



# HEALTH DIRECTORY



A publication of  
**THE EXPOSITOR**  
**SPARTA, TENNESSEE**  
**JANUARY 2022**

[SPARTALIVE.COM](http://SPARTALIVE.COM)

# Cumberland Medical Center

## Excellence in Healthcare for Our Community

Hospitals can say they're great, but it means a lot more when industry experts back the claim. And the experts have consistently recognized Cumberland Medical Center for quality, patient safety and advanced medical care.



### Advanced Primary Stroke Center certification

The Joint Commission and  
American Heart Association/  
American Stroke Association



### Breast Imaging Center of Excellence accreditation

American College of Radiology



### Radiation Oncology accreditation

American College of Radiology



### Commission on Cancer® accreditations

American College of Surgeons



### Hospital and Laboratory accreditation

The Joint Commission



### Positron Emission Tomography accreditation

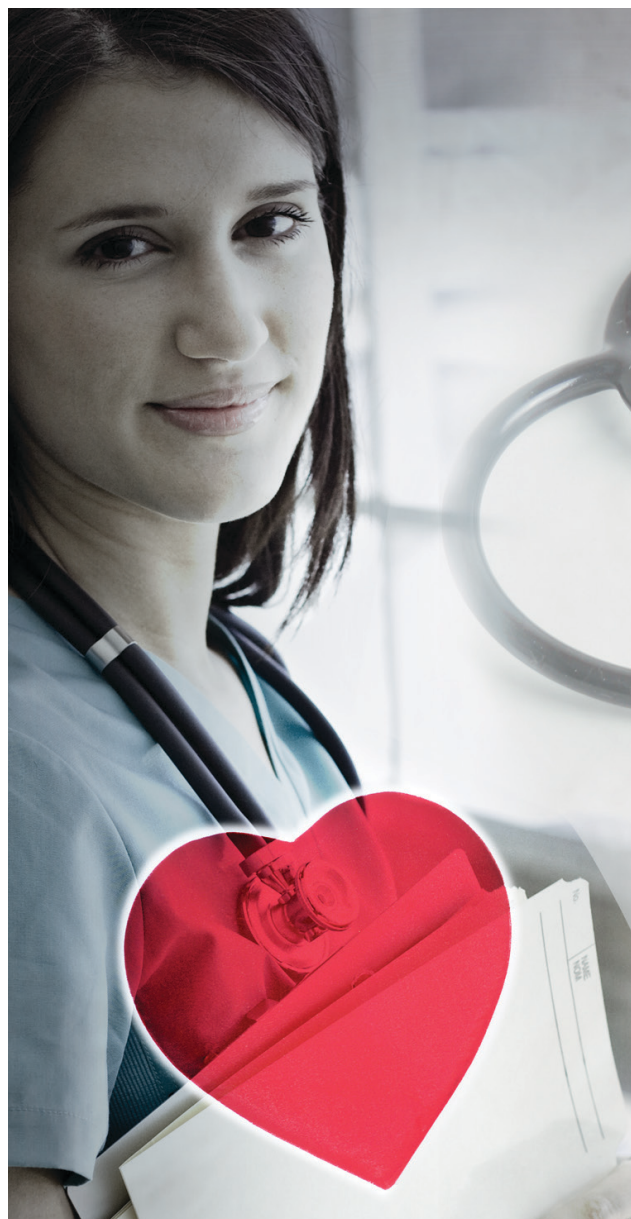
American College of Radiology

421 South Main Street  
Crossville, TN  
(931) 484-9511  
[cmhealthcare.org](http://cmhealthcare.org)



# CONTENTS

- 2 Cumberland Medical Center - Covenant Health
- 4 How can seniors lower the injury risk
- 5 Ascension Saint Thomas
- 6 Cookeville Regional Medical Center
- 7 Innovation and technology can help both patient and physician
- 8 The future of healthcare is at Cookeville Regional Medical Center
- 9 Tier 1 Orthopedic and Neurosurgical Institute
- 10 Cookeville Regional Medical Center physician directory
- 11 Cookeville Regional Medical Center physician directory
- 12 Cookeville Regional Medical Center latest technology
- 14 Cookeville Regional Medical Center physician directory
- 15 Sparta Drug Center
- 15 NHC Homecare
- 15 Cumberland Physical Therapy
- 15 Personal Growth Counseling
- 16 Mullins Vision
- 16 Beltone Heating Aid Center
- 16 Koen Orthodontics
- 16 BlueBird Recovery LLC
- 17 Cookeville Regional Medical Center physician directory
- 18 Middle TN Eye
- 18 Simple strategies to combat stress
- 19 Innovative Family Care
- 20 Common side effects of supplements and medications
- 21 Payless Family Pharmacy
- 21 Family Foot Center
- 21 Life Care Center of Sparta
- 21 Renewal Skin Solutions
- 22 Renewal Skin Solutions - the best kept secret in Sparta
- 23 Four common heart conditions



*HEALTH DIRECTORY staff*

**CRISTIE VINSON** *Publisher*

**KIM SWINDELL WOOD** *Graphic Design/Editor/Digital Media*

**JODY WEBB** *Graphic Design*

**RACHEL AUBERGER** *Editorial*

**DENISE WHERLEY** *Advertising Manager*

**RON MOSES** *Advertising*

**BOBBIE SEIBERS** *Classifieds*

**AMY VINSON** *Bookkeeper*

**DEBBIE NEWELL** *Circulation*

FRONT COVER: Life Force Air Medical Services

BACK COVER: Ascension Saint Thomas Highlands of Sparta

# How can active seniors lower their injury risk?

**RACHEL AUBERGER**  
Staff Writer

Physical activity is one of the key components of a healthy lifestyle. Though physical activity benefits people of all ages, it can be especially helpful for seniors by making it easier for them to overcome some of the obstacles associated with aging.

According to the Centers for Disease Control and Prevention, physical activity supports daily living activities and independence. That's a significant benefit for seniors who are worried that age-related physical and mental decline might one day compromise their ability to live independently. The CDC also notes that physical activity lowers the risk for early death, heart disease, type 2 diabetes, and certain cancers.

"Active living means giving your body, mind, and soul the respect and care they deserve," Nikki Basham, activities coordinator at NHC Healthcare of Sparta, said. "Here we offer 'Bingocise,' which combines Bingo - an all-time favorite game - with exercise, at various times throughout the day. This gives our clients a chance to exercise, while keeping their minds active and being social."

The CDC reports that physical activity is generally safe for fit individuals who are 65 and older and have no existing conditions. Despite that, it's best for any senior to consult his or her physician prior to beginning a new exercise regimen. Once doctors give seniors the go-ahead to begin a new workout routine, seniors can take the following steps to reduce their risk for injury:

- Warm up before working out. Seniors may think they don't need to warm up before exercising because their workouts are not as high-intensity as they might have been when they were younger. But Harvard Medical School notes that

warming up pumps nutrient-rich, oxygenated blood to the muscles and helps increase heart rate. The American Council on Exercise reports that warming up helps reduce workout-related injury risk by improving tissue elasticity. So prior to beginning a workout, regardless of how moderate- or low-intensity that regimen will be, seniors should warm up for five to 10 minutes.

- Start with a routine that's commensurate with your abilities. Seniors excited by the prospect of working out must temper that excitement if they're not accustomed to physical activity. Such individuals should consider working with a personal trainer. Personal trainers design exercise regimens based on each individual client's fitness levels and goals. As clients make progress and their bodies become acclimated to routine physical activity, personal trainers can then tweak regimens to make them more challenging. Seniors can take on these responsibilities themselves but are urged to begin slowly and gradually build up their exercise tolerance.

- Don't skip strength training. Seniors may think lifting weights is for young people who want to look buff, but the AARP notes that muscle-strengthening activities



protect the joints, reducing seniors' risk for injury as a result. The Department of Health & Human Services recommends seniors who have been cleared to exercise engage in strength training at least twice per week.

"Seniors that put strength training into their workout will build both muscle and bone density," Roxanna Hitchcock, the senior activities director at the Sparta Family YMCA, said.

Hitchcock said strengthening muscles and increasing bone density will help prevent falls - a very serious concern for the senior population - as well as help them stay independent.

