making the most of your PrimeTime

imaging center coming to Hamilton Mill
twice as nice: another excellence award for GMC

WHEN IT COMES TO TREATING CONCUSSIONS, GMC IS AHEAD OF THE GAME

channeling pain

how do you cope with the suicide of a loved one?

anderson cooper went to work
features

making an impact  GMC is giving Gwinnett County high schools the tools they need to identify concussions in students.

time equals muscle  After a heart attack, every minute matters. Follow this countdown of advice to prevent long-term damage.

the fiber solution  For a health boost, eat more roughage—whole grains, fruits and veggies.

prize fighters  Going five rounds in the battle against cancer, we spotlight the food choices you want in your corner.

I’m glad I had a…  Three inspiring personal stories showcase the power of health screenings to save lives. Won’t you schedule yours today?

tailor-made  There’s no one-size-fits-all weight-loss solution, but customizing a health and fitness routine can help you reach your goals.

beyond the bedside  Yes, hospitals employ doctors and nurses. But there are other jobs to fill, too. Here are a few that may surprise you.

on track  Juggling multiple medications? Here are tips and tactics for keeping them straight.

living the good life  A glass of wine. A creamy chunk of chocolate. Learn how these and other indulgences can actually benefit your health.

in their prime  PrimeTime Health offers an array of exciting programs and convenient services to help seniors stay active and healthy.

the power of three  Three generous donors seek to help bring open-heart surgical services to GMC.

on the cover  What are the warning signs of suicide and how do you cope when it touches your family? CNN anchor Anderson Cooper shares his firsthand experience in “spreading the news.”

departments

2  phil’s feature  Employees give earnings and time off to help support the GMC Foundation.

3  upcoming events  There’s so much to do at GMC this fall. Check out the season’s offerings.

4  clinical quality  GMC earns the coveted HealthGrades Award for Clinical Excellence for the second time.

52  focus on women’s health  When abnormal cervical cells are found early, the chances of successful treatment are increased.

56  coming soon  GMC announces the opening of Hamilton Mill’s new imaging center.
getting to the heart of the matter

employees sacrifice earnings, time off as part of employee giving campaign

Gwinnett Medical Center employees all play different roles in our hospital family. But there’s a great leveling ground when we are all focused on the same principle: Patient care is the heart of the matter.

We recently completed STARS (Standing Together Associates Reach Success), an employee giving campaign that yielded tremendous success in getting to the heart of the matter. Through this campaign, our employees donated more than $400,000 to the Gwinnett Medical Center Foundation.

One new element in this year’s campaign was the option for our employees to contribute their time off as part of their donation. To date, 299 of our employees have pledged to give 2,737 hours of paid time off, or a total of about 68 days, in support of STARS. This contributes an additional $41,000 of support to the GMC Foundation.

These contributions make a great difference in the quality of care that you receive. It helps provide the technology and tools needed to deliver state-of-the-art care across the board—directly affecting the heart of the matter.

If you’ve ever worked in a profession as physically demanding as healthcare, you can appreciate employees donating the time they would normally have off for vacation. Certainly we all value our time off from work to spend with family and friends. Exchanging this time to improve Gwinnett Medical Center is a great sacrifice for our employees.

Through STARS, our employees provide united and focused critical funding for programs that enhance patient care and help others in times of need. By joining the STARS campaign, they are committing to making a difference, not just making a living.

Philip R. Wolfe, FACHE
President & CEO
9/08-11/08

fall festivities

**September**

**WHEN YOU KNOW YOUR DIABETES NUMBERS, YOU'RE IN CONTROL**

Date: Sept. 23  
Time: 10 to 11 a.m.

11th ANNUAL DR. MILES H. MASON JR. MEMORIAL GOLF TOURNAMENT

Date: Sept. 29  
Benefits the Miles and Lib Mason Children's Clinic in Lawrenceville.  
To learn more, call 678-312-8500 or visit gwinnettmedicalcenter.org/golf.

