95% of the nation’s hospitals won’t be equipped with one of these.

They’re welcome to stop in and see ours.

Ranked In The Top 5% Of Hospitals In The Nation For Clinical Excellence.

Gwinnett Medical Center has been recognized by HealthGrades® the leading independent healthcare ratings company, as being among the nation’s top 5% of hospitals for clinical excellence. What this means to you is that the very best in medical care is available right here in your community. We’d like to thank the doctors, nurses and staff who made this award possible. Together, we are making a continual commitment to excellence in clinical care.

gwinnettmedicalcenter.org
Five years ago, Diane Easton was in the middle of a routine day at work. An administrative assistant at the Atlanta Athletic Club, she was assisting the club’s head of athletics with a project when a mobile mammography van arrived to provide screening mammograms for the women on staff. Diane hadn’t planned to have a mammogram that day, but there was one open appointment left. On a whim, she took it.

Good fortune surely was the last thing on her mind when her mammogram revealed a suspicious spot that turned out to be cancer. But that day was one of the luckiest of Diane’s life. Because her cancer was detected at the earliest possible stage, she needed only a lumpectomy and radiation treatments. She never even missed a day of work.

Today, early detection is one of Diane’s favorite themes, and she tells her tale to all who’ll listen. A self-styled “success story,” she urges women to do regular mammograms on the mammography van. Diane, invincibility notwithstanding, was one of them.

In May, Diane told her story to the 500 attendees at the 14th Annual Gwinnett Hospital System Foundation Ball & Auction. Her words were so inspiring that two neonatologists at Gwinnett Medical Center—Danni Suskin, M.D., and Leslie Leigh, M.D.—bid on and won a three-day trip to Las Vegas, which they gave to Diane as a gift.

“The best part of the gift from the doctors is that I was able to visit my 72-year-old brother, who lives two hours from Las Vegas,” she says. Diane also enjoyed trying to tame the one-armed bandits and seeing a Celine Dion show.

You never know when you’ll have one of those days when routine turns to revelation. Diane says it’s all a matter of paying attention. I think she’s exactly right.

Sincerely,

Philip R. Wolfe
President and CEO
Gwinnett Health System

Diane Easton at the 14th Annual GHS Foundation Ball & Auction

PHIL’S FEATURE

Have you heard Diane’s story?
Beyond Expectations  Gwinnett Medical Center – Duluth is now open. Check out four features that may surprise you about our new hospital.

Not-So-Sweet Dreams  Millions of Americans suffer from sleep disorders. Do you? GMC’s accredited sleep lab can put your concerns to rest.

Glancy Shines Again  Glancy Rehabilitation Center has been recognized once again for its rehabilitative care. Read about what it means for you.

Completely Complementary  Acupuncture, yoga and massage aren’t just for wellness of the mind anymore. See how these treatments also can help alleviate the side effects of cancer therapies.

Test Your Heart Smarts  Take our quiz to find out if you’re on the way to a heart-healthy lifestyle or if it’s time for a change.

Play It Safe  Suffering from a sports injury? Learn how to avoid the five most common injuries and when you might need to see a doctor.

Men at Work  Forget the stereotypes. As the demand for nurses increases, more men are jumping onto this formerly women-oriented career path.

Pregnant Pause  Although gestational diabetes affects nearly 135,000 women in the U.S. each year, experts say it’s possible to avoid the negative effects. Learn how you can minimize your risks.

The Season of Giving  Many of GMC’s programs and services depend on community support. Consider helping out through a year-end gift.

Providers for Preemies  Donor human milk is the next best thing to a mother’s own milk—especially for babies born premature. Discover how GMC helps.

Revolutionary Rehab  Patients are regaining mobility—and independence—through new technology available at Glancy Rehab Center.

Of Turkey and Temptation  Need help making healthy eating decisions during the holidays? GHS staff weigh in on alternatives to seasonal super-servings.

An End to Suffering  No more tubes down your throat. GMC introduces a new way to diagnose heartburn so treatment can begin.