"That's what our seniors want," Hitchcock said. "They want to be

independent."

- Stretch after your workout. Harvard Medical School reports that efforts to cool down after a workout, including stretching, can prevent muscle cramps and dizziness and lengthen muscles throughout the body, which improves range of motion. Harvard Medical School recommends holding each stretch for 10 to 30 seconds, as the longer a stretch can be held the more flexible individuals' muscles will be.

"Fitness is good for the body and mind," Hitchcock said "In our programs here at the YMCA, we work on strength, but we also focus on socialization. "It is the most important thing a senior can do to keep their quality of life as high as possible."





# Don't delay emergency and specialty care

Get the care you need close to home

## Ascension Saint Thomas Highlands

It is important to continue to take care of your health at this time. From the routine to the unexpected, count on compassionate, personalized care from Ascension Saint Thomas care teams in Sparta. And because we're more than emergency care, we'll connect you to the follow-up specialty care that's right for you.

We have strict precautions in place and are fully prepared for your safety while in our care.

### Specialties:

- Primary care
- 24/7 emergency care
- Cardiology
- General surgery
- Orthopedics
- Foot and ankle surgery
- Behavioral health
- Imaging
- 3D mammography
- Physical therapy



### Ascension Saint Thomas Highlands

401 Sewell Drive  
Sparta, TN 38583  
t 931-293-9820

[ascension.org](https://www.ascension.org)



## Ascension Saint Thomas

*Your care is our calling™*

© Ascension 2022. All rights reserved.

# We really can mend a broken heart.

We have incredible doctors  
and award-winning care.



## *Services Include:*

Chest Pain Center • Cardiac Clinical Decision Unit  
Cardiovascular Surgery • Cardiac Imaging  
Structural Heart • Electrophysiology • Cardiology  
Education • Cardiac Rehab • Outreach Clinics



**COOKEVILLE REGIONAL**  
MEDICAL CENTER  
**HEART AND VASCULAR**  
INSTITUTE

[www.crmchealth.org](http://www.crmchealth.org)

**931-528-2541**



# Innovation and technology can help both patient and physician

Cookeville Regional Medical Center's goal is to be a leader in technology and innovation.

Recruiting the best in the field is a big part of that, but it also requires vision and dedication on the administrative side.

"We are constantly and consistently on the path to be the best we can be regardless of what the state of healthcare is as a whole," said Paul Korth, Cookeville Regional Medical Center's CEO. "Innovation has been part of Cookeville Regional's DNA for the past 100 years. It will continue well into the future."

## Cancer treatment

The Cancer Center at Cookeville Regional is the only facility in the region to add stereotactic body radiation therapy (SBRT) to its arsenal of cancer-fighting therapies.

SBRT uses advanced, image-guided techniques to deliver large doses of radiation to a precise, targeted area for very specific types of cancer, such as the ones located away from the center of the body that has not spread to the lymph nodes.

Instead of delivering a small dose of radiation each day for several weeks (which can be bad on the body), it uses focused beams of high-dose radiation given in fewer treatments, which is less stress on the body.

Another advantage is that it may create fewer side effects because several beams are aimed at the tumor from different angles.

## Cardiology

Cardiac imaging is how a lot of issues are diagnosed and Cookeville Regional Medical Center has the best technology available to do just that.

From cardiac MRI to CT scans, these images can help diagnose coronary artery disease or blockages in the heart arteries and even estimate your future risk of having a heart attack.

"We got a new MRI scanner with cardiac scanner and imaging technology and more up-to-date CT scanner, so we have launched countless imaging procedures and techniques and add to that every single day," said Ashley Nickerson, cardiac radiologist. "To



have a community-based hospital with an advanced cardiac imaging program is unique. Before we had this capability, it was one of the few things that our practice was sending to Nashville or Chattanooga. This has brought an incredible piece to the practice, the community and the hospital."

Cookeville Regional also has the only electrophysiology lab in the region, with more new technology being developed in the background. Dr. Mark Wathen, electrophysiologist, is on the forefront of this technology.

His recent technology research includes a new type of pacemaker.

"In the past, the pacemaker was a two-part system," Wathen said. "Now we are able to use a pill pacemaker that we're able to put in the heart."

Wathen is one of two electrophysiologists at Cookeville Regional Medical Center.

Another minimally invasive piece of technology is the Watchman Left Atrial Appendage Closure Device implant, which helps reduce strokes in patients with atrial fibrillation.

The procedure is imagery guided, with patients having a transesophageal echocardiogram (TEE) before, during and after the procedure. This involves having a tube the size of a pinky down the throat to get a high resolution view of the heart to make sure the implant is the right size and that no clots are present.

The device sits in the left atrial appendage and blocks it off from the rest of the heart.

The surgeon enters through

a vein in the leg and deploys the device in a procedure that takes 45 minutes to an hour to complete.

Patients often go home the same day.

The Watchman implant procedure is just a part of the structural heart program available at Cookeville Regional Medical Center.

To see the list of procedures available in the cardiac program, visit [crmchealth.org/heart-services](http://crmchealth.org/heart-services).

A new cardiac service is also available to streamline cardiac patients. The cardiology clinical decision unit (CCDU) opened in March 2021, allowing patients who may be having critical cardiac issues to be seen and screened quicker.

The five bed unit is staffed by nurse practitioners, along with cardiologists to streamline the diagnosis and treatment of possible cardiac patients.

When a patient comes through the emergency department, they may be waiting in the hospital for exams and results. With the CCDU, that time is cut down to just hours, which limits a patient's time in the hospital.

"Some patients may show signs of ischemia, subtle changes or no changes in EKGs or ST Elevations that don't meet the level of a STEMI, but need to be evaluated so they don't fall through the cracks," said Dr. Mariano Battaglia, cardiologist.

When a patient presents to the CCDU, there is a screening process that is done. Those in the lower risk category will be brought back in for an ischemic workup (stress test or other cardiac imaging

modality) within 72 hours. Those in an intermediate risk category will be admitted to the CCDU and worked up quicker.

"We have expanded stress test timing and capabilities to be offered seven days a week," said Nickerson, who worked with Battaglia on setting up the CCDU. "We also have a new modality where we can do a stress test with a bicycle and get an EKG done with higher quality echo images."

The CCDU accepts patients from other areas as well. Physicians who have patients who may qualify can call the transfer line at CRMC.

## Neurosurgery

A new option is available for those who need to have a spinal fusion corrected or need to have it done. Neurosurgeon Dr. Walter Jermakowicz offers a relatively new procedure called XLIF - eXtreme Lateral Interbody Fusion.

Typically, spine fusions are done by going through the back, which is very painful and requires the surgeon to navigate critical structures. This new procedure can be done through a different angle - in the side, below the ribs, avoiding all those critical structures and nerves.

"There is less pain, less complications and patients can go home quicker and get back to normal faster," he said.

It is an option a surgeon may recommend to treat specific types of lumbar spinal disorders, such as lumbar degenerative disc disease, spondylolisthesis, scoliosis and deformity and some recurrent lumbar disc herniations and types of lumbar stenosis.

## vNOTES

Urogynecologist Dr. Bert Geer is always looking for new and improved ways to help his patients.

He can now add that he is the second surgeon in the state to be trained in a new procedure called vNOTES - vaginal Natural Orifice Transluminal Endoscopic Surgery.

"There is no scarring, less pain, and the patient has a shorter stay in the hospital," Geer said.

It is a less invasive method of a hysterectomy, which oftentimes can leave scarring and require pain management.

# The future of healthcare is at Cookeville Regional Medical Center



One of the ways that Cookeville Regional Medical Center will continue to innovate is by recruiting the best, most highly trained surgeons and physicians in their field well into the future.

As healthcare evolves, Cookeville Regional is continuing to push the limits and pave the way to establish new practices and set new standards. Our goal is to consistently put the patient at the center of everything we do, and each physician believes in our mission of building healthier communities.

From Johns Hopkins University to Mayo Clinic and California to Chicago, our physicians and surgeons have received the best training in their respective fields. Nevertheless, when they came to Cookeville, they had the same vision and mission in mind – to keep quality healthcare close to home.

