Get Fit Through PrimeTime Health

Glancy Rehabilitation Center Gets Private

The Music Man: One Doctor’s Passion

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features

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visionary leaders, major contributions

two families honored for supporting GMC

The Gwinnett Chamber of Commerce's Annual Dinner is set aside to celebrate Gwinnett and the people who make it great. This year, the Chamber recognized some very special community members who have made significant contributions to Gwinnett Medical Center.

Clyde and Sandra Strickland and Wayne Sikes were honored for their investments in GMC, and for helping us plan, advance and transform healthcare for our community.

The Stricklands received a Public Service Award for many contributions they have made to Gwinnett County—including last fall’s $1 million donation to GMC. Their gift, “from the heart, for the heart,” will expand cardiovascular services in Gwinnett County.

Clyde and Sandra are committed to life’s most basic gifts: God, love, family and community. Clyde, who is on the Gwinnett Medical Center Foundation Board, is founder of Metro Waterproofing Inc., the largest waterproofing business in the Southeast.

Wayne, one of Gwinnett Medical Center’s most dedicated leaders, was recognized as the Gwinnett Chamber of Commerce Citizen of the Year. In December, he ended his term as chairman of the Gwinnett Health System Board but still serves as a Board member as well as a member of the Gwinnett Medical Center Foundation Board.

Wayne’s leadership has been vital to the hospital’s success since 1989, when he was asked to serve on the Hospital Authority of Gwinnett County. By 1993, he had also joined the Gwinnett Hospital System Board and Health System Board.

In 1970, he and his wife opened a childcare center in Snellville. Thirty years later, they owned 10 schools, 24 kindergartens and a large summer camp, which they sold in 1999.

He was named the 1992 Small Business Person of the Year by the Chamber and in 2004 was presented the Distinguished Service Award by the Georgia Hospital Association “for significant contribution in improving healthcare for the people of Georgia.”

Gwinnett Medical Center has benefited from the visionary leadership provided by the Stricklands and Wayne Sikes. We believe that the Gwinnett Chamber’s endorsement of their leadership in our community is well deserved, and that the leadership they’ve been recognized for will be a major factor in the success of Project PATH.

Phil Wolfe, FACHE
President & CEO
6/23 - 8/29

get fit!

sign up for one of Gwinnett Medical Center’s summer fitness classes today

Classes are held June 23 through Aug. 29. A 10-week package of unlimited classes may be purchased for $125. All classes are open to the community, but registration is required. Call 678-442-5000 for more information.

Mondays

CIRCUIT TRAINING, 6 P.M.
Gwinnett Medical Center – Duluth campus, Hudgens Professional Building, Suite 140
3855 Pleasant Hill Road

Tuesdays

PILATES, 6 P.M.
Gwinnett Medical Center
MOB 100, Suite 115
100 Medical Center Boulevard, Lawrenceville

YOGA, 6 P.M.
Gwinnett Medical Center – Duluth campus
Hudgens Professional Building, Suite 140
3855 Pleasant Hill Road

Wednesdays

T’AI CHI, 6 P.M.
Gwinnett Medical Center
MOB 100, Suite 115
100 Medical Center Boulevard, Lawrenceville

PILATES, 6 P.M.
Gwinnett Medical Center – Duluth campus
Hudgens Professional Building, Suite 140
3855 Pleasant Hill Road

Thursdays

CIRCUIT TRAINING, 6 P.M.
Gwinnett Medical Center
MOB 100, Suite 115
100 Medical Center Boulevard, Lawrenceville

Saturdays

PILATES, 10 A.M.
Gwinnett Medical Center
MOB 100, Suite 115
100 Medical Center Boulevard, Lawrenceville

CIRCUIT TRAINING

combines low-impact strength training and cardiovascular exercises to give you a maximum workout.

YOGA

is a program of gentle stretching and breathing exercises that improve balance and joint and spine health, and relax the nervous system.