Care in the Community  Gwinnett has been good to Jim and Billie Ellis—and they continue to give back to ensure the county’s healthcare needs are met.
Beyond Expectations

Four features may surprise you about Gwinnett Medical Center – Duluth

1. Retreat-Style Environmental Design
   The first clue that this hospital is unique is the surroundings. The extensive use of natural materials such as wood and stone, along with focal lighting, warm colors and fabric accents, produce a calm, soothing atmosphere that inspires healing. Hardwood floors and terrazzo tiles further enhance the retreat-style environment, creating a hospital that is clearly outside the norm of traditional hospital architecture.
   When family members of patients need some time away, each patient floor features a family retreat area to provide a place for relaxation. In addition, each patient room is equipped with a sleeper sofa to accommodate an overnight visitor. And the entire facility has wireless Internet access for patients, families and visitors alike.

2. Room Service on Demand
   The full-service kitchen at GMC – Duluth is staffed by highly skilled chefs, bakers and cooks who give “hospital food” an entirely new definition. The high-quality service is overseen by Gwinnett Medical Center corporate chef Clarence Whitfield Sr., CEC, CFE. Meals are served in the dining room, on the outdoor dining terrace and in patient rooms.
   Once your doctor has indicated what type of diet is appropriate for you, you will receive an extensive restaurant-style menu. Then call Room Service to order, and your meal will be delivered to your room in 45 minutes or less.

The grand opening for GMC – Duluth has come and gone, but the excitement continues. Why? Because this is no ordinary hospital.

Gwinnett Medical Center – Duluth has all of the latest medical technology. Its 81 private patient rooms are more spacious. It also has a family-friendly Intensive Care Unit with contemporary private rooms, an eight-bed short-stay unit and a Center for Orthopedics. And yes, private patient rooms include a sleeper sofa for a family member or friend, and a flat-screen TV.

These are among the essentials you would expect to find in any well-planned 21st century hospital whose goal is to meet and exceed the community’s expectations. But your new hospital wants to go beyond that expectation. The new GMC – Duluth is packed with services, conveniences and surprises that will make you wonder if you wandered into an upscale retreat instead of a hospital.

What sets GMC – Duluth apart?
GMC – Duluth offers room service under the direction of chef Clarence Whitfield Sr., CEC, CFE.

Want More?
For more information on Gwinnett Medical Center – Duluth, visit gwinnetmedicalcenter.org.

3
Three 850-Square-Foot, Fully Integrated Operating Rooms
These aren’t your father’s operating rooms. Surgery in the 21st century requires a mighty amount of technology—and GMC – Duluth’s fully integrated operating rooms are nicely equipped. All necessary equipment is anchored on booms from the ceiling to avoid clutter and maximize space and convenience. One such tool is the high-definition monitor that can be programmed with the surgeon’s viewing preference (X-ray, lab results, etc.). This technology makes minimally invasive procedures possible with much greater ease, as all of the system’s functions are controlled by a single interface. A nearby nurse uses touch-screen technology to control and change monitors for the surgeon.

4
All-Digital Technology
GMC – Duluth is the first all-digital hospital in the north Atlanta area. With this state-of-the-art technology, GMC – Duluth is able to provide more efficient care and a higher level of patient safety. In-room patient registration is a well-appreciated convenience for both patients and staff. Bar code scanning of patient armbands ensures patients receive the right medications in the right dosage at the right times. Every imaging service provided also is digitally produced, including computed tomography (CT), open and closed MRI, interventional radiology, X-ray, fluoroscopy, and ultrasound.

Doctors and nurses have quick and easy access to information. They also can read digital radiology images through PACS, or picture archiving and communication system. These integrated technological advances enable your physicians and nurses to provide timely, safe and effective care to you and your family.

