HUGH JACKMAN dazzles audiences on the big screen. But his most important part: dad
Hugh Jackman is used to playing all sorts of characters on the big screen. But his most important role is the one he has at home—as dad.
For as long as Gwinnett Medical Center’s doors have been open, our mission has been to serve our community by providing the highest-quality and most-advanced healthcare possible.

This does not mean that we strive to simply “keep up with the Joneses” in this state or across the country. Rather, it means that we strive to become a leader in exceptional healthcare—which is exactly what we have done.

GMC is now recognized in the healthcare industry as a national, Georgia and Atlanta-area leader in single-incision laparoscopic surgery, or SILS. As a national leader in this practically scarless surgery, we’ve performed more successful SILS procedures than all other metro Atlanta area hospitals combined. But not only are we leading by example, we’ve also become a national training site for physicians from around the nation.

At Gwinnett Medical Center–Duluth, our board-certified surgeons are now using the da Vinci Surgical System, a powerful tool that offers unparalleled surgical accuracy by combining 3-D visualization, high-definition cameras and four robotic arms. As a result, complicated surgeries that were once done with traditional techniques—and the large incisions associated with them—can in most cases now be done with incisions roughly the diameter of a dime.

We do all of this not because it’s easy or even because it’s necessary. We do it because we truly strive to provide the best for the people who count on us every day.

We do all of this to uphold our mission to continue transforming healthcare in our community.

Philip R. Wolfe, FACHE
President and CEO
Don’t Shoot
The Messenger.

Gwinnett Medical Center–Duluth understands dieting and exercise alone aren’t the answer for every person. We also understand the difficulties that come with keeping the weight off.

This is why we’ve developed a comprehensive bariatric surgery program to assist patients in achieving significant weight loss, long-term weight maintenance and improvement in obesity-related medical conditions.

For more information about our free informational seminars, call 678-312-6836.

gwinnetttmedicalcenter.org/bariatrics
After a brilliant defensive stop against the Shiloh High School Generals, Brookwood High School’s punt return unit ran onto the field. At the snap, Broncos junior defensive back Juwan Ferris got past his blockers and had a clear path to the punter. Juwan jumped to attempt a punt block but hyperextended his left knee when he landed. He crumpled to the turf in extreme pain, then hobbled to the sideline. His knee had no strength and offered no support.

Gary Levengood, M.D., team physician at Brookwood High School and orthopedic surgeon at Gwinnett Medical Center, took a closer look at Juwan’s injury in the locker room and declared that the athlete had torn his anterior cruciate ligament (ACL). Only three weeks into the 2009 season, Juwan was out for the year. Disappointment and recovery on his mind, he wanted to quickly learn his options and next steps.

“Being out for the entire football season was definitely a big disappointment,” Juwan says. “But it was my junior year and I knew that I had to get well to prepare to be ready for my last year in high school.”

A NEW KIND OF SURGERY

Dr. Levengood recommended double-bundle ACL repair to Juwan and his family. He had been performing this type of knee repair surgery—a relatively new procedure in the sports medicine world—for more than a year and believed it would better suit Juwan’s active lifestyle than the traditional single-bundle ACL repair.

Jay Pearson, ATC, LAT, Brookwood’s head athletic trainer who is provided to the school by Gwinnett Medical Center, led Juwan through exercises to keep his leg muscles strong prior to surgery; strong muscles help improve surgery results and hasten rehabilitation. Just four days after his double-bundle ACL repair, Juwan started two weeks of rehab with Dr. Levengood’s staff, followed by months of intense daily rehab under Pearson’s supervision at Brookwood.

Six months after his double-bundle ACL repair, Juwan believed he was ready to return to the game. “I feel like my knee is at 100 percent,” he says, “but the trainers keep telling me I’m not quite there. So I keep working. I thought I was going to get slower, but, already, I barely notice a difference.”

