Sidney’s Second Act

Legendary actor Sidney Poitier overcomes prostate cancer and embraces life.
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back in business

Open heart program for Gwinnett Medical Center approved—again

Gwinnett Medical Center recently received the good news that the state has upheld its original approval for an open heart program. The decision, issued by the state’s Department of Community Health, reaffirms an earlier certificate of need approval and overturns an appeal decision that was sought by Emory and Piedmont hospitals.

This news has been a long time coming, but we believed the original approval granted just over a year ago by the state was absolutely the correct decision, and it was disheartening to have that decision appealed by hospitals outside Gwinnett County.

The support of the Gwinnett Chamber, GMC medical staff and the citizens who voiced their support to state officials has been invaluable throughout this entire process. We are truly grateful for this overwhelming community support.

Gwinnett Medical Center applied for the open heart certificate of need in January 2008 and received approval in June 2008. Piedmont Hospital, Emory University Hospital and Emory Crawford Long Hospital appealed that decision, setting into motion a lengthy hearing process that ultimately yielded an appeal decision that stood to block critical open heart services from being established in Gwinnett. The state then weighed the merits of the original decision and the appeal ruling before issuing a final administrative approval for the certificate of need.

In the midst of appeals from Emory and Piedmont, we saw a tremendous amount of community support for GMC’s open heart program. Gwinnett is a special place, and it was uplifting to experience the swell of shared concern for our situation.

However, further appeals are under way, as the certificate of need process allows for Emory and Piedmont to seek court review. These hospitals have chosen to take this course of action. Gwinnett Medical Center remains focused on providing our community with the excellent heart care it needs and deserves.

Philip R. Wolfe, FACHE
President and CEO
Over the last decade, the Internet has granted people invaluable tools for communicating information. Social media, also called Web 2.0, is a compilation of websites with content created by consumers. Popular social media sites such as Facebook, Twitter and YouTube represent a major change in the way people are now discovering and sharing information.

Through these Web 2.0 sites, people can publish pictures from vacation, broadcast updates on their whereabouts and provide links to websites and articles that they find interesting. Gone are the days when you have to wait until the next time you see friends in person to get a glimpse of what is going on in their lives. With the social media technology available today, those details are available instantly to a user’s group of social media friends, or “followers.”

Getting into the Act
For that same reason, Gwinnett Medical Center, as a part of its continued effort to inform the people of the community about GMC news and events, has become a pioneer in Web 2.0.

“We are dedicated to keeping our community apprised of the happenings our facilities and new services we offer,” says Adrienne Hollis, director of marketing and communications at GMC. “Keeping our community informed needs to be as easy as possible for our constituents, and we feel that social media is the best avenue by which we can do that.”

A large group of the Gwinnett community already has begun following GMC via its Facebook, Twitter and YouTube pages. Over the past year, these followers have been kept up to speed on several major projects that affect our entire community—such as updates on the open heart campaign, the progress of the new north tower and the introduction of GMC’s imaging center in Hamilton Mill. GMC will continue to use social media to keep you informed of classes, events, new services and more that matter to you.

GMC on the Web
Staying informed of what’s going on in your community and at GMC has never been easier!

- Facebook.com/gwinnetmedical
- Twitter.com/gwinnetmedical
- Youtube.com/gwinnetmedical
Married couple Brandon and Christine Kang share a passion for radiology—and for each other.

It’s common to see two physicians working as a team at Gwinnett Medical Center, but this dynamic duo of interventional radiologists work together at home as well.

Brandon Kang, M.D., and Christine Kang, M.D., are with the North Metropolitan Radiology Associates and have been practicing together at GMC and GMC – Duluth for almost four years. Brandon received his medical degree from the University of Tennessee and Christine attended Northwestern University Medical School. Brandon was awarded America’s Top Radiologist by the Consumers’ Research Council in 2007 and 2008.

The Kangs met during their residency training at the University of Tennessee in Memphis. The training class only consisted of five residents, so, as two Koreans in the same class, Brandon and Christine became fast friends. Brandon helped acquaint Christine to Tennessee and they worked on their studies together. Soon, they became a couple.

The rest is history, as they say. But Brandon wanted to make their engagement extra memorable. The couple planned to meet some friends for dinner one night. Earlier in the day, Brandon mentioned to Christine that he hurt his back, and he was going to get an X-ray. Christine tried to cancel their dinner date for that night but Brandon insisted on attending. Brandon met Christine for dinner with his co-worker, who had his X-ray. When their co-worker said that Brandon was fine and did not need back surgery, Brandon disagreed and asked Christine to read the X-ray for a second opinion.

