

Winter 2011

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

www.coliseumhealthsystem.com

your **best** health

Keeping Spines in Line

Coliseum Offering
the Latest Technology
pages 4 & 5

Cherish
Every Beat
Heart-Health Event
page 6

An Easier
Mammogram
New Service
for Women
page 3





What's in a Name?

ON NOVEMBER 25, the Coliseum Psychiatric Center changed its name to Coliseum Center for Behavioral Health to better reflect the services it provides. Coliseum Center for Behavioral Health offers a full range of inpatient and outpatient treatments to care for adult patients' specific behavioral needs. Through programs and support groups designed to cater to a variety of psychiatric issues—from chemical dependency issues to behavioral and emotional health problems—our team of medical professionals delivers the highest quality of attention and care. Additional services available at Coliseum Center for Behavioral Health include:

- » classes in coping skills and other therapeutic activities
- » individual, group, and family therapies
- » medication management

Those interested in confidential assessments and referrals can call Life-Line, a free telephone service that operates round-the-clock at 478-741-1355 or 800-548-4221.



An App for What Ails You

COLISEUM HEALTH SYSTEM is now using smartphone technology to provide middle Georgia area patients with current ER wait times. The app also gives users immediate access to detailed information about the hospital, including services offered, specialties, a location map, classes, community programs and average ER wait times.

The interactive technology allows consumers to search medical symptoms, learn about possible causes and find appropriate locations for treatment. In addition, residents of middle Georgia now have a way to access Coliseum Health System hospitals' average ER wait times from the palm of their hand.

Users may download iTriage® from the company website, the app store for the iPhone® and the market for Android™. To learn more or to access iTriage®, visit www.iTriageHealth.com.

Exceptional Care Close to Home

CONVENIENTLY LOCATED NEAR Coliseum Northside Hospital, Coliseum Medical Group Northside focuses on the primary healthcare needs of the community in a caring, comfortable environment.

Coliseum Medical Group Northside provides a full range of family practice services for adolescents, adults, and geriatric patients. Medical services include comprehensive women's health; preventive medicine, including annual physicals; sports physicals; weight management; pre-operative clearances; and worker's compensation care.

Special practice interests of Richard L. Culp, Jr., MD, board certified family medicine physician on staff at Coliseum Medical Group Northside, include adolescent medicine, orthopedics, and treatment of attention deficit disorder/attention deficit hyperactivity disorder.

Coliseum Medical Group Northside is located at 440 Charter Blvd. Ste. 2203, in Macon. To schedule an appointment, call 478-474-8222.

Making Mammograms Easier

Is it time for your annual mammogram? At Coliseum Health System, you don't need a doctor's order to schedule your appointment—just give us a call.

ACCORDING TO THE American Cancer Society (ACS), one in eight women develops breast cancer over the course of her lifetime, and one in 35 dies from the disease. Although breast cancer still kills more women than any other form of cancer except for lung cancer, early detection through screening mammograms is improving breast cancer survival rates.

The ACS recommends annual screening mammograms for women 40 and older. If you have a family history of breast cancer, you should schedule your first mammogram earlier. Your physician may also recommend additional imaging options such as breast magnetic resonance imaging, as well.

MEETING YOUR NEEDS

Physicians and staff at Coliseum understand how important screening mammograms can be in saving the lives of women in middle Georgia; we also know how difficult it can be to fit an appointment into your busy schedule. To make the process just a little easier, we developed a program that allows women to refer themselves for screening mammograms.

The program launched in August 2010 and gives women the option to call and schedule their own appointments for mammograms. By using this simple process, you'll typically be able to secure an appointment within two weeks of the day you call.

Self-referral mammograms are offered as a convenience to patients and do not negate the need to see your physician annually.

The best way to ensure the early detection of breast cancer is three-fold:

1. monthly breast self-exam
2. annual mammogram
3. annual breast examination by a physician

"We are all in charge of our own health," says Beverly Stanley, RN, OCN, CONN, Director of the Coliseum Cancer Center. "Although we can't change risk factors such as family history and age, becoming more aware of what is needed to maintain our breast health is essential."

IF ACTION IS NEEDED

If a patient undergoes a screening mammogram and something suspicious or abnormal is discovered, physicians and staff at Coliseum will make sure she has access to the care she needs. Results are sent to primary care physicians for patients who have them. If a patient does not have a primary care physician, a nurse navigator at Coliseum will work with her to find one.

"We want to make it as easy as possible for women in our area to have annual mammograms," says Connie Hartness, FACHE, Administrative Director of Radiology and Lab services at Coliseum Medical Centers. "This is our way of empowering our patients, and they seem to appreciate the convenience of this service."

Perfect Timing

If you've never had a mammogram, you may not know what to expect. Most women experience no discomfort, and the entire appointment takes only about 30 minutes. Scheduling your mammogram shortly after your monthly menstrual cycle ends may help you avoid any discomfort caused by breast tenderness.