T’AI CHI

is an ancient Chinese form of gentle exercise and movement that can help improve balance, flexibility, strength and stamina.

PILATES

is a graceful workout that builds abdominal and torso strength; improves flexibility, balance and posture; and increases body awareness.
Michael Stechison, M.D., Ph.D., a neurosurgeon from Toronto, has 20 years of experience under his belt, the last four of which he has spent at Gwinnett Medical Center. Dr. Stechison attended the University of Toronto for medical school, and his private practice is Greater Atlanta Neurosurgery P.C. He practices at both Gwinnett Medical Center and Emory Crawford Long Hospital.

In addition to his busy calling as a neurosurgeon, Dr. Stechison is a jazz pianist and vocalist and performs regularly at the Lil’ River Grill in downtown Lawrenceville.

Dr. Stechison trained in classical piano at the Royal Conservatory of Music in Toronto. “To me, harmony in music is analogous to the relationship of color to painting,” Dr. Stechison says. “It is the element that captivates me most.” To learn more about Dr. Stechison’s musical talents, visit michaelstechison.com.

Dr. Stechison answered these 10 questions for Vim & Vigor about his life “out of the white coat.”

1 When I was a child I dreamed of becoming an adult.

2 My first job was delivering teeth for a dental lab. My father was a dentist in Toronto and he got me the job, the best summer job I ever had. I drove a yellow VW bug.

3 If I weren’t a doctor I would be a full-time, instead of part-time, musician. I am also a licensed real estate broker in Georgia and Florida. These will become my main occupations when I retire from neurosurgery.

4 To unwind after a long day, I run. I am a marathoner and try to run 50 miles or so per week. My longest recreational run was 28 miles. I have run on almost every street inside the perimeter and it has given me an intimate knowledge of Atlanta’s in-town neighborhoods.

5 Right now on my iPod I’m listening to Etta James.

6 My favorite thing about Gwinnett Medical Center is the great people that work there, and the really great Neuroscience Unit. It is the best Neuroscience nursing unit in this city.
My favorite restaurant is the one I ate in last night. I live in Midtown and there are a large number of exciting dining choices. I support locally owned, nonchain restaurants, and especially those that have live music.

When I really get away, I like to shift my mental focus. If I am playing the piano and singing in a club, I get reenergized and feel like I’m away.

The next big thing in my medical specialty is finding ways to deal with the growing shortage of neurosurgeons and disappearing neurosurgical emergency coverage. Many in my specialty are retiring early or choosing other work due to unaffordable professional liability insurance premiums and the inability to deal with the huge burden of uninsured care.

The best health tip I give patients is to be physically active, preferably aerobically intensively active. It combats aging, promotes wellness, controls weight and is a natural anxiolytic. I can restore my perspective and make some great decisions when I am running on a dark Atlanta city street, cutting a swath through the night.
That’s why community support has been and will continue to be a major factor in the success of Project PATH, GMC’s vision to transform healthcare in Gwinnett. The Project outlines a strategy that will:

- **PLAN** to meet our community’s growing healthcare needs;
- **ADVANCE** medical technology and clinical excellence;
- **TRANSFORM** our facilities and expand capacity; for
- **HEALTHCARE** that meets your needs.

Gwinnett has risen to the challenge of supporting our dreams in many ways. The strong support began with the Legacy Campaign, which raised more than $2.5 million to help fund Gwinnett Medical Center – Duluth. The opening of GMC – Duluth was the first step of Project PATH, and it has been a healthcare asset to Gwinnett since opening in October 2006.

In mid-2007, the Gwinnett County Board of Commissioners stepped up to continue the progress of Project PATH, by committing $25 million to fund capital expansion to meet healthcare needs in Gwinnett. This money was a steppingstone to the rapid rise of the new tower and renovated lobby at GMC’s main campus in Lawrenceville, which is scheduled to open in mid-2009.

