when a doctor becomes the patient

Wii-hab—have fun getting better

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GMC helps this hockey player get back on the ice

another round

joint surgery doesn’t have to signal the end of your game. just ask tiger woods
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reaching out

new imaging center and concussion-assessment program are making a real difference in our community

Project PATH—our vision for planning, advancing and transforming healthcare in Gwinnett—continues to evolve. With the opening of the GMC Imaging Center – Hamilton Mill and the introduction of the ImPACT program in Gwinnett high schools, access to outpatient testing is now closer than ever for residents in the northern part of Gwinnett County.

The GMC Imaging Center – Hamilton Mill, located in the business park just across from Duncan Creek Park, provides laboratory services and a comprehensive suite of imaging services, including MRI, CT scans, X-ray, mammography screening, ultrasound, bone density screening and EKGs. The facility also has a board-certified radiologist on-site to read the tests.

In response to the alarming statistic that 85 percent of sports-related concussions are going unrecognized and undiagnosed, GMC’s sports medicine team now provides the ImPACT concussion program to select Gwinnett Football League players as well as to all of Gwinnett’s high schools.

ImPACT is a program that provides a comprehensive neurocognitive assessment of athletes to evaluate the impact of a head injury. The ImPACT program is used worldwide by professional football teams, baseball teams, soccer teams, hockey leagues and rugby teams as well as by more than 300 universities and 1,000 high schools.

Through the ImPACT program, athletes are given a baseline assessment by taking a brief computer test before the sports season. If an athlete is injured on the field, the baseline assessment is compared to assessments taken after a head injury. This comparison helps clinicians determine when athletes are safe to return to play.

Be sure to visit our website at gwinnettmedicalcenter.org for more information on the GMC Imaging Center – Hamilton Mill and the ImPACT program.

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President & CEO

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vigor 2

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Winter 2008, Volume 24, Number 4, Georgia Region 2 is published quarterly by McMurry, McMurry Campus Center, 1010 E. Missouri Ave., Phoenix, Arizona 85014. Vigor TM is published for the purpose of disseminating health-related information for the well-being of the general public and its subscribers. The information contained in Vigor TM is not intended for the purpose of diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines. Vigor TM does not accept advertising promoting the consumption of alcohol or tobacco. Copyright © 2008 McMurry. All rights reserved. Subscriptions: Please address change of address, write, Cancellations; Vigor TM, McMurry Campus Center, 1010 E. Missouri Ave., Phoenix, Arizona 85014.
11/08-2/09

holiday happenings

get out this winter

**November**

**BRIGHTER SMILES FOR BRIGHTER FUTURES**

*Dates: Oct 1. – Jan. 30*

Enjoy a complimentary professional tooth whitening (plus $50 kit fee) when you make a $250 donation to the Foundation. Call 678-312-8500 for more information.

**DIABETES: KNOW YOUR OPTIONS**

*Date: Nov. 18*

*Location: Diabetes and Nutrition Education Center, 3215 McClure Bridge Road, Duluth, GA 30092*

This program, which is facilitated by a certified diabetes educator, focuses on complications associated with diabetes. Learn how to prevent and manage complications such as depression, sexual dysfunction and arthritis, plus get tips on foot and eye care. Participants will receive a blood glucose meter and a booklet featuring a risk-assessment guide. Registration is required. For more information, call HealthLine at 678-312-5000.

**ongoing classes**

**PRIMETIME HEALTH YOGA**

These restorative yoga classes are perfect for older adults who are injured or have little exercise experience. Fee: $80 for 10-week series

**PRIMETIME HEALTH TAI CHI**

This healing exercise focuses on flowing, balanced movements and deep breathing to help participants achieve a relaxed and clear mind. Fee: $80 for 10-week series

**February**

**CORNERSTONE SOCIETY GALA**

*Date: Feb. 28*

Receive two invitations to this glamorous annual event when you make a minimum $1,000 donation to the GMC Foundation by Dec. 31. James Carville and Mary Matalin will deliver the keynote address at the event. Call 678-312-8500 for more information.

