

Summer 2010

A publication of
Coliseum Medical Centers,
Coliseum Northside Hospital,
and Coliseum Psychiatric Center

www.coliseumhealthsystem.com

your **health**

Relief for Your
Aching Back
Coliseum Northside
Orthopaedic and Spine
Center Offers Solutions
pages 4 & 5

The Power of
Emergency Care
One Patient's
Story of Hope
page 3

**Getting Back
to Your Life**

Minimally Invasive
Surgery Options
for Women
page 6



A Triple Threat for a Good Cause

This year, Coliseum Health System invites athletes, volunteers, and supporters to unite for another test of true endurance during its sixth annual Rock 'N RollMan Triathlon™. This swim-bike-run event takes place on Saturday, June 5, 2010.

With multiple race lengths and variations available, athletes of different skill levels can come out to compete. Variations include:

- The Rock 'N RollMan Triathlon
- The Rock 'N RollMan Duathlon
- The Rock 'N RollMan Sprint
- AquaBike Division

Not up for a test of strength and endurance? Volunteers can get a glimpse of the action, enjoy the beautiful park and beach, and still help out for a worthy cause.

To register for this year's event or learn more about the race, visit www.coliseumhealthsystem.com or www.gamultisports.com.



Bringing Health to You

NEED SOME MOTIVATION or a helping hand to stick with your health goals? Coliseum Health System's H2U program gives members a wealth of health resources both online and in the community. These include:

- a quarterly edition of *H2U* magazine
- a prescription discount card
- discounts on popular merchandise and retailers
- online health calculators
- personal health assessments
- personalized health reminders

Coliseum's chapter of H2U offers fitness programs, seminars and classes, health screenings, and travel opportunities designed to meet the needs of local residents over the age of 50. H2U keeps members engaged in the community.

Annual membership of H2U is \$20. To learn more about the program or to enroll, visit www.coliseumhealthsystem.com and below "Patients & Visitors" click on "H2U."

Centers of Healing

AT COLISEUM HEALTH SYSTEM, we understand that dealing with cancer is difficult to say the least. In order to best serve the needs of our middle Georgia community, we are proud to provide cancer patients with a wide variety of valuable health services.

- The **Coliseum Cancer Center** offers the community a resource library, public access computers, educational services, and support during treatment. The Certified Oncology Nurse Navigator is a free service available for patients and their caregivers for all types of cancer, including prostate, lung, and colon cancer. One call to the Coliseum Cancer Center provides a variety of resources that will make traveling the road of cancer a little less threatening. Accurate information helps alleviate some of the fears that go along with cancer treatments and recovery.

- The **Breast Health Center** provides women with important information about breast health,

and if cancer is detected, a personal consultation is available by appointment as you begin to make decisions regarding your treatment options. A very active breast cancer survivors' support group is also offered monthly.

- The **Coliseum Lymphedema Center** brings the community comprehensive outpatient services to help patients manage lymphedema. Our certified therapists are trained to address the individual needs of those experiencing lymphedema.



Call Coliseum's Cancer Hotline at 877-274-3910 for questions, referrals, and information from caring professionals.

In the Event of an Emergency

It was a warm day in early summer 2009—the perfect kind of day for Clayto Burke to go outside and clean his car. While sitting in the driver’s seat, Clayto leaned over to pick up some trash. Suddenly, this beautiful summer day took a turn for the worse.



CLAYTO DROPPED HIS BAG. His left arm seemed heavy, and he felt like he was going to black out. He struggled inside to the couch and told his wife to call 911. He knew exactly what was occurring. It had happened to him before, almost a year ago to the day. Clayto was having a stroke.

TIMELY INTERVENTION

The ambulance arrived in a matter of minutes. Still, Clayto’s condition had worsened. His speech was slurred and the left side of his face was drooping. Professionals checked his vitals, stabilized his blood pressure, made a list of his medications, and called ahead to make arrangements with the Emergency Room (ER) at Coliseum Medical Centers.

The ER staff at Coliseum was ready and waiting for Clayto when he arrived. Tests showed that blood was not flowing freely through the heart but, instead, was pooling in one of his heart’s chambers. A clot had also been released into Clayto’s blood stream. Physicians immediately administered a new drug that breaks up clots and can even reverse some of the damage a stroke may cause.