Local media have recognized the need, as well. Television, magazine and newspaper coverage of Project PATH initiatives has been expansive, and the Gwinnett Daily Post went a step further, writing a staff
Phil Wolfe, GMC president & CEO; Wayne Sikes, chair of the GMC Board of Directors; and David McClesky, member of the GMC Board of Directors, receive a declaration from the Gwinnett County Public Schools Board of Education in support of Gwinnett Medical Center’s campaign for open-heart services.

"your support counts
To learn more about how you can support Project PATH, call 678-312-4634"

The Gwinnett County Board of Commissioners presented this resolution in support of GMC’s open-heart CON application.

a heart for the community
In fall 2007, GMC announced the next step in Project PATH—an initiative to bring open-heart surgery and other advanced cardiac procedures to Gwinnett. Community support once again quickly rose to the occasion.

Clyde and Sandra Strickland, a family with deep roots in Lawrenceville, announced a $1 million donation to the GMC Foundation to help fund open-heart surgery. GMC also began a public letter-writing campaign to support the Certificate of Need (CON) application. In February 2008, GMC received its 1,000th letter of support for open-heart services to come to the Lawrenceville hospital.

Additionally, many prominent community groups have publicly acknowledged support for GMC’s application for a CON to perform this vital healthcare service. These include the Gwinnett County Board of Commissioners, the Gwinnett Chamber of Commerce, the Gwinnett County Public Schools Board of Education, the city of Lawrenceville, the city of Duluth and the city of Lilburn.

An excerpt from the Board of Commissioners resolution stated:
“Now therefore, I, Charles Bannister, on behalf of the Gwinnett County Board of Commissioners, do hereby endorse and actively support Gwinnett Medical Center’s efforts to obtain a Certificate of Need from the State Department of Community Health for an open heart surgery program and their efforts to enlist community support.”

physicians and hospital staff get involved
A major voice in the support has come from physicians in Gwinnett County, who know that quality healthcare makes a community thrive. Many physicians have become Physician Partners with the Gwinnett Medical Center Foundation, and they will serve as advocates for GMC and Project PATH. More information is available on page 52 of this issue of Vim & Vigor, as is a list of physicians involved.

GMC employees are contributing to the future of their hospital through STARS (Standing Together Associates Reach Success), an employee-contribution campaign in which money is given back to the hospital to fund Project PATH initiatives. As of this February, the staff of GMC had pledged nearly $500,000 for this cause.

This strong community support is the vital link to success for Project PATH. To meet the healthcare needs of our future, a strong foundation of community support must grow.
The Gwinnett Extended Care Center (GECC) at Gwinnett Medical Center provides quality care for patients who have experienced acute illness or injury and are transitioning from the hospital setting but are not well enough to go home.

Time and time again, GECC is recognized for outstanding quality that goes above and beyond the standard. Examples of excellence include:

• **Person Directed Care National Pilot Participant Recognition Award.** Recognized for improving nursing home culture.

• **Certificate of Recognition from Quality Partners of Rhode Island.** Recognized for exemplary efforts and achievements for transforming nursing homes into better places to live and work, while participating in the Centers for Medicare & Medicaid Services National Pilot Study and Improving Nursing Home Culture.

• **AHCA/NCAL Quality Award Step I.** Recognized for commitment to quality improvement.

• **InnerView Excellence in Action Award.** Recognized for commitment to quality, as evidenced by consistently scoring well above the national averages on quality indicators. This award is given to fewer than 400 facilities out of the 16,000 operating in the United States.

**deficiency-free**

In addition to the impressive lineup of awards, GECC received two deficiency-free state surveys between 2005 and 2007. Criteria examined included safety, quality of care, patient rights, food services, administration, nursing care, employee compliance and environmental services. GECC passed all areas with flying colors.

