When diet and exercise aren’t enough

VIRTUALLY SCARLESS SURGERY

Making a difference in cancer care

NEW FACILITY AT GMC–LAWRENCEVILLE page 6

After a courageous battle with breast cancer, CHRISTINA APPLEGATE has a new role: survivor

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If you’ve tried everything and still can’t lose weight, consider surgery from one of metro Atlanta’s best.

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SECOND ACT

As Christina Applegate knows, a diagnosis of breast cancer is devastating and daunting. But it also can lead to a sense of renewal when it’s all over. Read about her experience and how you can persevere.
Know Stroke

Summer is a great time to learn about this important health concern

Summer in Gwinnett brings warm weather, extra sunshine, vacations and kids getting out of school. But the month of May brings a reminder of an important health concern that is too often overlooked: stroke.

May is National Stroke Awareness Month, and we want you to spread the word of the warning signs of stroke. Gwinnett Medical Center is committed to providing the highest possible quality of stroke care. In particular, this is evident in our Joint Commission certification as a primary stroke center. Further, GMC–Duluth’s Glancy Rehabilitation Center earned the stroke specialty program accreditation from the Commission on Accreditation of Rehabilitation Facilities.

As the first and only hospital system in Georgia to have a fully accredited continuum of acute stroke care programs, GMC is proud to offer:

• Stroke alert process for treating stroke patients in the emergency department and in our acute care hospitals.

• Stroke research studies that offer investigational stroke study medications through Marshall Nash, M.D., chief stroke study investigator.

• Dedicated stroke units at the Center for Neuroscience in Lawrenceville and Gwinnett Medical Center–Duluth.

So before you forget about all your worries and get ready to enjoy a carefree summer, take a minute to remember the warning signs of stroke: sudden numbness or weakness; sudden confusion or trouble speaking or understanding; sudden dizziness or loss of vision; sudden dizziness or loss of balance; and sudden severe headache.

Having this dedicated focus on treating stroke is just another way we’re transforming healthcare. To learn more, call our stroke clinical nurse specialist, Susan Gaunt, R.N., M.S., CCRN, CNRN, at 678-312-1687.

Philip R. Wolfe, FACHE
President and CEO
The Gwinnett Braves trust their health to Gwinnett Medical Center.

When the Gwinnett Braves moved to Georgia in spring 2009, the team had its choice of a plethora of healthcare providers in the metro Atlanta market.

“There are a lot more options here than back in Virginia,” says Samantha Dunn, corporate sales manager for the G-Braves, comparing being in Gwinnett with Richmond, Va., the team’s previous home. “So we thought finding a healthcare partner would be a tough decision.”

But when the organization discovered that the No. 1 sports medicine hospital in Georgia was Gwinnett Medical Center–Duluth, the choice became easy.

“It didn’t take much research to find that the hospital right here in our community was actually the best in the state for sports medicine,” Dunn says. “We were ecstatic because we thought we would have to travel inside the perimeter for the type of care our athletes require. The decision was a no-brainer from there.”

LONG HISTORY OF SPORTS MEDICINE

For more than 65 years, Gwinnett Medical Center has treated athletes from all levels of play throughout metro Atlanta. GMC’s sports medicine program has helped athletes of all ages and abilities prevent injuries, heal and manage pain. No matter what your game, GMC’s goal is to get you back to it quickly.

Helping GMC achieve this goal are some of the most renowned and well-educated fellowship-trained physicians and specialists in the nation. These expert physicians treat a wide variety of sports injuries, including:

• Achilles tendinitis
• Concussions
• Groin pain
• Shin splints
• Lower-back pain
• Pulled muscles
• Tennis and golf elbows
• Ankle sprains
• Shoulder injuries
• Runner’s knees

“We could not be happier with our partnership with Gwinnett Medical Center,” Dunn says. “We are so blessed to have the latest technology and the most advanced treatments in the Southeast, as well as a staff that includes some of the country’s most renowned, well-trained physicians right here in Gwinnett.”