**ongoing classes**

**PRIMETIME HEALTHY OGA**

These restorative yoga classes are perfect for older adults who are injured or have little exercise experience. Fee: $80 for 10-week series

**AARP DRIVER SAFETY PROGRAM**

Two-day classroom-refresher defensive driving course for motorists ages 50 and older. Fee: $10

*You must be a member of PrimeTime Health to participate. Take advantage of this free membership by calling HealthLine at 678-442-5000.*

**what’s up this winter**

For specific dates, times, locations and registration, call HealthLine at 678-442-5000 or visit gwinnetmedicalcenter.org.
Since their arrival in 2003, the Gwinnett Gladiators have seen their popularity boom. They have become a mainstay in the ECHL playoffs, participating in post-season play during each of their five seasons in Gwinnett, reaching the Kelly Cup finals in 2006.

This success has created an extremely loyal fan base that heartily cheers on their favorite players. One object of their affection is Dirk Southern, a center from Winnipeg, Manitoba, with a name custom-made for Georgia hockey.

“Hockey has been a part of my life for as long as I can remember,” Southern says. “My father is a professional scout, so I’ve played hockey since I was 8 years old.”

**Dirk Southern**
Center, Gwinnett Gladiators, No. 23
*Born:* Aug. 9, 1983, in Winnipeg, Manitoba
*College:* Northern Michigan (2003 Rookie of the Year and CCHA All-Rookie team)
*Professional career:* Drafted by Anaheim Ducks in 2003, signed with Gwinnett Gladiators in 2007

“Dirk had a severe injury to his knee that resulted in a complete rupture of the anterior cruciate ligament (ACL) and medial collateral ligament (MCL), two of the four main stabilizing ligaments of the knee,” Dr. Morgan says.

Dirk Southern’s first year with the Gladiators was in 2007, at which time he endeared himself to the crowds at the Arena at Gwinnett Center with his passion and drive. But Southern’s first season was interrupted during a game against the Columbia Inferno in December.

“I was in front of the net and got tangled up with a player from the other team while trying to get a loose puck. He fell on the side of my right leg, I heard a pop and I knew immediately something was wrong.”

Southern was taken to the trainer’s room where he was met by Brian Morgan, M.D., the Gwinnett Medical Center orthopedic surgeon who serves as the Gladiators’ team physician. After an on-site examination, the news was not good.
Brian Morgan, M.D., talks about what it’s like being the Gwinnett Gladiators team physician.

My role with the team is to be at all home games to care for any injuries that may occur. I have been to nearly every home game for five years, as well as a few road trips. I am responsible for both the Gladiators and the visitors, since the team physicians don’t usually travel with the teams. I spend time in the training room before, during and after games.

What sports medicine challenges does hockey present?
Hockey is a very physical contact sport, so obviously there are many injuries that can occur. Some of the more common injuries include groin strains, knee sprains, shoulder separations, concussions, and lacerations—usually resulting from fights.

So, almost every game, we’re stitching up somebody’s face or lip. The challenge is to keep the team as healthy as possible and determine the appropriate time to clear the athlete back to play.

Are injuries like the one Dirk Southern suffered common? Are they likely for nonprofessional athletes?
Isolated ACL and MCL injuries are relatively common injuries in contact and agility sports, in both professional and recreational athletes. We see and treat these injuries on a daily basis. Multi-ligament injuries, like the one Southern had, are thankfully less common but can occur in any athlete or even non-athletes.

What makes sports medicine at Gwinnett Medical Center special?
GMC is the premier medical center of Gwinnett County. There have been several instances that have required emergency surgery and ICU care, and no other hospital in this vicinity offers the services and facilities that could handle these cases.

Most of the surgeries I perform are done at the Outpatient Center at GMC – Duluth, which is a great place with excellent staff and facilities. A recent upgrade to high-definition arthroscopy cameras and monitors has also greatly improved the image quality for arthroscopic surgery.

What’s your favorite thing about the Gladiators?
The Gladiators are a top-notch organization and the athletes are great to work with. The games are fun to watch as well. And it doesn’t hurt that they win most of the games and have made the playoffs every year!
Two years ago, Kimberly Hutcherson, M.D., discovered something in herself that she has spent her lifetime training to find in others—breast cancer. As a radiologist specializing in mammography, Dr. Hutcherson has diagnosed people with the disease for the past nine years, but that didn't make it any less shocking to find it in her own body.