The Little Things
GMC – Duluth has sought to go above and beyond the status quo to deliver the best for the community. In addition to the technology and personal touches, much time and effort have been invested to make simple things convenient for patients and visitors, such as simply getting around the campus. Patients are divided into three groups—inpatient, outpatient and emergency. It’s been made easier for these distinct groups to easily find their care areas by providing separate parking lots, entrances, admissions areas and support services.

If it’s true that it’s the little things that count, there are a lot of little things at Gwinnett Medical Center – Duluth that add up to the very best care for the community.
may have never heard of obstructive sleep apnea (OSA), but it’s a serious condition that affects nearly 18 million Americans. And there’s a decent chance you or a loved one could be one of them.

Apnea, literally defined as “to cease breathing,” is characterized by pauses in breathing during sleep. A troubling fact is that most people suffering from sleep apnea have no clue this is happening. The awaken-ing is so slight, the person simply falls back to sleep, causing the cycle to repeat 30 or more times per hour.

Sleep apnea occurs when the airway collapses during sleep. Several factors can contribute to this, such as extra tissue in the back of the throat (large tonsils or uvula), lack of proper muscle tone around the airway, nasal obstruction, and certain facial or jaw attributes.

Not Just Annoying
OSA causes unsatisfying sleep and also can lead to serious health problems due to the lack of oxygen to your vital organs, says Greg Mauldin, M.D., medical director of the Center for Sleep Disorders at Gwinnett Medical Center (GMC).

“Obstructive sleep apnea can put severe stress on the cardiovascular system,” says Dr. Mauldin, a pulmonologist who is board-certified in sleep medicine. “This stress leads to the release of hormones that cause hardening of the arteries, which leads to serious health problems such as heart disease and stroke.”

Although most think of OSA as a recently identified health problem, GMC has been treating sleep disorders for more than 10 years at the Center for Sleep Disorders. The center has a staff of clinically trained sleep specialists dedicated to diagnosing and treating patients with apnea and other sleep problems.

You could have a serious sleep disorder—and not even know it. Put concerns to rest at GMC
The good news is that obstructive sleep apnea is easy to diagnose, with the right tests, and treatment is extremely effective. The Center for Sleep Disorders at GMC has a team of clinically trained sleep specialists who can offer relief for tired eyes and intervention for future problems caused by OSA.

How Do I Know?
If you suspect you may have a sleep disorder, talk to your primary care physician, who can refer you to have a sleep study. The Center for Sleep Disorders at GMC has hotel-like sleeping quarters that conduct more than 1,000 sleep studies each year.

If you have a sleep study, you’ll visit before the day of your study and see the facilities, and a sleep specialist will walk you through what to expect. On the night of your study, you’ll spend the night in the sleep lab with a technician who monitors your sleep habits from a nearby room.

You’ll awake the next morning and go home, and your results will be available in just a few days.

What About Treatment?
The most common treatment for sleep apnea is CPAP, or continuous positive airway pressure. CPAP is a small machine that helps people with OSA breathe more easily during sleep. It does this by pushing a constant, gentle stream of air into the back of the throat, allowing the airway to stay open.

CPAP is used at home every night during sleep. The majority of patients have instant improvement in sleep quality. And you’ll be glad to know that the majority of insurance plans cover the sleep study as well as at-home treatment of OSA.

Think you might have a sleep disorder?

These five signs could clue you in:

**Snoring.** Snoring can be an annoyance, but it is also a leading symptom of sleep apnea. Why? The noise that comes from snoring means that air is having a hard time getting down into your lungs—the same scenario that leads to obstructive sleep apnea (OSA).

**Larger than normal neck size.** A larger sized neck (17 inches or greater in a man, or 16 inches or greater in a woman), as well as other physical features, can cause the airway to be partially blocked. When more physical mass is in the neck area, it is more difficult for air to get through, causing OSA.

**Obesity.** Overweight people have more throat tissue to block the airway during sleep. A destructive cycle also is at work against obese patients—sleep apnea can disrupt rapid eye movement (REM) sleep, which increases the risk for obesity. More obesity equals more tissue to block the airway, worsening the chance for apnea.