Our physicians and surgeons have the best education and training in their respective fields, including orthopedics, oncology, cardiology, electrophysiology, gynecology/urogynecology, anesthesia, cardiac anesthesia, radiology, critical care/pulmonary and sleep medicine, nephrology, and vascular surgery.

Recruiting these physicians is possible thanks to the supportive

leadership, the technology already here and the physicians who have already established practice here to build on that legacy that began 100 years ago.

Here are a few of those many physicians who went through the best training to give residents here in the Upper Cumberland.

#### **Orthopedics/neurosurgery**

•Dr. Greg Roberts trained at the Campbell Clinic in Memphis. The program is designed to provide each resident with a well-balanced foundation in academic and theoretical learning and practical clinical experience. The residency program is a well-balanced mix of private practice and academic orthopedic surgical experience.

•Dr. Shawn Stachler conducted his residency in Chicago at Franciscan St. James Health Systems/Midwestern University. While there, he trained in nine different hospital systems, working with more than 70 different orthopedic surgeons in three different Level 1 trauma centers.

•Dr. Christopher Juels received trauma training at the University of Missouri and total ankle replacement training in California with Shasta Orthopedics. He also completed a one-year advanced foot and ankle reconstruction fellowship at the

CORE Institute in Phoenix, which included emphasis on complex hindfoot and ankle reconstruction as well as primary and revision total ankle replacements.

•Dr. Michael Pahl trained at the prestigious Rothman Institute in Philadelphia, a world leader in orthopedics.

•Dr. Joe Jestus, neurosurgeon, completed his residency in neurological and spinal surgery at the Mayo Clinic in Rochester, Minnesota.

•Dr. Walter Jermakowicz earned his medical degree and doctor of philosophy in neuroscience from Vanderbilt University. He completed his residency at Jackson Memorial Hospital/University of Miami Miller School of Medicine, the largest academic spine practice in North America.

#### **Oncology**

•Dr. Deborah Jiang completed her radiation oncology residency at Kaiser Permanente in California.

•Dr. Algis Sidrys completed an internal medicine residency at the Cleveland Clinic.

#### **Cardiology**

•Cardiologist Dr. Scott Reising completed an internal medicine residency at the Mayo Clinic in Jacksonville, Florida.

#### **Electrophysiology**

•Dr. Mark Wathen completed a fellowship at Baylor and taught at Vanderbilt University before coming to Cookeville Regional Medical Center.

#### **Gynecology/urogynecology**

•Dr. Bert Geer completed his residency at UT Chattanooga and Erlanger.

#### **Cardiac anesthesia**

Dr. Daniel Haile earned his medical degree from Johns Hopkins University and completed a fellowship at Harvard Medical School.

•Dr. Bruce Johnson completed a neuroanesthesia study at Mayo Clinic.

#### **Radiology**

•Dr. Sean Murray earned his medical degree from George Washington University and completed his internship and residency at Walter Reed Army Medical Center in Washington, DC.

#### **Nephrology**

•Dr. Rajiv Sinanan completed his internal medicine residency at the University of Miami/Jackson Memorial Hospital and a fellowship at Tufts Medical Center in Boston.

#### **Vascular surgery**

•Vascular surgeon Dr. Michael Sywak completed his residency at a Yale-affiliated hospital in Connecticut.





# Visit us at one of our 2 convenient locations in Cookeville or Crossville

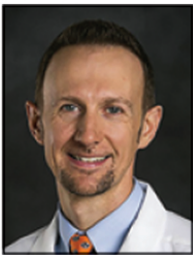
The diverse backgrounds of our surgeons at **Tier 1** allow us to offer a wide variety of treatment options. **Tier 1** provides many surgical approaches including innovative, minimally invasive procedures with rapid recovery times. We are proud to serve the Orthopedic, Neurosurgical, Pain Management, Foot & Ankle Surgery and Sports Medicine needs for the people of the Upper Cumberland since 1977.



**Dr. Christopher Juels**  
*Foot and Ankle Surgery*



**Dr. David Burstedt**  
*Interventional Pain Management*



**Dr. Derek Worley**  
*Sports Medicine*



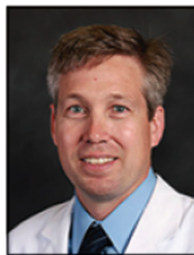
**Dr. Gregory J. Roberts**  
*Orthopedics Sports Medicine*



**Dr. James D. McKinney**  
*Orthopedics*



**Dr. John Turnbull**  
*Orthopedics*



**Dr. Joseph A. Jestus**  
*Neurosurgery*



**Dr. Kenneth A. Grinspun**  
*Orthopedics Sports Medicine*



**Dr. Michael A. Pahl**  
*Orthopedics Sports Medicine*



**Dr. Shawn Stachler**  
*Orthopedics*



**Dr. Walter Jermakowicz**  
*Neurosurgery*

**NOW OFFERING**

SPORTS MEDICINE & ORTHOPEDIC  
**URGENT CARE**  
Monday-Saturday

Monday-Friday 8-5 • Saturdays 8-12  
335 West Spring St., Cookeville

Our goal is simply to return patients to normal function as quickly and safely as possible.

**Tier 1 Institute** offers a comprehensive range of services in a modern, convenient facility. Likewise, we offer modern and cutting edge orthopedic & neurosurgical care.



**TIER 1** ORTHOPEDIC AND NEUROSURGICAL  
**INSTITUTE**



# Cookeville Regional Medical Center physician directory

•This is a listing of current active staff and employees at Cookeville Regional Medical Center

## CRMC physician directory

*\*Note: This is a listing of current active staff and employees at Cookeville Regional Medical Center\**

### ANESTHESIOLOGY

Blake Butler MD  
Cookeville Regional Medical Center  
931-528-2541

Christian Caramia MD  
Cookeville Regional Medical Center  
931-528-2541

Stephen Sisko MD  
Cookeville Regional Medical Center  
931-528-2541

Greg Thompson MD  
Cookeville Regional Medical Center  
931-528-2541

### BARIATRIC (WEIGHT LOSS) SURGERY

Charles T. Huddleston MD  
203 N. Cedar Ave., Cookeville, TN 38501  
931-528-1992

Jeffrey McCarter MD  
203 N. Cedar Ave., Cookeville, TN 38501  
931-528-1992

### CARDIAC ANESTHESIOLOGY

Steve Clemons MD  
Cookeville Regional Medical Center  
783-2393

Daniel Haile MD  
Cookeville Regional Medical Center  
528-2541

Dale Jamison MD  
Cookeville Regional Medical Center  
528-2541

Bruce Johnson MD  
Cookeville Regional Medical Center  
931-528-2541

Wolfgang Steudel MD  
Cookeville Regional Medical Center  
931-528-2541

### CARDIOLOGY

Christopher Adams MD  
228 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-881-2039  
1-888-391-0048

Mariano Battaglia MD

228 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-881-2039  
1-888-391-0048

Stacy Brewington MD  
228 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-881-2039  
1-888-391-0048

R. Alex Case MD  
228 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-881-2039  
1-888-391-0048

Vertilio Cornielle-Caamano MD  
228 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-881-2039  
1-888-391-0048

Brian Dockery MD  
228 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-881-2039  
1-888-391-0048

Timothy Fournet MD  
228 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-881-2039  
1-888-391-0048

Ashley Nickerson DO  
228 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-881-2039  
1-888-391-0048

Carlos Podesta MD  
228 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-881-2039  
1-888-391-0048

Scott Reising MD  
228 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-881-2039  
1-888-391-0048

### CARDIOLOGY-ARRHYTHMIAS/ ELECTROPHYSIOLOGY

Mark Wathen MD  
228 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-881-2039  
1-888-391-0048

William Wassinger MD  
228 W. 4th St., suite 200,  
Cookeville, TN 38501

931-881-2039  
1-888-391-0048

### CARDIOTHORACIC SURGERY

Timothy Powell MD  
406 N. Whitney, suite 5, Cookeville,  
TN 38501  
931-783-4269

Michelle Ellis MD  
406 N. Whitney, suite 5, Cookeville,  
TN 38501  
931-783-4269

