

A PARTNERSHIP for Good Health

*The
necessity
of primary
care*

For the best health possible, you need a primary care provider — someone to see you for routine health care visits, even when you're feeling well. And at Southeast Georgia Health System, a primary care provider's office is never far away.

"To better serve our communities, the Health System offers nine primary care practices in four counties," says Adam Brown, CMPE, director of Physician Practices for Southeast Georgia Physician Associates. There are offices in Brunswick, Darien, St. Marys, St. Simons Island, Waynesville and Woodbine.

In recent years, the Health System has recruited new providers in an effort to continually improve access to primary care. Currently, Southeast Georgia Physician Associates includes 34 highly trained primary care providers — among them physicians, nurse practitioners and physician assistants.

Partners in wellness

Primary care providers play an integral role in your overall health.

"We tend to focus on preventive care," says Margaret Carter, M.D., a board-certified family medicine physician at Southeast Georgia Physician Associates-Primary Care on St. Simons Island.

Many health problems can be avoided or caught early with preventive care. For instance, conditions like high blood pressure or abnormal blood sugar levels often have no symptoms at first. Getting annual checkups and screenings on a regular basis helps detect health issues when they are easier to treat and before they get worse.

"If you look at the studies, people who have a primary care provider tend to have fewer emergency room visits, hospital stays and surgeries," Dr. Carter says. "Overall, they spend less money on their health care."

Primary care providers also build relationships that often last

for many years. That's one of the things Dr. Carter enjoys the most about her specialty.

"Getting to know the whole person helps me learn what motivates them in their health care goals," she says, "which in turn helps with their overall well-being."



Looking for a primary care provider?

To schedule an appointment with a primary care provider, please call **855-ASK-SGHS (855-275-7447)**. To learn more about our primary care services and locations, visit sghs.org/primary-care.

Daniel A. Dino, M.D., an internal medicine physician and geriatric specialist in St. Marys, agrees: “I would call that a perk of the practice,” he says. “You get to know your patients on a personal basis.”

With the pandemic, this past year has been challenging for everyone. Dr. Dino says he is motivated to come to work every day for the same reasons he felt inspired to become a doctor more than 25 years ago — the opportunity to make an impact on someone’s health.

“I’m lucky to have a God-given chance to make a difference in patients’ lives,” he says.

Shared records system

Here’s another great reason to see a Health System affiliated primary care provider: Our integrated electronic medical records allow for easier communications among all of the Health System physicians, which can lead to better, more seamless care.

“Our primary care offices share the same medical records with many of our specialists,” says Mr. Brown. “So any physician within the Southeast Georgia Physician Associates network will have instant access to labs and any testing that’s been done at the Health System.”



Daniel A. Dino, M.D.



Margaret Carter, M.D.



34 primary care providers

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9 practices 4 counties

To best serve our communities, the Health System offers primary care practices in Brantley, Camden, Glynn and McIntosh counties.

A wide range of services

The Southeast Georgia Physician Associates-Primary Care providers offer many services for people of all ages — from routine physicals to Pap exams. These include:

- Wellness physicals
- Immunizations
- Acute illness and injury care
- Chronic illness management
- Diagnostic and preventive screenings
- Camp, sports and insurance physicals
- Referrals to other medical specialists, when needed