**Waking unrefreshed after sleep, or daytime sleepiness.** When your body struggles for air all night, you’ll start waking up drained. Nonrefreshing sleep can be a symptom that is asking to be investigated. Daytime sleepiness also can cause difficulty concentrating, depression, irritability and falling asleep while at work, on the phone or driving.

**Gasping for air during sleep.** If your sleep partner has ever told you that you stop breathing during sleep, or sometimes seem to gasp for air, it’s time to see your physician about sleep apnea diagnosis.

Seek Help

For more information on sleep disorders, call the Center for Sleep Disorders at GMC at (678) 442-4138.

Patients have the comfort of a hotel room environment during their sleep study at GMC’s Center for Sleep Disorders.
The team at Glancy Rehabilitation Center in Duluth has reason to celebrate. The completion of another successful survey by the Commission on Accreditation of Rehabilitation Facilities (CARF) is no small accomplishment. But this is the team’s fourth straight three-year CARF accreditation, a clear demonstration of its superb quality at providing rehabilitative care.

“This accreditation is evidence of dedication and commitment to improving the quality of the lives of patients,” says Brian J. Boon, Ph.D., president and CEO of CARF. “Services, personnel and documentation clearly indicate an established pattern of practicing excellence.”

More on Rehab
Glancy Rehabilitation Center helps survivors of illness and injury return to the mainstream. To learn more about its programs and services, visit gwinnettmemorialhospital.org or call (678) 584-6789.

A Serious Matter
Every year, about 700,000 people experience a new or recurrent stroke—the nation’s third leading cause of death. Stroke is a leading cause of serious, long-term disability in the U.S., with about 4.7 million stroke survivors alive today.

Stroke survivors have complex rehabilitation needs. Brain injury from a stroke can affect the senses, behavioral and thought patterns, speech, language, swallowing, and memory. Temporary or long-term paralysis also can occur. Glancy Rehab offers an individualized stroke rehabilitation program to give patients the best possible opportunity to achieve maximum potential and best quality of life.

The CARF survey report highlighted the center’s many strengths, including its dedicated treatment team. According to Donna Whalen, administrative surveyor for CARF, “Glancy Rehabilitation Center provides quality rehabilitation services ... in a beautiful facility that is very conducive to the rehabilitation process. Care is provided by a competent and caring interdisciplinary team, and many staff members have long tenure within the organization.”

There’s More to Celebrate
Gwinnett Hospital System now is the first and only healthcare system in Georgia to have a fully accredited continuum of acute stroke care.

In 2005, Gwinnett Medical Center and Joan Glancy Memorial Hospital earned the Gold Seal of Approval™ for stroke care when the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) awarded them Primary Stroke Center certification. In 2006, the two hospitals also earned five-star ratings for stroke care from HealthGrades®, the nation’s leading independent healthcare ratings company.

“We’re proud to achieve this distinction,” says Sunil Bhote, M.D., medical director of Glancy Rehab. “While we have always provided excellent care to stroke patients, the CARF designation as a Stroke Specialty Program recognizes our center’s commitment to providing the highest quality rehabilitation services.”

Director Mona Lippitt (from left), medical director Sunil Bhote, M.D., and nursing manager Ginger Geiger, R.N., consult at Glancy Rehabilitation Center in Duluth.
The Season of Giving

As you make preparations for holiday celebrations and exciting plans for the new year, you may also consider making additional charitable contributions in 2006. Gwinnett Medical Center is here to help you and your community. The Gwinnett Hospital System Foundation enables Gwinnett Medical Center to provide many unique programs and services that would be difficult to continue without private support.

Our current funding priority is the Legacy Campaign, which helps fund Gwinnett Medical Center – Duluth. In addition, the Foundation provides funding for a variety of other programs and services including the Parish Nurse program, the Mason Clinic Prescription program, the OB/GYN Clinic, Kids’ Clinic, Mason Clinic, the Infant Car Seat program and the TIME MATTERS in the fight against Breast Cancer campaign.