To schedule your own appointment for your annual screening mammogram, call (877) 357-0161.



An Innovative Approach

In the field of orthopedics, new techniques and technologies have revolutionized the way surgeons perform procedures. One of these advances is giving patients with hip pain the opportunity to take back their lives.

FOR PATIENTS WITH serious hip conditions that have been unresponsive to other treatments, hip replacement surgery is sometimes the answer. Patients generally associate traditional surgical

methods with longer recovery times, restrictions and complications. At Coliseum Northside Hospital, orthopedic surgeons are eliminating these fears with an innovative procedure known as anterior approach total hip replacement.

“The anterior approach to hip replacement is a game changer for the field of orthopedics.

It’s the way hip replacement surgeries should be done.”

—BILL BARNES, MD, ORTHOPEDIC SURGEON ON THE MEDICAL STAFF AT COLISEUM NORTHSIDE HOSPITAL

“ALL PATIENTS WANT to be active after a hip replacement procedure,” says Bill Barnes, MD, orthopedic surgeon at Coliseum Northside Hospital. “After a traditional hip replacement procedure, patients fear that certain activities may cause them to dislocate their hip. The new anterior approach to hip replacement means no postoperative precautions for patients or risks for dislocation.”

BRINGING BENEFITS TO YOU

The anterior approach involves surgeons operating from the front of the hip, which prevents damage to the surrounding muscles. Because surgeons operate through the muscles without cutting them, postoperative pain and recovery time after surgery are also reduced.

Other benefits of this type of surgery include:

- » greater resemblance to original hip
- » increased function
- » quicker recovery
- » shorter average hospital stay
- » significantly reduced dislocation rate
- » smaller incision, which results in less scarring

The anterior approach to hip replacement surgery also benefits the orthopedic surgeon by increasing his or her visual capabilities. An important aspect of hip replacement surgery is the placement of the hip in a precise position. By using X-rays and technologies that increase visualization during the procedure, the surgeon can locate the best position possible for the hip replacement. This greatly minimizes the possibility of a hip dislocation after surgery.

“I’ve been performing hip replacements for 25 years,” says Dr. Barnes. “If one of my loved ones needed hip replacement surgery, I would suggest the anterior approach.”

Want to speak with a medical expert about your hip pain? Call Consult-A-Nurse at 478-746-4646 for advice.

Continued Orthopedic Care

Coliseum Northside Hospital offers postoperative services through the Orthopaedic Center, including:

- » **Physical rehabilitation.** For orthopedic surgery patients, physical rehabilitation is key to successful treatment. At the Orthopaedic Center, physicians and nurses monitor patients on their road to recovery.
- » **The Joint Class.** This program is available for individuals undergoing joint replacement surgery. The class instructs patients before and after surgery on how to achieve the best results. A strengthening program is developed for patients to condition their muscles before surgery, and experts in the field guide patients through the entire experience.



Carolyn DuCote, anterior total hip replacement patient

IMPROVING *Spine Surgery Options*



Neurosurgeons at Coliseum Medical Centers use state-of-the-art technology to perform complex procedures with methods that pose the lowest risk to patients.

AT COLISEUM MEDICAL CENTERS, neurosurgeons with years of experience are utilizing a revolutionary technology for spine surgery—the O-arm Imaging System® coupled with StealthStation® navigation technology. Coliseum Medical Centers neurosurgeons George Stefanis, MD, and Kevin Stevenson, MD, use the O-arm for a range of surgeries, including lumbar, cervical, and thoracic procedures. The O-arm is an imaging technology that allows surgeons to use 3-D images of the lumbar, cervical, and thoracic spine in real time during image-guided spine surgery. This technology provides surgeons with computed tomography images in the operating room. The technology is also useful for viewing 2-D and fluoroscopic images.

“Almost every patient is a candidate for O-arm technology, which is useful for any type of spine surgery. The surgery is safer and results in a better experience for the patient. The O-arm also provides surgeons with a high level of confidence and the ability to perform complex procedures,” says Dr. Stefanis.

SIMPLY THE BEST

Dr. Stevenson, who has multiple years of experience using both O-arm technology and StealthStation® Navigation, describes the O-arm as a global positioning satellite system for spine surgery that helps surgeons navigate through the procedure. The capabilities of the device create the optimal environment for both the surgeon and the patient. As the neurosurgeons at Coliseum Medical Centers pave the way with O-arm technology, they aim to reduce surgery time and the amount of radiation the patient is exposed to during the procedure. For patients, the recovery time is quicker than it is following traditional surgery.

“Within the next five years, the O-arm Imaging System will be the standard of care in spine surgery,” says Dr. Stevenson. “Having the technology at Coliseum Medical Centers now places Macon at the forefront of spine care and means patients in the community no longer have to travel for this high-quality treatment.”

