

Spring/Summer 2011

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Coliseum Medical Centers,
Coliseum Northside Hospital,
and Coliseum Center for
Behavioral Health

www.coliseumhealthsystem.com

your **best** health

Tri, Tri Again

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Put Your Foot Down on Pain

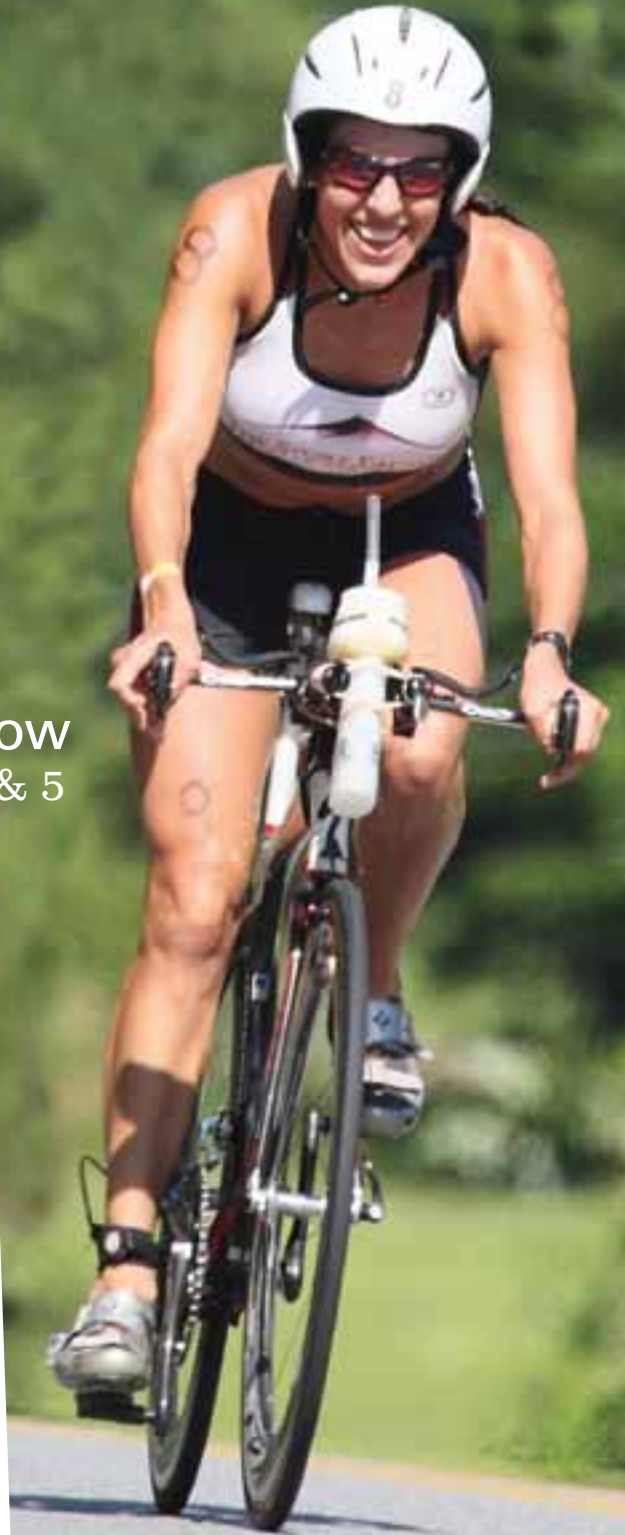
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Brenda Anderson, stroke patient





