

PROVIDING NORTHEAST ARKANSAS AND THE SURROUNDING AREA WITH HEALTHFUL INFORMATION

# NEA HEALTH

ISSUE 21

2022 1st Edition



**HEART CARE  
FOR THE  
NEXT CENTURY**

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NEA Health, established in 2005, is a publication of free health information and articles written by NEA Baptist physicians for our community.

As one of the largest multi-specialty groups in the mid-south, NEA Baptist is dedicated to providing compassionate, personalized medical care. We are committed to the well-being of the community.

This magazine, along with NEA Baptist Charitable Foundation is part of NEA Baptist's expanded commitment to the community.

It's through the generous contributions of our donors that help us accomplish our mission. If you would like more information on how you can support NEA Baptist Charitable Foundation, please call Robbie Johnson at (870) 936-8479 or Kim Provost at (501) 283-1170.

We would love to have you be a part of helping meet the needs of others in our community.



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NEA Health is published for the purpose of conveying health-related information for the well-being of residents of Northeast Arkansas and Southeast Missouri. The information contained in NEA Health is not intended for the purpose of diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines.

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# *from the editor*

I had a friend who was notoriously good at the Kevin Bacon game. The theory is simple. Every actor can somehow be linked back to Kevin Bacon. Let's use Kevin Costner to keep it short. Kevin Costner starred in, "The Untouchables" with Robert De Niro. De Niro starred in the film, "JFK" with none other than... Kevin Bacon. See how it's all connected?

Try it for yourself on your next road trip. You may be wondering what any of this has to do with the heart. Let's refer to your heart as Kevin Bacon. It is a major driver in the functionality of many of your other organs and systems. Yet it also relies on many of these systems to work well in order for it to achieve optimal performance.

If you have high blood pressure or high cholesterol, your heart could suffer the consequences. When your heart suffers the consequences, the door is open for issues like CHF, heart attack and others. So what you eat, lifestyle choices like sleep and smoking, even the amount of stress you allow yourself to maintain can all link right back to that most vital of organs in your body.

Throughout the pages of this publication is a vast arrangement of knowledge from multiple disciplines working in unison to give you the insight to make decisions which will positively impact the health and functionality of your heart.

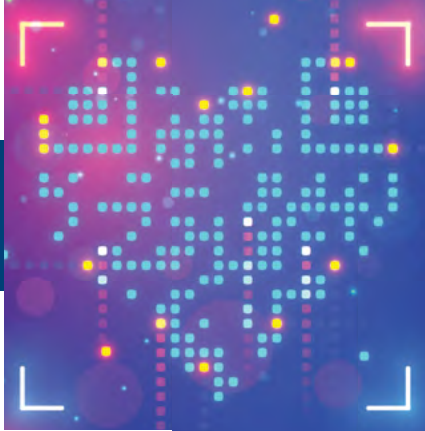
I hope you enjoy and take something away from this publication that you can share with someone else. You never know, it may save their life!

Ty Jones, Editor  
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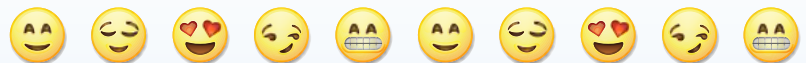
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## Feedback



**f** Thank you NEA Baptist for giving us the answers we were needing! I will never EVER take my kids to another hospital but NEA Baptist!! We are home and in bed but please keep the prayers coming for both of my babies please and thank you! ❤️❤️❤️

**f** After multiple rounds of steroids, many breathing treatments, a full night on oxygen & a ton of prayers... we're getting to go home!! Her oxygen levels stayed up all night without any oxygen and she's back to her smiley and jumpy self! Thank you to everyone who has text & called to check on us & ask if we need anything, thank you to NEA

Baptist doctors and nurses for taking care of my girl and getting her back to her self again, & most importantly thank you to everyone who has prayed for us! a baby or on the fence about who to use or where to go, THIS is the place to be!!! They are so great to you and your family!



# Your Heart Deserves Better

Trust your cardiac care to an integrated team with the results to back up their work.