Meet the MVPs of Sports Medicine

Discover why Gwinnett Medical Center–Duluth is home to Georgia’s winning sports medicine program. Visit gwinnettsportsmed.com.
100% AND BEYOND

After traditional ACL repair, many athletes fear they won’t regain their form. With double-bundle ACL surgery, however, Juwan was able to maintain—even increase—his speed in a matter of months; he shaved his time in the 40-yard dash by two-tenths of a second, to just under 4.5 seconds.

“In the short term, patients who have double-bundle ACL repair regain their range of motion more quickly than those who have traditional ACL reconstruction,” Dr. Levengood says. “This is the number-one benefit to my patients who are athletes or who just enjoy an active lifestyle.”

Thanks to this transformational surgical procedure, Juwan will be taking the field with the Brookwood Broncos this fall. Who knows where his next steps might lead him?

COMPARING KNEE REPAIR TECHNIQUES

Single-bundle ACL surgery, the traditional anterior cruciate ligament (ACL) reconstruction, involves taking a ligament graft to replace one of the two bundles that make up the ACL. Since the ACL cannot be sewn back together, surgeons use a graft from the hamstring or patella to replace it. The graft is placed through one hole in the tibia and one hole in the femur, then secured in place with a screw.

Double-bundle ACL surgery, a new repair technique used at Gwinnett Medical Center, replaces both bundles in the ACL instead of one. Two small grafts are used instead of one large graft. Two holes are made in the tibia as well as in the femur, and four screws are put into place. Gwinnett Medical Center orthopedic surgeon Gary Levengood, M.D., and other leading authorities in ACL repair believe that the double-bundle technique more closely replicates the normal anatomy of the ACL than traditional single-bundle surgery. Therefore, double-bundle surgery can improve knee kinematics, resulting in more normal functioning and long-term strength.

After having surgery to repair his torn ACL, Juwan Ferris (above) goes through intense daily rehabilitation under the supervision of athletic trainer Jay Pearson (far left).
The Foundation Turns 20!
The Gwinnett Medical Center Foundation recently celebrated two decades of service to the community. To honor its 20 years, the foundation published *The Power of Philanthropy: Celebrating 20 Years of Caring for Gwinnett*. To get your copy, call the foundation at 678-312-8506.
Without generous donations from thousands of people throughout the community each year, Gwinnett Medical Center would not be transforming healthcare at the rate it is today.

The GMC Foundation celebrates donors who most consistently support the mission of GMC with their time, money and efforts during one of metro Atlanta’s premier social events of the year.

In February, the foundation hosted its second annual Cornerstone Society Gala, honoring donors who gave at least $1,000 in the previous year. More than 450 guests attended the black-tie affair at the Georgia Jet Hangar in Lawrenceville to see special guest speakers Lee and Bob Woodruff of ABC News.

The evening was filled with exquisite food and drink, as well as magnificent music and dance—but perhaps the highlight still was the honoring of two longtime foundation contributors: Wayne Sikes and Keith Carnes, M.D.

DISTINGUISHED SERVICE AWARD: WAYNE SIKES
Wayne Sikes was presented the Distinguished Service Award by past recipient Carolyn Hill. In 2000, the GMC Foundation established this award to honor individuals who consistently demonstrate extraordinary commitment, dedication and service to Gwinnett Medical Center and the Gwinnett community.

Sikes began his healthcare volunteer career in 1989 when he was asked to be part of the Gwinnett Hospital Authority. In 1993, he joined the Gwinnett Hospital System board and later served as chairman for seven years.

Sikes was named Citizen of the Year by the Gwinnett Chamber of Commerce in 2008 and has received a distinguished service award from the Georgia Hospital Association for “significant contributions in improving healthcare for the people of Georgia.”

In addition, he has been influential as a GMC Foundation board member and has personally contributed more than $70,000 to significant projects such as the Time Matters in the Fight Against Breast Cancer campaign, the Legacy Campaign for GMC–Duluth and the open heart campaign.

“I have been on the hospital board with Wayne for 20 years,” says Kathryn Willis, a Gwinnett native and longtime foundation supporter. “In all of that time he has never wavered in his complete dedication to Gwinnett Medical Center. He has gone from board member to board chairman for seven years and back to board member, and through all of that has given it his all.