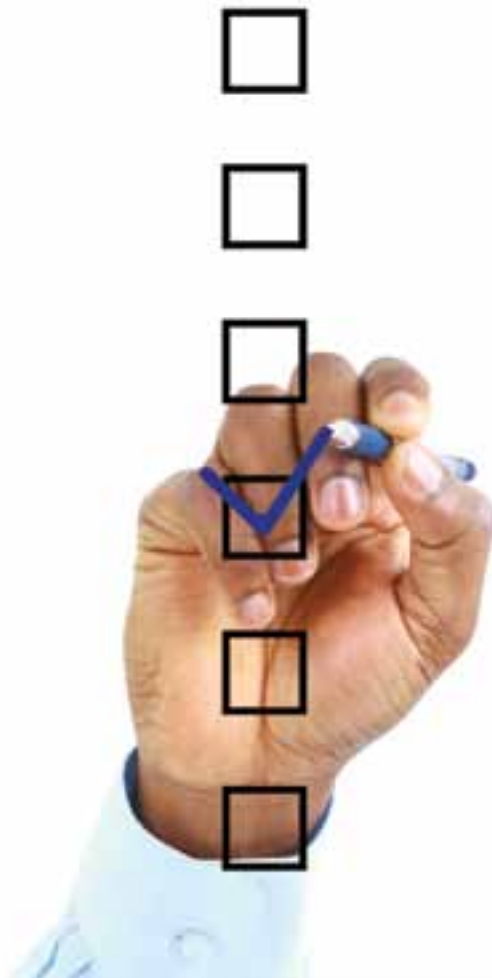
Run, Bike, Swim, Rock

COLISEUM HEALTH SYSTEM'S eighth annual Rock 'N RollMan Triathlon will take place on June 4th at the Sandy Beach Recreation Area at Lake Tobesofkee. Earning national recognition from USA Triathlon, this year's Rock 'N RollMan is a great event for families, whether members want to compete or cheer on participants.

The top five men and women will split a total of \$4,990 in prizes. During the main race, participants will swim 1.2 miles, bike 56 miles, and run 13.1 miles. The event will also feature:

- » a 10 kilometer run sponsored by **OrthoGeorgia**
- » a long course duathlon
- » a sprint distance triathlon (750 meter swim, 15 mile bike, 5 kilometer run)

Join us as a participant, volunteer, or spectator at this year's Rock 'N RollMan. For more information, visit www.gamultisports.com.



Keeping Your Prostate in Check

ACCORDING TO THE American Cancer Society, prostate cancer is the most common cancer after skin cancer among men in the United States. When detected early, prostate cancer is very treatable, which is why screenings are so important.

During Men's Health Week, June 13–19, Coliseum Health System will provide information about prostate cancer at an annual lunch-n-learn and screening event, which will include a question and answer session with physicians and specialists. The free event will be held on Wednesday, June 15, at Coliseum Medical Centers.

For more information or to register, please call (478) 746-4646.

Exceptional FRIST WINNERS

COLISEUM HEALTH SYSTEM is proud to present its annual Frist Humanitarian Awards. The prestigious awards—named in honor of the late Thomas Frist, Sr., MD, cardiologist, internist, hospital executive, and Co-Founder of the Hospital Corporation of America—are awarded to one deserving member of our medical staff and one volunteer who continually provide compassion and support to our patients. We take pride in employees and volunteers who uphold our reputation for outstanding, quality health care.



2010 Employee Recipient

Judy Banks



2010 Volunteer Recipient

Ray Wilkes

We want to thank our winners for dedicating their time to help better the lives of our patients.

Move Your Hips Again, Sooner!

AFTER TRADITIONAL HIP surgery, patients spend most of their time learning what not to do. However, with a new, less invasive surgery option offered at Coliseum Northside Hospital, patients learn how to get better, so they can get back to enjoying life again.

The new anterior hip replacement procedure is a proven technique that minimizes pain and recovery time for patients. Surgeons make a smaller incision than traditional hip surgery requires, which reduces trauma to underlying muscle and soft tissue. This results in a smaller scar, less postoperative pain, and a faster return to normal activities.

“Anterior hip replacement allows the surgeon to reach the hip joint from the front of the hip, as opposed to the lateral [side] or the posterior [back] approach, which are more traditional methods,” says Jeffrey Burnette, MD, orthopedic surgeon. “This way, the hip can be replaced without detachment of the muscle from the pelvis or femur during surgery.”

Dr. Burnette and his partner, Bill Barnes, MD, are the only physicians in middle Georgia trained to perform the procedure.

WHAT TO EXPECT

Anterior hip replacement surgery allows a patient to immediately bend his or her hip freely and bear full weight when comfortable, resulting in a more rapid return to normal function. Unlike traditional hip surgery—after which patients generally have to restrict their movement to 60 to 90 degrees—patients who undergo anterior hip replacement are instructed to use their hips normally after surgery—without many restrictions. In supervised therapy, for example, patients go up and down stairs before being released from the hospital.

The average hospital stay for anterior hip replacement is two to four days, versus three to 10 days for traditional surgery. Recovery time for traditional surgery could be from two to four months, as opposed to two to eight weeks with anterior hip replacement.



“Since we began offering this procedure, we have seen many positive outcomes,” says Dr. Burnette. “We had one gentleman who went home the day after surgery and stopped by his office the following day to check on things.”

Visit www.coliseumhealthsystem.com/ortho to learn more about orthopedic services offered at Coliseum Northside Hospital.