Win FREE Baseball Tickets

Have a touching, interesting or comical story about your children’s sports injuries and recovery? Share with us on Facebook at facebook.com/gwinnettmcedical. You could win four Home Plate Club tickets and a parking pass to a Gwinnett Braves home game.
Gwinnett Medical Center–Duluth’s experts understand that dieting and exercise alone aren’t the answer for everyone. They also know about the difficulties that come with keeping the weight off. The physicians and staff at GMC–Duluth’s Center for Surgical Weight Management thoroughly believe in the benefits of bariatric surgery.

As a bariatrics leader among metro Atlanta hospitals, the comprehensive weight-management program at GMC–Duluth can assist patients in achieving significant weight loss, long-term weight maintenance and improvement in obesity-related medical conditions.

The program includes informational seminars, surgery-specific educational sessions, nutritional counseling, psychological assessment, physical activity classes, surgical planning and long-term support and follow-up care.

CONSIDERATIONS
Weight-management—or bariatric—surgery is a treatment for morbid obesity. Candidates for weight-loss surgery must have a body mass index (BMI) of 40 or above or have a BMI of 35 to 39 with health-related problems that are known to improve with weight loss.

“Morbid obesity is the second leading cause of preventable death in the United States, and the number of Americans who are obese is increasing,” says Robert Richard, M.D., FACS, GMC–Duluth’s medical director of bariatrics.

“Bariatric surgery is the most efficient way to defeat the impact of obesity and the conditions associated with it: diabetes, hypertension, sleep apnea, arthritis and other conditions brought on by obesity,” Dr. Richard adds. “Bariatric surgery requires a complete change of lifestyle, but the benefits of the surgery are worth all the work.”
Types of Bariatric Procedures

**Gastric banding.** This type of surgery involves placing an adjustable silicone elastic band around the upper part of the stomach to restrict food passage. The small pouch created by this surgery causes patients to feel full. Gastric band surgery takes about an hour and can be done on an outpatient basis.

**Gastric bypass.** This surgery involves creating a small stomach pouch to curb overeating. In the Roux-en-Y gastric procedure, bypasses of the small intestine are created to cause the body to absorb fewer food nutrients. Roux-en-Y gastric bypass can be performed laparoscopically or traditionally through a short incision. The gastric bypass procedure takes less than two hours and requires a one- to two-day hospital stay.

**Gastric sleeve resection.** This is one of the newest weight-loss surgeries available. Gastric sleeve surgery involves the laparoscopic removal of 60 percent of the stomach, giving it the shape of a sleeve or tube. Weight loss occurs from reducing the size of the stomach and from the reduction of the hormone ghrelin. Lowering the amount of ghrelin decreases hunger, reducing your desire to eat. This surgery is ideal as a stand-alone procedure.

If weight loss falls short of expected goals despite best efforts, then a gastric bypass can be performed as a second-stage surgery later to help the patient continue weight loss. The sleeve gastrectomy takes less than two hours and requires a one- to two-day hospital stay.

When considering if bariatric surgery is right for you, it is important to remember:

- Bariatric surgery is not cosmetic surgery.
- Bariatric surgery does not involve the removal of adipose tissue (fat) by suction or surgical removal.
- Patients must commit to long-term lifestyle changes, including diet and exercise, which are keys to the success of bariatric surgery.
- Problems after surgery are rare, but corrective procedures may be required.

Bariatric surgery is often seen as the last resort for people who have been unable to lose weight through diet and exercise. If you’ve tried everything else, it might be time to consider weight-management surgery at GMC–Duluth.

