Healthy holiday recipes you’ll love

MAKE YOUR METABOLISM WORK FOR YOU

Star college athlete from Duluth takes the field after injury

The Scoop on Stress

DIANE SAWYER manages to stay calm—even in the most dire situations
SPECIAL
A Healthy Feast
GMC dietitians serve up four favorite holiday recipes to help keep your celebrations deliciously healthy.

ON THE COVER
Talk about a stress-filled career. Diane Sawyer has interviewed everyone who’s anyone from actors to heads of state. Find out how she stays calm in the most dire situations.

FEATURES

A Good Game Plan
After overcoming two injuries, former high school football star and scholar Hamilton Garner has moved on to college play.

Smart Moves
Soreness is a natural result of exercising, but flexing a little knowledge can minimize pain and prevent injury.

Miss Information
Some women avoid mammograms for unfounded reasons. We dispel the myths once and for all.

Stroke Sense
A stroke can strike anyone at any time. Protect your brain by filling it with information that could save your life.

Gut Feelings
Digestive problems can interfere with your daily life. Learn how to interpret the motions in your midsection.

The Faces of Skin Cancer
Four skin cancer survivors share their stories. Benefit from the lessons they learned and get expert advice on early detection.

Don’t Be Afraid of the Dark
Step aside, boogey man. Insomnia is the real monster in the closet. Shine some light on what’s keeping you from a good night’s sleep.

A Natural Dilemma
“Organic” doesn’t always mean “healthy.” Look beyond food labels and consider the bigger picture.

17 Reasons to Work in Healthcare
Jump-start your job search by exploring this diverse, flexible and growing industry.

Finding the Perfect Fit
Learn how the GMC human resources department works to fill each position with just the right person—and what it takes to hear, “You’re hired.”

GMC Foundation News and Notes
Get a progress update on the new Heart & Vascular Center, meet one of GMC’s cherished donors, and more.
PHIL’S FEATURE

Sports Medicine MVPs
Providing expert care for athletes at all levels of play

In our commitment to provide outstanding healthcare, we have developed one of the most innovative sports medicine programs in the nation at Gwinnett Medical Center–Duluth.

From our nationally renowned physicians to our advanced procedures and treatments for sports-related injuries, we are committed to getting you back in the game quicker.

Since 2006, Gwinnett Medical Center has partnered with the Gwinnett Football League (GFL), a youth football program, to educate parents and coaches about preventing injuries and providing proper care to youth athletes.

Each year, we host a clinic for GFL parents and trainers that covers topics such as heat illness, orthopedic injuries and concussions. We also provide certified athletic trainers to local high schools, the Ice Forum Hockey Association and the Gwinnett Gladiators.

To further aid in the care of athletes, our sports medicine program has provided ImPACT (Immediate Post-concussion Assessment and Cognitive Testing) to the GFL and all Gwinnett high schools and has now expanded into North Fulton high schools. This program provides a framework to safely return athletes with concussions to academics and athletics without risk of long-term damage.

As the MVPs of sports medicine, our fellowship-trained surgeons and radiologists, athletic trainers and rehabilitation professionals treat weekend warriors, elite high-schoolers and professional athletes, even being named the official healthcare providers for the Gwinnett Braves, Gwinnett Gladiators and the Atlanta Tennis Championships.

It’s our commitment to excellence, constant advancements and successful results that make the sports medicine program at GMC–Duluth the top in the state for athletes at all levels of play.

In this chilly season when so many sports are in the heat of action, we’d like to remind all athletes in our community to play hard but stay safe. And if ever you have an injury that needs attention, come see our MVPs of sports medicine.

Phillip R. Wolfe, FACHE
President and CEO
We are **Transforming Healthcare.**

From our new eight-story tower at GMC–Lawrenceville to the luxurious, all-digital GMC–Duluth, Gwinnett Medical Center is offering the most advanced and complete care possible, not just in Gwinnett or Atlanta, but in the nation.

We are leading the way in single-incision laparoscopic surgery, da Vinci® robotic surgery, sports medicine, surgical weight loss, imaging technologies, women’s services and cancer care, and we are developing Gwinnett’s very first open heart surgery program.

Keep up with the transformation at [facebook.com/gwinnettmedical](http://facebook.com/gwinnettmedical).