**what makes GECC great?**

Three vital ingredients create a recipe for GECC’s success:

• An extremely qualified staff. GECC has consummate professionals at every level of the organization. “They are good at the craft they have chosen, and each associate performs his or her duties with such skill one would think that it was easy,” says Stephanie Seay, interim administrator of GECC.

• Policies and procedures that ensure everyone is aware of what to do and how to do it. When it comes to providing excellent care, consistency and working within a program with proven success is the key to quality.

• The most important ingredient at GECC is that the staff genuinely cares about the residents, each other and their jobs. Awards are great to receive when they are evidence of a committed staff that cares.
Although Joan Glancy Memorial Hospital closed in October 2006 and moved down the street to become Gwinnett Medical Center – Duluth, Glancy Rehabilitation Center was recently able to expand and renovate its facility to include 30 private patient rooms and new programs. At GRC, experienced rehabilitation professionals provide individualized treatment plans for patients with neurological and orthopedic impairments.

**benefits of renovation**

In an effort to meet the growing needs of this community and to continue to provide the quality of service patients deserve, Glancy Rehabilitation Center has grown to occupy two floors and now includes:

- All private patient rooms with wheelchair-accessible baths
- A fully equipped 4,000-square-foot therapy gym with skylights
- The latest in state-of-the-art equipment to provide a comfortable and healing environment
- A healing garden, putting green, day room and chapel
- The Therapeutic Recreation Clinic
- A grocery store that allows patients to practice independent living skills
- Activities—a daily living suite allows patients to practice cooking, washing, bed making and more

“We are very excited about the renovations. Glancy Rehab’s private rooms provide greater comfort for our patients and their families, including increased privacy during family visits, treatment sessions and physician visits,” says Mona Lippit, director of Glancy Rehabilitation Center.

Glancy Rehabilitation Center is committed to improving the quality of life for patients and their families through integrated training and successful programs that will return individuals to an active, meaningful life.

For more information about Glancy Rehabilitation Center’s services, go to [gwinnettmedicalcenter.org](http://gwinnettmedicalcenter.org), or call 678-312-6000.

Established in 1988 by board-certified physiatrist Sunil Bhole, M.D., Glancy Rehabilitation Center has a proven track record of success. For more than 13 years, it has achieved the highest level of accreditation available from CARF, the Commission on Accreditation of Rehabilitation Facilities, and in 2006 was the only metro Atlanta facility to earn an additional accreditation as a Stroke Specialty Program. With programming that exceeds national and regional scores for discharging patients, 80 percent of Glancy’s patients returned home in 2006.

GRC provides the most comprehensive programming for patients and their families, including case management, counseling services and peer support groups.

After completion of the inpatient program, patients can receive further treatment at one of the three locations of Gwinnett SportsRehab, as well as continued outpatient treatment at Glancy Rehabilitation Center. w/v
Duluth’s Landon Bennett looks to be a collegiate force in football and baseball after arthroscopic surgery at Gwinnett Medical Center.

He was going to be a Wolverine.

Or that’s the path Duluth’s Landon Bennett, a two-sport Spartan at Greater Atlanta Christian School who was being courted by major Division I NCAA sports programs in both football and baseball, thought he was on in 2006.

The University of Michigan wanted the pitcher/center fielder to come to Ann Arbor and don the maize and blue on its baseball diamond. It was a field of dreams waiting to happen.

But as Landon’s junior year progressed, he kept noticing pain in his throwing shoulder. It didn’t go away, and the pain worsened after baseball games. When he became a senior, football season found Landon playing wide receiver and kicker for the GACS football team, but the pain caused him to seek advice from Mike Morris, M.D., of Resurgens, P.C., who practices at Gwinnett Medical Center.

team physician steps in

“Dr. Morris was our team physician. He was at every football game and everybody knew him and everybody had been to him before. He’s a good guy and easy to get along with,” Landon says.