**ONLINE FREE Information Session**


**What’s in It for Me?**

Weight-loss surgery can help you with:

- Lower occurrence of sleep apnea so you can breathe and sleep better
- Increased self-image as you look and feel better
- Decreased depression
- Slowed premature aging and disease
- Resolved or improved blood pressure and blood sugar problems
- Decreased acid reflux and urinary incontinence
- Reduced stress on weight-bearing joints
- Lower risk for heart disease and cancer
- Decreased menstrual irregularities or complications during pregnancy
- Increased activity levels
- Improved job performance
New building brings imaging technology, women’s services and more to Lawrenceville
The imaging center will also replace its 15-year-old unit with a new, state-of-the-art Siemens Magnetom Essenza 1.5T. While the new unit will be dedicated to serving outpatients, the other remaining unit, less than a year old, will continue to serve inpatients, emergency patients, observation patients and overflow outpatients as needed.

This Siemens Magnetom Essenza 1.5T MRI unit is capable of producing enhanced images and faster scan times, creating a more concrete diagnosis and enhanced patient experience. It will also feature a breast coil, enabling GMC–Lawrenceville to perform breast MRI scans.

“The breast MRI technology will be a great benefit to GMC,” says Cindy Snyder, manager of oncology services and cancer risk counselor at GMC–Lawrenceville. “We perform a significant number of mammograms a year, and there are women at high risk for breast cancer who will benefit from the additional imaging with the MRI.”

GMC is exploring additional options for the GPC ground floor, including the possibility of an outpatient surgery center.

The Gwinnett Physicians Center will be home to all-digital imaging services, cancer care, outpatient surgery and physicians offices.

The ground floor of the Gwinnett Physicians Center will be home to all-digital imaging center that will feature PET/CT and MRI services to the community.

Because it received certificate of need approval, GMC can now expand its diagnostic imaging services through the purchase of a Siemens Biograph PET/CT unit. When the new imaging center opens, GMC–Lawrenceville will be able to provide this much-needed technology throughout the week—not just the three days a week currently served by a mobile PET provider—thereby expanding services to a growing Gwinnett population.

Be the First to Know
Keep up with developments at the new Gwinnett Physicians Center. Visit gwinnettmcc.org
Clyde and Sandra Strickland have a passion for healthcare in Gwinnett. In 2007, the Stricklands made the lead gift of $1 million to help bring open heart services to Gwinnett Medical Center. Their gift was instrumental in building community support and showing Georgia that GMC had what it needed to make open heart surgery a reality in Gwinnett.

Now, with open heart on the way, the Stricklands have recently contributed $500,000 toward the construction of a new imaging center to prevent and treat breast cancer. The Sandra J. Strickland Diagnostic Center is named after Sandra, a breast cancer survivor of more than 30 years.

“God has blessed us beyond proportion,” Clyde says, “and, because of this, we believe we should give what we’ve been blessed with back to the community.”

In 1972, the Stricklands founded Metro Waterproofing with only a $100 ladder and a $1,400 pickup truck. Today, the company has transformed into the largest waterproofing business in the Southeast.

“Life is not about how much we do, but about how much love we put into it,” Clyde says. “It is our desire that our money speak of all God has given us. One of our favorite verses sums up our passion and devotion to Gwinnett Medical Center: ‘Command them to do good, to be rich in good deeds, and to be generous and willing to share,’ from 1 Timothy 6:18.”

The Sandra J. Strickland Diagnostic Center is scheduled to open later this year.

Clyde and Sandra Strickland’s $500,000 gift has laid the foundation for a new imaging center to prevent and treat breast cancer.
Minimally invasive surgery means maximum results.

Surgery shouldn’t bring your life to an extended halt. That’s why Gwinnett Medical Center is dedicated to the latest minimally invasive surgical procedures.

Our doctors and their advancements in single-incision laparoscopic surgery ensure patients get back to their normal lives quicker, with less pain—and in most cases with tiny, almost unnoticeable scars.

Our physicians and specialists are so well-respected that Gwinnett Medical Center has become the leading training center in the nation for single-incision laparoscopic surgery.

Along with our minimally invasive techniques, two award-winning hospitals in Lawrenceville and Duluth, and cutting-edge imaging and rehabilitation facilities, this has made us one of the most renowned hospitals in the country.