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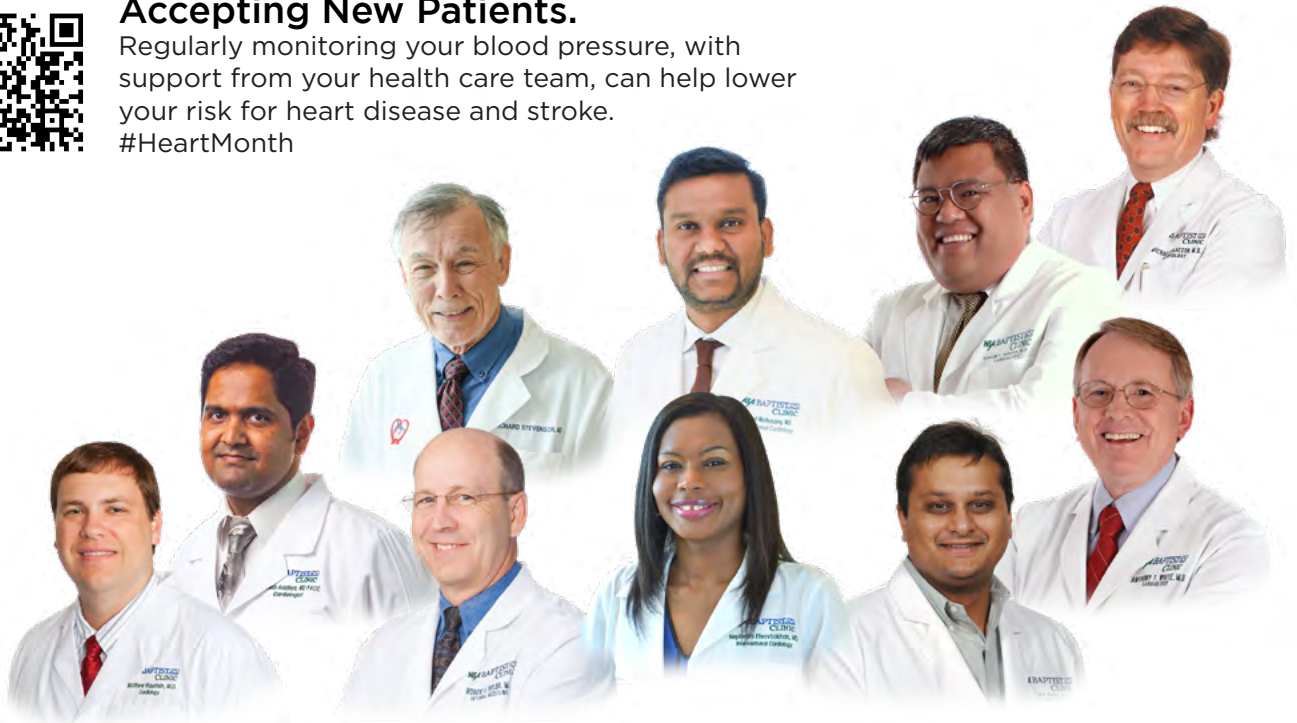
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- Cardiovascular and Thoracic Surgery -  
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## Accepting New Patients.

Regularly monitoring your blood pressure, with support from your health care team, can help lower your risk for heart disease and stroke.  
#HeartMonth



NEA BAPTIST 

Get Better.

# How Diet Affects THE HEART

## Diet & Heart Rate

The average resting heart rate for most people is between 60 and 80 beats per minute. What you eat in your daily diet can have a significant effect on your heart health and most likely will affect your resting heart rate greatly. Your resting heart rate is a good way to measure your overall health and level of fitness. If you exercise regularly, eat healthily and get enough sleep, your heart rate will be lower than someone who lives a sedentary lifestyle. Unhealthy diets high in salt and caffeine will raise your heart rate.

## Positive & Negative Foods

By eating a diet lower in calorie, with lean meats and lots of fruits and vegetables, along with it being a low salt (sodium) diet, less than 2000 mg/day will lead to lower, safer heart rate. There are several products on the market you can use to season your food which contain NO SODIUM and these are preferred for someone with a heart condition, such as hypertension and/or Heart Failure. Some good options to choose from are the common seasonings Mrs. Dash and McCormick's Salt-Free Seasoning Blends. However, some others you may not be aware of are Cavender's Greek Seasoning No-Added Salt (Blue Container), Kingsford makes

Vickie Robertson, RN  
CHF Nurse Navigator






6 different seasoning blends with No Salt, Lowery's has a 17 Seasoning Blend with No Salt. Just by changing how you cook using these type seasonings, omitting the added salt you most likely will see a significant decrease in your heart rate, and you may even notice your weight decrease as well.

Today we have the options of low-sodium and heart healthy foods manufactured for individuals with conditions of the heart that warrant a lower sodium (salt) diet. Some brands you may look for would include Healthy Choice brands; none of their products have more than 700 mg of sodium per item. They have some very good frozen dinners, soups and other products to choose from. An individual daily consumption of sodium (salt) again should not be more than 2000 mg/day. With this in mind, it is often helpful to establish a target goal per meal, with 700 mg/meal being a good goal to establish.