Dr. Hutcherson diagnosed the cancer in herself on Feb. 23, 2007, after experiencing sharp breast pain off and on for nearly two months. Her previous mammogram, taken nine months before, had been normal. With no history of breast cancer in her family, she says she doubted that any serious abnormalities would show up.

"I prayed that maybe it wasn't what I thought, even though I prayed every day prior that I could see the problem to help my patients," Dr. Hutcherson says.

Facing the reality
Following her mammogram, Dr. Hutcherson had a breast ultrasound and discovered that the mass was a cyst. Cynthia Robinson, M.D., a fellow radiologist at GMC, performed a biopsy on the cyst and found a cancerous mass inside. Dr. Hutcherson received the diagnosis the next day with her sister by her side. She had stage I breast cancer.

Continued on page 8
words of wisdom

Kimberly Hutcherson, M.D., says her battle with breast cancer made her not only see things through her patients’ eyes, it also gave her a fresh perspective on life. Here’s what she says about how her experience changed her:

❋ 
“[Cancer] made me realize how many people care for me.”

❋ 
“It made me want to stay positive and not take the little things so seriously.”

❋ 
“It reminded me to love my family and friends.”

❋ 
“It taught me to be more spontaneous. If I want something, I’ll buy it. I want to travel and see the world.”

❋ 
“It made me cherish my friendships.”

❋ 
“It makes me prayerful every day.”

watching the clock

Having to wait for extended periods of time for a diagnosis can increase anxiety for patients. Thankfully, digital mammography equipment, now available at all GMC facilities, allow patients to enjoy shorter exams and receive the diagnosis even faster.

Digital mammography allows technologists to evaluate the quality of the images before removing the patient from the room and presenting the case to the radiologist, which reduces the amount of retakes. In addition, the technologists are specialty-trained in breast health and all GMC’s radiologists are board-certified. Some, like Kimberly Hutcherson, M.D., have additional training in women’s imaging.
Christopher Hagenstad, M.D., an oncologist with Suburban Hematology and Oncology, an affiliate of GMC, performed a double mastectomy on Dr. Hutcherson shortly after her diagnosis. In addition to the surgery, she received chemotherapy, biologic therapy, hormonal therapy and a trial drug for stage I breast cancer.

Not knowing how it would affect her patients, Dr. Hutcherson resolved to keep the diagnosis private at first. But as she surrendered her wig and brought back her signature short hairstyle, she found herself ready to share.

“I have always told my patients to take one step at a time. First let’s find out what the breast abnormality is—and if it is cancer, then we’ll treat it. I had to take my own advice. I now tell them that my hair is short like this for a reason.”

*a plan and a purpose*

Dr. Hutcherson says that now, more than ever, she truly knows how her patients feel. She also says she is thankful every day that she is a woman’s imaging radiologist.

“It is because of this that I was able to diagnose the cancer early,” she says. “I believe even with some of the complications I experienced, I was spared to help others by being able to diagnose this potentially curable disease early and aid my patients in getting through their treatment. There is never a testimony without a test.”

Today, Dr. Hutcherson is cancer-free.

*the sport of giving*

*nonprofit group raises $1 million to fight breast cancer*

Thanks to The Sport of Giving, formerly known as VolleyFest Inc., a nonprofit organization whose mission is to raise money to fight breast cancer, GMC provides the highest quality imaging technology at all facilities. In the past seven years, The Sport of Giving has raised over $1 million for the Gwinnett Medical Center Foundation, specifically for breast imaging equipment and facility expansions. The Sport of Giving has made the following projects a reality through its generous donations:

- Digital mammography at every GMC facility.
- The new Center for Screening Mammography at Gwinnett Medical Center – Duluth.
- The Women’s Pavilion Boutique, which offers a variety of breast cancer support products including post-mastectomy garments, wigs and a certified fitter.
- The Care-a-Van mobile mammography unit, which brings screening mammograms to businesses, churches and community organizations.
- Computer Aided Detection (CAD), a cutting-edge technology in mammography.
- Breast cancer treatment handbooks for every patient diagnosed at GMC.

The Sport of Giving’s most recent gift to the GMC Foundation of $200,000 will go toward renovating and expanding the Center for Diagnostic Mammography at GMC – Duluth.