This is why the biggest things in medicine are happening here—and that’s how we’re transforming healthcare.

For a physician referral, call 678-312-5000 or visit us on the Web at gwinnettmedicalcenter.org.
“Technology makes a significant impact on the quality of care GMC provides.”

Virtually Scarless Surgery

GMC is a national leader in surgery that boasts quicker recovery and less pain

Gwinnett Medical Center has established itself as a national leader in minimally invasive surgery advancements. James Elsey, M.D., has led this charge at GMC–Lawrenceville through his leadership and by performing more single-incision laparoscopic procedures than any other physician in the Southeast. In 2009, Gwinnett Medical Center–Duluth added minimally invasive robotic surgery with its da Vinci Surgical System.

Now, David Schmidt, M.D., is using single-incision laparoscopic surgery, or SILS, to fight colon cancer, the second leading cause of cancer-related deaths in the U.S. Dr. Schmidt is the first surgeon in Gwinnett County and one of a few surgeons in Georgia to successfully perform minimally invasive left colon surgery.

PRACTICAL APPLICATION
Traditionally, surgeons would have to make an 8-inch incision across the abdomen for the standard colectomy procedure. Single-incision laparoscopic surgery, however, requires an incision of less than an inch on the navel, which makes the post-surgery scar virtually invisible.

“One particular patient came in with colon cancer,” says Debbie Walker, RNFA, a surgical assistant at GMC–Lawrenceville. “Dr. Schmidt was able to use the SILS technique to remove the cancer through a 2-centimeter incision below her bellybutton.”

The quicker patients can get moving, the faster the recovery time is for them, adds Nancy Stockwell, R.N., clinical manager at GMC–Lawrenceville. “This decreases postoperative complications, which leads to a decrease in the overall length of their stay,” she says. “Technology makes a significant impact on the quality of care GMC provides. Simply put, the minimally invasive technique is a highly effective surgical option we can now offer to our community.”
How GMC Is Leading the Way

Gwinnett Medical Center is taking the lead in new technologies and procedures that truly transform healthcare for patients.

Since the start of the single-incision laparoscopic surgery program, GMC’s physicians have performed more than 400 minimally invasive surgeries, including the largest variety of those surgeries in the country. GMC has presented with Harvard Medical School on the single-incision laparoscopic surgery initiative at the American College of Surgeons Conference.

GMC also serves as a training facility for this surgery technique, hosting physicians from around the nation who want to learn the ins and outs of single-incision laparoscopic surgery. One of those physicians, Jeffrey Libbey, M.D., of Lexington Medical Center in Columbia, S.C., has taken the training from GMC’s James Elsey, M.D., and is now performing the procedure on his patients. “Single-incision surgery represents the next step in advancement in the field of surgery,” Dr. Libbey says.

The next frontier for GMC is to expand single-incision laparoscopic surgery to improve other types of surgery. This includes the addition of minimally invasive techniques to the bariatric, obstetric and thoracic programs at GMC–Lawrenceville and GMC–Duluth.

Debbie Comer, R.N., who is a part of many single-incision laparoscopic surgery teams at Gwinnett Medical Center, agrees that GMC’s leadership in this surgery is a tremendous benefit for patients undergoing surgery and is proud that GMC is leading the way in transforming the way hospitals perform surgery. “We are ahead of the curve all the way around,” Comer says.

Better Surgeries for You

Discover more about single-incision laparoscopic surgery at Gwinnett Medical Center. Visit gwinnettmedicalcenter.org/sils.
Endowments and other gifts help transform the future of cancer care at GMC

Gwinnett County residents have always had a passion for improving quality of life for their community. When it comes to healthcare, that enthusiasm and dedication are overwhelming. To date, more than $10 million has been donated to the Gwinnett Medical Center Foundation to bring advanced cardiac care and improved cancer services to Gwinnett Medical Center. Many people and organizations have given their time and treasure to help transform healthcare in Gwinnett.