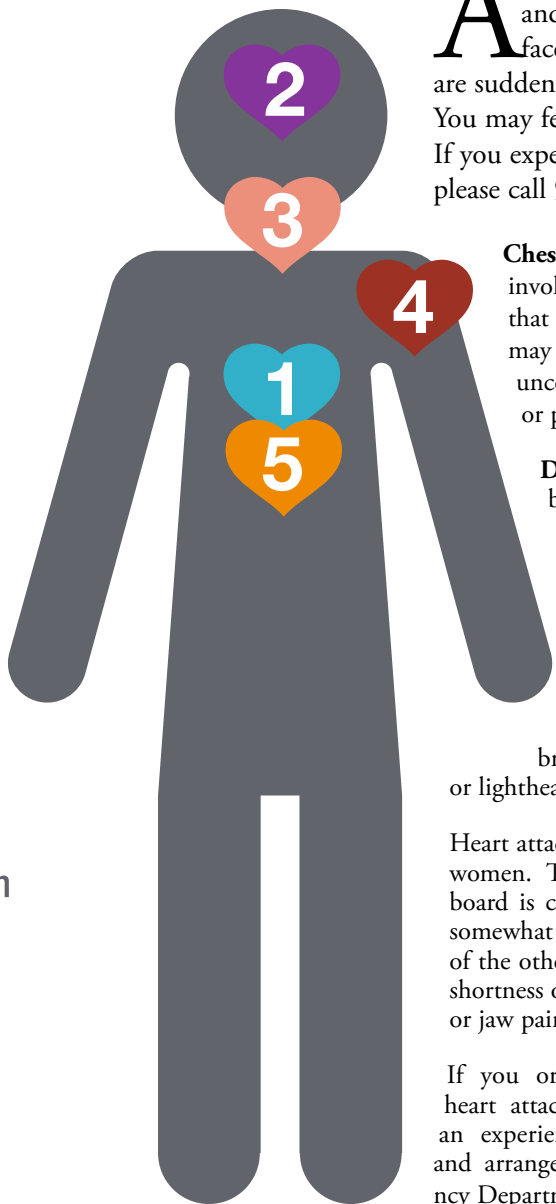
What you drink is also of great importance when it comes to a Heart Healthy diet. Alcohol from beer, wine and

liquor in addition to excess amounts of caffeine found in coffee, tea and some soft drinks can shoot your resting heart rate up considerably. In addition, drinks high in sodium (salt) content should be avoided. These type drinks will adversely affect your heart rate and workload on your heart. For example, Gatorade has from 200 mg to 800 mg of sodium per one 16 oz. bottle. Instead of drinking Gatorade, try to drinking Body Armor. Body Armor is all-natural with Coconut water as the base, has no artificial colorings or sweeteners. The sweeteners are either pure cane sugar or stevia.

Those trying to live a heart healthy lifestyle should not drink more than 2000 ml/day. By controlling the volume drank each day, can help prevent overworking the heart, thereby resulting in a higher heart rate and blood pressure, which could potentially lead to the heart muscle getting thicker or stiffer and could result in development of Heart Failure, which is a nonreversible condition of the heart. 



# KNOW THE SIGNS OF A HEART ATTACK

- 
- 1**  
Pain or discomfort in chest
  - 2**  
Lightheadedness, nausea, or vomiting
  - 3**  
Jaw, neck or back pain
  - 4**  
Discomfort or pain in arm or shoulder
  - 5**  
Shortness of breath

A heart attack is one of the most serious and time-sensitive issues a patient may face in their lifetime. Some heart attacks are sudden and intense, but most start slowly. You may feel mild pain or discomfort. If you experience any of the following signs, please call 911:


**Chest discomfort** – Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.

**Discomfort** in other areas of the upper body – Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

**Shortness of breath** – This can occur along with the chest discomfort or as a symptom all by itself.

**Other signs** – Some patients report breaking out in cold sweats, nausea or lightheadedness.

Heart attack symptoms can differ between men and women. The most common symptom across the board is chest pain or discomfort, but women are somewhat more likely than men to experience some of the other common symptoms. These can include shortness of breath, nausea/vomiting, and even back or jaw pain.

If you or a loved one thinks you're having a heart attack, please call 911 immediately so that an experienced EMS team can begin treatment and arrange rapid transport to the nearest Emergency Department. 

Source: American Heart Association

Learn more at [Heart.org/HeartAttack](https://www.heart.org/HeartAttack)

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# The provider of choice in Northeast Arkansas.

Leading the region in providing the most integrated experience, and an easy to navigate medical campus; NEA Baptist creates an ease of access to over 170 providers in over 45 specialties. This means you have an entire team of the brightest minds with the best technology to provide an unforgettable experience across your health care journey.

Patients instantly connect with their health care digitally through MyChart. This technology allows appointment scheduling, refill reminders, lab results, and you can even message your physician with any questions you may have!

The integrated medical campus connects physicians to the clinics they serve and are always steps away from treating patients admitted to our 228-bed hospital. Also housed on the NEA Baptist medical campus is the Fowler Family Center for Cancer Care, providing Northeast Arkansas with the latest offerings for cancer care. No matter where you are, there is an NEA Baptist Primary Care and Urgent Care clinic nearby when you need it.

A better health care experience awaits with the future of health care, right at home.  
Get Better with NEA Baptist.



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# NEA BAPTIST - BUILDING HEALTH CARE FOR THE NEXT CENTURY



**H**enry Ford built the first mass produced vehicle on an assembly line in 1908. This vehicle changed the game in how people traveled, and how goods were transported. It's safe to say the Model T was one of the most influential creations in the history of our country. Why 114 years later do we not see Model T's cruising the streets of Jonesboro?

The answer lies in innovation and adaptation. I'd hazard a guess that the vast majority of readers have never sat behind the wheel of a Model T. Let me describe what you'd see. You'd first notice the steering wheel. A staple of any automobile. A look at your dashboard leaves a lot to be desired. Of course, you're without many creature comforts we know today like GPS, heat and air, and entertainment system. The pieces most relevant to this conversation though, are your gauges. The Model T had a singular gauge which measured your amps. There was no fuel gauge, no odometer, and no speedometer. Imagine your vehicle today not having this very basic instrumentation. Think you'd have much confidence going from point A to point B?