“The O-arm® Imaging System is a win-win situation for the patient and the surgeon. Whether we perform minimally invasive or traditional open surgery, the O-arm provides a significant advantage for patients undergoing spine surgery.”

—GEORGE STEFANIS, MD, NEUROSURGEON
AT COLISEUM MEDICAL CENTERS



Do you have a question about your health or a symptom you've been experiencing?
Call Consult-A-Nurse for an expert opinion at 478-746-4646.

The Heart of the Matter

We all know the keys to heart health include not smoking, eating a balanced diet, maintaining a regular exercise routine, and making a host of other healthy decisions. In spite of these preventive measures, however, you may still be at risk for a heart attack—and screening helps identify these unseen risks.

HEART ATTACK PREVENTION goes well beyond eating right and staying active. To stay healthy, it is important to be aware of other risk factors you may have. In particular, identifying high blood pressure and high cholesterol levels can dramatically improve understanding of your total heart attack risk and help prevent a major cardiac incident.

“High cholesterol and blood pressure levels are a strong indication of a person’s risk of suffering a heart attack,” explains Surender Malhotra, MD, cardiologist on staff at Coliseum Medical Centers. “Some people are genetically predisposed for higher levels and may be at a greater risk for heart attack despite otherwise healthy habits and lifestyles.”

YOUR CENTER FOR HEART SCREENING

Each year, in honor of Valentine’s Day and the American Heart Association’s Heart Month, Coliseum provides a free heart-screening event. For residents across middle Georgia, the free screening event serves as the ideal opportunity to identify heart attack risks. Available screening services include:

- » hip-to-waist ratio evaluation
- » blood pressure screenings
- » lipid profiles to test cholesterol, triglycerides, and blood sugar levels
- » free consultations with cardiac nurses
- » stroke risk assessment

“The screening services available through the free program are the first line of defense against heart attacks,” adds Dr. Malhotra. “For people who want to learn more about their cardiac health, these screenings are absolutely vital.”

Don’t miss the Cardiac Screening Event on Tuesday, February 15! Space is limited. Call 478-746-4646 to schedule your appointment.

Recognize the Signs

Minutes equal muscle during a heart attack. That means the sooner symptoms of an attack are recognized, the more heart muscle can be preserved. For medical care to be administered quickly, the signs of a heart attack must be recognized quickly. How well do you know the symptoms of a heart attack?

Although heart attack symptoms can vary from person to person, these five key symptoms may indicate an attack:

1. Discomfort in the back or neck
2. Feeling faint
3. Pressure or pain in the chest
4. Pain down one or both arms
5. Shortness of breath for extended periods of time

If these symptoms are present, medical care should be sought immediately to increase the odds of retaining healthy heart muscle. Call 911. Do not attempt to drive.



Support Groups

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; 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, 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.

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: Feb. 14, April 11; 5:30 p.m.

Coliseum Diabetes Management Center, Bldg. C, Ste 120.

A free support group for persons 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 Psychiatric Center, 340 Hospital Drive. Offers support for family and friends of persons 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 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; 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.

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; 11:30 a.m.

Coliseum Northside Hospital.
Call (478) 464-8171 for more information.

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, Bldg D, Ste. 230.
\$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.
For patients who will have joint replacement surgery at Coliseum Northside Hospital's Orthopaedic and Spine 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

Feb. 14; 9 a.m., May 9; 10 a.m.

Coliseum Northside Hospital, 1st floor conference room.
Covers the 2011 Medicare deductibles, co-pay, and premiums.
Call (478) 471-6868.

Baby Classes

BREASTFEEDING CLASS

Feb. 12, March 12, April 9; 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

Feb. 5, March 5, April 2; 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

Feb. 12, March 12, April 9; 10 a.m.

Coliseum Medical Centers, 1st floor classroom.
Call (478) 765-4502 or register online at www.coliseumhealthsystem.com.

Other Programs

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 p.m.*

CARDIAC SCREENING

Tuesday, February 15. Space is limited.
Call 478-746-4646 to schedule your appointment. Free.



350 Hospital Drive
Macon, GA 31217

PRSR STD
U.S. Postage
PAID
Coliseum Health
System



This is a
recyclable product.

Shortest ER Wait Times in Town.

Wait times in Coliseum Health System emergency rooms are much shorter than the national average of one hour. You can see how much shorter by checking out our average ER wait times at Coliseum Medical Centers or Coliseum Northside Hospital on our website at www.coliseumhealthsystem.com or by downloading the free iTriage® smartphone app at www.iTriageHealth.com.

Check out our
website for average
ER wait times or
TEXT "ER" TO
23000.

www.coliseumhealthsystem.com

COLISEUM
EMERGENCY ROOMS

COLISEUM MEDICAL CENTERS
AND COLISEUM NORTHSIDE HOSPITAL