Here’s why community leaders chose to give to Gwinnett Medical Center:

Clyde Strickland
“Sandra and I have made a $25,000 year-end contribution to Gwinnett Medical Center for the past five years because we believe in helping change our neighborhood and community for the better. Sandra was diagnosed with cancer at age 28 and early detection saved her life. We know firsthand that time does matter in the fight against breast cancer and we want to help ensure that other women have the very best services and technology available.”

Marc Unterman, M.D.
“As a cardiologist, I understand the importance of state-of-the-art equipment and technology. I chose to give a $10,000 year-end gift to help equip the new, all-digital Gwinnett Medical Center – Duluth with the very latest medical technologies for efficient treatment and quick recovery times.”

Powerful Gifts

The donated dollar carries a lot of power at Gwinnett Medical Center because it is applied directly to the bottom line.

Gwinnett Medical Center must generate $38.50 in revenue for every dollar in “profit” on the bottom line. For example, it would take $3,850 in revenue for $100 to be used for community health and wellness initiatives. On the other hand, 100 percent of a contribution of $100 to the GHS Foundation can be immediately invested.

Contribute to Care

If you would like to make an end-of-year contribution to be applied to a Gwinnett Medical Center program or service, please make checks payable to Gwinnett Hospital System Foundation and mail to P.O. Box 1184, Lawrenceville, GA 30046. To discuss giving options, call us at (678) 442-4634.

Sandra and Clyde Strickland

Tina Mason, M.D.
“I give to the Foundation to recognize the work of my father, Jimmy Mason, who served on the hospital board, as well as Dr. Miles H. Mason Jr. and Dr. Miles H. Mason III. They have dedicated their lives to building this system and caring for the people of Gwinnett. I believe that their work has made a real difference to the hospital and to healthcare in Gwinnett County. I’m proud of what they have done and I hope that my participation honors, in some small way, the contributions they have made.”

Marc Unterman, M.D.

Sandra and Clyde Strickland

Tina Mason, M.D.

Marc Unterman, M.D.
Preemies in the Neonatal Intensive Care Unit will benefit from the human donor milk program at Gwinnett Women’s Pavilion.

Donor human milk provides nutrition and protection against infection for babies in need

On rare occasions when nature doesn’t take its customary course, it’s good to know another excellent option is waiting in the wings. No one knows this more intimately than mothers who, for whatever reason, cannot provide milk for their newborn infants.

“The first choice for all babies is their own mothers’ milk,” says Gwen Gustavson, director of Women’s Services at Gwinnett Women’s Pavilion in Lawrenceville. “If the mother cannot produce her own milk, the next best thing—even before prepared formula—is donor human milk. This is especially true for infants who are born premature.”

Preemie Needs
About one-third of preemies with less than 32 weeks of gestation are likely to need donor milk.

Neonatologists consider an extremely low birth-weight infant to be a nutritional emergency, because preemies lose weight in the first week of life. In addition to having premature organs, preemies have many additional needs that must be met if they are to heal and grow.

The most basic of building blocks for newborns and preemies is nutrition. If a mother can’t produce adequate sustenance for her baby, donor human milk is a positive option. All human milk contains fats, carbohydrates, proteins and other nutrients needed by infants, but it is more than just food for infants. Human milk also protects from infection.

To give infants and preemies born at Gwinnett Women’s Pavilion the best possible start, the organization has established a relationship with the Human Milk Banking Association of North America (HMBNA) to provide donor human milk to preemies born at less than 32 weeks. The only charge is a processing fee per ounce of milk.

Safe Milk
Donor human milk is breast milk donated to a milk bank by mothers who have more milk than they need for their own infants. The milk bank collects, screens, processes, stores and distributes the donated milk. Gwinnett Hospital System only uses donated human milk from the HMBNA, which follows national standards of the Joint Commission on Accreditation of Healthcare Organizations for screening and testing donors, milk, and pasteurization. Without screening or pasteurization, donor milk could contain medications or diseases from the donor mother. Prepared formula milk is the last alternative because of the increased risk of infection.