Let's now shift this conversation from automobiles to health care. How much has health care changed in the past 120 years? During the first half of the 20th century, there was a steady increase in deaths due to heart disease. Though the effect was undeniable, the cause was highly speculated. Between 1948 and 1951, over 4,400 patients participated in a study which concluded that high blood pressure, smoking, and high cholesterol were all major factors in heart disease. You read that right. The causes of heart disease were discovered only 71 years ago! Medicine continues to evolve and innovate, but many health systems have not shown the ability to foster change in their care delivery model. To this day, the integrated care delivery model is more of an exception than the rule. Those able to pull it off are usually world renowned! Think of your Mayo Clinic, Kaiser Permanente, and Cleveland Clinic. Trusted names in health care mostly due to the integrated system in which they operate. To build a truly working integrated system requires a dedicated effort and a thirst for constant innovation. Did you know you have an integrated system right here in Northeast Arkansas?

Integrated care is often described as a coordinated and comprehensive approach to patient care where multiple parties work together in their respective concentration to deliver a higher-quality level of care that better meets patient needs. How does that work? If you're a football fan, this is easily relatable. Think of an offense. Everyone communicates on what the play will be. The goal is to move the ball forward. The lineman has a completely different job than the quarterback. The running back will not do the same task as the receiver. Though when the ball is snapped and all parties execute their task, more times than not the goal is accomplished. Much the same is to be said for integrated care though NEA Baptist takes this to another level. As the ONLY integrated health system in the region with the ONLY integrated medical campus (more to come on that later), patients get access to an integrated medical record, instantly available at all times. No more of the old days of records being stored at a central facility only available to the patient upon request. Through MyChart, patients now have the power of making decisions about their health as they work WITH their care team to decide the best course of action. This technology allows patients to receive real-time lab results as they are completed by the equipment. An actual dialogue with their care provider through messaging to shore up any questions they may have, and medication refill requests, delivered straight from the app. This is just a few of the features. And everyone has their favorite or most used feature based on their need and personality. But what does this have to do with your heart? Back to the Model T!


Remember those gauges I spoke to you about, or rather lack thereof? Imagine that vehicle being your vehicle to drive you to and from work. To the grocery store. On family trips! Think it would be nice to be



able to look down and know exactly how much gas you have available? It's hard to obey a speed limit if you don't have a speedometer. What about when it comes time to sell it. How far has it been driven? Hard to tell without an odometer. With MyChart and an integrated team of health care professionals working with you, the power of control and knowledge is in your hands.

On your first visit to our medical office building you'll see some differences compared to other health care facilities. If it looks like a luxury hotel, and feels like a luxury hotel, it's because our hospital and clinic was designed by someone who creates luxury hotels. No more of the white tile and cold sterility of the past. We have built a comfortable and relaxing environment. But what makes the campus an integrated campus? Our physicians see patients in clinic just steps away from where they treat patients in the hospital. Each facet of design was done with forethought and purpose. Your Cardiologist can be in the Emergency Department or Cardiac Cath Lab in seconds, not minutes. Remember the thirst for constant innovation that I spoke about previously? It resonates from the halls, into nursing huddles, break rooms, and up the chain of command. Yes, that's written correctly. Up the chain of command, not down. Change and innovation are fueled by those on the front lines who know the work better than anyone else. Through a series of improvement tools, our front line employees have the power to institute change in processes

which provide more efficient work and better outcomes for our patients. We are proud of the progress accomplished by our heart team. This group has received the Platinum Achievement award for 3 straight years. That's not by accident! NEA Baptist is the first in the state to achieve Cath Lab accreditation. We are the ONLY health system in the region and one of only 7 in the state who publicly report their cardiac surgical data to STS for public view by patients. We think knowing the outcomes of your cardiac surgical team is pretty important knowledge to have before going in for a procedure, don't you? We publicly report because we truly believe that we deliver a higher-quality care experience to our patients. A better care delivery model means better outcomes. Trust your cardiac care to an integrated team with the results to back up their work.

As you can see, we're pretty proud of the innovation that our NEA Baptist family has produced. Seth Godin once said, "This notion that it is up to each person to innovate in some way flies in the face of the industrial age, but you know what, the industrial age is over". Our employees embrace the work of innovation and continue to push forward through changing regulation, seemingly never-ending pandemics, and the overall stress of working in health care to create a Better experience for our patients. When choosing the team responsible for helping you achieve your best health outcome, it would be wise to choose the innovators. 

# DO YOU KNOW YOUR NUMBERS




Did you know that about 18.2 million adults age 20 and older in the United States of America have Coronary artery disease and that each year 659,000 people die from heart disease, that is 1 in every 4 deaths?

These numbers are alarming but there is hope! Heart disease is preventable. Several risks factors for heart disease are modifiable. These risks factors include blood pressure, high cholesterol, smoking and obesity.