**October**

**BRIGHTER SMILES FOR BRIGHTER FUTURES CAMPAIGN**

Date: Oct. 1  
This unique campaign helps fight breast cancer in Gwinnett. Participating dentists provide a teeth-whitening service to donors for a $250 tax-deductible donation (plus a $50 kit fee). Dentists do not receive any compensation and all proceeds provide an ultrasound machine for the Diagnostic Mammography Center at GMC - Duluth. Visit brightersmiles.org for more information.

**November**

**DIABETES: KNOW YOUR OPTIONS**

Date: Nov. 18

**Fall Fun**

For more information about or to register for upcoming events at Gwinnett Medical Center, call HealthLine at 678-442-5000.
GMC earns national clinical excellence award for the second time

Gwinnett Medical Center’s incredible vision for the future is becoming a reality. The planning, advancing and transforming of healthcare through Project PATH recently passed the one-year mark and the results can be both seen and heard.

The visual transformation is most easily seen, through progress on the new patient tower in Lawrenceville, renovations to many GMC facilities and the GMC Imaging Center at Hamilton Mill, which opens soon.

But GMC is making progress in less visible areas as well. For example, the “A” in PATH—advancement of clinical excellence—promises that high-quality care is the standard at Gwinnett Medical Center. GMC’s success was solidified when it was awarded the Distinguished Hospital Award for Clinical Excellence™ from HealthGrades for the second time.*

The Distinguished Hospital Award for Clinical Excellence places Gwinnett Medical Center among the top 5 percent of all hospitals nationwide for overall clinical excellence. GMC is one of only 269 hospitals in the nation to receive the Distinguished Hospital Award for Clinical Excellence™ from HealthGrades for the second time.*

Through this assessment, the organization identifies the best-performing hospitals in the nation and designates each of these elite hospitals as a Distinguished Hospital for Clinical Excellence. Distinguished Hospitals for Clinical Excellence (DHA-CE) outperform all other hospitals across all procedures and diagnoses studied.

Patients treated at a DHA-CE hospital are, on average, 27 percent less likely to face in-hospital mortality, and 5 percent less likely to suffer from an in-hospital complication than those treated elsewhere.

A commitment to quality
In addition to the overall clinical excellence award, HealthGrades gave Gwinnett Medical Center:

• Five-star ratings for treatment of heart attack, treatment of heart failure, hip fracture repair, treatment of stroke, treatment of pneumonia, overall pulmonary services, treatment of sepsis and treatment of respiratory failure
• A ranking in the top 10 percent of all hospitals in the United States for overall pulmonary services
• A ranking in the top 10 hospitals in Georgia for vascular surgery and top 10 in Georgia for overall critical care

These HealthGrades awards extend to all of Gwinnett Medical Center’s facilities, demonstrating that GMC’s commitment to quality extends across the board. Being named a top hospital in one of the largest healthcare studies...
Patients treated at a DHA-CE hospital are, on average, **27 percent** less likely to face in-hospital mortality, and **5 percent** less likely to suffer from an in-hospital complication than those treated elsewhere.

in America is a result of the dedication and hard work of GMC’s staff and physicians.

Providing patients and families with the best possible care is inherent in Project PATH and is just one more way that Gwinnett Medical Center is making quality of care a top priority. **v/v**

*GMC also won the Distinguished Hospital Award for Clinical Excellence in 2006.*
GMC gives Gwinnett’s high schools the tools they need to treat concussions
In the United States, more than 2 million sports-related concussions happen each year. Although the majority of athletes who experience a concussion are likely to recover, about 85 percent of those concussions go unrecognized, opening the door for more extensive injury.

**Committed to Kids**

Gwinnett Medical Center’s Sports Medicine Program is improving the standard of care for athletes suffering concussions. This year, the hospital will provide Gwinnett County Public High Schools with a new tool to identify concussions with a new tool known as ImPACT (Immediate Post-concussion Assessment and Cognitive Testing). The program provides a framework to safely return athletes with concussions to academics and athletics without risk of long-term damage.