Christine was greatly surprised, as the X-ray read “Will you marry me?” Her answer, of course, was yes.
Q&A

1. My first job was (HIM) a cook at McDonald’s and (HER) a part-time secretary in my father’s practice.

2. I realized I wanted to be a doctor when (HIM) I volunteered at a children’s hospital in college and (HER) I was a little girl! I loved following Daddy to the hospital.

3. To unwind after a long day we share our days over a nice dinner together.

4. My inspiration is (HIM) my parents and (HER) my father.

5. Our favorite restaurant is Haru Ichiban in Duluth. We can’t get enough of their sushi!

6. When I really get away, I like to (HIM) play a round of golf and (HER) spend time with my husband and family.

7. My favorite hospital television show is (HIM) House and (HER) Grey’s Anatomy; I love the mindless drama!

8. Our favorite thing about Gwinnett is its diversity.
Gwinnett residents are passionate about their sports. On any given day, you'll find recreational teams practicing on fields across Gwinnett County, gyms filled with workout warriors keeping themselves in good physical shape and high school sports teams honing their skills for the competition. Come each weekend, these athletes kick it into high gear for football games, pickup basketball, a 10k race or any other number of activities.

But along with this love of sport inevitably comes injury. Athletes of all ages know that staying at the top of their game means staying healthy, and recovering from injuries quickly when they occur.

To help community members conquer their pain, Gwinnett Medical Center offers a full range of services for athletes of all ages and all levels of competition. Gwinnett Medical Center – Duluth also holds the reins as the leading sports medicine provider in Georgia, performing more sports medicine procedures than any other hospital in the state.

Maughon, M.D., chairman of the GMC Sports Medicine Committee, “We are leading the way in sports medicine care and are the experts at getting athletes of all ages back to their game as quickly and safely as possible.”

In addition, GMC is committed to elevating the level of care provided to athletes in our community by sponsoring several outreach activities.

**Gwinnett Football League**

In 2006, GMC forged a partnership with the Gwinnett Football League (GFL) to provide educational training to assist in injury prevention and effective on-site care. Each year in August, GMC’s Sports Medicine program sponsors the GFL’s annual trainers clinic, a four-hour educational session designed to teach parent volunteers how to serve as team trainers. More than 300 parents attend the event, which features sessions on heat illness, cardiovascular health, orthopedic injuries, and concussions and other head injuries.

Presenters at this year’s event included Gary Levengood, M.D.; Mathew Pombo, M.D.; Yvonne Satterwhite, M.D.; and Manfred Sandler, M.D.

In addition, GMC’s athletic continued on page 8
orthopedic surgeons

Many of Gwinnett Medical Center’s affiliated orthopedic surgeons are sports medicine experts, having trained at some of the country’s finest sports medicine programs. They provide medical coverage for high school, college and professional teams. For more information about these specialists, visit gwinnetmedicalcenter.org/sports.

T. Scott Maughon, M.D.,
chairman
Team physician for Wesleyan High School

Frederick Chi, M.D.
Mark Cullen, M.D.
Team physician for Buford,
Dacula, North Gwinnett, St. Pius X and Winder-Barrow high schools

Snehal Dalai, M.D.
Team physician for Duluth High School

Stephen Kroll, M.D.
Gary Levenground, M.D.
Team physician for Brookwood, Norcross and Mountain View high schools

M. Jonathan Mathers, M.D.
Team physician for Central Gwinnett High School

Brian Morgan, M.D.
Team physician for Mill Creek High School

C. Michael Morris, M.D.
Team physician for Greater Atlanta Christian School

Mathew Pombo, M.D.
Team physician for Shiloh and Berkmar high schools

Scott Quisling, M.D.
Team physician for Peachtree Ridge High School

Yvonne Satterwhite, M.D.
Team physician for Providence Christian Academy and Mount Pisgah High School

Darrell K. Scales, M.D.
Team physician for Hebron Christian Academy

Jesse Seidman, M.D.
David Stokes, M.D.

Todd Zeigler, M.D.
certified athletic trainers
Gwinnett Medical Center’s team of certified athletic trainers (ATCs) provides on-site coverage for high schools, community events and professional sports organizations. GMC provides full-time athletic trainers at eight local high schools—Central Gwinnett, Berkmar, Brookwood, Duluth, Hebron, Mountain View, Norcross and Shiloh—and for the Gwinnett Gladiators.