“The staff explained everything, from medications and side effects to the details of my condition. The nurses went

to great lengths communicating everything to my wife and making sure she was comfortable,” Clayto says. “I could not have been cared for at a better place. I don’t even have words to describe the care I received during the 13 days I was a patient there. I’ve been hospitalized at all the local hospitals, and Coliseum is by far top on my list.”

WHEN YOU NEED IT MOST

The ERs at Coliseum Northside Hospital and Coliseum Medical Centers are equipped to meet your needs during an emergency. Our full-service ERs are prepared to provide care to residents of middle Georgia 24 hours a day, seven days a week.

Staffed by qualified physicians and other medical professionals, Coliseum’s ERs are prepared if you or a loved one, like Clayto, experiences a traumatic health event such as a stroke. You can rest assured you will receive the highest quality of care in a compassionate environment.

Wait Times at the Click of Your Mouse

Coliseum Health System offers Emergency Room (ER) wait times online. Visit www.coliseumhealthsystem.com or text “ER” to 23000 for the average ER wait times at both Coliseum Medical Centers and Coliseum Northside Hospital.



If you ever need emergency medical care, ask emergency medical services to take you to a Coliseum Emergency Room.



Getting to the *Nerve of the Problem*

Approximately 80 percent of Americans experience lower back pain at some point in their lifetime. In fact, lower back pain is second only to the common cold as a cause of absence from work. Whether you suffer from back or neck problems, Coliseum Northside Orthopaedic and Spine Center offers the services you need to find freedom from pain.

FROM DIAGNOSIS AND surgical treatment to rehabilitation, Coliseum Northside Orthopaedic and Spine Center offers the entire spectrum of back and neck care.

“If a person has significant neck or back pain that persists for more than several weeks without relenting, he or she should be seen by a physician,” says Peter Holliday III, MD, neurosurgeon at Coliseum Northside Orthopaedic and Spine Center. “Our skilled physicians and staff provide comprehensive services to address each patient’s individual back or neck problems.”

PINPOINTING THE PAIN

During a patient’s initial visit, the staff will complete a thorough history to rule out the possibility of infections or tumors.

In the absence of a tumor or infection, we evaluate and treat the following spine conditions:

- ✦ arthritis of the neck and back
- ✦ herniated discs of the neck and back
- ✦ neck and back strains
- ✦ spine complaints
- ✦ spinal stenosis or narrowing of the spine
- ✦ spinal cord compression

“Before recommending surgery, we try more conservative treatment methods, such as anti-inflammatory medications or physical therapy,” says Will Dasher, MD, orthopedic spine surgeon at Coliseum Northside Orthopaedic and Spine Center. “However, for some patients with the appropriate condition, surgery on the spine can provide immense improvement and relief from pain.”

SURGICAL SOLUTIONS

Various problems of the spine can produce musculoskeletal pain, nerve pain, and spinal cord injury with weakness, paralysis, loss of sensation, and loss of control of bladder and bowel

function. Spinal surgery aims to alleviate these symptoms by addressing problems with the bones of the vertebrae, the discs and ligaments, and the spinal cord and nerve roots.

“A surgeon can remove portions of bone to widen the narrowed area in the vertebrae and relieve pressure on the spinal cord or nerves,” Dr. Dasher says. “Removal of the gel-like interior of ruptured discs may also provide pressure relief on pinched nerves. When necessary, the entire disc can be removed and the adjoining vertebral bodies fused together surgically.”

A wide variety of complex spinal procedures are performed at Coliseum Northside Orthopaedic and Spine Center.

- ✦ **Anterior cervical discectomy and fusion (ACDF)** is the most common procedure to treat damaged cervical (neck) discs. The surgeon approaches the ruptured disc from the anterior or front of the neck, and the goal is to relieve pressure on the nerve roots or spinal cord by removing the disc. To maintain the normal disc space after removal, a surgeon may fill the space with a bone graft and fuse the vertebrae together.
- ✦ **Posterior cervical discectomy and fusion (PCDF)** is performed to remove a herniated or degenerative disc in the lower spine. The surgeon approaches the spine from the posterior, through the back muscles. Like ACDF, a fusion may be done at the same time as the discectomy to help stabilize the spine.
- ✦ **Lumbar laminectomy**, also known as decompression, is surgery to remove the lamina, the back part of the vertebra that covers the spinal canal. This advanced procedure enlarges the spinal canal, relieving pressure on the spinal nerves caused by spinal stenosis.