It is recommended that blood pressure should be less than 130/80 mmHg. Bad cholesterol (LDL) should be less than 100 mg/dl and good cholesterol (HDL) should be greater than 40 mg/dl. Blood glucose control with glycosylated hemoglobin (HbA1C) less than 7 is also recommended. Maintain a BMI (body mass index) between 18.5- 24.9

by eating vegetables, fruits, nuts, legumes, fish and whole grains and exercising for about 150 minutes per week. Avoid smoking at all cost. Doing all of these can greatly reduce the risk for heart disease.

So do you know your numbers? What is your blood pressure, your good and bad cholesterol, your BMI and HbA1C? If you do not, I encourage you to find out today by visiting your doctor. Let's walk towards achieving the above stated goals, so we can kick heart disease to the curb!! Yes we can!!! 

Purush Muthusamy, MD  
Cardiology



# High Blood Pressure?

## Remember to Take FIVE!

**H**igh blood pressure is also known as hypertension. Essential hypertension is the most common type and this is the kind that we get as we age or inherit from our parents. There are some subtypes of high blood pressure called secondary hypertension, but these are much less common. In my hypertension clinic, I see both essential and secondary hypertension and work closely with my patients not only to teach them about their disease process treatment but we also spend a lot of time talking about lifestyle modification and disease prevention.

One of the most common questions that I get in regards to blood pressure is “What should my blood pressure be?” The most recent guidelines published in 2017 state that a blood pressure of less than 130/80 should be the goal in people with a diagnosis of hypertension but for people who do not take any type of blood pressure medication, the goal should be less than 120/80. More recently, the guidelines seem to be shifting again and now there is data to suggest that a blood pressure of less than 120/80 seems to provide the greatest reduction in risk in all populations across the board. There are more studies going on right now to investigate this further but what I tell my patients is that not everyone is going to tolerate a blood pressure that low due to various

reasons. So, blood pressure goals are not always the same for everyone I see. The best course of action is to have a discussion with your healthcare provider about your overall health and keep your blood pressure as low as possible without causing other problems (i.e., dizziness, excessive fatigue, weakness, etc).

If I could give the general population one piece of advice in regards to blood pressure management, it would be KNOW YOUR NUMBERS! There are a ton of home blood pressure monitoring devices available now. They can be found in local shops, big retail stores, and even ordered online and shipped to your home. Home blood pressure monitoring gives much more insight into what

### Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

American Heart Association. © 10/2019/20

[heart.org/bplevels](https://heart.org/bplevels)

# 5



your blood pressure really does on a given day and how it trends, rather than a single reading every few months in a doctor's office. The quality of the device does sometimes make a difference and unfortunately there are not a lot of blood pressure monitors that have truly been validated and deemed reliable. But... the more important part of home monitoring is that it is done and done correctly.

There are FIVE steps and about FIVE minutes involved in taking an accurate blood pressure reading at home. Often in my clinic I find that patients are skipping a few of these steps, which can lead to dramatically inaccurate blood pressure readings. I also see a lot of patients who are concerned over singular blood pressure readings that are out of the norm. My recommendation is always to take three readings, FIVE minutes apart, and take the average. Below are the FIVE steps to getting the most accurate home readings and I encourage you to reach out to your provider if you have questions about how to use your blood pressure machine.

If you have struggled with difficult to control blood pressure for a long period of time or were diagnosed with high blood pressure at a very young age, it is so important that you keep track of your blood pressure outside of the doctor's office. If you are interested in a consultation at the NEA Baptist Hypertension Clinic, you can talk with your primary care provider about a referral or call (870) 936-8000 to schedule an appointment. Take care.

Take FIVE! 

Tracy Mullis, APRN  
Hypertension Clinic



### Step 1:

Go to the bathroom. A full bladder can add up to 10 points on your readings.

### Step 2:

Make sure that your blood pressure cuff is properly sized and placed. For arm cuffs - The cuff should cover 50% of your arm when turned LENGTH wise. If it covers more, it is too big and if it covers less, it is too small. For wrist cuffs - ensure that the monitor is placed on the correct side of your wrist. A cuff should NEVER be placed over clothing, no matter how thin it is.

### Step 3:

Place your arm at the level of your heart. A great place to do this is at the kitchen counter. Place your feet flat on the floor and have your back supported in an upright position in a chair. This means don't lay back in the recliner or lie down in the bed. Body position matters!

### Step 4:

THE MOST IMPORTANT!!! Sit quietly for FIVE minutes before you check your blood pressure.

### Step 5:

Push the start button on your monitor and while it is cycling, do not talk, try not to move, and leave that cell phone alone. Vibrations and movements can be misinterpreted as a pulse and can lead to a false reading.







# DASH:

## Dietary Approaches to Stop Hypertension

The **DASH** diet is an eating plan meant to help prevent or lower high blood pressure. It is lower in sodium, saturated fats, cholesterol, and total fats. In lieu of those foods, it suggests higher intake of fruit, vegetables, potassium, low-fat dairy, and fiber.

Sodium can be one of the hardest items to reduce as research shows that much of the sodium we take in comes from packaged and pre-prepared food. With our busy lifestyle and the abundance of convenience foods using sodium to add flavor and for preservation, sodium intake can quickly get higher than recommended. Below are some tips to help reduce sodium at the grocery store, at home and dining out.