“We [physicians] need to do a better job with this injury because it can have significant impact on a student athlete’s performance in the classroom as well as the risks associated with another head impact on the field,” says Mat Pombo, M.D., a graduate and former soccer player at Duluth High School.

“GMC and the physicians who serve on the Sports Medicine Committee are excited to move forward with this program [to] improve the management and outcomes of concussions in Gwinnett County’s high school athletes.”

**The First of Its Kind**

Gwinnett is the first county in Georgia to adopt this program countywide. Dr. Pombo will help pave the way in training athletic directors and coaches to ensure the full safety of their students and athletes.

Under the direction of a team athletic trainer or physician, the athlete usually takes the test...
tori’s story

one athlete’s experience with a concussion in her own words

by tori nwadiogbu, peachtree ridge high school basketball player

My name is Victoria (Tori) Nwadiogbu. I’m a junior small forward/guard at Peachtree Ridge High School. I have played basketball for about seven or eight years, since I was in recreational leagues. I hope to get an athletic and academic scholarship to play basketball in college.

My experience with concussion started in a game against Mill Creek. I was getting ready to take a charge from the opposing guard when she jumped over me and knocked me down. My head hit the floor—hard.

I continued to play until I started feeling lightheaded and dizzy. My coach took me to the school’s trainer who attended to me and referred me to Dr. Mark Cullen. My mom called Dr. Cullen’s office and made an appointment. That was a smart decision on my mom’s part.

the road to recovery

I had ImPACT testing done at Dr. Cullen’s office. I was informed about the program during my first appointment with him. He even sent us home with a video that discussed the program in depth and explained the seriousness of an untreated concussion. The video also talked about how little coaches and schools know about concussion because no one has educated them about the consequences of letting one go untreated.

Eventually, Dr. Cullen cleared me after my last testing showed enough improvement. I was happy to go back in full force to practices and games. I was also ready to go back to full participation in all of my classes (my class workload was reduced while I was on the program).

I am fully recovered now, with no more pounding headaches, dizzy spells or lightheadedness. I am back where I belong, with my team and playing basketball.

I think it’s great that all Gwinnett County High Schools now have this technology in their schools to keep athletes safe and to track their progress as they overcome concussions.

Thank you, Dr. Cullen, for taking care of me with this program and for getting me back to doing what I love—playing basketball.

Tori Nwadiogbu
PrimeTime Health offers adults over 50 valuable services and exciting activities.

You are invited to become a member of PrimeTime Health, a comprehensive network of valuable services exclusively designed for people 50 and older. PrimeTime Health membership is free. Once a member, you can take advantage of free, low-cost or discounted services and activities. For information about membership or registration, call the GMC HealthLine at 678-442-5000.

Prostate Cancer Screening
Date: September 2008
Check gwinnettemedicalcenter.org for an exact date, or call 678-442-5000.

Senior Health Fair
This exciting event offers screenings, demonstrations, flu vaccines and digital mammograms.
Date: Oct. 31
Location: Gwinnett Senior Center at Bethesda Park,
225 Bethesda Church Road, Lawrenceville

AARP Driver Safety Class
A PrimeTime Health members-only event
Dates: Oct. 7 and 9
Location: Resource Center, Maple Room at 665 Duluth Hwy, Lawrenceville

PrimeTime Health Yoga
A PrimeTime Health members-only event
These restorative yoga classes are great for beginners and those with injuries.
Dates: Fridays, Sept. 12 to Nov. 14
Time: 10 to 11 a.m.
Location: Rose/Azalea Rooms in the Gwinnett Women's Pavilion, Gwinnett Medical Center Campus at 550 Medical Center Blvd., Lawrenceville*
Fee: $80 for a 10-week series
*Class will be held in MOB 100, Classroom B at 100 Medical Center Blvd., Suite 115 on Sept. 26, Nov. 7 and Nov. 14.