“It is important for people in our community to understand that they do not have to live with back or neck pain,” Dr. Holliday says. “We have many treatment options so patients can regain function and improve their quality of life.”



Peter Holliday III, MD



Will Dasher, MD

Fast Facts on Back Pain

- » Most back pain occurs among people aged 45 to 64.
- » Back pain is more common in men than women. Men are also twice as likely to require surgery for back pain.
- » Each year, 13 million people visit the doctor for chronic back pain.
- » One-half of all working Americans admit to having back pain symptoms each year.
- » Most incidences of back pain are mechanical or nonorganic, meaning they are not caused by serious conditions, including inflammatory arthritis, infection, fracture, or cancer.



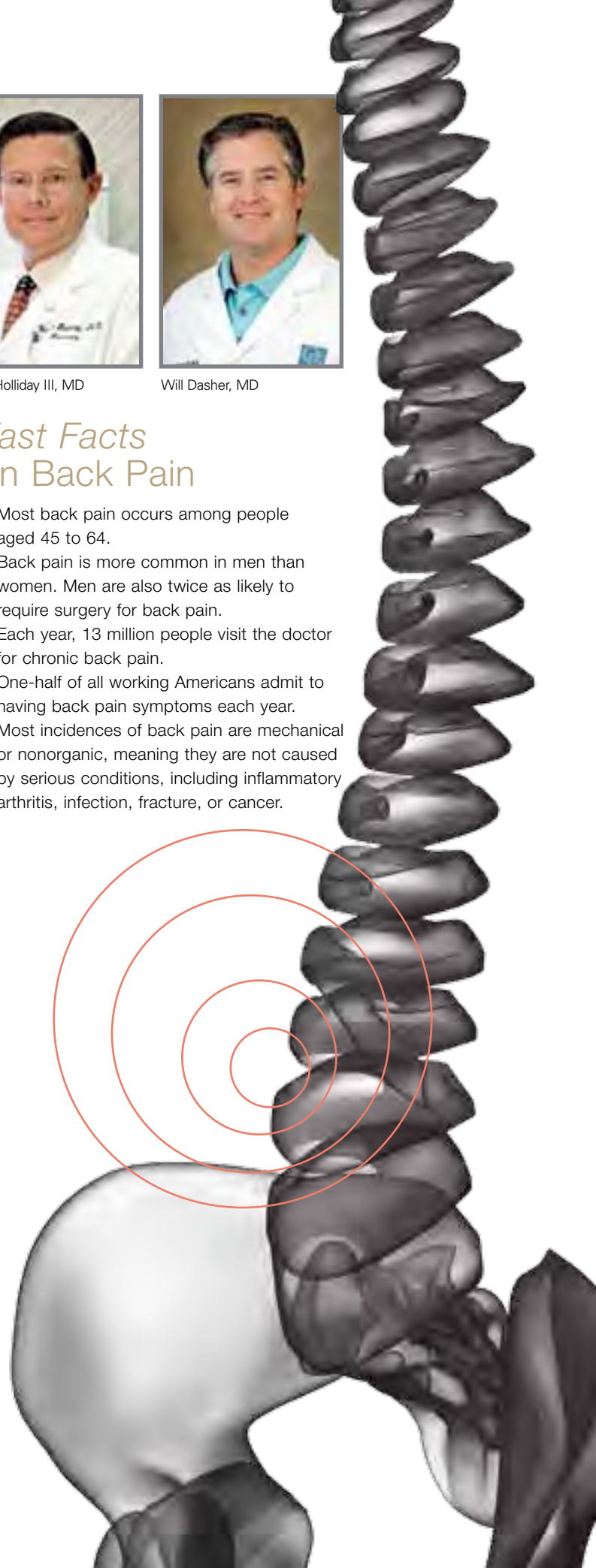
For more information on orthopedic or spine surgery at Coliseum Northside Hospital, call (478) 757-6085.