### Grocery Shopping:

- Compare sodium content on the nutrition labels of various brands of the same food
- Fresh vegetables are a great option. When purchasing canned and frozen look for a label that notes “no salt added”
- When purchasing prepared or frozen meals, look at the nutrition label those labeled “healthy.” The FDA sets a limit of 600 mg of sodium or less per serving to carry that name
- Be sure and check the servings per container on the nutrition label
- Like vegetables, meats are also best purchased fresh rather than processed, cured, smoked, or canned. Look at the label to see if salt or saline (a preservative) has been added – if so choose a different brand

### Restaurants:

- Ask for nutritional information before ordering, and select a meal with lower sodium
- Avoid the salt shaker, and opt for pepper instead
- Ask for no additional salt to be added to your meal
- Order vegetables as the side item, again asking for no additional salt
- Fruit is always a good choice for a side item, if served with glaze or tossed in dressing, ask if that can be left off
- Keep takeout and fast food to a minimum as those are typically the higher sodium meals

### At Home:

- Use salt free seasoning alternatives, spices, and items such as garlic or citrus juice to add flavor
- Increase intake of fruits and vegetables, reduce intake of other foods
- Limit “instant” products and instead look for the most basic form
- Limit mixes, flavored rice and pasta.
- When using rice, pasta, beans, and meats, opt for the dry or fresh form.
- If you must use canned items that are not marked no salt added, rinse them thoroughly under tap water before consuming. 

NEA BAPTIST  
CLINIC

Wellness Center

FITNESS CENTER  
OPEN  
TO THE PUBLIC

# Memberships Available!

- ▶ Selectorized Equipment & Free Weights
- ▶ Complete line of cardiovascular training equipment including treadmills, elliptical trainers, bikes & AMT machines; with personal TV's!
- ▶ Indoor Running Track
- ▶ Heated Swimming Pool & Sauna
- ▶ Executive Locker Rooms
- ▶ Personal Trainers
- ▶ Protein Shakes and Dietary Supplements
- ▶ Group Exercise Classes

**Hours:**

- ▶ Mon - Thurs: 5:00 AM - 8:00 PM
- ▶ Fri: 5:00 AM - 8:00 PM
- ▶ Sat: 9:00 AM - 5:00 PM
- ▶ Sun: 1:00 PM - 5:00 PM

**NEA BAPTIST** 

WELLNESS CENTER

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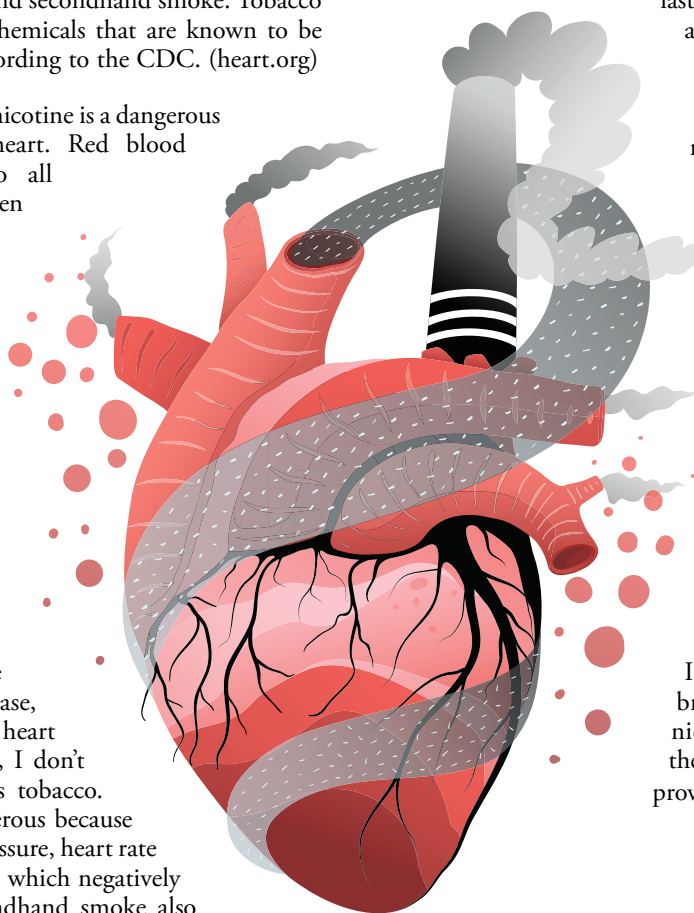


# Smoking & Heart Disease

**M**ost individuals are aware of the relationship between smoking and lung cancer. Using tobacco products have now been linked to many different types of cancers that effect the body such as throat, stomach, liver, pancreas, kidney, cervix bladder and colon/rectum as reported in The Health Consequences of Smoking-50 Years of Progress: A Report of the Surgeon General. Another vital organ that is damaged with using tobacco products is the heart.