“For his work on the hospital board and on the foundation board,” Willis continues, “no one could deserve this award more than Wayne.”

3 Ways to Interact with the GMC Foundation

• Like: Facebook.com/GMCFoundation
• Follow: Twitter.com/GMCFoundation
• Donate: Text HEART to 25000 to give $5 for open heart services
PHYSICIAN CHAMPION AWARD: KEITH CARNES, M.D.

Keith Carnes, M.D., accepted the Physician Champion Award from GMC Foundation Chairman Manfred Sandler, M.D. This award was created to recognize exceptional physicians who step outside of the white coat to contribute and volunteer with the GMC Foundation and other community organizations.

“Dr. Keith Carnes has a passion for helping others,” Dr. Sandler says.

Dr. Carnes serves on the Gwinnett County Hospital Authority Board. He and his wife, Lori, have contributed more than $25,000 to help fund initiatives such as GMC-Duluth and the open heart program.

They attended the foundation’s first ball and auction in 1993 and were contributors and volunteers at the event for 15 years. The foundation can always count on Dr. Carnes to rally his fellow physicians at Gwinnett Anesthesia Services to join him on the golf course for the foundation’s annual golf tournament. And last year, the Carneses served as chairs for the inaugural Cornerstone Society Gala.

Outside the hospital, Dr. Carnes recently joined other GMC physicians and associates on a surgical mission trip to Nicaragua. Also, as a member of Duluth First United Methodist Church, the Carnes family has traveled on mission trips to New York and New Mexico to assist with medical needs.

Above all else, setting an example for others may be Dr. Carnes’ greatest contribution. He has been instrumental in raising awareness of the foundation throughout the physician community.

“Physicians go into medicine with the goal of helping our fellow man, but that means more than practicing medicine,” he says. “I see firsthand the benefits of supporting the foundation, and I’m committed to encouraging other physicians and their families to do the same.”

Keystone Donors Help Fund Open Heart Surgery

The Gwinnett Medical Center Foundation recently received two major gifts for The Heart & Vascular Center at GMC—Lawrenceville.

The Scott Hudgens Family Foundation donated $100,000. The late D. Scott Hudgens Jr., a businessman, community leader, patriot and philanthropist, established the private foundation to continue his philanthropic work through future generations of the Hudgens family.

Three SunTrust affiliated foundations generously donated $150,000:


The Thomas Guy Woolford Charitable Trust was created under the will of Thomas Guy Woolford, a member of the family that founded Retail Credit Co. (1899), which became Equifax Inc.

The Greene-Sawtell Foundation was established by Forest Greene and Alice Greene Sawtell, who served as the first advisory committee to SunTrust.

Join the Cornerstone Society

Cornerstone Society members make a difference by helping GMC transform healthcare in the community. Find out how you can get involved today. Call 678-312-8500, or visit gwinnettmedicalcenter.org/foundation and click “Cornerstone Society.”
For many of us, our knowledge about hemorrhoids and treatment options are limited to a tube of Preparation H. Truth is, we need to be more familiar with this common condition. More than half of all Americans will develop hemorrhoids—and the accompanying pain and discomfort—at some time in their lives.

That’s why Gwinnett Medical Center physicians are using state-of-the-art procedures and are creating new technologies to help patients remove or reduce their hemorrhoids.

GMC’s David Armstrong, M.D., FRCS, FACS, FASCRS, one of the region’s leaders in hemorrhoid treatment, invented the TriView anoscope, which allows visualization of three internal hemorrhoids at the same time as opposed to one. With TriView, hemorrhoid treatment becomes quicker, easier and more accurate.

“I saw a need to improve the treatment provided for hemorrhoids and am very pleased that I was able to meet it,” Dr. Armstrong says.

In a procedure called rubber band ligation, the most widely used treatment for internal hemorrhoids, a rubber band is placed around the base of the hemorrhoid, which cuts off circulation and leaves the hemorrhoid to wither away in a few days.