Preemies in the Neonatal Intensive Care Unit will benefit from the human donor milk program at Gwinnett Women’s Pavilion.

Double Feature continued from page 27

“The complexities of taking care of two toddlers is greater. There’s more surveillance,” Berkowitz says. “It’s emotionally stressful.”

The stress level for parents goes up with each baby added to the equation—whether you have twins, triplets or more. For King, it comes down to simple mathematics. “You can multiply the medical, logistical, financial and emotional challenges by the number of babies you have,” he says.

Look on the Bright Side
Yes, having multiples presents unique challenges for parents, but it also brings unique rewards. “Families who have twins often are very fulfilled with twins,” Berkowitz says.

“Having two healthy children developing into two very different people is very rewarding.”

Multiples help each other grow up, too. “The true benefit of multiple births arises once the children develop and can begin to interact and play together,” King says. “They can foster each other’s development physically, socially and emotionally.”

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Last year, Glancy Rehabilitation Center’s team researched new trends in gait treatment—the therapeutic interventions that help patients walk again after an illness or injury. The team identified the Mobility Research LiteGait system as equipment that would enhance the services they provide to their patients.

This gait-training device allows a single therapist to bring a patient to a walking position on a treadmill without the help of a team of therapists. The device uses a harness system that supports body weight and allows progress—from relying on the device to bear body weight to full weight-bearing without assistance.

The patient is kept in a comfortable, fall-free environment, enabling the patient and the therapist to concentrate on the walking therapy session much earlier in the rehabilitation process. LiteGait allows the therapist to observe gait patterns (the way the patient is walking) and make manual adjustments in leg placement, weight shift, walking symmetry and gait timing. Proper upright posture is maintained throughout the training session, which facilitates changes in posture, balance, specific muscular strength and overall gait patterns as the therapist sees fit.

For the past year, the center’s physical therapists have had great success using LiteGait with many patients, yielding excellent results. “It provides us with a better opportunity to establish a normal gait pattern,” says Margaret Hogan, physical therapist. Physical therapy assistant Tracy Seymour adds, “We are thrilled by the opportunity to have the latest technology to help our patients progress.”

Use of Hands and Arms Regained

A stroke or brain injury leaves many patients without the ability to use their hands and arms. At Glancy Rehabilitation Center, those patients now are benefiting from the functional tone management arm training program featuring the SaeboFlex. This splintlike device allows patients to perform grasp-and-release rehab therapies that improve strength, range of motion, motor control and motor recovery.

“Individuals up to 20 years after their stroke or brain injury can show improvement in strength and hand function,” says MaryAnn Wood, occupational therapist in Glancy Rehabilitation Center’s outpatient program.

The program includes a fitting session for the device and 12 weeks of training, combined with an intensive home exercise program. The SaeboFlex device and the training program are covered by Medicare and most major insurance plans. Talk to your physician to see if you might benefit from this type of occupational therapy.

Get Back to Living

For more information about Glancy Rehabilitation Center or the technology described in this article, call (678) 584-6789.
It’s that time of year again—when food is aplenty and there are many opportunities to eat and eat, and even eat a little more. But there’s hope to survive holiday hunger instead of throwing good sense out the window and making a second trip to the buffet table.

We’ve gathered professional help from a Gwinnett Hospital System certified dietitian, as well as help from everyday hospital employees—people just like you. They offered tips on making it to and through the new year in wonderful shape. And we don’t mean round.

“We have developed a misconception that parties and having fun are always equated with eating,” says Cris Hartley, registered dietitian and manager of the Nutrition & Lifestyle Center at Gwinnett Medical Center. “We’ve got to get out of that routine and throw away that structure.”