Recognized for Surgical Excellence

Coliseum Northside Orthopaedic and Spine Center and Coliseum Medical Centers were recently recognized by Blue Cross and Blue Shield as Blue Distinction Centers for Spine SurgerySM. To receive this esteemed designation, Coliseum had to submit clinical data to establish they met certain selection criteria, including:

- » a comprehensive quality management program
- » an experienced spine surgery team, including spine surgeons with board certification
- » clinical outcomes that meet objective thresholds for specific procedures, including complication rates and length of stay in the hospital

“We are honored to receive this exemplary recognition,” says Kay Varnadoe, BSN, RN, ONC, Orthopedic Department Manager at Coliseum Northside Orthopaedic and Spine Center. “Our team of experienced staff follows protocols and evidence-based best practices to ensure that patients have the most positive surgical outcomes.”





A Faster Recovery for Women

TRADITIONALLY, GYNECOLOGIC PROCEDURES were performed through large incisions. These surgeries sometimes resulted in a long recovery period, as well as significant postoperative pain. While laparoscopic surgeries are a less invasive option, they tend to be limited to simple operations. Utilizing the da Vinci™ Surgical System, Coliseum Medical Centers offers a less invasive approach to complicated gynecologic surgeries.

“For women facing gynecologic surgery, an extended period of pain, discomfort, and time away from work or normal daily activities may follow a traditional open surgery,” says Eric Roddenberry, MD, OB/GYN at Coliseum. “The da Vinci offers a less invasive approach to completing complex hysterectomies and other gynecologic procedures.”

RAISING THE BAR

In 2009, Coliseum added the da Vinci and began performing minimally invasive robotic-assisted surgeries to treat a number of gynecologic conditions, including:

- cervical and uterine cancer
- endometriosis
- menorrhagia or excessive bleeding
- uterine fibroids
- uterine prolapse

This technology is also an option for women who cannot have procedures done laparoscopically due to the complexity of their condition.

“When performing a complete hysterectomy, the uterus is typically removed vaginally. However, this can be quite difficult for women who haven’t had children or who have had a Cesarean section [C-section],” says Dr. Roddenberry. “In addition, scarring or a narrow pelvis can complicate and prevent access to the uterus. The da Vinci offers a solution for patients who cannot have the procedure done laparoscopically due to extenuating circumstances.”

Minimally invasive robotic-assisted surgery using the da Vinci™ Surgical System also benefits patients from a cosmetic standpoint: Smaller incisions produce less scarring.

In the event that medications or other non-invasive treatments are unable to relieve symptoms, surgery may be a viable option for a variety of gynecologic conditions.

For complex gynecologic procedures, robotic-assisted surgery with the da Vinci may be the most effective, least invasive treatment option. In addition, surgeons operating with the da Vinci benefit from greater precision and control during surgery because of the delicate instruments the da Vinci utilizes.

“The ability to view the anatomy is unbelievable in comparison to viewing it over a monitor,” says Dr. Roddenberry. “Minimally invasive robotic-assisted surgery also allows greater ability to manipulate tissue, and the surgical instruments offer significantly improved precision.”



For more information on robotic-assisted surgery with the da Vinci Surgical System at Coliseum, visit www.coliseumhealthsystem.com.



calendar

2010

Breathe Easy Lung Support Group

2nd Wednesday of every month at 12 noon Coliseum Medical Centers, 5th floor classroom (location subject to change) This group helps meet challenges that chronic lung disease brings to daily life. Free, but reservations are required. Call (478) 751-0449.

Advance Directives

9-10 a.m. May 10; July 12; Coliseum Northside Hospital. Call (478) 471-6868 for more information.

ALA's Freedom From Smoking Group

Now being offered through Coliseum's Center for Pulmonary Health Program. This is an eight-week program. There is a \$25 charge. Contact Coliseum's Center for Pulmonary Health at (478) 751-0449.

Childbirth Preparation Class

6-9 p.m. May 5; June 2; July 7; August 4
Covers diet, exercise, breathing and relaxation techniques, labor and delivery events, medications, C-sections, inductions, complications of labor and delivery, and postpartum care. Please register early. Call (478) 765-4502 or register online at www.coliseumhealthsystem.com.

Gestational/Pre-Existing Diabetes in Pregnancy

Physician referral is required. Call (478) 765-4338 for more information.

Newborn Care Class

1-3 p.m., June 12; July 10; August 7; September 10
Coliseum Medical Centers, 1st floor classroom. Call (478) 765-4502 or register online at www.coliseumhealthsystem.com.