[gwinnettmedicalcenter.org](http://gwinnettmedicalcenter.org)
How one scholarly high school athlete fought his way back from two injuries and surgeries to play at the college level.
Sidelined by Injury

Injury and surgery are some of the furthest thoughts from the minds of high school students. Unfortunately for Garner, these passing thoughts became a reality when multiple injuries took him off the field and into the office of Snehal Dalal, M.D., an orthopedic surgeon at Gwinnett Medical Center–Duluth.

A 4.0 scholar and standout tight end and wide receiver for the Duluth High School Wildcats, Garner already knew of Dr. Dalal because he was the school’s team doctor. But the two got better acquainted during the 2008 football season after Garner was stepped on during practice.

Dr. Dalal diagnosed Garner with ankle instability and a nonunion (fracture) in his left foot, which was brought on by a 2006 injury that never healed correctly. The seasoned sports medicine physician presented Garner with two options: allow the fracture to heal on its own and take the risk of hurting it again, or have surgery to ensure that it would heal properly. After many conversations, the consensus was that surgery after the football season would be the best route. For Garner to make it through the remainder of the season before having surgery, Dr. Dalal and his team regularly braced, taped and rehabbed the student-athlete’s foot and ankle.

Back for More

Dr. Dalal repaired Garner’s foot with surgery in November 2008, and it was back to the action for the football star. But that wasn’t the last time Garner would be a patient of Dr. Dalal’s. During the 2009 season, Garner was injured and diagnosed with a left wrist fracture, and a screw would have to be surgically placed in the bone for him to play again.

Garner was released to go back shortly after the surgery but had to play with a cast. There was never a doubt in his mind that Dr. Dalal, a fellowship-trained hand and upper-extremity specialist, would get him back in the game.

“I trust Dr. Dalal with everything,” Garner says.

After both surgeries, Garner did rehabilitation with Mindy Simmons, M.S., ATC, LAT, CSCS, the athletic trainer provided by Gwinnett Medical Center to Duluth High School. Every day after school, Garner worked to increase endurance in his foot and range of motion in his wrist.

“Hamilton is highly intelligent and motivated both on the field and in the classroom,” Dr. Dalal says. “He is not limited by pain because of his great attitude.”

All in the Family

Dr. Dalal not only got to know Garner but also the whole family—all of whom have been his patients.

Dr. Dalal treated Garner’s mother, Mary, after she suffered a calf strain. His father, Jack, had his arthroscopic knee surgery performed by Dr. Dalal.

“It has really become a family affair,” Mary says. “We all love Dr. Dalal.”

With his football injuries behind him, Garner’s focus is on college in one of the biggest cities in the world. And although he isn’t sure about what his major will be, he does know he wants to be like Dr. Dalal and become an orthopedic surgeon.

With all of the excitement that comes with a new ZIP code, Garner says he will miss his mom’s cooking and sweet tea but is excited for what his future holds.

Injured? See the MVPs

Learn more about common sports injuries, meet the MVPs of sports medicine or find more information about the sports medicine program at Gwinnett Medical Center–Duluth. Visit gwinnettsportsmed.com.
A

Healthy Feast

Lighten up your holiday menu with four scrumptious recipes that are heavy on flavor.
Gathering with family and friends during the holidays is an important ritual that often involves embarrassing childhood stories, gift-giving and, most importantly, food! For many of us, the food is where we get into trouble.

Suddenly, our weight-loss program and endless hours spent in the gym are no contest for Mom’s sweet potato pie or Dad’s turkey. Gwinnett Medical Center’s Diabetes & Nutrition Education Center understands the temptations that you will face throughout the holiday season, so four of the center’s registered dietitians have provided recipes that allow you to have your cake and eat it, too.

Cranberry Relish

12 oz. bag fresh cranberries
¼ tsp. ground cloves or cinnamon
30 grapes cut into halves
1 tsp. vanilla
2 Tbsp. powdered sugar substitute
½ c. chopped pecans

Directions: In food processor, coarsely chop cranberries and stir in grape halves, spice, vanilla, sugar substitute and pecans. Mix well. Chill until use up to 24 hours before serving. Makes 16 (¼ c.) servings.

Nutrition facts per serving: 42 calories, 1 g protein, 2 g total fat, 0 g saturated fat, 5 g carbohydrates, 2 g fiber, 0 mg cholesterol, negligible sodium.