AN ONGOING NEED

As Gwinnett Medical Center continues to grow to meet the needs of the community, capital and operating budgets must meet the demands of innovation and technology. Endowments and donations make this vision a reality, providing GMC with a competitive edge and helping to maintain and enhance the quality of the GMC experience.

To continue to excel in transforming healthcare, the GMC Foundation must re-emphasize the critical need for endowments to support the people working at Gwinnett Medical Center–Lawrenceville, Gwinnett Medical Center–Duluth and all other facilities and services in which they work and heal.

Pledge a Gift Today

Help transform healthcare in Gwinnett. Visit gwinnetmedicalcenter.org/foundation or call 678-312-8500.
$100,000 ENDOWMENT

Barbara Howard has been a faithful donor and volunteer for many years. Her service to the Gwinnett Medical Center Foundation’s board of directors has also been instrumental. Recently, Howard created a $100,000 endowment for the Foundation’s future. “Expert as well as compassionate care for cancer patients is most important, not only for our loved ones but for all persons everywhere who are afflicted with this dreaded disease,” she says.

“I know Gwinnett Medical Center will excel in their efforts in the new cancer care facility [on the GMC-Lawrenceville campus] to not only achieve but exceed the needs of their patients,” Howard continues. “This gift is in memory of my husband, Henry, who lost his battle in 2004, and in hope for all who continue to fight this enemy of all mankind.”

EXTRAORDINARY DEDICATION

At the fourth annual Gwinnett Medical Center Cancer Survivors Celebration, Bruce E. Carter, DMD, and Sheila Stevens were presented Distinguished Service Awards by Gwinnett Medical Center Foundation board member Carolyn Hill. This award is bestowed to individuals who have consistently demonstrated extraordinary commitment, dedication and service to GMC and the Gwinnett community.

Established in 2000, the Distinguished Service Award serves as a tribute to exemplary Foundation volunteers who have donated their wealth, work and wisdom to better the community. Dr. Carter founded the Brighter Smiles for Brighter Futures program, which allows dentists to raise funds for cancer care by exchanging professional tooth bleaching for a donation to the GMC Foundation. Since 2004, the program has contributed more than $615,000 to help fund cancer treatment programs for Gwinnett Medical Center.

Through The Sport of Giving, Stevens has helped raise more than $1.1 million to add new breast cancer-related services and technology to the Gwinnett community, as well as to purchase and distribute breast cancer treatment handbooks for newly diagnosed patients at GMC. Stevens created The Sport of Giving as a tennis tournament (originally named VolleyFest) at Sugarloaf Country Club. It has grown over the years to include RunFest, which is a 5K road race, and SwingFest, a golf event at a variety of neighborhoods and venues. Stevens recently announced that The Sport of Giving will soon become a national event.
It’s not a coincidence that two Gwinnett Medical Center physicians spend most of their free time kicking back reading about mountaineering—or rather kicking back on top of a mountain. Vascular surgeon Charles Moomey, M.D., and orthopedic surgeon Todd Zeigler, M.D., met during a medical staff conference in New York. Dr. Zeigler had been an avid mountaineer for years, but Dr. Moomey had just found a new love for the sport through colleagues he had worked with in the operating room. During the conference, Dr. Moomey saw a photo of Dr. Zeigler atop a mountain, and a friendship developed between the two physicians who share a common love for mountaineering.

“Climbing a mountain is like a vacation. We never talk about work. It’s a great escape,” says Dr. Moomey, who has been in Gwinnett since 2001 and lives in Suwanee with his wife, GMC nurse Michelle Moomey, R.N., and their three kids.

Dr. Zeigler says many parallels can be drawn between his work in the operating room and the special skills he needs for climbing a mountain.

“The focus, preparation, equipment and risk management are all skills derived from surgery but are also required for mountaineering,” Dr. Zeigler says.

Drs. Moomey and Zeigler now travel the world together, hiking terrain that most people are only able to see in photographs. These two physicians are taking challenges and pushing themselves to great heights, in and out of the white coat.
Charles Moomey, M.D.