### EMERGENCY MEDICINE

Lajohn Addison DO  
Cookeville Regional Medical Center  
ER  
931-528-2541

Kenneth Colaric MD  
Cookeville Regional Medical Center  
ER  
931-528-2541

Thomas Demaro DO  
Cookeville Regional Medical Center  
ER  
931-528-2541

Kelly Dyess DO  
Cookeville Regional Medical Center  
ER  
931-528-2541

Omar Hamada MD  
Cookeville Regional Medical Center  
ER  
931-528-2541

Keith Hill MD  
Cookeville Regional Medical Center  
ER  
931-528-2541

John Kihm MD  
Cookeville Regional Medical Center  
ER  
931-528-2541

Austin Mackens MD  
Cookeville Regional Medical Center  
ER  
931-528-2541

Samantha McLerran MD  
Cookeville Regional Medical Center  
ER  
931-528-2541

Sherif Shoukry MD  
Cookeville Regional Medical Center  
ER  
931-528-2541

Danny Strange MD  
Cookeville Regional Medical Center  
ER  
931-528-2541

Jack Thomason DO  
Cookeville Regional Medical Center  
ER  
931-528-2541

ENDOCRINOLOGY  
Rohini Kasturi MD  
406 N. Whitney, suite 3, Cookeville  
, TN 38501  
931-783-2648

Joseph Tokaruk MD  
109 W. 6th St., Cookeville, TN  
38501  
931-372-1885

E-N-T (EAR, NOSE, THROAT)  
Scott H. Keith MD  
100 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-528-1575

Mark Kriskovich MD  
100 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-528-1575

Grant Rohman MD  
100 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-528-1575

Evan Sanford MD  
100 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-528-1575

FACIAL PLASTIC &  
RECONSTRUCTIVE SURGERY  
Dale Guillory MD  
39 E. 1st St., Cookeville, TN 38501  
931-520-7520

Scott Keith MD  
100 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-528-1575

Mark Kriskovich MD  
100 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-528-1575

Grant Rohman MD  
100 W. 4th St., suite 200,  
Cookeville, TN 38501

**CONTINUED ON 11A**

# Cookeville Regional Medical Center physician directory

•This is a listing of current active staff and employees at Cookeville Regional Medical Center

931-528-1575

Evan Sanford MD  
100 W. 4th St., suite 200,  
Cookeville, TN 38501  
931-528-1575

## FAMILY PRACTICE

Carol Berg MD  
Cookeville Regional Medical Center  
Walnut Family Medicine  
120 Walnut Commons Lane  
Cookeville, TN 38501  
931-783-4557

Ernest Buchanan MD  
1101 Neal St., Cookeville, TN 38501  
931-528-7797

Steven G. Flatt MD  
1101 Neal St., Cookeville, TN 38501  
931-528-7797

Chet Gentry MD  
3300 Williams Enterprise Dr.,  
Cookeville, TN 38501  
931-528-9222

Jane Ann Gotcher MD  
1101 Neal St., Cookeville, TN 38501  
931-528-7797

Pushpendra Kumar (P.K.) Jain MD  
225 N. Willow Ave., Cookeville, TN  
38501  
931-528-8899

Eric Lisic DO  
128 N. Whitney Ave., Cookeville,  
TN 38501  
931-783-5848

Kenny Lynn MD  
210 N. Cedar Ave., Cookeville, TN  
38501  
931-528-7418

Carolyn Ross DO  
120 Walnut Commons Lane,  
Cookeville, TN 38501  
931-528-2557

Pam Sanders MD  
43 Church Ave., Cookeville, TN  
38501  
931-644-0262

Pardeep K. Sharma MD  
221 N. Oak Ave., Cookeville, TN  
38501  
931-646-0880

James Staggs DO  
753-B Humble Dr., Cookeville, TN  
38501  
931-520-1800

James Tompkins MD  
601 W. Main St., suite A,  
Byrdstown, TN 38549  
931-864-3232

**GASTROENTEROLOGY**  
Maan Anbari MD  
438 N. Whitney Ave., Cookeville,  
TN 38501  
931-783-2616

Phillip Bertram MD  
438 N. Whitney Ave., Cookeville,  
TN 38501  
931-783-2616

James Ezi-Ashi MD  
438 N. Whitney Ave., Cookeville,  
TN 38501  
931-783-2616

Nicole Pisapia DO  
438 N. Whitney Ave., Cookeville,  
TN 38501  
931-783-2616

Brenton Rogers DO  
438 N. Whitney Ave., Cookeville,  
TN 38501  
931-783-2616

**GENERAL SURGERY**  
Scott A. Copeland MD  
203 N. Cedar Ave., suite A,  
Cookeville, TN 38501  
931-528-1992

Brian Gerndt MD  
203 N. Cedar Ave., suite A,  
Cookeville, TN 38501  
931-528-1992

Charles T. Huddleston MD  
203 N. Cedar Ave., suite A,  
Cookeville, TN 38501  
931-528-1992

Jeffrey McCarter MD  
203 N. Cedar Ave., suite A,  
Cookeville, TN 38501  
931-528-1992

Jeff Moore MD  
203 N. Cedar Ave., suite A,  
Cookeville, TN 38501  
931-528-1992

**GERIATRICS**

Katherine Bertram MD  
128 N. Whitney Ave., Cookeville,  
TN 38501  
931-783-4600

Pardeep K. Sharma MD  
117 N. Hickory, Cookeville, TN  
38501  
931-646-0880

**HEMATOLOGY**  
Robin Jacob MD  
Cancer Center at Cookeville  
Regional Medical Center  
931-783-2497

Venumadhav Kotla MD  
Cancer Center at Cookeville  
Regional Medical Center  
931-783-2497

Jason Meier MD  
Cancer Center at Cookeville  
Regional Medical Center  
931-783-2497

Thomas Summers DO  
Cancer Center at Cookeville  
Regional Medical Center  
931-783-2497

**HOSPICE & PALLIATIVE CARE**  
Chet Gentry MD  
3300 Williams Enterprise Dr.,  
Cookeville, TN 38501  
931-528-9222

**HOSPITALISTS--ADULT**  
Abiodun Adefurin MD  
Cookeville Regional Medical Center  
931-528-2541

Adu Boachie MD  
Cookeville Regional Medical Center  
931-528-2541

Jack Carey MD  
Cookeville Regional Medical Center  
931-528-2541

Chirag Chavda MD  
Cookeville Regional Medical Center  
931-528-2541

Mark Clapp MD  
Cookeville Regional Medical Center  
931-528-2541

Anthony Efobi MD  
Cookeville Regional Medical Center  
931-528-2541

William Fuhrman DO  
Cookeville Regional Medical Center

931-528-2541

Janet George MD  
Cookeville Regional Medical Center  
931-528-2541

Jerome Howell MD  
Cookeville Regional Medical Center  
931-528-2541

Matthew Joseph MD  
Cookeville Regional Medical Center  
931-528-2541

Aneeta Khanna MD  
Cookeville Regional Medical Center  
931-528-2541

Jessica Lemons DO  
Cookeville Regional Medical Center  
931-528-2541

Carole Long MD  
Cookeville Regional Medical Center  
931-528-2541

Jay Patel MD  
Cookeville Regional Medical Center  
931-528-2541

Ali Mohamed MD  
Cookeville Regional Medical Center  
931-528-2541

Larisa Paul DO  
Cookeville Regional Medical Center  
931-528-2541

Michael Seibert MD  
Cookeville Regional Medical Center  
931-528-2541

Rebekah Sprouse MD  
Cookeville Regional Medical Center  
931-528-2541

Anteneh Tesema MD  
Cookeville Regional Medical Center  
931-528-2541

Justin Tomal MD  
Cookeville Regional Medical Center  
931-528-2541

**INFECTIOUS DISEASES**  
Mark Pierce MD  
CRMC Professional Office  
Building, suite 102, Cookeville, TN  
38501  
931-783-2902

Virin Ramoutar MD

**CONTINUED ON 14A**



**We innov  
use the latest  
to deliver wor**



**COOKE  
M E D I C**

[www.crmchealth.org](http://www.crmchealth.org)