Turkey With Barley-Cranberry Stuffing

2 c. reduced sodium chicken broth
½ tsp. rubbed sage
1 c. uncooked quick-cooking barley
½ tsp. garlic-pepper seasoning
½ c. chopped onion
½ c. dried cranberries
½ c. finely chopped parsley
2 Tbsp. slivered almonds, toasted
1 fresh or thawed frozen bone-in turkey breast half (about 2 lbs.), skinned

Directions: Combine broth, barley, onion, cranberries, almonds, sage and garlic-pepper in slow cooker. Spray large skillet with nonstick cooking spray. Heat over medium heat until hot. Brown turkey; add to slow cooker. Cover and cook on low heat 4 to 6 hours. Transfer turkey to cutting board; cover and let stand 15 minutes. Stir parsley into sauce mixture in slow cooker. Serve sliced turkey with sauce and stuffing. Makes 6 servings.

Nutrition facts per serving: 298 calories, 5 g total fat, 1 g saturated fat, 30 g protein, 33 g carbohydrates, 55 mg cholesterol, 6 g fiber, 114 mg sodium.
**Rustic Country Turkey Soup**

1 c. chopped onions  
¼ to ½ tsp. poultry seasoning  
3⁄4 c. sliced carrots  
Æ ½ tsp. red pepper flakes  
2 oz. sliced mushrooms  
2 c. chopped, cooked turkey breast  
1 tsp. minced garlic  
2 Tbsp. olive oil  
2 cans 33% less sodium chicken broth  
¼ c. chopped parsley  
2 oz. uncooked, multigrain rotini  
¼ tsp. salt  

**Directions:** Heat a Dutch oven on medium-high heat until hot. Coat with nonstick cooking spray. Add onions and carrots. Cook 2 minutes, stirring often. Add mushrooms. Cook 2 minutes. Add garlic. Cook 30 seconds. Add broth; bring to boil. Add rotini, thyme, poultry seasoning and pepper flakes; bring back to boil. Reduce heat and cover; simmer 8 minutes until pasta is tender. Remove. Add turkey, oil, parsley and salt. Let stand, covered, 5 minutes. Makes 5 (1 c.) servings.

**Nutrition facts per serving:** 163 calories (18% from fat), 3 g total fat, <1 g saturated fat, 19 g protein, 14 g carbohydrates, 40 mg cholesterol, 2 g fiber, 291 mg sodium.

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**Roasted Sweet Potatoes and Onions**

2 unpeeled sweet potatoes  
(about 1¼ lbs.)  
1⁄4 tsp. salt  
1⁄2 tsp. paprika  
2 Tbsp. canola oil  
1 tsp. dried thyme  
1 medium sweet onion, cut into chunks  

**Directions:** Preheat oven to 425. Coat 15x10-inch jelly-roll pan with nonstick cooking spray. Cut sweet potatoes into 1-inch chunks. Place in bowl, add oil and toss well. Add remaining ingredients and toss again. Spread vegetables in single layer on pan. Bake 20 to 25 minutes until tender. Stir and let stand 5 minutes before serving. Makes 10 (½ c.) servings.

**Nutrition facts per serving:** 78 calories (32% from fat), 3 g total fat, <1 g saturated fat, 1 g protein, 13 g carbohydrates, 0 mg cholesterol, 2 g fiber, 148 g sodium.

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**Need Some Nutrition Know-How?**

Although the holidays are a time to enjoy your family and friends, you don’t want to ring in the new year with diet remorse. If you need help with your weight-loss plan, the registered dietitians at the Diabetes & Nutrition Education Center can help. They offer metabolic testing, personalized nutrition plans that can cater to your stage of life and nutrition consultations for diabetes, pregnancy, high blood pressure, high cholesterol, childhood obesity and more.

**FREE Nutrition Advice**

Sign up to receive FREE advice from a registered dietitian. E-mail Cris Hartley, R.D., LD, CDE, at dnec@gwinnettemedicalcenter.org. In your subject line simply put the code word Vim & Vigor.
Mastering Your Metabolism

When it comes to managing your weight, it’s all about calories. Your weight is dependent on you being in control of the amount of food you eat each day, and if you want to be successful, you must have a calorie target.

But how do you accurately determine how many calories is right for you?

Approximately 70 percent of the calories your body burns each day don’t come from physical exercise, but simply from resting. Your resting metabolic rate is the amount of calories your body burns to maintain functions such as your breathing, heartbeat and brain activity, so knowing your resting metabolic rate is extremely beneficial when determining a weight-loss plan.