The ATC team:
• Tim Simmons, ATC, LAT, coordinator, athletic training services
• Tovan J. Willey M.Ed., ATC, LAT, head athletic trainer, Berkmar High School
• Jay Pearson, ATC, LAT, head athletic trainer, Brookwood High School
• Sarah Kristen Bailey, M.S., ATC, LAT, head athletic trainer, Central Gwinnett High School
• Mindy Simmons, M.S., ATC, LAT, CSCS, head athletic trainer, Duluth High School
• Gina Shipman, M.S., ATC, LAT, head athletic trainer, Hebron Christian Academy
• Cristina Vega, ATC, LAT, head athletic trainer, Mountain View High School
• Suzie Williams, ATC, LAT, head athletic trainer, Norcross High School
• Kristen J. Johnson, M.S., ATC, LAT, head athletic trainer, Shiloh High School
• Dani Ellis, ATC, LAT, head athletic trainer, Gwinnett Gladiators Hockey

athletic training services
Athletic training encompasses the prevention, diagnosis and intervention of emergency, acute and chronic medical conditions involving impairment, functional limitations and disabilities. GMC provides full-time athletic trainers, or ATCs, at eight local high schools: Central Gwinnett, Berkmar, Brookwood, Duluth, Hebron, Mountain View, Norcross and Shiloh. The ATCs work closely with high school coaches and the GMC-affiliated team physicians to prevent, manage and assess orthopedic or musculoskeletal injuries and to facilitate the athlete’s access to medical care. In addition, a GMC athletic trainer provides coverage for the Gwinnett Gladiators, Gwinnett’s ECHL hockey team.

trainers were on hand to teach the parents basic taping techniques.
“The physicians are here,” says Erik Richards, GFL president. “Gwinnett Medical is here providing medical care regardless of the level of play. It just made good sense to partner up.”

radiologists
Gwinnett Medical Center’s dedicated team of board-certified radiologists and registered technologists provides a comprehensive range of imaging services. For sports-related injuries, GMC offers “Friday Night Lights,” an express pass to imaging services available for injured high school athletes. For more information about GMC’s imaging team, visit gmcimaging.org.

therapists
Whether they are treating professional athletes or weekend warriors, the physical and occupational therapists of Gwinnett SportsRehab have what it takes to get athletes back on their feet. Gwinnett SportsRehab has clinic locations in Duluth and Lawrenceville to meet your athletic training and rehabilitation needs. For more information about the services offered, visit gwinnettmedicalcenter.org/sportsrehab or call 678-312-2803.
Because of You,

Gwinnett is Having a Change of Heart

In the midst of appeals from three Atlanta hospitals, a tremendous amount of community support for GMC’s open heart program continues. Gwinnett is a special place, and it is uplifting to experience the swell of shared concern for our situation.

Thank you - You are Transforming Healthcare!

gwinnettmedicalcenter.org
Fifty-seven million Americans have prediabetes, making them at risk for type 2 diabetes, according to the American Diabetes Association. Prediabetes is defined by blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. Most individuals develop signs and symptoms of prediabetes prior to developing type 2 diabetes. If you take action to manage your blood glucose when you have prediabetes, you can delay or prevent type 2 diabetes.

“For individuals who are at risk for prediabetes, it is important to have their blood glucose checked periodically by their physician,” says Cris Hartley, manager of diabetes and nutrition education at Gwinnett Medical Center. “Having yearly checkups, knowing your family history, maintaining a healthy diet and staying active are all ways to prevent prediabetes or, once developed, keep type 2 diabetes at bay.”

What is type 2 diabetes?
Type 2 diabetes results from insulin resistance, a condition in which the body fails to properly use insulin, combined with insulin deficiency. Most Americans who are diagnosed with diabetes have type 2, and nearly 6 million have it and do not know it. Many people have no signs, or symptoms may be unnoticeable. And some people have symptoms but do not suspect the disease. Symptoms include increased thirst, increased hunger, fatigue, increased urination (especially at night), weight loss, blurred vision, numbness and tingling in hands or feet, and slow-healing cuts or sores.

Could you or someone you know be at risk? Read on

Am I at risk?
To find out your risk for type 2 diabetes, check each item that applies to you.