Dr. Morris had worked with Landon in the past, having removed some bone spurs from his throwing elbow during his sophomore year at GACS. Now, he was sending Landon for an MRI at GMC’s 575 Imaging Center to find the source of his nagging shoulder pain.
Looking back, Landon says he never thought he’d be playing football in college, but now he feels he has a chance to play both baseball and football.

“The MRI showed a SLAP tear in his right shoulder,” says Dr. Morris. “It’s a specific tear of the labrum that means ‘Superior Labrum from Anterior to Posterior.’”

In spite of the pain, Landon finished out the football season, and then elected to put off surgery until after spring baseball.

“It was my senior year, and I really wanted to play baseball,” Landon says. “The pain was there when I threw the ball, and it really reduced my velocity, but I was determined to play through my senior year.” Landon did just that, although he was greatly limited in the field by the injury.

“I played mostly center field, because just pitching one inning hurt so much I’d have to sit out for about a week,” he says.

In spite of the limitations on the field, he excelled at the plate, boasting a .378 batting average, with eight home runs and 28 RBI. But when the season was over, the injury was still there. He knew he needed to address it before moving on to college.

**surgery the best choice**

In May 2007, Dr. Morris performed arthroscopic surgery on Landon’s right shoulder, a minimally invasive procedure designed to limit scarring and provide the greatest chance for full recovery for athletes.

“A surgeon can do everything they can do just right, but if you don’t have a good therapist, you’re not going to recover well,” Dr. Morris says. “Landon began work with Brian Jennings and Lloyd Van Pamelen at Gwinnett SportsRehab in Duluth. I refer exclusively to those guys with baseball players. They also do a lot of work with players from the Atlanta Braves.”

During rehab, with a timeline of four to six months before throwing could begin, Landon’s Division I baseball prospects began to diminish.

**from baseball to football**

“That’s when I changed my focus to football recruiting,” Landon says. “The recovery from the injury didn’t limit me as much as a kicker, and that’s what most schools were recruiting me as for college football.”

At GACS, Landon set a Georgia High School record for kicking by making 17 consecutive field goals with 50 percent of them more than 40 yards long. He was ranked the No. 1 kicker prospect in Georgia by popular recruiting site rivals.com, and his 34 catches for 605 yards as a wide receiver were appealing as a dual threat as well.

These facts caught the eye of many major schools, including Georgia Tech, Illinois and Georgia, but each school wanted Landon to walk-on and compete for a spot on the team. Schools such as East Carolina, San Diego, Georgia Southern and Wofford College offered scholarships, and Landon eventually chose Wofford, in Spartanburg, S.C., which plays in the historic Southern Conference.

“I really liked the atmosphere and the academics there are terrific,” Landon says. He is now nearing the end of his freshman year and was a redshirt in football this past season.

**a bright future**

Landon still comes home to Duluth every two or three months to see Dr. Morris and evaluate his progress. This January, Dr. Morris cleared him to begin throwing again and working out.

“I’m still going to take it slowly with the throwing,” Landon says. “I’ve got plenty of time to build my arm strength, so I am in no hurry. I will play football this fall and then hopefully be ready to give baseball tryouts a shot in spring 2009.”

Looking back, Landon says he never thought he’d be playing football in college, but now he feels he has a chance to play both baseball and football. He is grateful for his surgeon and trainers, who have given him the chance to continue playing the games he loves.

“These guys really know what they’re doing. Lloyd and Brian are cool guys and they got me back to where I am,” he says. “Dr. Morris is really friendly. He’s just a normal guy, but he’s done great on both my surgeries and he’s the best doctor I’ve ever had.”
The Gwinnett Medical Center Foundation turns to dedicated civic leaders to make its vision a reality

or the past year, the Gwinnett Medical Center Foundation has been planning and fine-tuning to ensure our readiness to respond to new donor, volunteer and staff needs to support the $450 million vision for Project PATH. For us to make this vision a reality, we must elevate philanthropy for Gwinnett Medical Center in our community.