For many, though, the food temptation always will be present, so arming yourself with knowledge (and a few healthy snacks) will prepare you to win the battle. Hartley says to lose the notion of “good food/bad food” and the idea that you never should have a treat. “The key is moderation,” she says.

Words to the Wise

Many people stand around and nibble at food all night, not even thinking about how much they’ve had. “Pace yourself,” she explains. “Take your brain off autopilot when it comes to food. Take the smallest plate available and get the foods you want, but only get one plate, and don’t go back for seconds.”

Other words of wisdom she lends are to eat a healthy snack before leaving for a party and to drink lots of water. “Club sodas and sparkling water will really fill you up,” Hartley adds. “And if you drink, make a plan before arriving to have the recommended amount of alcohol only—one glass per day for women and two for men.”

She also explains that urge to eat even more during the holidays usually is fueled by stress. “When we are stressed, we eat,” she says. “And we all know that stress is rampant during this time of year.” To de-stress, get your exercise in, especially if you have a preset routine before the holidays.

If you’re hosting a holiday party, set out a lot of fresh fruits and veggies, and avoid creamy dressings and foods. But don’t deprive yourself of a treat in moderation. As Hartley says, “You’ve got to have a little chocolate.”

Survive Holiday Hunger

You can make an appointment with a registered dietitian at the Nutrition & Lifestyle Center. We can help you stay on track or get back on track during or after the holidays. Call (678) 312-7660 for more information.
Staff Secrets

Three hospital employees chime in on their healthy eating tips to survive the heaping holiday helpings. Here’s what they have to say:

"Surviving the holidays while trying to maintain healthy eating habits can be quite a challenge. I have found that keeping a healthy snack—carrots, celery sticks, apples—available to munch on keeps me from indulging in the many goodies that are always present in the hospital during holidays.

“When going to parties, I try something new I’ve never tasted before instead of the usual fare. Before I get there, I eat a healthy snack to keep my appetite in check—such as fruit and yogurt. And it’s really important to continue my workout routine.”

Sharon T. Smallwood, R.N.
Float pool supervisor

“I have fought my weight problem since childhood. Maintaining a healthy weight is about a balance of calorie intake and exercise, so my first piece of advice is to schedule more time for exercise during the holidays. If you are goal-oriented, make a goal for the holidays that will motivate you to exercise more. For example, I am training for my first marathon in December.

“Avoid temptation by removing temptation from the environment you spend the most time in.

“Regarding food, get the whole family to adopt healthy eating habits. If there are potato chips and French onion dip in the house all the time, I will be fat!

“Try new foods and combinations of foods to find healthy foods you like. Then keep those with you. When I go to a meeting with sandwiches and chips I should not eat, I do a lot better if I can pull out some almonds or a cheese stick.”

Patrick M. Green
Service line director, Imaging Services

“I am a stress eater, meaning that when I get stressed, I eat! I’ve learned to substitute that habit with something else. So when stress comes, I’ve learned to deal with it in a better way—through yoga, taking the dog for a walk or going for a hike.

“I also like to focus on eating healthy, not my weight. If I eat foods low in preservatives, mostly organic foods, and foods that are fresh instead of from a box, that’s more important than measuring my weight. I’ve also been taught to avoid ‘white’ foods—white flour, bread and sugar. Whole grains are healthier, and there are usually plenty around during the holidays.

“A tip for holiday parties—eat before you go, and when you get there, just have a small treat.”

Deb Battle, R.N., M.S., CEN, CCNS
Trauma clinical nurse specialist and program manager
An end to suffer

Specialists at Gwinnett Medical Center in Lawrenceville and Duluth are among the first to offer a more comfortable and convenient method of measuring esophageal pH levels in patients with severe heartburn, or gastroesophageal reflux disease (GERD), to diagnose the condition so they can determine the best course of treatment.

At the Center for Gastrointestinal & Pulmonary Endoscopy at GMC in Lawrenceville and Duluth, gastroenterologists are able to monitor patients with the new Medtronic Bravo system, which is more patient-friendly than traditional pH testing where physicians place a catheter (thin tube) through the nose and down the esophagus. The catheter is uncomfortable and conspicuous, leading some patients to avoid the test altogether.