Breastfeeding Class

May 1; June 12; July 10; August 7; 10 a.m.—12 noon
Coliseum Medical Centers, 1st floor classroom
Benefits of breastfeeding, latch on and positions techniques, and what to expect for the first few days and weeks after delivery. Dads are welcome. Call (478) 765-4502 or register online at www.coliseumhealthsystem.com.

US TOO for Prostate Cancer Education and Support

3rd Monday of each month at 6 p.m.
Coliseum Medical Centers, Bldg. C, Ste 120
A support group for prostate cancer survivors. Call (478) 765-4805 for more information.

Improving the Chemotherapy Experience

Coliseum Medical Centers' Cancer Center, Bldg. C, Ste. 120. Learn more about managing the side effects of chemotherapy. Call (478) 765-4805 for more information.

"Medicare Made Easy" Program

9-10 a.m. June 14; August 9;
Coliseum Northside Hospital,
1st floor conference room
Covers the 2010 Medicare deductibles, co-pay, and premiums. Call (478) 471-6868.

Perspectives

Television series for the 50+ population
Cox Cable channel 15
Every Monday at 12:30 p.m.; Tuesday at 9 a.m.; and Friday at 7:00 p.m.

Focus on Healing Classes (Lebed exercise)

Advanced classes: Mondays and Thursdays, 8-9 a.m.
Beginner classes: Tuesdays and Thursdays 11 a.m.-12 noon
Coliseum Medical Centers, Bldg D, Ste. 230. \$34/month.
Call (478) 765-4413 to register.

A-Z Diabetes Self-Management

9 a.m. to 5 p.m., last Thursday of the month. Coliseum Diabetes Management Center, Bldg. C, Ste. 120. Learn to live with diabetes! Physician referral is required. Please call (478) 765-4338 for more information and to confirm dates.

Helping Hands Grief Support Group

Each Monday at 2:30 p.m.
Coliseum Medical Centers, Bldg. C., Ste 120
Offers emotional support for those who have experienced the loss of a loved one. Call (478) 464-1401.

Chronic Fatigue/Fibromyalgia Support Group

First Saturday of each month from 1-3 p.m.
Locations vary. Call (478) 475-4908.

Joint Class at Coliseum Northside Hospital

Classes available weekly. Coliseum Northside Hospital, 400 Charter Boulevard. For patients who will have joint replacement surgery at Coliseum Northside Hospital's Orthopaedic and Spine Center. Call (478) 757-6092.

G.L.A.D. (Good Living Around Diabetes)

2nd Monday of every other month at 5:30 p.m. 2010 dates: June 14; August 9
Coliseum Diabetes Management Center, Bldg. C, Ste 120. A free support group for persons living with diabetes. Call (478) 765-4338 for more information.

Bipolar Support Group

Every Thursday; 6-7:30 p.m.
Coliseum Psychiatric Center, 340 Hospital Drive. For patients, family, and friends who want to better understand how to live more productively with Bipolar Disorder. Call (478) 741-1355

Bosom Buddies

1st Wednesday of each month at 12 noon
Coliseum Medical Centers, Bldg. C, Ste 120
A free support group for breast cancer survivors. Call (478) 765-4805 for more information.

Look Good... Feel Better

Coliseum Medical Centers, Bldg. C, Ste 120.
Designed to help women overcome the appearance-related side effects of cancer treatment. Registration is required. Call (478) 765-4805 for more information.

Surviving Together... Strive From Stroke Support Group

3rd Thursday of each month from 11:30-1 p.m.
Coliseum Medical Center's cafeteria. A support group for patients, families, and caregivers whose lives have been touched by stroke. Lunch is provided. Call (478) 765-4509 for more information.

United Ostomy Association Support Group

4th Sunday of every month at 3 p.m.
Coliseum Medical Center's cafeteria
For people who have had a colostomy, ileostomy, or urostomy surgery. Call (478) 765-4185 for more information.

Survivors of Suicide Support Group

2nd Wednesday of each month from 6-7 p.m. Coliseum Psychiatric Center, 340 Hospital Drive. Offers support for family and friends of persons whose death was intentional. Call (478) 741-1355 for more information.

Extending H.O.P.E.

Meets first Wednesday of every month at 1:30 p.m. Coliseum Medical Centers, Bldg. C, Ste 120. A lymphedema support group. Call (478) 765-4805 for more information.



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