Approximately 30% of deaths from coronary artery disease are linked to smoking and secondhand smoke. Tobacco has more than 5,000 chemicals that are known to be harmful to humans according to the CDC. (heart.org)

Carbon monoxide and nicotine is a dangerous combination to the heart. Red blood cells carry oxygen to all parts of the body. When an individual smokes tobacco the carbon monoxide attaches to the red blood cells, therefore the heart receives less oxygen. Smoking tobacco also can cause arteries to harden by increasing the amount of cholesterol that is deposited into the inner lining of the arteries. This dangerous cascade can lead to heart disease, artery disease and even heart attacks. One might say, I don't smoke! I use smokeless tobacco. Nicotine alone is dangerous because it can increase blood pressure, heart rate and narrow the arteries, which negatively effects the heart. Secondhand smoke also is a threat to nonsmokers. If a nonsmoker has high blood pressure or high cholesterol and is subjected to secondhand smoke they have a greater risk of developing heart disease.

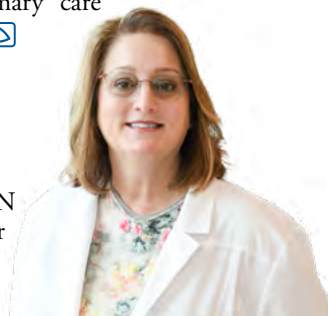


In as little as 20 minutes of the last cigarette the blood pressure and heart rate will start to return to more normal levels. Eight hours after the last cigarette the carbon monoxide levels will return to a more normal level.

Twenty-four hours after the last cigarette there is already a decreased risk of heart attack. At forty-eight hours previously damaged nerve endings start to regrow. The benefits continue with each day, week, month and year. In three years after quitting smoking, the risk of a heart attack will decrease to that of a nonsmoker. (healthline.com)

If someone is interested in breaking the addiction to nicotine, they can contact their primary care provider. 

Elizabeth McQuay, APRN  
Oncology Educator  
NEA Baptist Fowler Family  
Center for Cancer Care



There are informative websites that can provide ways to help with quitting smoking such as [www.bewellarkansas.org](http://www.bewellarkansas.org), [www.cdc.gov/quit](http://www.cdc.gov/quit) and [www.lung.org/quit-smoking](http://www.lung.org/quit-smoking). To speak to a smoking cessation counselor one could call 1-800-QUIT-NOW.

National Center for Chronic Disease Prevention and Health Promotion (US) Office on Smoking and Health. Atlanta (GA): Centers for Disease Control and Prevention (US); 2014  
<https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/how-smoking-and-nicotine-damage-your-body>  
<https://www.healthline.com/health/what-happens-when-you-quit-smoking#one-year>



# Caring for our Community

**NEA Baptist Charitable Foundation** is proud to offer these services free to our community and to help improve the overall health of its residents.

**Center for Good Grief** - The center is an expansion of the Kemmons Wilson Family Center for Good Grief in Memphis, TN. It is the first comprehensive bereavement center of its kind in northeast Arkansas that provides support for individuals who are grieving the death of a loved one. Participants can share their experience through individual counseling and/or group sessions as they move through the healing process – all in a therapeutic environment. Our professional, caring staff is dedicated to providing comprehensive bereavement services to children, teenagers, and adults.

**HopeCircle** - HopeCircle provides a community of hope, support, and educational programming, free of charge for families living with a catastrophic illnesses, particularly cancer.

**Medicine Assistance Program** - This program helps patients obtain their prescriptions from pharmaceutical companies for FREE. Started in March 2002, the Medicine Assistance Program (MAP) aids in preparing the correct paperwork and assists in obtaining these prescriptions from the pharmaceutical companies.

**Center For Healthy Children** - A FREE exercise and nutrition education program for children who struggle with weight problems. Working directly with the schools and physician offices, the Center for Healthy Children takes referrals of overweight children who have a BMI (Body Mass Index) of 30 or greater. Our target ages for the center is children 8-12 years old.

We have also added a teen program for ages 13-17. It is our goal to teach the participating children and their families nutrition education and exercise habits that will last a lifetime. Having the center located at the NEA Baptist Clinic Wellness Center enables us to help the families become active.

**Wellness Works!** - Wellness Works is a FREE exercise and nutrition education program to help individuals cope with a chronic illness. The goal is to help participants improve their quality of life through proper nutrition, education and exercise. This program is offered FREE to the community and is funded by the NEA Baptist Charitable Foundation.

**ShareHope** - A FREE support program for those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth or in the first few months of life. The primary purpose is to provide support toward positive resolution of grief experienced at the time of or following the death of a baby. This support encompasses emotional, physical, spiritual and social healing, as well as sustaining the family unit.

The secondary purpose of ShareHope is to provide information, education and resources on the needs and rights of bereaved parents and siblings.



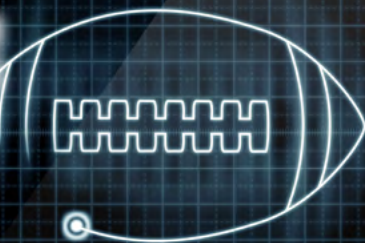
**CHARITABLE FOUNDATION**

PO Box 1960 Jonesboro, AR 72403  
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[www.NEABaptistFoundation.org](http://www.NEABaptistFoundation.org)  
@NEABaptgiving

# 'ESTABLISHING'

## A TEAM APPROACH TO HEART HEALTH



When you think of the full spectrum of health care, it is best to think of each specialty as a different player that makes up a whole team. Each player has an important role to ensure patients achieve optimal health.