1. When I was a child I dreamed of becoming a musician.
2. My first job was as a grill cook at Steak 'n Shake.
3. I realized I wanted to be a doctor when I woke up in the back seat of a car on my way to freshman college orientation.
4. If I weren't a doctor I would be a biomedical engineer.
5. To unwind after a long day I read mountaineering books.
6. My favorite thing about Gwinnett is the current state of growth.
7. My favorite restaurant is Chops.
8. When I really get away, I like to stand on top of mountains.
9. Right now I am reading Kilimanjaro.
10. The best health tip I give patients is do things now to affect the next 20 years of your life.

Todd Zeigler, M.D.

1. If I weren't a doctor I would be a lot more relaxed.
2. To unwind after a long day I go to the rock climbing gym.
3. Right now on my iPod I'm listening to Pearl Jam.
4. My inspiration is helping my patients get back to their lives.
5. My favorite thing about Gwinnett is Gwinnett Medical Center.
6. My favorite restaurant is Moe's.
7. When I really get away, I like to end up on top of a big mountain.
8. My favorite medical television show is ER.
9. Right now I am reading Conditioning for Climbing.
10. The best health tip I give patients is to get out and be active.
Age Well
Follow these tips to live a long and healthy life

Winnet Medical Center’s PrimeTime Health can put you on the path to healthy aging. With a good diet, plenty of exercise, positive lifestyle habits and strong social support, seniors can look forward to personal fulfillment and a long, healthy life.

MEAL DEAL
• Eat a low-sodium, low-fat diet. Nutrition plays an increasingly important role in how well you age. Getting plenty of fruits, vegetables and fiber can reduce your age-related risks of heart disease, diabetes, stroke, osteoporosis and other chronic diseases.

GET MOVING
• Make physical activity a part of your daily routine. Regular exercise can prevent or delay diseases such as cancer, heart disease and diabetes. It can also perk up your mood and help fight depression.

MIND POWER
Your state of mind has powerful effects on your body. Take action to protect or improve your memory and mental sharpness.
• Challenge your intellect on a daily basis. Read, learn a new musical instrument or language, do crossword puzzles or play strategy games with others.

• Assist your memory. Write down dates, names and other important information that you easily forget. Use routine and repetition. For example, keep daily items such as keys and eyeglasses in a specific place.

• Seek help if you think you might have depression. Depression is a common yet treatable cause of cognitive decline. If you find that a physical condition or disability is making your depressed mood worse, get the medical treatment you need.

THINK POSITIVELY
Positive thinking may also help you live a longer, happier life. Take steps to harness the power of positive thinking in your daily life.
• Create positive expectations of yourself, your health and life in general. When you catch yourself using negative self-talk or predicting a bad result, stop. Reframe your thought into a positive one.

• Open yourself to humor, friendship and love. Go out of your way to find reasons to laugh and to spend time with people you enjoy.

• Appeal to a higher power, if it suits you. Your individual sense of spiritual wellness can help you through personal trials and enhance your joy in living.

Join for FREE. Enjoy the Benefits
As a member of PrimeTime Health, you can take advantage of free, low-cost or discounted services and activities designed for adults ages 50 and older. Membership is FREE. To enroll, call 678-312-5000.
For more than 65 years, we’ve treated athletes from all levels of play throughout metro Atlanta. Both our Center for Orthopedics and Sports Medicine Program have helped athletes of all ages and abilities prevent injury, heal and manage pain. No matter your game, our plan is to get you back to it quicker.

Our lineup is led by some of the most respected, fellowship-trained and well-educated physicians and specialists in the nation. It also includes two award-winning hospitals and numerous conveniently located surgical imaging and rehabilitation facilities—all working together to transform healthcare every day.

For a physician referral to our Sports Medicine Program, call 678-312-5000 or visit us on the Web at gwinnettmicalcenter.org/sports.