*It's t*



**ivate and  
st technology  
ld-class care.**

**VILLE REGIONAL  
CAL CENTER**

***the Way We*CARE**



# Cookeville Regional Medical Center physician directory

•This is a listing of current active staff and employees at Cookeville Regional Medical Center

117 N. Hickory Ave., Cookeville TN  
38501  
931-646-0880

William Andrew Todd DO,  
8401 Hwy 111, Byrdstown, TN  
38549  
931-864-3187

INTERNAL MEDICINE  
Roy Anderson MD  
340 N. Cedar Ave., Cookeville, TN  
38501  
931-783-5848

Rexford Agbenohevi MD  
315 N. Washington Ave., suite 109,  
Cookeville, TN 38501  
931-372-8668

Lori Austin MD  
128 N. Whitney Ave., Cookeville,  
TN 38501  
931-783-4600

Katherine Bertram MD  
128 N. Whitney Ave., Cookeville,  
TN 38501  
931-783-4600

Abhay Kemkar MD  
441 Sewell Rd., Sparta, TN 38583  
931-837-9048

Beverly Thomas MD  
128 N. Whitney Ave., Cookeville TN  
38501  
931-783-4600

Lori Thomas DO  
753-B Humble Dr., Cookeville, TN  
38501  
931-520-1800

Sarah Worley MD  
128 N. Whitney Ave., Cookeville,  
TN 38501  
931-783-4600

Lora Worsham MD  
128 N. Whitney Ave., Cookeville,  
TN 38501  
931-783-4600

INTERVENTIONAL PAIN  
MANAGEMENT  
David Burstedt MD  
105 S. Willow Ave., Cookeville, TN  
931-526-9518

MEDICAL ONCOLOGY  
Robin Jacob MD  
Cancer Center at Cookeville  
Regional Medical Center

931-783-2497  
Venumadhav Kotla MD  
Cancer Center at Cookeville  
Regional Medical Center  
931-783-2497

Jason Meier MD  
Cancer Center at Cookeville  
Regional Medical Center  
931-783-2497

Thomas Summers DO  
Cancer Center at Cookeville  
Regional Medical Center  
931-783-2497

NEPHROLOGY  
Zaid Brifkani MD  
427 N. Willow Ave., suite C,  
Cookeville, TN 38501  
931-559-5959

Anju Mendiratta MD  
117 N. Hickory Ave., suite 200,  
Cookeville, TN 38501  
931-646-0880

Virin Ramoutar MD  
117 N. Hickory Ave., suite 200,  
Cookeville, TN 38501  
931-646-0880

Qurrat Shamim MD  
145 W. 4th St., suite 102,  
Cookeville, TN 38501  
931-783-2902

Rajiv Sinanan MD  
117 N. Hickory Ave., suite 200,  
Cookeville, TN 38501  
931-646-0880

NEUROLOGY  
Randy Gaw MD  
128 N. Whitney Ave., suite 5,  
Cookeville, TN 38501  
931-783-4901

NEUROHOSPITALIST  
Dalia Miller MD  
Cookeville Regional Medical Center  
931-528-2541

Gustavo Silva MD  
Cookeville Regional Medical Center  
931-528-2541

Mark Tedford MD  
Cookeville Regional Medical Center  
931-528-2541

NEUROSURGERY  
Walter Jermakowicz MD

105 S. Willow Ave., Cookeville, TN  
38501  
931-372-7716

Joseph Jestus MD  
105 S. Willow Ave., Cookeville, TN  
38501  
931-372-7716

OBSTETRICS/GYNECOLOGY  
Michael P. Casal MD  
1080 Neal St., suite 200, Cookeville,  
TN 38501  
931-520-1529

Michael Cole MD  
317 N. Hickory Ave., Cookeville, TN  
38501  
931-528-7527 or 1-800-897-1898

Paige Gernt MD  
317 N. Hickory Ave., Cookeville, TN  
38501  
931-528-7527 or 1-800-897-1898

Christine Pham MD  
317 N. Hickory Ave., Cookeville, TN  
38501  
931-528-7527 or 1-800-897-1898

Jose Rivero MD  
317 N. Hickory Ave., Cookeville, TN  
38501  
931-528-7527 or 1-800-897-1898

GYNECOLOGY/  
UROGYNECOLOGY  
Bert Geer DO  
100 W. 3rd St., Cookeville, TN  
38501  
528-9047

OPHTHALMOLOGY  
Andrew Johnson MD  
999 Guardian Way, Cookeville, TN  
38501  
931-650-4100

ORTHOPEDICS  
Kenneth Grinspun MD  
105 S. Willow Ave., Cookeville, TN  
38501  
931-526-9518

James D. McKinney MD  
105 S. Willow Ave., Cookeville, TN  
38501  
931-526-9518

Gregory Roberts MD  
105 S. Willow Ave., Cookeville, TN  
38501  
931-526-9518

Shawn Stachler DO  
105 S. Willow Ave., Cookeville,  
38501  
931-526-9518

John Turnbull MD  
105 S. Willow Ave., Cookeville, TN  
38501  
931-526-9518

ORTHOPEDICS-SPORTS  
Michael Pahl MD  
105 S. Willow Ave., Cookeville, TN  
38501  
931-526-9518

PATHOLOGY  
Brian Carlson MD  
115 N. Peachtree Ave., Cookeville,  
TN 38501  
931-528-2836

Tim J. Collins MD  
115 N. Peachtree Ave., Cookeville,  
TN 38501  
931-528-2836

Meiklejohn Mckenzie DO  
115 Peachtree Ave., Cookeville, TN  
38501  
931-528-2836

Richard McLendon MD  
115 N. Peachtree Ave., Cookeville,  
TN 38501  
931-528-2836

Jason Nolan MD  
115 N. Peachtree Ave., Cookeville,  
TN 38501  
931-528-2836

Donald Trummel MD  
115 N. Peachtree Ave., Cookeville,  
TN 38501  
931-528-2836

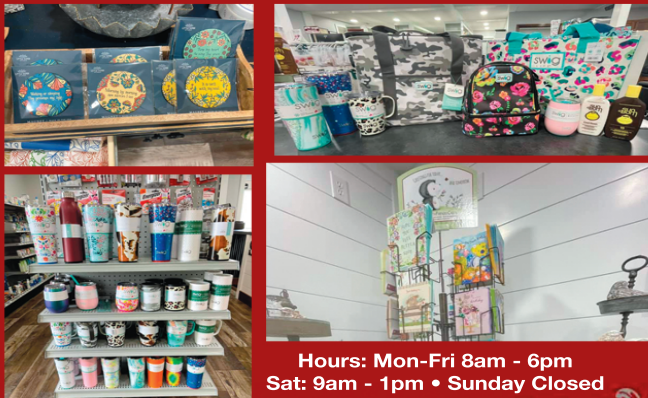
PEDIATRIC DENTISTRY  
Landon Sears MD  
1265 Interstate Dr., Cookeville, TN  
38501  
931-783-1491

PEDIATRICS  
Satya Chakrabarty MD  
435 N. Cedar Ave., Cookeville, TN  
38501  
931-526-6100

Christopher Climaco MD  
758 S. Willow Avenue, Cookeville,  
TN 38501

CONTINUED ON 17A

We are a locally owned independent pharmacy in Sparta, TN. Our goal is to provide fast, friendly, quality service with the care of our patients as our main focus.



Hours: Mon-Fri 8am - 6pm  
Sat: 9am - 1pm • Sunday Closed

# SPARTA DRUG X CENTER

425 N. Spring St. Sparta, TN 38583  
931-837-5000  
fax: 931-837-8000

## NHC HOMECARE

The Name You Trust For Quality HomeCare

- ◆ Quality Home Care Provided Per Physicians Orders
- ◆ On-Call 24 Hours a Day

Skilled Nursing Services	Home Care Aide Services	Occupational Therapy Services
Speech Therapy Services	Physical Therapy Services	Medical Social Services

456 Vista Drive, Sparta, TN 38583  
931.836.2713 • mynhchomecare.com

Lora Swift, RN  
Director of Services



www.CumberlandPT.com  
info@cumberlandpt.com



- \*1-on-1 hands on care
- \*private treatment rooms
- \*dry needling
- \*pelvic floor therapy
- \*orthopedic therapy
- \*exercise and motor control

550 North Spring Street • Sparta, TN 38583  
931-837-2221

### Personal Growth Counseling

#### Featuring our Nurse Practitioners

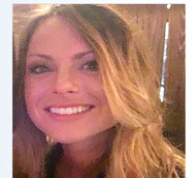
Currently serving our counseling patients' medication needs are Elizabeth Rodgers, PMHNP-BC, introducing Amy Emerick, PMHNP-BC and Crystal Maxwell, PMHNP-BC to our practice.