COLISEUM NORTHSIDE ORTHOPAEDIC CENTER

If the problem is orthopedic—whether caused by traumatic injury, chronic or degenerative disease, or a congenital condition—the Coliseum Northside Orthopaedic Center offers a full range of orthopedic services. Using the most advanced diagnostic and treatment techniques, our team of physicians offers a broad range of clinical expertise in orthopedics, an area of medicine characterized by the management and treatment of injuries and diseases of bones, joints, and soft tissues (cartilage, ligaments, and muscles). Orthopedic care is complex, but our goal is to make your experience comfortable and successful—from diagnosis and surgical treatment to rehabilitation.





Stroke

When Minutes Matter Most

Your husband has a sudden headache and says he doesn't feel right. Could he be having a stroke?

A STROKE OCCURS when a clot or plaque caused by buildup of cholesterol and other substances causes a block in the brain's blood supply. Every minute that passes can change a person's life forever, since the brain controls major body functions such as communication and movement. Stroke is the third leading cause of death in the United States and the leading cause of disability.

"If you or someone you know is experiencing sudden weakness in the face, arms, or legs, sudden confusion, trouble understanding or speaking, call 911 as soon as possible," says Denise Goings, RN, Stroke Coordinator for Coliseum Medical Centers Primary Stroke Center. "The sooner a person presents, the more treatment options we can offer."

Strokes are classified as either ischemic or hemorrhagic:

- » **Hemorrhagic stroke** is caused by a rupture of an artery in the brain.
- » **Ischemic stroke** is caused by an interruption in the flow of blood to the brain.
- » **Transient ischemic attack**, also known as a mini-stroke, is caused by a temporary blockage or clot that produces stroke-like symptoms that rapidly disappear.

RECOGNIZING RISK FACTORS

Approximately 80 percent of strokes are preventable, according to the National Stroke Association. While certain factors—such as family history, age, and race—cannot be controlled, you can take many steps to reduce your risk of stroke.



Know the Signs

In case you or someone you know experiences a stroke, you should know the warning signs, as provided by the American Stroke Association:

- » sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- » sudden confusion, trouble speaking or understanding
- » sudden trouble seeing in one or both eyes
- » sudden trouble walking, dizziness, loss of balance or coordination
- » sudden, severe headache with no known cause

Act F.A.S.T.

Use the F.A.S.T. acronym, as provided by the National Stroke Association, to remember the warning signs of stroke:

- » **F = Face** Ask the person to smile. Does one side of the face droop?
- » **A = Arm** Ask the person to raise both arms. Does one arm drift downward?
- » **S = Speech** Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?
- » **T = Time** If you observe any of these signs, it's time to call 911.
- » **Time Lost = Brain Lost!**



Coliseum Medical Centers has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award, which recognizes Coliseum's commitment to and success in implementing excellent care for stroke patients, according to evidence-based guidelines.

"High blood pressure, high cholesterol, smoking, and being overweight can all be controlled through healthy lifestyle changes," says Rahel Anderson, MD, neurologist at Coliseum Medical Centers. "People at higher risk for stroke should consult their primary care physicians for management of their overall health."

To reduce your risk of stroke:

- » **Eat a balanced diet** filled with whole grains, fresh fruits and vegetables, lean protein, and low-fat dairy.
- » **Forgo unhealthy food options**, such as fried and processed foods, which can be high in fat and salt.
- » **Make time for physical activity** by exercising 30 minutes most days of the week.
- » **Manage stress** by connecting with a close friend, listening to soothing music, or taking a yoga class.
- » **Quit smoking**, since it can cause other health problems, such as lung disease or cancer.

LEADING-EDGE CARE WHEN SECONDS COUNT

If you or a loved one is having a stroke, the Coliseum Primary Stroke Center can provide high-quality care in a timely manner by medical professionals who have been trained in Advanced Stroke Life Support.

"If a patient arrives within two hours of having a stroke, we are able to assess the patient for possible administration of tissue plasminogen activator [tPA], known as the 'clot-buster' medicine," says Goings. "This medication can dissolve clots in an ischemic stroke, reducing the patient's long-term disability."

In addition to immediate care, The Joint Commission-certified Coliseum Primary Stroke Center offers a variety of inpatient and outpatient rehabilitation services to assist patients as they regain mobility after a stroke.

In an emergency, such as stroke, dial 911 and ask to be taken to a Coliseum facility. For more information on stroke, call Consult-A-Nurse at (478) 746-4646.

A Closer Look at Vascular Disease

A number of factors can increase a person's risk for stroke. One of these is vascular disease.