JUST BREATHE

Gwinnett Medical Center’s Diabetes & Nutrition Education Center (DNEC) can help you achieve your weight-loss goals by determining your daily calorie needs through a simple breath test using an FDA-approved device called MedGem.

“The MedGem works by measuring the patient’s resting oxygen consumption,” says DNEC’s clinical manager, Cris Hartley, R.D., L.D., CDE. “The breath test is accurate, painless and takes about 10 minutes or less to complete.

“This method is preferred over traditional estimation equations that have been found to be substantially inaccurate and often lead to the development of an incorrect nutrition plan.”

DO YOUR PREP WORK

The test has a 99 percent accuracy rate when patients follow these requirements:

• Avoid eating or drinking beverages that contain calories or caffeine at least four hours prior to the test.
• Avoid exercising at least four hours prior to the test.
• Avoid nicotine at least one hour prior to the test.
• Avoid taking supplements and medications that contain ephedra, ma huang or pseudoephedrine at least four hours prior to the test.
• If you’re taking short-term medication, you’ll need to finish it prior to the test. (If you’re taking long-term medication, you should continue as prescribed.)

“When a patient arrives, we ask them to sit and relax for approximately 10–15 minutes prior to the test,” Hartley says. “We then ask the patient to breathe normally into the handheld device for approximately 10 minutes.

“Immediately following the test,” she continues, “our registered dietitians can provide the patient with an accurate nutrition and exercise plan.”

Metabolism is unique to each individual and is difficult to address with a one-size-fits-all approach. You can follow the same diet and exercise plan as someone else, but see dramatically different results. Knowing your unique metabolism allows you to establish a calorie budget that will work for you. 

Take the Breath Test

The GMC Diabetes & Nutrition Education Center is committed to providing quality nutrition advice to help you achieve your weight-loss goals. DNEC offers metabolic testing at two convenient locations, in Lawrenceville and Duluth. For more information or to schedule an appointment with a registered dietitian, call the Lawrenceville location at 678-312-4117 or the Duluth location at 678-312-6040.
Each department at Gwinnett Medical Center is charged with the task of transforming healthcare, and it is the job of human resources to staff those departments with the highly trained personnel they need.

GMC’s human resources department starts with posting and updating all job openings to the hospital’s website twice a week.

“We are always looking to add top clinicians to our stellar staff,” says Robin Mitchell, GMC human resources recruiting specialist. “And we’ve found that one of the best ways to do that is to keep our site updated regularly.”

So, what happens once you submit your application online? Follow the process below to find out.

THE APP REVIEW
A recruiting specialist is the first to review your online application, ensuring that you meet the minimum qualifications for the position before forwarding the application to the department hiring manager. It is then the goal of both the recruiter and the manager to contact you within 48 hours of submission.

THE BEHAVIORAL SURVEY
After an initial prescreening interview, you complete a behavioral competency survey that managers use in their interviews to better understand your background, experience, behaviors and competencies as they relate to the position.

“Though skill level is obviously the number-one characteristic we’re looking for in a candidate, finding the best fit involves so much more,” Mitchell says. “To succeed here at GMC, we need our staff to be highly trained to be able to respond to all types of situations.”

THE BACKGROUND CHECK
Once the department manager completes interviews on you, the qualified applicant, you must then go through a final set of background screenings before a job offer is extended.

THE OFFER
After successful completion of the prescreening process, you receive a final job offer and are scheduled for general orientation, where you are introduced to the GMC family. It is here that you learn the expectations for performance, customer service, safety and security that are the pillars of Gwinnett Medical Center.

“We hold our associates to an extremely high standard,” Mitchell says. “It’s the only way we can provide the level of healthcare that our community has come to expect from us.”

Vim & Vigor • WINTER 2010
It has been years since I have been in the active job market, and online applications and résumé submissions did not exist then. The website at Gwinnett Medical Center, however, was easy to navigate and it was not too long afterward that I was contacted about a job in the OR. The overall process from applying to hearing from HR did take some time, but once initial contact was made, all the appointments I needed to attend were scheduled quickly. What I was most impressed about was the friendliness and willingness to help a new hire, from hand-drawn directions to various buildings on the campus to the smiles and the ‘We’re glad you are joining us’ greetings I heard from almost everyone on the staff. I have never experienced that before in 32 years of nursing and I feel very good about choosing to join Gwinnett Medical Center.

Pat Roddy, R.N.