• I have a parent, brother or sister who has diabetes.
• My family background is Alaska Native, American Indian, African-American, Hispanic/Latino, Asian-American or Pacific Islander.
• I have had gestational diabetes, or I gave birth to at least one baby weighing more than 9 pounds.
• My blood pressure is 140/90 mm Hg or above, or I have been told that I have high blood pressure.
• My cholesterol levels are not normal. My HDL (“good”) cholesterol is below 35 mg/dL or my triglyceride level is above 250 mg/dL.
• I am fairly inactive. I exercise fewer than three times a week.
• I have polycystic ovary syndrome, also called PCOS (women only).
• On previous testing, I had impaired fasting glucose or impaired glucose tolerance.
• I have other clinical conditions associated with insulin resistance, such as a condition called acanthosis nigricans, characterized by a dark, velvety rash around my neck or armpits.
• I have a history of cardiovascular disease.
  “Anyone 45 years old or older should consider getting tested for diabetes,” Hartley says. “If you are 45 or older and overweight, getting tested is strongly recommended. If you are younger than 45, overweight and have one or more of the risk factors, you should consider getting tested. Ask your doctor for a fasting blood glucose test or an oral glucose tolerance test. Your doctor will tell you if you have normal blood glucose, prediabetes or diabetes.”

how can I prevent diabetes?
Just 30 minutes a day of moderate physical activity, with a 5 to 10 percent reduction in body weight, can drastically decrease your chances of developing prediabetes and type 2 diabetes. In a study conducted by the Diabetes Prevention Program, 58 percent of participants decreased their chances of diabetes by following these recommendations. It is clear that lifestyle changes are the cornerstone to prevention.

The GMC Diabetes & Nutrition Education Center is on Facebook. Go to facebook.com and search “GMC Diabetes” to find the page. You’ll get diabetes management and prevention tips as well as general nutrition information. Become a fan today!
On July 30, donors joined together for the public announcement of the Open Heart Capital Campaign and to view the philanthropy center in the new lobby at Gwinnett Medical Center. The evening was inspirational, as donors who had generously given to the open heart cause applauded the success of the campaign.

Manfred Sandler, M.D., chief cardiologist and GMC Foundation board chair, announced that more than $5.6 million has been raised toward the $8 million goal to expand cardiovascular services at GMC.

“It has often been said that the best way to predict the future is to create it,” says Bill Russell, chair of the GMC Foundation major gifts committee. “I am ecstatic, yet certainly not surprised how local community leaders have
rallied expeditiously to support this most important Open Heart Capital Campaign. It is extremely gratifying to report that pledged philanthropic gifts received to date are over halfway toward achieving the campaign’s goal.”

* sending a clear message*

Two years ago, Clyde and Sandra Strickland made a $1 million donation to the Gwinnett Medical Center Foundation that led the efforts to transform healthcare by supporting an open heart program at GMC.

GMC’s hospital family, including physicians, employees and Auxiliary members, joined these efforts and have given more than $2 million to support open heart surgery at GMC. Bartow Morgan Jr., CEO of The Brand Banking Co., and Wayne and Ann Mason also made leadership gifts of $750,000.

Although the economy has taken a downward turn and people have experienced devastating losses, the citizens of Gwinnett County have rallied together to send one message: Having open heart services at Gwinnett Medical Center is essential to the people who live and work here.

“The people of this community have made their voices heard loud and clear in supporting our efforts to bring this critical healthcare service to Gwinnett County,” says Jason Chandler, GMC Foundation president. “GMC Foundation is now focused on making this program a reality as quickly as possible. That means we’re working with the community to raise philanthropic support in order to create a world-class open heart program at Gwinnett Medical Center. Once again, open heart is in your hands.”

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**Gwinnett Medical Center Foundation**

**Cornerstone Society Donor Appreciation Gala**

**Saturday, February 27, 2010**

Those interested in attending must join the Cornerstone Society by December 31, 2009. For additional information, please contact the Gwinnett Medical Center Foundation at 678-312-8500 or visit gwinnettmedicalcenter.org/foundation.

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**call or click to donate**

To donate to the Open Heart Capital Campaign, call the GMC Foundation at 678-312-8500, or visit gwinnettmedicalcenter.org/foundation and click “Donate Now.”
cooling effect

New therapy helps reduce brain damage in critical newborns

Using ice to treat injuries is one of the oldest first-aid methods. Every mother has probably used an ice pack on a child’s bruised knee after a soccer game or to soothe a bee sting. Ice therapy is an easy technique, proven to be safe and effective at reducing swelling, relieving pain and decreasing muscle spasms.

Although the use of ice therapy for self-care techniques has been around for ages, a cooling therapy system for more traumatic conditions is a modern and rapidly changing healthcare technology.

Gwinnett Medical Center is the first and only hospital in Georgia to acquire a new, FDA-approved technology known as the Olympic Cool-Cap System, which treats infants who have had deprivation of oxygen or blood flow to the brain during pregnancy or delivery.