"Atherosclerosis, or hardening of the arteries, occurs when plaque forms in the arteries and solidifies over time," says William B. Schroder, MD, FACS, board-certified vascular surgeon at Coliseum Medical Centers. "This condition typically affects people who have one or more major risk factors: high blood pressure, high cholesterol, diabetes, and tobacco consumption."

There are minimally invasive and open surgical procedures to decrease a person's risk of stroke. These include endarterectomy, which removes plaque from an artery, and stenting, which opens a narrowed artery.

"While surgical procedures can be used to treat conditions that raise risk of stroke, the best preventive measure is maintaining a healthy lifestyle to lower risk of developing these conditions," says Dr. Schroder. "People should consider controlling their individual risk factors a lifelong project."

For more information on managing vascular disease, visit www.coliseumhealthsystem.com.

Stroke Signals

On the evening of June 25, Brenda Anderson was at home talking with her husband. She began feeling ill but doesn't remember what happened next. The next thing she remembers is being in a bed in the Emergency Room (ER) at Coliseum Medical Centers.

"I remember when I woke up I could see my husband and daughter, and they were very upset," says Brenda. "The doctors told me I'd had a stroke. I couldn't believe it."

When he noticed her symptoms, Brenda's husband called 911. Her daughter gave emergency medical services the approval to give her clot-busting medication called tissue plasminogen activator (tPA), which is approved for use in certain patients having a heart attack or stroke. The drug can dissolve blood clots that cause most heart attacks and strokes. If given within the first three hours after the start of stroke symptoms, tPA can significantly reduce the effects of stroke and reduce permanent disability.

By the time Brenda left the hospital a week after her stroke, she was already walking and talking normally.

"I am very thankful to everyone involved—from the emergency medical services workers to the doctors and nurses in the ER at Coliseum," Brenda says. "Their quick actions saved my life."





Putting an End to Foot Pain

If the Shoe Fits...

According to the American Academy of Orthopedic Surgeons, the vast majority of foot pain cases are directly related to improperly fitting shoes. Shoes that are too tight or otherwise do not fit can lead to hammertoes, bunions, and other painful conditions. To make sure your shoes fit well, follow these recommendations:

1. Each time you buy a new pair of shoes, have your feet measured because they get bigger as we age.
2. Try on both shoes, not just one. It is normal for one foot to be larger than the other.
3. Women should not wear high heels taller than 2¼ inches.
4. Do not buy uncomfortable shoes because many never “break in.”
5. Leave approximately half an inch of space between the end of your longest toe and the inside of the shoe.

Following these basic steps will help keep you walking tall.

Excruciating foot and ankle pain can stop you in your tracks. At work or play, nagging conditions can keep you from performing your best and leading an active life.

FROM HAMMERTOES AND BUNIONS to sprains, any condition that affects your feet or ankles can have a dramatic impact on your quality of life. Fortunately, these conditions are generally easily treated. Some fractures and injuries require surgery as the initial treatment, but most common and painful podiatric conditions can be corrected and relieved using braces and splints.

“Many common foot and ankle ailments can be managed effectively without surgery,” explains John Chrabuszczyk, MD, DPM, orthopedic surgeon on staff at OrthoGeorgia. “Fractures and other dramatic injuries must be repaired surgically, but for most foot conditions, surgical procedures are only used when other means of treatment have failed.”

SEEKING HELP

Aches and pains affect everyone, but how do you know if pain in your foot or ankle is worth a visit to the doctor?

“We intuitively know when something is not right with our bodies,” adds Dr. Chrabuszczyk. “Patients should seek help whenever movement is inhibited or extremely difficult. Any condition that causes severe pain requires medical attention.”

Foot and ankle injuries become troublesome when serious problems are not seen quickly and gradually worsen.



For more information about the treatment of foot and ankle disorders, call Consult-A-Nurse at (478) 746-4646.

Support Groups

BIPOLAR SUPPORT GROUP

Every Thursday; 6-7:30 p.m.
Coliseum Behavioral Health, 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; 12 noon
Coliseum Medical Centers, Bldg. C, Ste. 120
A free support group for breast cancer survivors.
Call (478) 765-4805 for more information.

BREATHE EASY LUNG SUPPORT GROUP

2nd Wednesday of every month; 12 noon
Coliseum Medical Centers, 1st 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.