Kimberly Hutcherson, M.D., a radiologist and breast cancer survivor, says her vision for the renovation is “to have a breast center that truly accommodates the growing demands for breast imaging in Gwinnett.”

“We truly appreciate all of the time and effort that The Sport of Giving dedicates to breast cancer projects each year,” says Carolyn Hill, GMC Foundation board member. “Without their support year after year, we could not expand and enhance our services so quickly. They are truly helping us reach more women and save more lives.”

Sport of Giving participants (from left) Tracy Collins, Kim Reed and Chrystal Mansour chat in the lobby of the Center for Screening Mammography at GMC – Duluth. The organization has given more than $1 million to the GMC Foundation to help fight breast cancer in the community.
The volunteers at Gwinnett Medical Center give of their hearts, time and talent. In 2007, volunteers donated more than 40,000 hours, a value of approximately $640,000.

Volunteers at GMC assist in a variety of ways—serving staff, patients and visitors. Volunteers can be found in every area of the hospital, including the gift shop, information desks, surgery waiting room, patient floors and more. Much like the nurses and physicians that they assist, no day is the same. Each day brings new challenges and rewards.

We asked a few of our volunteers about their role at GMC. Here's what they had to say about their experiences.

How do you see the role of volunteers in the hospital?
“I see us as ambassadors and ensure that each person coming to GMC has the best experience possible. It’s likely that the first person a visitor interacts with will be a volunteer and it’s just as likely the last person a visitor will have contact with as they depart will be a volunteer, too. We have a great impact on those who visit our hospital.” —Dick Berry

When you aren’t volunteering, what are your hobbies?
“I walk three miles a day. I also love to raise wildflowers and spend time with my five beautiful grandchildren.” —Myrtie Sitz

What are three things that someone should know if they volunteered here?
“One, they should be committed; two, they should be pleasant at all times; and three, they should be prepared for a fulfillment that they had not dreamed possible.” —Roy and Juanita Hood

What is a day-in-the-life of a volunteer like?
“It is very important to be prepared and execute each task cheerfully. As volunteers, we are very busy. There is never a dull moment. Tasks include everything from delivering newspapers to directing visitors, but you are always having a good time.” —John and Marla H. Atkinson

What is your favorite volunteering memory?
“My most memorable times have been occasions when I hear compliments from visitors and others about the hospital. We assist and encourage patients and their families by having a kind, helpful and friendly attitude.” —Carol P. Bullock

Why did you become a volunteer?
“I wanted to give back some of the smiles, hugs and acts of kindness I have received.” —Ruth Ann Chapin
Ceylon Rowland, M.D., is the medical director of Gwinnett Medical Center’s OB/GYN clinic. Dr. Rowland is responsible for the day-to-day clinical operations of the OB/GYN Clinic and the Gwinnett Physicians Group OB/GYN office in Duluth. She’s been practicing in Gwinnett since 2003.

Dr. Rowland received her medical degree from Morehouse School of Medicine in Atlanta and completed her internship and residency in 1996 at Wayne State University, Hutzel Women’s Hospital at Detroit Medical Center in Michigan. Dr. Rowland is a Diplomat of the American Board of Obstetrics and Gynecology.

❋

As a child, Dr. Rowland says she dreamed of becoming a doctor. “I have always known that I would become a physician. As a child, I was fascinated by the stories of my grandmother, who was a midwife during the Depression era in rural Georgia. At that time, she delivered not only babies, but also all kinds of farm animals,” Dr. Rowland says. “I am told that one of my first words was ‘baby’!”

Dr. Rowland says she first realized that she wanted to be a doctor when she declined a full scholarship to Medill School of Journalism at Northwestern University to pursue an engineering degree.

“I realized that I must have really wanted to become a physician when I would forego parties and fun things to study biomedical engineering, of all things!” she says.

Dr. Rowland also donates her time to mentoring young women. “I am involved with the Dress for Success Program and the One-on-One Mentoring Program,” she says. “I also enjoy volunteering for the many community outreach programs sponsored by my sorority, Alpha Kappa Alpha Sorority Inc., as well as the American Business Women’s Association.”
Q&A

1. My first job was a cashier at Piggly Wiggly.

2. If I weren’t a doctor, I would be a writer.

3. To unwind after a long day I remove myself from all things medical and completely veg out...go shopping, listen to music or read a good book.