Elizabeth Rodgers,  
PMHNP-BC



Amy Emerick,  
PMHNP-BC



Crystal Maxwell  
PMHNP-BC

Personal Growth Counseling offers a vast range of counseling services for individuals and families. We have been serving the Upper Cumberland since 1994.

509 N. Cedar Ave • Cookeville, TN 38501 • (931) 520-8435  
www.personalgrowthcounseling.net



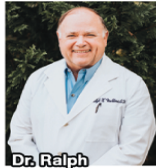
# Mullins Vision



Dr. Deanna Apple



Dr. Shannon Shellev



Dr. Ralph Mullins



Dr. Stephen Mullins

*Quality eyecare and wonderful customer service are our focus at Mullins Vision!*



We invite you to visit our beautiful frame dispensary and choose from the latest in fashionable eyewear.

**Mullins Vision Sparta**  
931-836-2235

www.mullinsvisionsouth.com • 126 East Bockman Way Sparta, TN

**FREE HEARING TESTS**  
\$135 Value



**HEARING AID CENTER**

**Monday-Friday**  
9:00AM - 4:30PM

Anyone who has trouble hearing or understanding conversations is invited to have a hearing test to see if this problem can be helped! Bring this coupon with YOU for your HEARING TEST, a \$135.00 value, free.

**931-400-2081**



**KOEN ORTHODONTICS**  
TOMMY J. KOEN, DMD

**Dr. Tommy Koen** offers a full range of braces for patients of all ages. From metal and clear braces to Invisalign® clear aligners, our doctor and his highly-trained staff look forward to helping you achieve the beautiful smile you've always wanted!

SCHEDULE YOUR  
**Free**  
Smile Analysis

TKoenOrtho.com 931.526.1131  
1195 East Spring Street | Cookeville, TN | 38501

Dr. Paul Haidak M.D. opened BlueBird Recovery in March of 2016. With the opiate epidemic spiraling out of control Dr. Haidak knew he could help the communities he loves. He has dedicated the past 3yrs to serving a population of people that others deem unfit. Dr. Haidak is board certified, and a active member of the Tennessee Coalition. Here at BlueBird Recovery failure is not an option, we work very hard to help everyone that walks through the door. We offer 24/7 call services, counseling, and Dr. Haidak is our only provider. He is our owner, and provider. He works very hard to help everyone. If you have an addiction issue, call one of our clinics we would be happy to help you.

Tullahoma 931-247-4075  
Sparta 931-222-0139  
Fayetteville 931-434-8109



**BlueBird Recovery, LLC**



We strive to help in the fight against opiate addiction. Dr. Paul Haidak has dedicated his time and attention to this epidemic and helping others fight it. Our clinic is dedicated to helping all that seek help, we will walk with you every step of the way. We provide counseling, along with 24-hour on-call services so you will always be able to speak with someone. We are here to help. Please feel free to call any of our locations.

*"Where Failure is Not an Option"*



# Cookeville Regional Medical Center physician directory

•This is a listing of current active staff and employees at Cookeville Regional Medical Center

931-526-6173

## PEDIATRIC CARDIOLOGY

Christopher Climaco MD  
758 S. Willow Ave., Cookeville, TN  
38501

931-526-6173

## HOSPITALIST--PEDIATRIC

Jack Carey MD  
Cookeville Regional Medical Center  
931-528-2541

Apryl Hall MD

Cookeville Regional Medical Center  
931-528-2541

Fabian Ngido MD (Pediatrics)

Cookeville Regional Medical Center  
931-528-2541

## PHYSICAL MEDICINE & REHABILITATION

Thomas Gannon DO  
427 N. Willow Ave., suite 4,  
Cookeville, TN 38501  
931-854-9393

## PLASTIC SURGERY

Dale Guillory MD  
39 E. 1st St., Cookeville, TN 38501  
931-520-7520

## PODIATRY

Summer Weary DPM  
503 N. Cedar, Cookeville, TN 38501  
931-559-3668

Robert Walters DPM

120 Walnut Commons Lane, suite  
A, Cookeville, TN 38501  
931-528-1331

## PODIATRY - FOOT & ANKLE SURGERY

Christopher Juels DPM  
105 S. Willow Ave., Cookeville, TN  
38501  
931-526-9518

## PULMONARY/CRITICAL CARE

Sobia Arshad MD  
145 W. 4th St., suite 201,  
Cookeville, TN 38501  
931-783-2143

Bernadette Hee MD

145 W. 4th St., suite 201,  
Cookeville, TN 38501  
931-783-2143

Hima Kona MD

135 W. 3rd St., Cookeville, TN  
38501  
931-202-3697

Kaushal Patel MD

145 W. 4th St., suite 201,  
Cookeville, TN 38501  
931-783-2143

Vijay Rupanaguidi MD

135 W. 3rd St., Cookeville, TN  
38501  
931-202-3697

Luis Urbina MD

145 W. 4th St., suite 201,  
Cookeville, TN 38501  
931-783-2143

## RADIATION ONCOLOGY

Deborah Jiang MD  
Cancer Center at Cookeville  
Regional Medical center  
931-783-2497

Algis Sidrys MD

Cancer Center at Cookeville  
Regional Medical Center  
931-783-2497

## RADIOLOGY

Jason Hardin MD  
Cookeville Regional Medical Center  
931-783-2686

Daryl Henderson MD

Cookeville Regional Medical Center  
931-783-2686

Donald Huff, MD

Cookeville Regional Medical Center  
931-783-2686

Josue Montanez MD

Cookeville Regional Medical Center  
931-783-2686

Sean Murray MD

Cookeville Regional Medical Center  
931-783-2686

## SLEEP MEDICINE

James Davis MD  
100 W. 4th St., suite 350,  
Cookeville, TN 38501  
931-783-2753

David Henson MD

145 W. 4th St., suite 201,  
Cookeville, TN 38501  
931-783-2143

Vijay Rupanaguidi MD

135 W. 3rd St., Cookeville, TN  
38501  
931-202-3697

Luis Urbina MD

145 W. 4th St., suite 201,

Cookeville, TN 38501  
931-783-2143

## SPORTS MEDICINE

Kenneth Grinspun MD  
105 S. Willow, Cookeville, TN  
38501  
931-526-9518

James McKinney MD

105 S. Willow Ave., Cookeville, TN  
38501  
931-526-9518

Michael Pahl MD

105 S. Willow Ave., Cookeville, TN  
38501  
931-526-9518

Gregory Roberts MD

105 S. Willow Ave., Cookeville, TN  
38501  
931-526-9518

Shawn Stachler DO

105 S. Willow, Cookeville, 38501  
931-526-9518

John Turnbull MD

105 S. Willow Ave., Cookeville, TN  
38501  
931-526-9518

Derek Worley MD

105 S. Willow Ave., Cookeville, TN  
38501  
931-526-9518

## SURGICALIST

Brandon Fadner MD  
145 W. 4th St., suite 102,  
Cookeville, TN  
931-783-2902

Terah Isaacson MD

145 W. 4th St., suite 102,  
Cookeville, TN  
931-783-2902

Chinmay Majmunder MD

145 W. 4th St., suite 102,  
Cookeville, TN  
931-783-2902

## THORACIC SURGERY

Timothy Powell MD  
406 N. Whitney Ave., suite 5,  
Cookeville, TN 38501  
931-783-4269

Michelle Ellis MD

406 N. Whitney Ave., suite 5,  
Cookeville, TN 38501  
931-783-4269

## UROLOGY

Timothy R. Collins MD  
254 W. 7th St., Cookeville, TN  
38501  
931-520-6270

Lee S. Moore MD

320 N. Oak Ave., Cookeville, TN  
38501  
931-783-4103

Rick Smith MD

320 N. Oak Ave., Cookeville, TN  
38501  
931-783-4103

## VASCULAR SURGERY

Scott A. Copeland MD  
203 N. Cedar Ave., suite A,  
Cookeville, TN 38501  
931-528-1992