CHRONIC FATIGUE/FIBROMYALGIA SUPPORT GROUP

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

G.L.A.D. (GOOD LIVING AROUND DIABETES)

2nd Monday of every other month
2011 dates: June 13, Aug. 8; 5:30 p.m.
Coliseum Diabetes Management Center,
Bldg. C, Ste. 120
A free support group for people living with diabetes.
Call (478) 765-4338 for more information.

HELPING HANDS GRIEF SUPPORT GROUP

Mondays; 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.

SURVIVORS OF SUICIDE SUPPORT GROUP

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

SURVIVING TOGETHER...STRIVE FROM STROKE SUPPORT GROUP

3rd Thursday of each month; 11:30 a.m.-1 p.m.
Coliseum Medical Centers' 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; 3 p.m.
Coliseum Medical Centers' cafeteria
For people who have had a colostomy, ileostomy, or urostomy surgery.
Call (478) 765-4185 for more information.

USTOO FOR PROSTATE CANCER EDUCATION AND SUPPORT

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

Health Classes

ADVANCE DIRECTIVES

May 9, Aug. 8; 11:30 a.m.-12:30 p.m.
Coliseum Northside Hospital
This class is free, but reservations are required.
Lunch is served at 11 a.m., prior to the class.
Call (478) 746-4646 for more information and to register.

A-Z DIABETES SELF-MANAGEMENT

Last Thursday of the month; 9 a.m.-5 p.m.
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.

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.

THE LEBED METHOD... HEALTHY STEPS CLASS

Advanced classes:
Mondays and Thursdays; 8-9 a.m.
Beginner classes:
Tuesdays and Thursdays; 11 a.m.-12 noon
Coliseum Medical Centers, Rehab gym (4th floor)
\$34/month.
Call (478) 765-4413 to register.

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.

JOINT CLASS AT COLISEUM NORTHSIDE HOSPITAL

Classes available weekly.
Coliseum Northside Hospital,
400 Charter Boulevard
This class is for patients who will have joint replacement surgery at Coliseum Northside Orthopaedic Center.
Call (478) 757-6085.

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.

"MEDICARE MADE EASY" PROGRAM

May 9, Aug. 8; 10-11 a.m.
Coliseum Northside Hospital
This class is free, but reservations are required.
Lunch is served at 11 a.m., following the class.
Call (478) 746-4646 for more information and to register.

ORTHOPEDIC LUNCH-N-LEARN SERIES

2nd Wednesday of each month
2011 dates: May 11, June 8, July 13, Aug. 10
Coliseum Northside Hospital
Call (478) 746-4646 to register.

Baby Classes

BREASTFEEDING CLASS

May 21, June 11, July 9, Aug. 20; 1 p.m.
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.

PREPARED CHILDBIRTH CLASS

May 14, June 2, June 4, July 7, July 16, Aug 4, Aug. 6; 9:30 a.m.-12 noon
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

May 21, June 11, July 9, Aug. 20; 10 a.m.
Coliseum Medical Centers, 1st floor classroom
Call (478) 765-4502 or register online at www.coliseumhealthsystem.com.

Other Programs

PERSPECTIVES

Every Monday at 12:30 p.m.; Tuesday at 9 a.m.; and Friday at 7 p.m.
Television series for the 50+ population
Cox Cable channel 11.

BETTER YOU LECTURE: STROKE AWARENESS

May 12
Museum of Arts and Sciences
Call (478) 746-4646 to register.

PROSTATE LUNCH-N-LEARN AND SCREENING

June 15 (Men's Health Week)
Coliseum Cancer Center
Call (478) 746-4646 to register.



This is a
recyclable product.

Quality Health Care that Matters to You



Coliseum Medical Centers received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award for consistently following stroke treatment aligned with the latest guidelines.

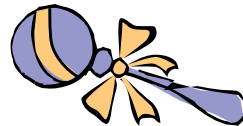


Blue Cross Blue Shield has designated Coliseum Medical Centers and Coliseum Northside Hospital as a Blue Distinction® Center for Spine Surgery.



NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS

The Coliseum Breast Center at Coliseum Medical Centers is the only breast center in middle Georgia to be accredited by the National Accreditation Program for Breast Centers, a program administered by the American College of Surgeons.



Family Ties

BIRTHING CENTER

AT COLISEUM MEDICAL CENTERS

The Coliseum Family Ties Birthing Center provides a Level III NICU with board-certified neonatologists to care for infants.



The Coliseum Heart Institute has demonstrated excellence by achieving accreditation from the Society of Chest Pain Centers, as well as The Joint Commission's designation as a Primary Stroke Center.



The Coliseum Cancer Center is accredited by the American College of Surgeons' Commission on Cancer.