Patients have less discomfort, require fewer medications and experience improved results with this method versus other conventional methods. Rubber band ligation does not require a hospital stay, letting you get back to your regular routine sooner.

“By avoiding surgery and minimizing discomfort and time off work, this technique is simple and cost-effective.”

Don’t Suffer from Hemorrhoid Pain
When over-the-counter medications aren’t relieving your hemorrhoids, come see the experts at Gwinnett Medical Center. Visit gwinnettmedicalcenter.org/hemorrhoids.
Heart Assurance

Cardiac Wellness Program builds strength and confidence after heart attack or heart surgery

A cardiac event changes lives. If you or someone you know has experienced one—such as a heart attack or open heart surgery—you are probably familiar with the fear of lingering physical limitations or the fear of having another event. The Cardiac Wellness Program team at Gwinnett Medical Center–Lawrenceville understands that fear and has made it its mission to replace that fear with restored confidence.

Nearly 120 people go through the Cardiac Wellness Program at GMC–Lawrenceville each year to gain back the self-assurance they had prior to their cardiac events. The rehabilitation program serves those recovering from heart attacks and heart disease, as well as those who are at risk of cardiac events.

In the Cardiac Wellness Program, patients have the opportunity to interact with other cardiac patients who have experienced the same physical and emotional effects of cardiac scares. They are able to share their stories, experiences and concerns, and celebrate each other’s milestones. Patients also have a sense of comfort knowing they are being monitored by highly trained nurses as they exercise.

“One of the greatest rewards of working in cardiac rehabilitation is the improvements we see in our patients over time—not just physically but emotionally,” says Kathy Albers, R.N., a nurse in the Cardiac Wellness Program. “This gives them the confidence to continue on in their lives.”

MANY BENEFITS

Most patients who have been through the Cardiac Wellness Program will agree on its many benefits: reduced risk of heart attacks, decreased severity of angina (chest pain) and anxiety, lowered need for hospitalization because of heart problems and, most importantly, increased confidence.

Daniel Jakubowski, a resident of Dacula, has been participating in supervised exercise through the Cardiac Wellness Program for five years. Jakubowski underwent triple-bypass open heart surgery in 1976 and began cardiac rehabilitation at GMC after his wife, Pat, suffered a heart attack in 2005.

“Pat and I try to make it in three times a week,” Jakubowski says. “I'm the classic couch potato. I'm glad this place is here because it does a lot to keep me motivated. The part that’s reassuring is being here in

Recover from a Cardiac Event

Are you eligible for the Cardiac Wellness Program at Gwinnett Medical Center? Find out at gwinnetmedicalcenter.org/cardiacrehab.

OPEN HEART SURGERY IS COMING TO GMC–LAWRENCEVILLE.
the hospital. If you have any problems, you’re confident they’ll be able to take care of you.”

In addition to the wellness benefits and keeping his heart healthy, Jakubowski also enjoys the social aspect of the program.

“I get to see the staff and other people here three times a week,” he says. “They always encourage Pat and me to do our best, and you really start to look forward to coming and working with them every week. It’s good for my heart, but it’s also something I really enjoy being a part of.”

Regain Your Heart Health in 3 Steps

Gwinnett Medical Center’s Cardiac Wellness Program comprises three phases:

1. **Inpatient rehabilitation.** This phase begins with referrals from physicians and occurs while patients are still in the hospital. After obtaining referrals, the Cardiac Wellness Program staff set up times to meet with the new patients. During the first meetings, staff will analyze medical histories, complete initial physicals and discuss new patients’ initial exercise schedules.

2. **Outpatient exercise and education.** In this six- to 12-week program, patients slowly increase their exercise time and intensity. Patients can work their way up to 45 minutes of physical activity per day. GMC’s staff are experts at tailoring workouts—including bicycles, treadmills, elliptical machines and other workout equipment—to fit the physical capabilities and meet the physical goals of each patient. In addition, a monthly nutrition class educates patients on heart-healthy foods. Patients are also given educational booklets and brochures to help increase their knowledge of heart health and teach them how to apply that knowledge in their daily lives.