The new method involves a miniature pH capsule about the size of a small capsule measures pH levels in the esophagus and transmits this information by radio signals to a pager-sized receiver worn on the patient’s belt or waistband.

Regarding Reflux

For more information about reflux disease and testing, talk to your doctor. If you need a referral to a gastroenterologist who practices at Gwinnett Medical Center in Lawrenceville or Duluth, call HealthLine at (678) 442-5000.
The Word on GERD

Do you ever have these symptoms?

- severe indigestion or a burning sensation in the center of your chest
- sour or bitter-tasting fluids flowing up into your throat or mouth
- acid backing up in your throat when you lie down or bend over

Occasional heartburn is normal. But acid reflux that is frequent, occurring more than twice a week and severe enough to impact daily life and/or damage the esophagus, is known as GERD (gastroesophageal reflux disease).
JIM AND BILLIE ELLIS DONATE TIME AND TREASURE TO ENSURE GWINNETT’S HEALTHCARE NEEDS ARE MET

In 1970, Jim and Billie Ellis stepped into the risky dimension of a business start-up. Jim was a manager at Chris Motors Volkswagen and Billie was a 15-year employee at Georgia Tech. “I gave Jim my retirement fund from Tech, we liquidated what we could and we borrowed money,” Billie says.

“We went into business with $35,000 in assets and $165,000 in loans and opened Jim Ellis Volkswagen in 1971,” Jim says. “We struggled in the early days, but we succeeded because we had good people working with us.”

Where They Are Today

The business has grown to include 11 dealerships, eight franchises and more than 600 employees. Three of those dealerships have gained national recognition for excellence. Jim’s Volkswagen dealership has been ranked No. 1 in sales in the U.S. 12 times, his Mazda dealership in Marietta four times and his Audi dealership once.

Giving Back

Jim and Billie have become treasured friends of Gwinnett Medical Center over the past two years. They have given time, money and resources to improve healthcare in our community. In 2004, they made a lead gift of $250,000 to the Gwinnett Hospital System Foundation’s Legacy Campaign for the chapel at Gwinnett Medical Center – Duluth, and recently gave an additional $100,000 for the serenity garden adjacent to the chapel.

Jim’s commitment to GHS grew as he served as chairman of the Dr. Miles H. Mason Jr. Memorial Golf Tournament in 2004 and 2005. His franchise of dealerships, commonly known as Jim Ellis Atlanta, served as the title sponsor of the tournament both years.

“Our family members have been patients at Joan Glancy and our daughter, Kristi, has worked there as a nurse for 20 years,” Jim says. “We’ve been blessed and have been successful in our business, and we want to give back. We’re doing this for Gwinnett Medical Center because we realize the need and know we’ll all benefit from this contribution.”

Then: Jim and Billie Ellis (left) enjoy the opening of Jim’s first dealership, Jim Ellis Volkswagen.

Now: Jim and Billie Ellis (far left and right) meet with planners during construction of GMC – Duluth to finalize plans for the serenity garden.
Same title. Same color scrubs. But they’re totally different. So which doctor is best for you?

The one that practices at Gwinnett Medical Center.

Gwinnett Medical Center – Duluth opening this fall.

When it comes to finding the doctor that’s right for you, look to Gwinnett Medical Center. Our new Duluth location is the first hospital in north Atlanta to combine all-digital, leading-edge technology with the doctors you already know and trust, in a wide range of specialties. And it’s all delivered with exceptional care, in utmost comfort. The kind you’d expect from a hospital that ranked among the top 5% in the nation for clinical excellence in 2006. So when it comes to choosing the best doctors for your family, choose the ones that practice here. Gwinnett Medical Center.

Located on Howell Ferry Road between Pleasant Hill Road and Peachtree Industrial Boulevard

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