Having passionate, involved and influential people as Board members is vital in reaching our goal. The GMC Foundation and a transition task force have been expanding the Foundation’s Board to have a broader advocacy base.

“We are flattered that so many influential and dedicated civic leaders have decided to join the Foundation Board,” says Tom Andersen, the Board’s development committee chair. “It shows that the future of healthcare is one of the most important aspects of our community.”

The new Board chair is Manfred Sandler, M.D. The Foundation Board is organized by three standing committees: the Board of Development, chaired by Tom and Ethel Andersen; Development and Signature Gifts, chaired by Bartow Morgan; and Community Affairs, chaired by Beth Phelps and Kerry Armstrong.
physician advocates

The Gwinnett Medical Center Foundation is forming a Physician Partners Group to serve as advocates for Project PATH. Physicians are essential in helping to promote awareness of all fundraising initiatives both in our hospital family and in the community. Our vision is to build sustaining relationships with our physician community because we believe that their support and influence on other community leaders can take us to a new level in philanthropy. Our physician partners* include:

Mary J. Albert, M.D.
Milton Lazaro Alvarez, D.O.
Jorge Alvear, M.D.
Martin Austin, M.D.
M. Daud Azizi, M.D.
Lawrence M. Berman, M.D.
Jerome L. Bronikowski, M.D.
K. Carlton Buchanan Jr., M.D.
Philip J. Cannon, M.D.
A. Keith Carnes, M.D.
Murtaza Cassoobhoy, M.D.
Neelima Dachuri, M.D.
Joel S. Dunn, M.D.
Rodica S. Ellis, M.D.
Robert E. Ellis, D.D.S.
James K. Elsey, M.D.
Paul S. Fekete, M.D.
Andrew H. Frazer, M.D.
James A. Froehlich, M.D.
Sreeni Gangasani, M.D.
Gaston G. Garcia, M.D.
Prasad S. Garimella, M.D.
Jeffrey N. Gladstein, M.D.
Howard C. Goldberg, M.D.
Lawrence H. Goldstein, M.D.
Christopher S. Hosfeld, M.D.
Kimberly C. Hutcherson, M.D.
Rajesh Jasani, M.D.
David A. Josephson, M.D.
Peter J. Kaplan, M.D.
Sean K. Keem, M.D.
Anthony M. Landis, D.O.
Theresa Lawrence Ford, M.D.
Gary A. Levengood, M.D.
Miles H. Mason III, M.D.
Romeo P. Massoud, M.D.
Gregory L. Mauldin, M.D.
William F. McGann, M.D.
Paayal Mehta Vyas, M.D.
Gregory V. Miller, M.D.
John R. Molinaro, M.D.
Charles B. Moomey Jr., M.D.
Peter K. Nam, M.D.
Marshall L. Nash, M.D.
Rogerio M. Parreira, M.D.
Salil J. Patel, M.D.
Stephen G. Quill, M.D.
Richard Reisman, M.D.
Spencer I. Rozin, M.D.
Alexander Saker Jr., M.D.
Manfred A. Sandler, M.D.
David R. Schmidt, M.D.
Scott W. Schorr, M.D.
Guru Setty, M.D.
Jon L. Siegel, M.D.
Quinn A. Simien, M.D.
Paul Skokanic, M.D.
Herschel W. Smith, III, M.D.
Stephanie Smith, M.D.
Walter C. Stevens, M.D.
Paul B. Weinberg, M.D.
Andrew L. Weisberg, M.D.
Bedri M. Yusuf, M.D.

*as of Feb. 19, 2008
PrimeTime Health

explore health and fitness opportunities for adults 50 and older

PrimeTime Health is a new feature to Vim & Vigor but has been around for years. PTH caters to the health and fitness needs of adults 50 and older. Many PrimeTime Health members have been with us since the program’s inception. Are you aware of all the benefits PrimeTime Health offers?