The Cool-Cap treatment, developed by Natus Medical Inc., consists of cooling affected infants for 72 hours, then slowly rewarming them for an additional four hours. It is essential that treatment begin within six hours of birth, which is now possible in GMC’s neonatal intensive care unit (NICU), in the Gwinnett Women’s Pavilion. Traditionally, insufficient oxygen or blood flow to the brain, called hypoxic-ischemic encephalopathy (HIE), is a devastating condition in newborns that leads to death or lifelong disability. The Cool-Cap system employs state-of-the-art technology called selective head cooling, which has been extensively studied for many years and has been shown in multiple clinical trials

“Treatment with the Olympic Cool-Cap System can prevent or significantly reduce the severity of neurologic injury.”
to be effective at reducing the severity of brain damage that results from HIE.

"HIE can result in severe lifelong disability that may show up as mental retardation, cerebral palsy [inability to purposefully use muscles to sit up, crawl, walk or talk], seizures or death," says Kim Cooley, R.N., neonatal clinical nurse specialist. "Treatment with the Olympic Cool-Cap System can prevent or significantly reduce the severity of neurologic injury that results from HIE."

* lifesaving donation

Two GMC physicians, Leslie Leigh, M.D., and Dan Suskin, M.D., donated the cooling therapy system to the Gwinnett Women's Pavilion NICU. For the past 13 years, these doctors and the neonatal nurse practitioners of Gwinnett Neonatology have provided the highest care and the latest advances in neonatal care to the families of our community—and they wanted to continue providing that high level of care by donating this new technology.

"Dr. Leigh and I felt very strongly that if we even saved one baby's future, the cost of the equipment would be well worth it," Dr. Suskin says. "It is essential that treatment begins within six hours of birth, and we believe that the best way to ensure this would be for the NICU at GMC to have the means to offer this therapy."

GMC physicians Dan Suskin, M.D., and Leslie Leigh, M.D., donated the Olympic Cool-Cap System to the Gwinnett Women's Pavilion NICU. For the past 13 years, these doctors and the neonatal nurse practitioners of Gwinnett Neonatology have provided the highest care and the latest advances in neonatal care to the families of our community—and they wanted to continue providing that high level of care by donating this new technology.

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Nearly 14 million Americans—that’s about one in 20 people—have impaired vision. According to Lighthouse Inc., a leading nonprofit organization dedicated to preserving vision and providing vision rehabilitation services to people of all ages, the older visually impaired population is the third-fastest growing group of people needing rehabilitation services in the U.S., outpaced only by those with arthritis and heart disease.

The most common conditions causing visual impairment are macular degeneration, glaucoma, diabetic retinopathy, cataracts, stroke and a variety of hereditary diseases such as retinitis pigmentosa.

People with low vision experience physical, economic and psychological changes that diminish their quality of life. Without assistance and training, they may have difficulty using low-vision devices and completing necessary daily living tasks such as grooming, meal preparation, financial management, home maintenance, shopping, reading, and community and leisure activities.

Occupational therapy helps people to independently participate in their meaningful daily activities. Training is provided in the use of optical and nonoptical aids to promote safe and independent living by teaching people to use remaining vision to help complete activities; modifying activity and environment to safely complete needed activities; training people in the use of adaptive equipment to compensate for vision loss; and creating a safe home environment to help prevent falls and injuries.

Test yourself
Does your vision cause any difficulty with the following activities, even when using glasses or magnification devices?

- Reading books and newspapers
- Managing finances
- Operating appliances
- Doing fine handiwork
- Preparing meals
- Dressing
- Performing self-care
- Managing medications
- Navigating stairs, steps and curbs

If you answered “yes” to any of these activities, you might benefit from the low-vision treatment program at Gwinnett SportsRehab. Your healthcare provider can refer you for an evaluation. Evaluations are performed in the clinic and in the home to assess safety/lighting issues related to low vision.

For more information or to make a referral, call Gwinnett SportsRehab at 678-312-2562.
Eight stories of the latest technology.

MILLIONS OF LIVES TO HEAL.

It’s not about a building. It’s about transforming healthcare. And as one of “America’s safest hospitals,” according to Forbes, we’re taking the lead as the best healthcare provider in the region with the opening of our new patient tower.

Our new tower is a shining example of the right way to expedite the healing process for every patient we treat. Each room is private, spacious and staffed by highly trained nurses and supported with the latest technology. We also feature comfortable guest retreats and suites that allow family members to be even closer to patients.

Every detail of our healthcare system has been designed with the patient in mind. Which means the most advanced and complete care possible not just in Atlanta, but in the nation.