Brian Gerndt MD

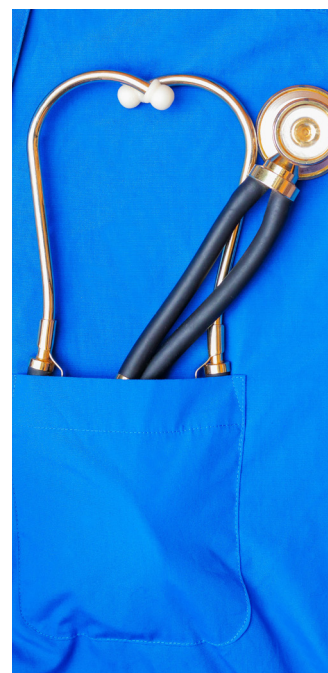
203 N. Cedar Ave., suite A,  
Cookeville, TN 38501  
931-528-1992

Timothy Powell MD

406 N. Whitney Ave., suite 5,  
Cookeville, TN 38501  
931-783-4269

Michael Sywak MD

406 N. Whitney Ave., suite 5,  
Cookeville, TN 38501  
931-783-4269



# Simple strategies to combat stress

Just about everyone experiences stressful situations. Sometimes a measure of stress can provide motivation to do one's best or strive for an especially lofty goal. However, when stress becomes a chronic condition, it can adversely affect individuals' quality of life and even their overall health.

Harvard Medical School says stress can manifest itself in myriad ways. Stress can cause tension headaches, indigestion, aches and pains, or even heart palpitations, and it may affect the mind by making it hard to concentrate or make decisions. Many people experience stress through emotional or psychological symptoms, such as irritability or feeling down. Learning how to effectively manage stress is essential for individuals' overall well-being.

#### Exercise regularly

Exercise serves many functions, including acting as a potent stress relief strategy. The Cleveland Clinic says aerobic exercise releases endorphins, which are natural substances that help a person feel better and maintain a positive attitude. Movement activities like yoga or Tai Chi also can relax the mind and body and promote physical health.

#### Take media breaks

Overwhelming oneself with a barrage of negative news stories or constant information can increase stress levels. Individuals can strive to remain informed and still build breaks into their schedules. Shut off news programs, turn over the newspaper or tune out of social media from time to time. The Centers for Disease Control and Prevention recommends that individuals who are stressed out by world events reduce the number of times they read the news or check the headlines



each day.

#### Meditate or perform breathing exercises

Breathing and meditation can help alleviate stress, according to the American Heart Association. A quick meditation can provide some perspective. If a situation is stressful, go for a walk or take a few slow, deep breaths until the body relaxes. Harvard Medical School also says meditation can induce a relaxation response, which is an antidote to stress.

#### Change negatives to positives

Negative self-talk may increase stress, but positive self-talk can help a person calm down. Individuals should practice positive self-talk every day. Instead of saying, "I hate when this happens," say, "I know how to deal with this, I've done it before."

A small amount of periodic stress can be a good thing. However, chronic stress poses a significant threat to individuals' long-term health.



## Our "I" Care Promise

We care about your eye care, because we care about YOU.

When you step into our office, nothing is more important than ensuring your eyes are healthy and your vision is the best it can be. Your sight is one of the most treasured ways through which you experience the world around you. And, it would be a shame to not fully enjoy the beauty of the Upper Cumberland.

600 East Veterans Drive | Suite A | Cookeville, TN 38501

## Dr. Alissa Hudson

Dr. Hudson is dedicated to providing you with the best eye care experience possible. From her training at Harvard and Vanderbilt, to the personal care she invests in each patient, to our new facilities designed to provide the best technology, it's clear: **our vision is improving your vision.**



middle tn eye  
Alissa Hudson, MD

931-372-1994 | middletneye.com

SpartaLive.com

**Dr. Chet Gentry**

**Anna Williams, FNP-C**

**William Wilson, FNP-C**

**Katie Wayne, FNP-C**



**SAME DAY APPOINTMENTS AVAILABLE**

**3300 WILLIAMS ENTERPRISE DRIVE, SUITE 1, COOKEVILLE**

**InnovativeFamilyCare.com 931-528-9222**

- + Mohs Surgery
- + Acne
- + Rashes
- + Skin Cancer
- + Hair Loss
- + Nails
- + Skin Tags
- + Psoriasis
- + Rosacea
- + Eczema
- + Skin Exams



- + BOTOX
- + Jeuveau
- + Filler
- + Waxing
- + Chemical Peels
- + Dermaplaning
- + MicroNeedle
- + PRP Hair Loss
- + Acne Scars
- + Stretch Marks
- + SkinCeuticals

**Cookeville & Crossville**

**Cumberland Dermatology**

**931-484-6061**

[www.CumberlandDermatology.com](http://www.CumberlandDermatology.com)

# Common side effects of supplements and medications

**RACHEL AUBERGER**  
Staff Writer

Health professionals recommend medications to their patients when the benefits of such remedies outweigh the possible risks. The same can be said for vaccinations and other health therapies, such as vitamin and mineral supplementation. While supplements and medications are safe when taken as directed, they still have the potential to cause some unwanted side effects.

“Herbal therapies and mineral supplements can often cause medications to not be effective. Mineral supplements or multivitamins can affect the absorption of medications, reducing or even eliminating their intended effect. Herbal therapies can either counteract or increase the intended effect of certain medications, often with potential harmful outcomes,” Beth Kirby, pharmacist at Sparta Drug Center, explained. “Always talk with your pharmacist or healthcare provider when you are considering starting any new over-the-counter medication, and let your pharmacist know what OTC medications you are taking if you are prescribed a new medicine.”

Over-the-counter medicines, prescriptions, or even herbal dietary supplements can cause side effects. WebMD notes that most of these effects are minor and may only be a temporary inconvenience. But

some side effects may be more serious. Recognizing common side effects may not make them easier to confront, but it can give people an idea of what to expect.

## **Stomach discomfort**

Since most drugs and supplements need to go through the gastrointestinal system to be absorbed, stomach discomfort, constipation and nausea can occur. This is one reason why experts typically recommend taking antibiotics, which can cause indigestion and diarrhea, with food. The vitamins and minerals in multivitamins also can cause stomach discomfort. Non-steroidal anti-inflammatory drugs may cause the formation of gastric ulcers and stomach bleeding when taken for extended periods of time.

“Many medications are better absorbed when taken either with or without food. Also, some medications should be separated from certain foods or mineral supplements by several hours. Always follow the directions provided by your pharmacist on how to best take your medication,” Kirby said, and further stated that talking with a pharmacist may provide additional guidance for getting the most benefit from medications. “If you have nausea and occasional diarrhea when taking your medication, talk with your pharmacist. They may be able to recommend changes to how you are taking your medicine to eliminate or



reduce the discomfort.”

Kirby warned about some symptoms, however, saying that getting medical care from a physician is highly recommended in some cases.

“If sharp stomach pain or severe, repeated episodes of diarrhea occur while taking medications, you should seek medical care,” Kirby said. “Dark, tarry bowel movements can be an indication of bleeding in the intestinal tract and should be reported to your healthcare provider.”

## **Drowsiness**

Drowsiness is often associated with antihistamines, anti-tussive (cough) medicines, and muscle relaxants. Drowsiness can be exacerbated if medications are mixed with alcohol.

## **Skin rashes and dermatitis**

Some topical medications, supplements, and other medicines may lead to rashes or itchiness. A rash may be an indication of an allergic reaction. Severe allergic skin reactions may warrant cessation of certain medications and such side

effects should be discussed with a doctor immediately. Vaccines also may cause pain or itching at injection sites, but that irritation tends to recede quickly.

## **Confusion or restlessness**

Medications such as decongestants may increase blood pressure and contribute to confusion, restlessness, and even insomnia. Decongestants, when taken in high doses, also can cause an intoxicating high, which is why they are so heavily regulated.