The words that come to mind regarding the hiring process in general would be ‘comprehensive’ and ‘professional.’ The online application process was easy to navigate and presented a very polished and organized introduction to Gwinnett Medical Center. From the initiation of my application through the time I was presented with an offer, my recruiter maintained constant contact and provided assistance in navigating through each step of the process. The panel interview phase was comprehensive and not only provided a unique opportunity for GMC to evaluate me, but also allowed me to evaluate GMC through the variety of people I met during the sessions. Each step of the way, I was more convinced that GMC was the right place for me.

Nancy Stockslager, R.N., MSN, Director, Clinical Informatics

Vim & Vigor • WINTER 2010

Apply Yourself
To see what positions are available at any of GMC’s campuses, visit gwinnetmedicalcenter.org/jobs or follow human resources on Twitter @GMCJobs.
GMC Foundation News and Notes

Heart & Vascular Center Construction Under Way

After celebrating the official groundbreaking for the new Heart & Vascular Center this past summer, visible evidence of the building's arrival can now be seen on the west side of Gwinnett Medical Center–Lawrenceville.

The $33 million investment is a 40,000-square-foot, multi-level addition, which will ensure that the people in our community have access to a complete range of cardiac services.

When it opens in early 2012, the Heart & Vascular Center will be a state-of-the-art facility. Although the advanced technologies are impressive, they won’t be what make the center truly special—it will be GMC’s devoted, world-class physicians and medical professionals who make the difference.

The Gwinnett Medical Center Foundation is approaching its goal of $8 million in charitable giving to support the development of the open heart program, but there is still $1.3 million to raise. With your help, the foundation will reach that goal.

Boom Boom Heart: GMC Grooves to the Beat

In celebration of open heart services coming to Gwinnett, the Gwinnett Medical Center Foundation has created a fun music video showcasing the vastly underrated dancing skills of GMC physicians and associates, donors and community leaders. To view the Boom Boom Heart video, visit openheartgwinnett.com.
**Donor Spotlight:**
**Dorothy Rainey**

For nearly 20 years, Dorothy Rainey has bestowed her time, energy and 100-watt smile upon the patients of Gwinnett Medical Center–Duluth and formerly Joan Glancy Memorial Hospital. During that time, she has donated more than 3,200 hours and served in many roles as a hospital volunteer.

Rainey began her volunteer service in 1990 working in the gift shop. Since GMC–Duluth opened its doors in 2006, she has volunteered at the gift shop and the front desk, as well as serving as the hospital’s membership liaison to the GMC Foundation Board of Directors. Rainey also has a heart for the GMC Foundation, recently showing that by donating an original, $16,000 stained glass panel for the new Strickland Chapel at GMC–Lawrenceville.

Rainey loves Gwinnett Medical Center, and considers it more than just bricks and mortar; it’s her hospital. She is an advocate for GMC in the community and supports it financially. She and her husband, Frederick, have generously contributed more than $50,000 to the GMC Foundation.

Cornerstone Society Gala Slated for February

The Gwinnett Medical Center Foundation’s third annual Cornerstone Society Gala will be Feb. 19, 2011.

The Cornerstone Society is an organization for donors who contribute $1,000 or more annually to the GMC Foundation. Members of this group have been instrumental in helping the foundation raise more than $6.5 million of the $8 million goal for GMC’s open heart campaign.

Throughout the year, Cornerstone Society members are celebrated at many events, including the Gala, Gwinnett Braves Cornerstone Night, the Aurora Theatre’s Christmas Canteen and several facility openings at GMC.

To participate in the 2011 Cornerstone Society Gala, membership should be in place by Dec. 31, 2010. For information on how to join the Cornerstone Society, please visit gwinnettmedicalcenter.org/foundation or call 678-312-8500.
Family Physician

*A Duluth native, GMC’s medical staff president always wanted to be a doctor*

Miles H. Mason III, M.D., president of Gwinnett Medical Center’s medical staff, has been practicing medicine in Gwinnett since 1979 when he opened a practice alongside his father. Dr. Mason’s father, who was affectionately known as “Daddy Mason,” was an inspiration and role model to his son. The general surgeon and his wife, Sandy, live in Duluth and have three children, Stephanie, Lisa and Miles IV. His 33 years in the white coat speak for themselves, but what he does outside of it also makes him interesting.

Dr. Mason was kind enough to answer a few questions about what that life is like.

Meet Miles H. Mason III, M.D.