4. Right now on my iPod I’m listening to a very eclectic jazz music collection.

5. My favorite quote is, “Ah, but a man’s reach should exceed his grasp. Or what’s a heaven for?” —Robert Browning

6. My favorite thing about Gwinnett is the diverse mixture of people and culture.

7. My favorite restaurant is my aunt’s kitchen! There is nothing like good, old-fashioned, home cooking.

8. When I want to get away, I snow ski.

9. My favorite medical TV show is ER. I’ve been a fan since the beginning.

10. If a movie were made about me, I would be played by Angela Bassett.

11. The best health tip I give my patients is to take care of themselves first.
Wii-hab

who says video games are for kids?

the Glancy Rehab Center is using

the Nintendo® Wii™ to

help patients heal

Let’s face it—until now, rehab has been synonymous with grueling activities that would ultimately help an individual regain physical and cognitive abilities. Thankfully, that’s no longer the case.

Glancy Rehabilitation Center in Duluth is transforming rehab’s bad rap by making it fun with the Nintendo® Wii™, a popular gaming console. The Wii has been integrated into patient therapy to improve balance, coordination, strength, endurance and cognition—all the tools needed to help patients get back on their feet and performing the functions of daily life.

how it works

The Wii is used in both group and private therapy for patients recovering from everything from a total knee replacement to stroke and brain injuries. The games include boxing, golf, tennis and bowling.

“It is very important that patients gain confidence to return to the lives they had before their illness. The Wii allows them to accomplish this,” says Kelly Dunham, CTRS, therapeutic recreation specialist at Glancy Rehab Center. “The Wii reinforces their treatment, but in a fun, social environment.”

The way the Wii works is almost magic. As players wave and point their arms, the character in the game (called a “Mii”) mimics the players’ movements. The technology allows patients to improve hand-eye coordination, increase strength and improve fine motor skills—all functions that most patients at Glancy Rehab Center have to relearn from scratch. The Wii helps patients accomplish their goals and make strides in their recovery—all while having a whole lot of fun.

One of the best things about the Wii version of rehab, though, may be the ability to continue progress when the patient goes home. “When our patients leave, they can purchase a Wii and continue their rehab at home, often with family members who can help them continue their progress,” Dunham says. “And it gives them an opportunity to [enhance] their leisure lifestyle along with therapy while interacting with family and friends.”

One thing is certain: When fun and games make daily living easier for Glancy’s patients as they prepare to go home, we all win.
Glancy Rehabilitation Center celebrates 20 years

Glancy Rehabilitation Center opened in 1988 after an eager resident student at Emory University approached Gwinnett Medical Center’s administration to tell them about the need for an inpatient rehab program in this community. His name was Sunil Bhole, M.D., and he has dedicated his life to rehabilitating patients in this community.

Since then, Dr. Bhole has led the team of therapists, nurses and therapeutic specialists to earn such accolades as the CARF (Commission on Accreditation of Rehabilitation Facilities) Accreditation and the Gold Seal of Approval for Stroke Care.

Today, Dr. Bhole is still medical director and Glancy Rehab is the only rehab center in Georgia to receive these prestigious recognitions. This consistency in leadership for two decades has enabled GRC to continue to help survivors of illness and injury return to mainstream society.

Since 1998, Glancy Rehab has provided progressive rehabilitation care. In the past 20 years, the rehabilitation industry has seen patients’ length of stay decrease from months to weeks. Patients are returning to their lives faster and more equipped, thanks in part to the care of the dedicated staff at Glancy, revolutionary treatment programs and exceptional leadership.

“I hope that our reputation for excellence in rehab care will continue to spread,” says Mona Lippitt, director of Glancy Rehab. “We touch so many lives and they touch ours. We plan on being around for at least another 20 years providing the level of care that this community deserves.”

a timeline

1988
Glancy opens in October with eight beds offering the first inpatient care program in Gwinnett.

1991
Glancy opens the outpatient program, which expands the continuum of services for rehab patients.

1994
Glancy increases the number of beds from eight to 24 and earns the highest level of national accreditation from CARF.