PrimeTime Health Tai Chi
A PrimeTime Health members-only event
Tai chi is a healing exercise of flowing, balanced movements and deep breathing that brings about a relaxed and clear mind.
Dates: Mondays, Sept. 15 to Nov. 17
Time: 2 to 3 p.m.
Location: Education Classrooms in the Hudgens Professional Building at 3855 Pleasant Hill Road, Suite 140, Duluth
Fee: $80 for a 10-week series
Wayne says the family has always tried to give back to its community and be supportive of the needs in the area. “Giving is contagious,” he says. “We have been fortunate to live and work in a county that has seen so much growth. Gwinnett is where we’ve made all of our money. We felt that we should give back because Gwinnett has been so good to us.”

three generous donors help bring open-heart surgical services to Gwinnett Medical Center

On the front of Wayne Mason’s desk is a quote that reads, “There is no limit to what a man can achieve as long as he doesn’t care who gets the credit.”

Wayne and Ann Mason and Bartow Morgan Jr., CEO Brand Banking Company, are passionate about bringing open-heart services to Gwinnett Medical Center. It’s no doubt their actions will motivate and inspire others to join them.

Wayne and Ann Mason grew up in Snellville. “I remember when Snellville was a small town and you knew everyone,” Ann says. “It’s where our roots are.” Wayne and Ann met on a blind date and later married in 1959. They now have four children and 11 grandchildren. “I have always been a hard worker,” Wayne says. “I began building houses in the 1960s and have always been very driven.”

Wayne’s perseverance has paid off. He has become one of the leading developers in Gwinnett County, and Ann was one of his leading supporters as she raised their family. “Family was always a priority,” she says. “We always would eat breakfast together before Wayne went to work.”

giving back
Wayne says the family has always tried to give back to its community and be supportive of the needs in the area. “Giving is contagious,” he says. “We have been fortunate to live and work in a county that has seen so much growth. Gwinnett is where we’ve made all of our money. We felt that we should give back because Gwinnett has been so good to us.”
The Masons’ desire to give back extends to their belief in the need for open-heart services at Gwinnett Medical Center. They have a personal connection to the cause, partly because Ann’s sister and mother both had heart attacks.

“I believe open-heart surgical services are today’s greatest need in Gwinnett County,” Ann says. “When my sister had a heart attack, she almost didn’t make it to Atlanta. And she was never the same—she died a year and a half later.”

“There is such a great need in Gwinnett County for open-heart services, and we must have community support,” Wayne says. “We’re proud of the growth that we’ve had in this county and quality healthcare is something we cannot do without.”

Bartow Morgan Jr.
CEO, The Brand Banking Company

Bartow Morgan Jr., CEO of The Brand Banking Company, also has a deep legacy in Gwinnett County. His family’s business ties to Gwinnett began when his great-great grandfather, E.M. Brand, opened The Brand Banking Company in 1905. It is the oldest locally owned bank in Gwinnett County.

At its inception, The Brand Banking Company was a lender to middle, rural Georgia. In the 1970s, its focus changed from farming to the development of small home builders.

“We have seen our company grow from agricultural lending to middle-class loans to businesses,” says Morgan. “We have been a part of Gwinnett County becoming a very business orientated community—people live, work and own businesses in the same county.”

planning for the future

Morgan says his vision for his company is to serve the market by meeting the needs of its consumers—to actively offer the products and services the community needs. But at the heart of that vision is the ability to give time and money back to Gwinnett County.

“We encourage our employees to give and to be active in the community,” Morgan says. “I can’t encourage my employees unless they see that I am doing the exact same thing. Brand Bank is our family and we wanted to give as a family unit to the community to support open-heart [services].”

Morgan and his wife, Leslie, have a personal connection to heart health: Morgan’s father died of a heart attack on Interstate 85 on the way to Atlanta. Though the past cannot be rewritten, he believes his father may still be alive today if Gwinnett County had had open-heart services. Through this experience, he says he understands the urgent need for open-heart services.

“Open-heart [services] are a tremendous need for Gwinnett County’s citizens,” Morgan says. “We feel that we are not only helping the county as a whole, but helping those that bank and work at The Brand Banking Company. Not only do we want to help people with their finances, we wanted to support a cause that would help all of us so much.”

what really matters

“It’s always important for a community to give money to help a cause,” Morgan says. “When others see such community support it says, ‘Yes, this matters to me and I want this to happen.’ It becomes the desire of the community to be successful. Giving to GMC is not only my responsibility, but my family and I also live in Gwinnett and want the best healthcare available.”