Primary Care Providers (PCP) can be thought of as the quarterback of the team. We understand the broad scope of health and wellness while having access to specialists who can provide more focused care in areas where needed. We are the generalists who provide patients with routine care, yearly exams, assess and treat acute ailments, and manage many chronic ailments.

PCPs are the patient's first line of defense against serious illness such as heart disease. We provide the tools and knowledge to the patient to help prevent heart disease while

monitoring their health status. This includes nutrition counseling, blood pressure monitoring, monitoring a patient's cholesterol levels, and managing other chronic illness that have an impact on a patient's heart health (such as diabetes).

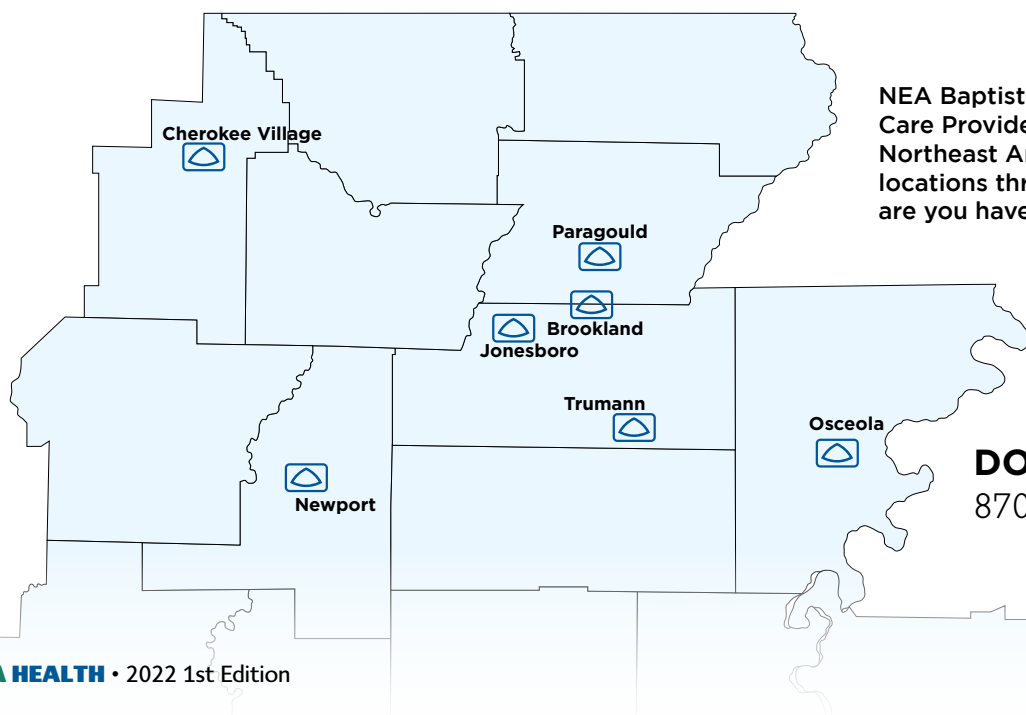
If the preventative measures are not enough, PCPs may recommend medication or refer the patient to a cardiologist. Cardiologists will provide a higher level of personalized care while working in tandem with the

patient's PCP. This team approach allows for superior patient outcomes and is why the integrated care model you can only experience at NEA Baptist is revered as the future of health care.

Call an NEA Baptist Clinic near you to 'establish' with a Primary Care Provider and begin developing a relationship towards a healthier you! 



Clara Jones, FNP-C  
Windover Clinic



NEA Baptist Clinic has Primary Care Providers located throughout Northeast Arkansas! With 10 locations throughout NEA, chances are you have a PCP right next door.

**DOC+FINDER**  
870.936.NEAB (6322)

# Now Accepting Patients

Schedule an appointment with a primary care provider today at a location near you!



Travis Ewing, DO • Tiffany Woodard, APRN  
Jessica Womble, APRN • Clara Jones, APRN  
**Windover Clinic**



Ali Haydar, MD • Crystal Adams, APRN  
**Hilltop Clinic**



Stephanie Wiggins, APRN  
Steven Vanderbilt, APRN  
**Woodsprings Clinic**



Aaryn Spurlock, APRN  
**Cherokee Village Clinic**



Matthew Harvison MD • Jordan Fletcher, APRN  
**Trumann Clinic**



Kim Crosskno, APRN • Jeff Harris, APRN  
**Osceola Clinic**



Garrett Wray, APRN • Lyndon Ramirez, APRN  
**Paragould Clinic**



Matthew Jackson, MD • Jennifer Dorris, APRN  
**Newport Clinic**



Meghan Lyerly, MD • Natalie Martin, APRN • Phillip Stokes, APRN  
**Brookland Clinic**



Amy Bailey, MD  
**Pediatrics - Brookland Clinic**



MaryJoanne Umeora, MD • Camille Chan, DO  
Tomorrow Potter, APRN • Priscilla Fortner, APRN  
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