1997
Glancy opens a new wing and increases to 30-bed capacity.

2006
Glancy earns the Stoke Specialty Program distinction from CARF.

2007
Glancy undergoes renovations, including the addition of all private rooms with wheelchair-accessible baths.

2008
Glancy celebrates 20 years of dedicated service to the community.
gifts from two very
different sources
help bring open-heart services
to Gwinnett County

Cisco

Scientific Atlanta has always been known for being active in the community as well as providing financial support. So when Cisco purchased Scientific Atlanta in 2005, it only made sense that the company would continue to focus on relationships and partnerships within the community. Scientific Atlanta laid the foundation of how Cisco will continue to operate.

“Our legacy will continue, just under a new name,” says Renee Byrd-Lewis, director of community relations. “We will continue to do what we have always done, but now we have the resources to do it even better.”

Cisco’s commitment is evident through its recent $250,000 donation to Gwinnett Medical Center’s open-heart campaign. Scientific Atlanta’s first major gift was to Gwinnett Medical Center – Duluth and now Cisco continues this legacy of giving. Their investment in Gwinnett Medical Center, they say, stems from a desire to take healthcare to a new level.

“The community deserves to have top-class healthcare,” says Bill McCargo, vice president of community relations. “The hospital has taken great strides in ensuring the community understands the need. The Gwinnett Chamber of Commerce and leadership of this county have been very receptive to supporting and partnering with Gwinnett Medical Center to help provide excellent healthcare.”

❤ benefitting employees

As chairman of the Gwinnett Chamber, McCargo is an advocate of community partnerships. Supporting the hospital, he says, is just one way that Cisco (one of the largest employers in Gwinnett County) can ensure that its employees have access to excellent healthcare.

Seventy percent of Cisco employees live in Gwinnett or neighboring counties. Ninety-four percent of the employees say they believe it’s important to support and be involved in the community. Many volunteer or financially support community organizations themselves.

“We have been amazed at our own associates [who are] giving their own money to support the community,” McCargo says. “However, GMC inspires us because so many hospital employees give back directly to the hospital. It is amazing to see that and encourages us to continue our support of GMC.”

❤ leadership in action

Cisco supports GMC financially as well as through volunteer work; Cisco executives serve on boards throughout the hospital. Steve Boyd, vice president, controller and chief accounting officer, serves as chairman of GMC’s Hospital Board and Hector Baro, vice president, supply chain management, serves as a board member on the GMC Foundation Board of Directors. McCargo also serves on the Board of Visitors for the GMC Foundation.

Baro says he believes focusing on improving healthcare is important to this community. He says that Cisco is just a building—it’s the people that make it great.

“Community support and involvement does not end with a financial commitment,” says Boyd. “Having a state-of-the-art, top-tier and nationally rated hospital is essential for recruitment and retention of our employees. You cannot underestimate the value of providing essential services for our families and loved ones.”

“Open-heart surgery is a critical requirement to providing lifesaving care within minutes to Gwinnett residents,” Boyd says.

Philanthropy is vital to ensure that healthcare continues to thrive in Gwinnett County. Companies joining together and donating their time and money to support healthcare is essential, and Cisco is certainly leading by example. •••
the Garrett family

Larry and Renee Garrett have a daily reminder of the need for open-heart services, because Larry has critical heart problems. Their passion and desire to not only ensure that Larry can be treated, but to also see the community have the best healthcare in Gwinnett County led them to recently donate $100,000 to the Gwinnett Medical Center Foundation to support open-heart services.

“I have been fortunate to have provided healthcare to Mr. and Mrs. Garrett for many years,” says Manfred Sandler, M.D., cardiologist and GMC Foundation board chair. “It is wonderful to see gracious patients giving back to GMC in appreciation of the services they have been provided.”

Larry has been a patient at Gwinnett Medical Center, but for every heart procedure he has been taken to Atlanta. “We need our own heart program,” Renee says. “Just like we needed a new hospital (GMC – Duluth) and we got it. We owe ourselves a heart program.”

❤ home is where the heart is

Originally from Pittsburgh, Larry and Renee met in college at Westminster College in Pennsylvania. Renee majored in education and Larry had been accepted into medical school when he was drafted into the Korean War. They have two daughters and six grandchildren.