Morgan also believes it is vital for other business leaders to join together and support the need for open-heart services.

“It proves that we believe in GMC and believe that open-heart services are essential to [ensuring our] quality of life,” he says. "\r
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Bartow Morgan Jr.

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The American Cancer Society estimates that in 2008, 11,070 cases of invasive cervical cancer will be diagnosed in the United States. Thankfully, that number isn’t set in stone. When abnormal cervical cells are found early, there are a number of treatments available to help prevent them from becoming cancerous.

Getting an annual Pap smear is the best way to catch cervical-cell changes early. And as we all know, early detection greatly improves the chances of successful treatment.

**signs and symptoms**

Cervical precancers and early cancers usually show no signs or symptoms. A woman usually develops symptoms when the cancer has become invasive (invades nearby tissue). The most common symptom is vaginal bleeding, but other symptoms include:

- Blood spots or light bleeding between periods
- Menstrual bleeding that is longer and heavier than usual
- Bleeding following intercourse, douching or a pelvic exam
- Pain during intercourse

These signs and symptoms also can be caused by conditions other than cervical cancer, so check with your doctor. Don’t wait for

**new hope**

The Food and Drug Administration (FDA) has approved a vaccine to prevent cervical cancer. The vaccine, Gardasil, is approved for use in girls and women ages 9 to 26 to block four types of human papillomavirus (HPV), which can cause cervical cancer and genital warts. There are dozens of types of HPV, but those targeted by the vaccine, types 6, 11, 16 and 18, account for more than 70 percent of all cases of cervical cancer. Gardasil is given in a three-shot series over a six-month period.
soreness. A lump in the breast is often the first symptom. You may feel a change in the shape, size, or feel of your breast. A loss of breast tissue or a dimple may also be symptoms to appear. Have an annual Pap test and pelvic examination.

diagnosis and treatment

If you receive a positive diagnosis of cervical cancer, you have three main methods of treatment available to you. The options depend on the stage of the disease and include surgery, radiation therapy and chemotherapy.

It’s important to consider your options and seek a second opinion (required by some insurance companies). If there is anything that you don’t understand, ask for an explanation. It will help you make an informed decision about your treatment plan and what’s happening to your body.

learn more

For more information about GMC’s cancer services or the Breast Health and Hope Resource Center, call 678-442-5000.

how we can help

Gwinnett Medical Center has had an accredited cancer program since 1989. The Breast Health and Hope Resource Center at Gwinnett Medical Center is committed to providing the community with compassionate cancer care through integrated services and programs that promote the delivery of health and wellness.

In an extension of this commitment to excellence, Gwinnett Medical Center has partnered with the American Cancer Society to hire a new cancer-patient resource navigator, Terri Lewinson, LMSW, Ph.D. Her main role at Gwinnett Medical Center is to offer support to cancer patients, working collaboratively with the established cancer support programs at the Breast Health and Hope Resource Center.

The Patient Resource Navigation program works to link patients and their caregivers to American Cancer Society (ACS) services, including a licensed clinical social worker, Dr. Lewinson will partner with internal, inpatient healthcare teams to assist with non-medical care. She also will work closely with Gwinnett Medical Center staff to ensure that our patients feel personally connected to the hospital.

"By meeting with patients and following up with them, I have an opportunity to help families cope during a difficult time," Dr. Lewinson says. "Often, patients have questions, and I am here to assist in finding the answers."

By putting an ACS staff member on site where people are diagnosed with cancer and receive treatment, the ACS can reach out to patients rather than waiting for them to call.