**Name:** Miles Herbert Mason III  
**Specialty:** General surgery  
**Medical school:** Medical College of Georgia  
**Years practiced:** 33  
**Years practiced at GMC:** 31

Miles H. Mason III, M.D., visits patient Doris Owens in 2006 before performing the first elective surgical procedure at GMC–Duluth.

Miles H. Mason III, M.D., right, with his father, Miles Jr.
When I was a child I dreamed of becoming a doctor. As far back as I can remember I have always loved the medical profession. Having a father who was a busy doctor had a lot to do with that dream.

My first job was as an assistant in the cutting room of a jacket factory in Duluth. I made all of $1.25 an hour. I was amazed at the amount of tax that was taken out of my check, and I didn’t know who FICA was and why he got my money.

To unwind after a long day I enjoy working sudoku puzzles and crosswords. It lets me get a mental recess from the busyness of the professional day. It is relaxing but at the same time somewhat mentally challenging.

Right now on my iPod I’m listening to golden oldies, particularly the Carpenters, the Temptations, Chicago and Fleetwood Mac. The music of that time is still enjoyable, no matter how many times I listen to it.

My inspiration is my father, and will always be. He has been my role model. He had a work ethic and professionalism that I hope I am successful in emulating. He had a special knack for knowing his patients better than they even knew themselves.

My favorite television show is M*A*S*H. I enjoy the programs even more now. The medical facts are extremely accurate, and not only is the medical drama quite real, but the personalities are equally as real.

If a movie were made about me, I would be played by Sean Connery. He seems to exemplify the leadership that I think would be close to my own.

My first car was an Oldsmobile 442, given to me by my daddy after college. It was special to me because it symbolized a reward for four years of hard work. Of course, gas was only 33 cents a gallon, so it didn’t matter that it got only 12 miles per gallon. I could fill up for only $5!

My favorite holiday tradition was the family gatherings at Mama and Daddy’s for gift-giving and dinner. Christmas means so much when families can gather and share the spirit of the season and break bread together.
Get to Know PrimeTime Health

PrimeTime Health is Gwinnett Medical Center’s senior health program for adults ages 50 and older, specifically designed to enhance health and well-being.

Membership is free and includes access to free, low-cost and discounted services. Member benefits include:

• **Vim & Vigor:** A free subscription to Gwinnett Medical Center’s quarterly magazine, featuring stories about cutting-edge procedures, healthy living and PrimeTime Health.

• **PrimeTime News calendar:** A quarterly calendar of PrimeTime Health events.

• **Catalyst scripts:** An exclusive prescription discount card for PrimeTime Health members, which is accepted at most pharmacies, plus a mail-order option that offers even greater savings.

• **Catalyst-Outlook vision plan:** Outstanding eyewear discounts at select locations for the modest price of $19.95.

• **Speakers bureau:** Informative health talks given by Gwinnett Medical Center physicians, healthcare professionals and community organizations.

• **Fitness classes:** Yoga and tai chi classes specifically designed for seniors and offered at a discounted rate. PrimeTime Health members also receive a 10 percent discount off non-PrimeTime Health fitness classes.

• **Nutrition consultations:** 20 percent discount on Diet by Design services offered by the GMC Diabetes & Nutrition Education Center.

• **Fitness consultations:** Discounts on fitness services at Gwinnett SportsRehab, including personal fitness assessments, training and weight room access.

• **Physician referrals:** Access to Gwinnett Medical Center’s physician directory, where you can search for a physician by location, specialty and insurance plan.

• **Support groups:** Access to Gwinnett Medical Center’s many support groups, offering information and assistance through group interactions. These groups encourage making connections, improving coping skills, getting motivated and developing positive outlooks. Some support groups offered on GMC campuses include Bosom Buddies Breast Cancer Support Group, Parkinson’s Support Group and Stroke Support Group. For more information about GMC support groups, visit gwinnettmedicalcenter.org/support.

Are You in Your Prime?

To learn more about PrimeTime Health at Gwinnett Medical Center, visit gwinnettmedicalcenter.org/primetimehealth or call 678-312-5000.
Gwinnett Medical Center–Duluth understands dieting and exercise alone aren’t the answer for every person. We also understand the difficulties that come with keeping the weight off.

This is why we’ve developed a comprehensive bariatric surgery program to assist patients in achieving significant weight loss, long-term weight maintenance and improvement in obesity-related medical conditions.

For more information about our free informational seminars, call 678-312-6200.

gwinnettbariatrics.org