3. **Supervised exercise.** This bridges the gap between the extensive monitoring in the second phase and independent exercise routines.

VISIT OPENHEARTGWINNETT.ORG FOR MORE INFORMATION.
Driving around the metro Atlanta area over the last 15 years, you may have seen Gwinnett Medical Center’s mobile mammography Care-a-Van parked at businesses and community centers. If you have not had the chance to see what GMC is up to, here are five reasons you should use the Care-a-Van mammography screening.

**THE CARE-A-VAN COMES TO YOU**

Five reasons to call on the all-digital mobile mammography unit

**CALL**

Schedule Your Screening Today
Support breast cancer awareness in your community. Call 678-312-4760 to have the Care-a-Van come to your company or church. To schedule a mammogram on the Care-a-Van, call 678-312-3444.
importance of breast health education and helping Gwinnett Medical Center transform healthcare.

The Care-a-Van is giving many women convenient access to screening mammography. It is GMC’s goal to make this service fast and easy so that more women will get this lifesaving screening done each and every year.

1. CONVENIENCE
The No. 1 benefit of the mobile mammography screening is that it goes where you already are! The Care-a-Van visits multiple organizations and corporations every week, including schools, small businesses, churches and senior centers. Your annual 20-minute screening can be done at many locations that may be close to—or at!—your work, school, library, synagogue or church. The Care-a-Van brings the service to you to ensure that you are getting the screenings you need, screenings that can and will save lives.

2. QUALITY
The radiologists who read images from the Care-a-Van are the same accredited professionals who serve at other Gwinnett Medical Center imaging facilities. Their American College of Radiology accreditation is testimony to their experience and ability to provide a calming, one-on-one environment where you will have the most accurate screening.

The Care-a-Van’s mammography screening program also complies with the Mammography Quality Standards Act, signifying that all Care-a-Van mammography personnel, equipment and record-keeping practices comply with federal guidelines from the American College of Radiology.

3. TECHNOLOGY
GMC’s mobile mammography van is equipped with state-of-the-art, all-digital equipment. The advantages of digital mammography over traditional film mammography include shorter exams, less likelihood of retakes, lower doses of radiation and greater accuracy for women with dense breast tissue.

Additionally, a digital image can be viewed by radiologists from their offices, homes or wherever they may be—granting faster turnaround times for results.

4. COST
The Care-a-Van mammography screening is covered by most major insurance providers. A physician’s order for your mammogram is all you need to schedule your appointment. The exam cost is the same as an in-office visit, and there is a discount for patients paying with cash. Plus, because the Care-a-Van comes to you, you save time and gas.

5. INVOLVEMENT
A woman’s risk for breast cancer increases with age. Every woman is at risk for developing breast cancer, but screening mammography can save lives by detecting it early. By scheduling your yearly mammogram on the Care-a-Van mobile mammography unit, you are demonstrating the importance of breast health education and helping Gwinnett Medical Center transform healthcare.

The Care-a-Van is giving many women convenient access to screening mammography. It is GMC’s goal to make this service fast and easy so that more women will get this lifesaving screening done each and every year.

---

**Take This Breast Cancer Quiz**

You’ve heard many rumors about breast cancer. Are they true or false? Gwinnett Medical Center’s experts lay out the truth for your benefit. (See answers below.)

1. Caucasian women have a higher incidence of breast cancer than African-American women after age 45.
2. No family history of breast cancer means you’re not at risk for breast cancer.
3. Your risk for breast cancer is doubled if you have a parent or sibling with the disease.
4. Having breast implants, wearing antiperspirant or consuming caffeine can increase your risk for breast cancer.
5. About 2.5 million women with histories of breast cancer were alive in January 2006—and most were living cancer-free.