Membership includes:

A FREE SUBSCRIPTION to Vim & Vigor, Gwinnett Medical Center’s community health magazine, which includes PrimeTime News.

now available online—Gwinnett’s senior resource directory

PrimeTime Health and Gwinnett County Senior Services are excited to announce that an updated edition of the Gwinnett Senior Resource Directory is right at your fingertips! You may access the electronic version of the directory 24 hours a day by visiting gwinnettmedicalcenter.org. Click “Programs & Services,” then “PrimeTime Health.”

This directory provides a reader-friendly listing of programs and services available to Gwinnett County senior adults and their families. Though it is not comprehensive, it has been significantly updated. Copies of the directory will not be mailed out, but feel free to share copies from your home printer with those who may benefit from the information.

what is PrimeTime Health?

PrimeTime Health is Gwinnett Medical Center’s senior health program for adults 50 and older, specifically designed to enhance your health and well-being. Membership is free and includes access to free, low-cost or discounted services. If you are not a member of PrimeTime Health and would like to join, call HealthLine at 678-442-5000.

CATALYST SCRIPTS™ An exclusive prescription discount card that is accepted at most pharmacies, plus a mail-order option that offers even greater savings.

CATALYST-OUTLOOK VISION PLAN™ For the modest price of $19.95, receive outstanding eyewear discounts at select locations.

NUTRITION CONSULTATIONS Members are eligible for a 20 percent discount off Diet by Design services offered by the Diabetes & Nutrition Education Center. For more details, call 678-312-7660.

FITNESS CONSULTATIONS Members are eligible for discounts on fitness services at Gwinnett SportsRehab, including personal fitness assessments, training and open gym. For more details, call 678-312-2810.

PHYSICIAN REFERRALS Access our physician directory and search for a Gwinnett Medical Center physician by location, specialty and insurance plan. Call 678-442-5000 or go to gwinnettmedicalcenter.org and click “physicians.”

SUPPORT GROUPS A variety of support groups offer information and assistance through group interactions and to encourage making connections, improving coping skills, getting motivated and developing positive outlooks. Some support groups offered on Gwinnett Medical Center campuses include:

Bosom Buddies Breast Cancer Support Group
- Second Wednesday of each month, 7 p.m.
- Gwinnett Women’s Pavilion, Lawrenceville
- For more information, call Cindy Snyder at 678-442-3235.

Parkinson’s Support Group
- Second Friday of each month, 1:30 p.m.
- SummitRidge, Community Room, Lawrenceville
- For more information, call Sharon Hansen at 678-312-6175.

Stoke Support Group
- Third Thursday of each month, 6:30 p.m.
- Glancy Rehabilitation Center, Duluth
- For more information, call Kelly Dunham at 678-312-6167.
upcoming PrimeTime Health fitness offerings

PrimeTime Health Yoga
These yoga classes are restorative and well suited for older adults with little exercise experience or with injuries.
Fee: $80 (10-week series)
• Fridays, 10 to 11 a.m., June 13 to Aug. 29
  (No Class July 4 or Aug. 15)
  Gwinnett Women's Pavilion—Rose/Azalea Rooms
  Gwinnett Medical Center campus
  550 Medical Center Blvd.
  Lawrenceville
• Fridays, 10 to 11 a.m., Sept. 12 through Nov. 14
  Gwinnett Women's Pavilion—Rose/Azalea Rooms
  Gwinnett Medical Center campus
  550 Medical Center Blvd.
  Lawrenceville
  (Sept. 26, Nov. 7 and Nov. 14 classes will be held in MOB 100, Classroom B, 100 Medical Center Blvd., Suite 115)

PrimeTime Health T'ai Chi
T’ai chi is a healing exercise of flowing, balanced movements and deep breathing that brings about a relaxed and clear mind.
Fee: $80 (10-week series)
• Mondays, 2 to 3 p.m., June 23 through Aug. 25
  Hudgens Professional Building
  3855 Pleasant Hill Road, Suite 140
  Duluth Education Classrooms
• Mondays, 2 to 3 p.m., Sept. 15 through Nov. 17
  Hudgens Professional Building
  3855 Pleasant Hill Road, Suite 140
  Duluth Education Classrooms

driver safety class? i’ve been driving for 40 years!

