still need to take precautions to avoid the flu and to keep from spreading it."

According to Duncan, those precautions include washing your hands often, covering your cough or sneezes, avoid touching your eyes nose or mouth and staying home from work or school if you have any flu-like symptoms.

Washing your hands seems like a

little thing but it is important, Duncan said.

"You should use hand sanitizer if soap and water are not available. This is especially important after using the restroom, before preparing food, after being in public areas, and before and after caring for a sick person," he added.

Duncan also stressed that going to work or school before being fever free only increases the likelihood of making others sick.

"You should stay home for at least 24 hours after a fever is gone, except to get medical care," he said. "This fever should be gone without the use of a fever-reducing medicine."

Common flu symptoms are severe and appear suddenly:

- High fever
- Headache
- Chills
- Cough, often becoming se-

vere

- Extreme tiredness
- Severe aches and pains
- Sneezing
- Sore throat
- Vomiting and diarrhea (more common in children)

The flu usually lasts seven to 10 days. Most people are contagious before they show any symptoms and until 24 hours after they last have a fever.

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21st Century Healthcare Options Offered at CMC

BY GINGER TYRA

*Cartersville Medical Center
Director of Marketing & Public
Relations*

The way consumers research and access health care in 2019 is much different than in years past. Busy lifestyles and multi-generational audiences have forced healthcare professionals to consider more innovative methods of delivering patient care and related services.

Luckily, Cartersville Medical Center is at the forefront of meeting the needs of the 21st Century patient.

Located on Main Street in Cartersville, Cartersville Urgent Care was designed with busy patients in mind. Staffed with physicians and/or mid-level providers, the hours of operation for Cartersville Urgent Care are 8 a.m. to 8 p.m. Monday through Friday and 9 a.m. to 6 p.m. Saturday and Sunday. Services provided include treatment of illness and injury, imaging and lab testing, physicals, vaccines and preventative care. The urgent care center also offers online schedul-

ing, web check-in, patient portal and online bill pay for convenience. For more information, visit CartersvilleUC.com or call 470-274-2345.

Because health issues are never convenient, Ask-A-Nurse, available 24 hours a day, seven days a week is available to provide free, expert advice on anyone's schedule. Cartersville Medical Center's Ask-A-Nurse service provides answers to healthcare concerns anytime, day or night. Do you need help deciding if you or your child should go to the ER, visit your physician, or handle your concern at home? Ask-A-Nurse will provide answers, as well as peace of mind. Nurses provide consultation and answer health-related questions. They do not diagnose conditions but provide information on many subjects, including: Cardiac Services, Children's Health, Diabetes Care, Men's Health, Neurology/Stroke, Orthopedics, Sleep Disorders, Spine Care, Women's Health, and much more. To reach Ask-A-Nurse, call 770-510-7270.

MyHealthOne, Cartersville Medical Center's patient portal, helps patients manage their healthcare and connect with physicians within a secure, online health portal. The portal is designed to simplify and streamline the hospital experience and empower patients and loved ones to have more control and flexibility in the management of their care. MyHealthOne consolidates many common tasks into one secure, easy-to-use online patient portal. It allows access to personal health information via desktop computer, laptop, tablet or smartphone 24 hours a day. Features include: View details of recent hospital visit and lab results; view and pay hospital bills; register for classes and events; find a doctor and make an appointment; manage the health of loved ones; and pre-register for procedures. To learn more about My HealthOne, visit CartersvilleMedical.com and click on Patients & Visitors, then click on MyHealthOne Patient Portal. There's a brief video on the web page summa-

rizing the features of the portal. For additional assistance, call 855-422-6625.

With the impact of the internet and social media, consumers are online more than ever finding healthcare providers and health information. Visitors at CartersvilleMedical.com can expect to find physicians by name or specialty (and make an appointment online), detailed information about hospital services, important patient and visitor information, including online pre-registration, the current ER wait time, a career page with current job openings and the ability to apply online, class and event listings and registration (like free childbirth education and diabetes classes and SafeSitter babysitting certification classes), the MyHealthOne patient portal, quality and patient safety information and more. And of course, the Cartersville Medical Center Facebook and Twitter pages are always current with important health and hospital news posts!

Cartersville Medical Center

is proud to provide excellent healthcare services and resources to our community, as evidenced recently by a number of awards and recognition, including a sixth consecutive "A" Hospital Safety Score by The Leapfrog Group and a multitude of awards from Healthgrades, the leading online resource for comprehensive information about physicians and hospitals. According to Healthgrades, Cartersville Medical Center is among the top 10 percent in the nation in general surgery, coronary interventions, pulmonary care and patient safety.

And, while technology, innovation and patient safety are vital components of patient care, the culture at Cartersville Medical Center remains true to the mission that is proudly displayed on the wall in the main lobby, "Above all else, we are committed to the care and improvement of human life." Everyone on the hospital team begins and ends each day with this philosophy, never losing sight of the most important people, our patients.

Recovery doesn't have to be hard

BY VALERIE WAGNER

*PT, DPT, Director, Rehab Services,
Cartersville Medical Center*

When our patients think of Physical Therapy, often it's referred to as "PT" — and even by some as "Pain and Torture." Sometimes we therapists get a bad rap for wanting to inflict pain and make people miserable but it is quite the opposite! We have a passion for helping people and want our patients to feel good. Recovery can definitely be challenging, but we encourage everyone to take a step back and take a look at the bigger picture. The discomfort and struggles during the recovery phase are intended to be temporary with long-ranging benefits.

Take a total knee or hip replacement, for example. We try to educate our patients prior to surgery by having everyone attend a class. At Cartersville Medical Center, we offer this weekly to the public and discuss every angle: pain management, infection prevention, discharge planning, equipment needs



CARTERSVILLE MEDICAL CENTER/SPECIAL

Valerie Wagner and Brian Hold, PT.

and therapy. We have nurses, a case manager, occupational therapist and physical therapist present to give you a clear idea of what is involved with a joint replacement surgery and after care.

It is important to keep in mind that while we do everything possible to reduce pain, most surgeries and

medical procedures do come with some amount of pain. I think this is important to remember: be realistic. Your doctors and therapists can help you define what's normal and expected, and what's abnormal, and how to best manage the pain. Drugs are not always the best solution and I encourage people to consider

heat, cold packs, positioning and of course getting and staying active. Remember: a body in motion tends to stay in motion!

There are many community resources for you to engage in physical activity, whether you like group settings or individual activities. Sometimes the physical benefit is secondary to the emotional benefits one can get from getting out and exercising. There is definitely a mind-body connection. You will feel better overall when you exercise! Physical fitness has many health benefits from lowering blood pressure and cholesterol to increasing strength and flexibility of your muscles, reducing the risk of falls and making your heart healthy.

Many people with cardiac issues will qualify for a rehab program aimed at improving their cardiac health. We call this Cardiac Rehab, and if your doctor refers you for cardiac rehab, completing a 12-week outpatient program can also provide you with whole-person wellness. One of the benefits of cardiac rehab



Wagner

is the social aspect. You have the opportunity to interact with others who also have had to deal with cardiac stents or surgery and know that you are not alone. Health issues are difficult to process. Sometimes you just need a little encouragement. At Cartersville Medical Center's Cardiac Rehab department, we offer an orientation class before you get started where a registered nurse outlines the program. Often we have a dietician present useful tips to make healthy food more appealing. It can be difficult to make lifestyle changes, but if you consider the long run, you will be better off and you may be surprised!

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