**Answers**

1. **True.** In contrast, African-American women have a higher rate before age 45 and are more likely to die from breast cancer at every age.
2. **False.** 70 percent of women diagnosed each year have no signs of breast cancer in their family histories.
3. **True.** Also, your risk is five times greater than that of the average woman if you have two family members who have had breast cancer.
4. **False.** None of these things will increase or decrease your risk for getting breast cancer.
5. **True.** Make sure the women in your life are going in for their mammograms regularly. Early detection makes all the difference.
After growing up in New York and excelling through medical school in Iowa, Stephen Salmieri, D.O., came to Gwinnett to practice medicine more than a decade ago. In that short time, he has come to be known as one of the area’s top physicians.

Now the co-chair of the Oncology Committee at Gwinnett Medical Center, Dr. Salmieri has practiced gynecology for more than 21 years and is currently pioneering the da Vinci robotic surgery program at GMC–Duluth. He was recognized as one of America’s top oncologists by the Consumer Research Council of America in 2007 and is currently a faculty member at both Morehouse School of Medicine in Atlanta and Philadelphia College of Osteopathic Medicine in Suwanee.

Before finding his passion in medicine, Dr. Salmieri taught aerobics in the height of its 1980s craze. These days, however, he is more passionate about the martial art of taekwondo, even spending some of his free time teaching self-defense classes to women in the community.
1. When I was a child I dreamed of becoming a doctor or a baseball player.

2. My first job was as a gas station attendant.

3. If I weren’t a doctor I would be in law enforcement or the military.

4. Right now on my iPod I’m listening to ’80s music.

5. My inspiration is my faith, family and patients.

6. My favorite restaurant is any Italian restaurant in Atlanta.

7. The next big thing in my medical specialty is robotic surgery and immune therapy to fight cancer.

8. My favorite medical television show is ER.

9. If a movie were made about me, I would be played by Tony Danza or Tom Cruise.

10. If I could be any character in literature or entertainment, I would be the leader of the Spartan army in the movie 300, played by Gerard Butler, because he loved his family and faith and lived by a set of principles that he would not compromise. He ended up dying for those principles and his country but made an impression that would be remembered throughout the rest of history.

Stephen Salmieri, D.O.
Try Tai Chi

Dreading the treadmill? Put this age-old Chinese practice atop your fitness list

Designed to exercise the mind and body through a series of gentle, flowing postures, tai chi challenges participants and improves their chi, the energy flow believed in Chinese tradition to be vital to sustaining health and life.

“Tai chi is a wonderful way to achieve health and fitness while having fun at the same time,” says Buck Barnes, tai chi expert at Gwinnett Medical Center. “While usually done standing, it can be performed while sitting as well, which makes tai chi attractive to seniors, the overweight and people suffering from arthritis. There are no mats, equipment or special clothing required.

“It has the same calming, relaxing and stretching benefits as yoga and the aerobic benefits of walking or jogging,” Barnes adds. “Participants get the best of both worlds.”

The age-old Chinese practice of tai chi:
• Benefits overall health by gently moving the joints and strengthening muscles.
• Brings oxygen to all of the body’s cells via slow, deep breathing.
• Reduces stress, improves resistance to diseases related to immune deficiency and may lower blood pressure.
• Lowers the likelihood of falling.
• Improves balance and flexibility.
• Decreases arthritis pain.

All styles of tai chi contain the same basic principles—whether you’re participating for health and fitness, recreation or self-defense.

Students are taught new movements each week or refinement of techniques from previous lessons, and class ends with deep-breathing exercises and a closing ceremony.

“Tai chi is a wonderful way to achieve health and fitness while having fun at the same time.”
The MVPs of Sports Medicine

At Gwinnett Medical Center–Duluth, we have some of the most respected, fellowship-trained orthopedic surgeons and specialists in the nation. Combine this with our outstanding patient satisfaction (top 1% in the nation for orthopedic outpatient surgery), and there’s no doubt who is the championship team in Atlanta.

Gwinnett Medical Center–Duluth. Transforming Healthcare.

gwinnettsportsmed.org