## **Weight gain**

Certain medications, particularly those that adjust hormone levels like contraceptives and many anti-anxiety and antidepressant medications, can lead to weight gain. Medications and supplements are often the most effective way to help individuals confront issues regarding their physical and mental health. However, if any side effects become bothersome, individuals should speak with a healthcare provider to find out if there is an alternative or if the medication should be discontinued.



**Hometown** *Friendly Service*  
**Hometown** *People*  
**Hometown** *Smiles*



**PAYLESS FAMILY PHARMACY**  
 "Your Prescription for Great Service"

- Professional:** Highly experienced staff of healthcare professionals to serve you.
- Friendly:** We get to know you so that we can serve you better
- Fast:** We know your time is valuable
- Local:** Nearly all our staff was born and raised right here!
- Locally owned:** Your \$'s stay right here and are NOT sent off to corporate headquarters
- Specialized:** Pharmacy is our only business
- Competitive:** Insurance co-pays are the same everywhere!
- Convenient:** Close parking availability and drive thru window for your convenience



*Come in today for all your prescription needs!*  
 285 West Turn Table Road, Sparta, TN 38583  
 (931)836-3187



## Family Foot Center

*Providing podiatric care in the Upper Cumberland since 1988*

1-800-955-FEET • [www.familyfootcenterTN.com](http://www.familyfootcenterTN.com)

Our podiatrists, Stephen Chapman, DPM and R. Gregory Walters, DPM specialize in medical and surgical care of the foot and rear foot. We accept most insurance plans and have four different locations available to help serve your needs. Some of the most common conditions we successfully treat every day are:

- Ingrown Nails
- Bunions
- Plantar Facitis
- Heel Pain
- Toenail Fungus
- Sprains
- Hammer Toes
- Wound Care
- Diabetic Foot Care



Stephen J. Chapman, DPM

R. Gregory Walters, DPM



**Cookeville Office**  
 120 Walnut Commons Ln., Suite A  
 Cookeville, TN 38501  
 Phone: (931) 528-1331



**Crossville Office**  
 58 West Avenue  
 Crossville, TN 38555  
 Phone: (931) 484-9002



**Livingston Office**  
 417 E. University Street  
 Livingston, TN 38570  
 Phone: (931) 823-3668



**Smithville Office**  
 520 West Main Street  
 Smithville, TN 37166  
 Phone: (931) 879-9011



## Care for every season

No matter what stage you're in, we'll always be here to help improve your quality of life.

### Continuum of Care Campus

- Occupational and physical therapy
- IV therapy | Oxygen therapy
- Speech therapy
- Wound management
- Skilled and intermediate care
- Assisted living care
- Limited memory community
- Long-term care



**LIFE CARE CENTER OF SPARTA**  
 931.738.9430 • [LifeCareCenterOfSparta.com](http://LifeCareCenterOfSparta.com)  
 08 Mose Dr. • Sparta, TN 38583

147069

# Renewal

SKIN SOLUTIONS

**BOTOX,  
 FILLERS,  
 SKINCARE,  
 MASSAGE**



453 Vista Dr.  
 Sparta, TN 38583  
 931-837-7546(SKIN)  
[www.renewalskinsolutions.com](http://www.renewalskinsolutions.com)

Schedule Your Appointment  
 with our Professional Staff Today

# RENEWAL SKIN SOLUTIONS

## The best kept secret in Sparta

**RACHEL AUBERGER**  
Staff Writer

Renewal Skin Solutions is a medspa that Dr. Ty Webb opened in August 2007.

Since the medspa grew out of a longstanding medical practice, the emphasis for services focused on providing effective methods to generate and maintain healthy skin, provide a variety of healing and holistic therapies, and offer procedures that create a smooth and youthful look. In addition, Renewal offers both the products and education for total professional skin care. A full range of services are provided for all ages and both men and women. Clients can choose from a variety of medical and cosmetic services, non-invasive (or spa) services, as well as specific types of treatments like acne.

At Renewal, the medspa creates a soft, welcoming atmosphere giving clients the opportunity to feel comfortable and relaxed.

Medspa services at Renewal are considered "concierge" (or cash pay). While many of the services are provided by a physician, they are considered cosmetic procedures, which are not reimbursable by insurance coverage plans. The same is also true for the variety of spa services and products sold.

The staff and services they offer include:

- Ty T. Webb, MD: Invasive cosmetic procedures (Botox and Juvederm fillers)
- Mischelle L. Ferrell, MHA: Administrator; professional skin care services
- Christina L. Cope, LMT: Therapeutic massage
- Kristi J. Tiberg: Professional

Consultant for OBAGI Medical Skin Systems and Jane Iredale Cosmetics

The staff at Renewal Skin Solutions, at 453 Vista Dr., in Sparta, welcomes you to stop by and pick up a Menu of Services brochure, or visit us on Facebook. Seasonal specials and discounts are offered routinely and updated on our Facebook page or listed on the marquis sign at our parking lot entrance. The business hours of operation are 8 a.m.-5 p.m., Tuesday-Friday. Please call (931) 837-SKIN (7546) to schedule your next appointment. Consultations are always free of charge. Information on gift card purchases, VIP Program, and special events are also available.



# Four common heart conditions



Cardiovascular disease is the leading cause of death across the globe. According to the World Health Organization, an estimated 17.9 million people die each year from cardiovascular diseases, which are a group of disorders of the heart and blood vessels.

The sheer volume of deaths caused by heart disease each year suggest there's little people can do to avoid it. However, the Canadian organization Heart & Stroke notes that healthy behaviors like eating a heart-healthy diet and exercising regularly can help individuals delay the onset of heart disease by as much as 14 years.

Education is another valuable asset in the fight against heart disease. Individuals who are aware of common heart illnesses can discuss them with their physicians and take measures to reduce their risk.

1. Angina: Heart & Stroke notes that angina is another word for chest pain. The discomfort associated

with angina, which can feel like squeezing, suffocating or burning, is caused by a temporary disruption in the flow of blood and oxygen to the heart. Though angina symptoms typically do not last long, they are considered warning signs for heart attack and should be discussed with a physician immediately after they appear.

2. Atherosclerosis: Atherosclerosis is characterized by the buildup of plaque on the interior wall of an artery. That buildup makes the walls of the artery thick and hard, thus restricting the flow of blood, and can potentially contribute to a blockage. The experts at Johns Hopkins Medicine note that risk factors for atherosclerosis include high cholesterol, high blood pressure, obesity, and a poor diet that includes lots of saturated fats. Atherosclerosis can cause angina, though many individuals with the condition experience no symptoms until it has reached an advanced

stage. Blockages in the leg may cause cramping when exercising or walking, while those in the arteries of the heart can cause heart attack. Blockages that develop in the brain can cause stroke.

3. Cardiomyopathy: The Centers for Disease Control and Prevention notes that cardiomyopathy often goes undiagnosed, making it hard to determine just how common the condition is. But the CDC estimates that as many as one in 500 adults have cardiomyopathy. Cardiomyopathy is a disease of the heart muscle that makes it harder for the heart to pump oxygen-rich blood to the body at optimal capacity. Heart & Stroke notes that cardiomyopathy can lead to heart failure. Early stages of cardiomyopathy may not produce any symptoms, but as the disease gets worse individuals may experience fainting, irregular or rapid heartbeats, light-headedness, and swelling of the hands and feet,

among other things.

4. Coronary artery disease: Heart & Stroke notes that coronary artery disease (CAD) is the most common form of heart disease. CAD occurs when one or more of the coronary arteries narrows or becomes blocked. CAD causes damage or disease to major blood vessels that supply blood, oxygen and nutrients to the heart. Certain risk factors for CAD, such as age, are beyond individuals' control. However, many risk factors are within a person's control. Individuals can speak to their physicians about how to maintain a healthy blood pressure and a healthy weight, limit stress, and reduce their cholesterol, all of which can lower risk for CAD.

Heart disease claims the lives of millions of people each year. Recognizing common heart conditions and how to prevent them can help individuals lower their risk for this deadly, yet often preventable disease.

**24/7**  
coverage

**SPARTA** LIVE.COM



StatFlight

N905FT

Ascension  
Saint Thomas