"I am very excited to have Terri Lewinson join our team," says Cindy Snyder, R.N., MSN, FNP-C, manager of oncology services at Gwinnett Medical Center. "Her knowledge and expertise will help serve our patients’ needs more efficiently."
Gary Levengood, M.D., is the chief of orthopedic surgery at Gwinnett Medical Center. He also serves as the team physician for the Arena Football League’s Georgia Force, which plays their home games at the Arena at Gwinnett Center. Dr. Levengood recently opened Sports Medicine South in Lawrenceville, just minutes from Gwinnett Medical Center.

Dr. Levengood and his wife, Lisa, live in Lilburn with their sons, John (16), Eric (15), and Mark (14) and daughter, Bryn (9). Before becoming a physician, he was a professional soccer player for the Georgia Generals of the former American Soccer League.

Gary Levengood, M.D., works with Georgia Force player R-Kal Truluck (53) on the sidelines during an AFL game...

... and takes a break from his hectic life with a fishing expedition to Canada.
Q&A

1. When I was a child I dreamed of becoming the President of the United States of America.

2. My first job was working at Farrell’s Ice Cream Parlor and restaurant.

3. I realized I wanted to be a doctor when I was 9 or 10. It fascinated me.

4. If I weren’t a doctor I would be a professional soccer coach.

5. To unwind after a long day I go home and CRASH.

6. Right now on my iPod I’m listening to Usher.

7. My favorite thing about Gwinnett is the amount of parks and recreation.

8. The next big thing in my medical specialty is more accurate computer navigation.

9. When I want to get away, I go fishing in Canada or hunting in Argentina.

10. My favorite restaurant is Blue Pointe.

11. My favorite medical TV show is House.

12. If someone made a movie about me, I would be played by Chevy Chase.

13. If I could be any character in literature or entertainment, I would be Daniel Boone.

feel better
Sports injury ailing you? Visit Sports Medicine South in Lawrenceville, just minutes from Gwinnett Medical Center. Learn more at sportsmedsouth.com.
Gwinnett Medical Center is bringing its quality brand of healthcare into North Gwinnett, and the first evidence of this is the opening of the GMC Imaging Center – Hamilton Mill. After several months of planning and the approval of a Certificate of Need in April, construction of the imaging center is finally complete.

GMC Imaging Center – Hamilton Mill provides new imaging center at Hamilton Mill

**location and services**

Gwinnett Medical Center is bringing its quality brand of healthcare into North Gwinnett, and the first evidence of this is the opening of the GMC Imaging Center – Hamilton Mill. After several months of planning and the approval of a Certificate of Need in April, construction of the imaging center is finally complete.

GMC Imaging Center – Hamilton Mill is a great step toward further advancing the care offered to the residents of North Gwinnett. GMC is committed to providing even more accessible services for patients and physicians in that area in the future.

**On the Menu**
The new GMC Imaging Center – Hamilton Mill will offer the following services to patients.
- MRI
- CT
- Diagnostic X-ray
- Mammography Screening
- Bone Density Screening
- Ultrasound
- EKG
- Lab

**GMC provides new imaging center at Hamilton Mill**

**one giant step for GMC**

As part of GMC’S Project PATH (Planning, Advancing and Transforming Healthcare), the opening of the GMC Imaging Center – Hamilton Mill is a great step toward further advancing the care offered to the residents of North Gwinnett. GMC is committed to providing even more accessible services for patients and physicians in that area in the future.

To learn more about the GMC Imaging Center – Hamilton Mill, call 678-442-5000.

**here for you**

GMC Imaging Center – Hamilton Mill
an affiliate of Gwinnett Medical Center
Top 5% in the nation... again.

That’s transforming healthcare for you –
that’s Project PATH.

From our quest to secure open heart surgery to expanding capacity with a new patient tower, Project PATH is the way GMC is delivering the quality healthcare Gwinnett deserves. This standard of quality is why GMC received the 2008 HealthGrades Distinguished Hospital Award for Clinical Excellence. Project PATH is Gwinnett Medical Center’s incredible vision to transform healthcare in Gwinnett.

Our Vision – Your Future.

Gwinnett Medical Center is the recipient of the 2008 and 2006 HealthGrades Distinguished Hospital Award for Clinical Excellence.

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gwinnetmedicalcenter.org