In 1955, Larry was working in the steel industry when his employer transferred him to Atlanta. In 1966, he left the company and decided to start a business out of his basement. Forty years later, the business now has three plants with 300 employees. Peachtree Metal, Formatco, Inc., and Adteck supply 25 percent of the steel for billboards in the United States and use 2 to 3 million pounds of steel each month. A variety of products, such as surgical equipment, as well as railings and equipment for the Marines, are made from their steel.

For decades, Larry has worked tirelessly to provide for his family and to make his companies successful.

“I’ve always had a dream and have enjoyed being on my own,” he says.

Larry and Renee’s daughters currently have ownership of the companies and Larry serves as chairman of the board.

❤ offering a challenge

Larry and Renee are charitable people who give their fortunes to those who need it most, but say they feel compelled to take care of what is in their own community first.

After living in Duluth for 28 years, they have experienced the growth of Gwinnett County and have seen Gwinnett Medical Center grow into a center of excellence.

“We are so blessed to have wonderful doctors and nurses at Gwinnett Medical Center,” Renee says. “The first time we went to the hospital for Larry’s heart problems, we thought he was going to die, but Dr. Gregory Schlegal saved his life. It’s a miracle that he’s alive.”

Both Cisco and the Garretts invested in Gwinnett Medical Center hoping that their support encourages other companies and individuals to give. Their passion is to see Gwinnett Medical Center provide open-heart services.

“We can’t accomplish anything without participants,” Larry and Renee Garrett say. “We can’t just sit back and wait.”

To learn more about how you can help bring open-heart services to Gwinnett Medical Center, call 678-312-8500.
The mind fears most what it does not understand. Maybe that’s why, for centuries, people have been filled with fear at the first signs of their loved ones suffering from memory, thinking and concentration problems. It turns out that few of us really understand the disease.

Today, nearly 5 million Americans suffer from Alzheimer's disease. But while coping with a loved one who has recently been diagnosed can be stressful, we can take some of the fear out of the diagnosis by educating ourselves about the disease.

Here are some steps that PrimeTime Health at Gwinnett Medical Center recommends taking in the event that your loved one begins showing symptoms of Alzheimer's disease:

❋ TALK TO YOUR PRIMARY CARE PHYSICIAN about any questions you have. Find out which treatments may work best to alleviate symptoms or address behavior problems.

❋ CONTACT AN ORGANIZATION such as the Alzheimer's Disease Education and Referral Center for more information about the disease and treatment options. You can call ADEAR at 800-438-4380 or visit its website at alzheimers.nia.nih.gov.

❋ JOIN A SUPPORT GROUP where you can share your feelings and concerns. GMC’s Congregational Health Ministry offers an Alzheimer’s support group at Snellville United Methodist Church and Duluth United Methodist Church. For more information about the group at SUMC, call Parish Nurse Ella Collier at 770-972-9360 or Parish Nurse Linda Bailey at 770-476-3776, ext. 15 for the group at DUMC.

❋ CONSIDER USING ADULT DAY CARE OR RESPITE SERVICES that allow you to take a break and ease the day-to-day demands of caregiving, while knowing that your loved one is well cared for. GMC offers Alzheimer’s respite care through Norcross First United Methodist Church. For more information, call Parish Nurse Mary Lawder at 770-448-4142, ext. 116.

❋ BEGIN TO PLAN FOR THE FUTURE, which may include organizing financial and legal documents, investigating long-term care options and determining what services are covered by your loved one’s health insurance and Medicare. The Gwinnett Extended Care Center at GMC can help explain these options. For more information, call the GECC at 678-312-3000.

PrimeTime Health offers tips for National Alzheimer’s Awareness Month
At Gwinnett Medical Center’s newest imaging facility, you’ll find an array of services that were not previously available in north Gwinnett.

- All digital imaging including mammography, bone density, MRI, CT, ultrasound, X-ray and EKG read by board-certified radiologists
- Quick registration & expedited results with an on-site lab

Our newest imaging center offers the clinical excellence you’ve come to expect from Gwinnett Medical Center and is just one of the ways we are transforming healthcare in Gwinnett.