The AARP Driver Safety Program has helped millions of drivers remain safe on today’s roads. It was the nation’s first refresher course for drivers 50 and older. Benefits of the course include:
• Getting an insurance discount—Auto insurance companies in most states provide a multiyear discount to AARP graduates
• Sharpening your driving skills and updating your knowledge of the rules of the road
• Learning about normal, age-related physical changes and how to adjust driving to allow for these changes
• Reducing traffic violations, crashes and chances for injuries

The course also helps you understand how to operate your vehicle safely in today’s increasingly challenging driving environment, as well as how to adjust for common age-related changes in vision, hearing and reaction time. Other course topics include:
• Maintaining proper following distance at all times
• The safest way to change lanes and make turns at intersections
• The potential effects of medications on driving
• Minimizing the effect of dangerous blind spots
• Limiting driver distractions
• Properly using safety belts, air bags and antilock brakes
• Maintaining physical flexibility
• Continuing to monitor your own and others’ driving skills and capabilities

PrimeTime Health offers AARP Driver Safety Classes at Lawrenceville and Duluth campuses. You must attend both sessions to receive a certificate.

Gwinnett Medical Center—Duluth
• Hudgens Professional Building—Community Classrooms
• 3955 Pleasant Hill Road, Suite 140, Duluth
• July 15 and 17

GHS Resource Center—Maple Room
• 665 Duluth Hwy 120, Lawrenceville
• Oct. 7 and 9
The weakening of bones caused by osteoporosis can lead to all kinds of problems, notably fractures (or breaks). That’s bad news in itself, but it’s an even more dangerous situation when the fracture occurs in the spine.

Vertebroplasty (ver-TEE-bro-plasty) is an outpatient procedure used to treat spinal fractures caused by osteoporosis. The procedure is performed at Gwinnett Medical Center by board-certified interventional radiologists, physicians specially trained to perform this and other minimally invasive procedures guided by fluoroscopy (continuous, moving X-ray imaging). The pain and loss of movement that often accompany bone fractures of the spine are perhaps the most feared and debilitating side effects of osteoporosis. For many people with the disease, a spinal fracture means severely limited activity, constant pain and a serious reduction in the quality of their lives.

Fractures of the vertebrae have traditionally been much more difficult to manage than broken bones in the hip, wrist or elsewhere. Today, however, vertebroplasty offers a safe, nonsurgical, interventional radiology treatment that has been shown to be extremely effective in reducing or eliminating the pain caused by spinal fractures.

“Vertebroplasty is a miraculous procedure in which the patient sees instantaneous results in most cases. The patient is left essentially pain-free,” says Jaymin Patel, M.D., an interventional radiologist at Gwinnett Medical Center.

Vertebroplasty stabilizes the fractured vertebra with the injection of medical-grade bone cement into the spine. This improves pain and can prevent further collapse of the vertebra, preventing height loss and spine curvature commonly seen as a result of osteoporosis. Vertebroplasty dramatically improves back pain within hours of the procedure, provides long-term pain relief and has a low complication rate. Studies have shown 75 to 90 percent of people treated with vertebroplasty will have complete or significant reduction of their pain.

Patients are usually allowed to leave the hospital in less than one day. No bracing is required, and most patients can return quickly to their normal daily activities.
A Heart for Excellence.

Gwinnett Medical Center has been recognized by HealthGrades, the national healthcare quality firm, for our exceptional commitment to quality care through clinical excellence. As one of the top 5 percent of hospitals in the nation, GMC is planning, advancing and transforming healthcare.

Gwinnett Medical Center has an incredible vision for the future of healthcare in Gwinnett - that vision is Project PATH.