

Winter 2010

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

www.coliseumhealthsystem.com

your **health**

The Place for Your HEART

Quality Heart Care in Middle GEORGIA

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Enter the Bone Zone

NO STICKS, NO stones, now I have good bones!

Staff members at Coliseum Northside Orthopaedic and Spine Center recently chose a “nickname” for their center designed to reflect the enthusiasm and camaraderie the staff have for their unit. Now dubbed *The Bone Zone*, the orthopedic and spine center is dedicated to a range of specialty services.

From the time you register for a preoperative joint class to recovery in the center to the day you complete inpatient or outpatient rehabilitation, the Bone Zone team gets you back on your feet. Services include:

- knee and hip replacements
- spine surgeries
- treatment of injuries and diseases to bones, joints, ligaments, tendons, and muscles
- complete rehabilitation services, including physical therapy

To learn more about the Bone Zone—and how to earn a Bone Zone T-shirt—call (478) 757-6085 or visit www.coliseumhealthsystem.com.

25 Years of Service

Coliseum Northside Hospital is proud to celebrate 25 years of dedicated service to the middle Georgia community.



BUILT IN 1984, Coliseum Northside Hospital resides on a beautifully landscaped campus. It has proudly bolstered Coliseum Health System’s scope of care by offering residents of middle Georgia a 24-hour emergency room, inpatient and outpatient surgery options, diagnostic services, and the Coliseum Northside Orthopedic and Spine Center, providing a full range of orthopedic services from surgery to rehabilitation.

Coliseum has undergone many changes over the years, but continues to practice health care with one mission in mind: “Above all else, we are committed to the care and improvement of human life. In recognition of this commitment, we strive to deliver high-quality, cost-effective health care in the communities we serve.” In constant pursuit of this ideal, Coliseum Northside will continue to work tirelessly to offer quality care to residents of middle Georgia.

For More Information

PROVIDING HIGH-QUALITY HEALTH care is just one objective of Coliseum Health System. We are committed to keeping our community informed about the most pertinent health issues. Here are some easy ways to stay connected:

Check out our new web site. Whether you’re looking for the latest information about H1N1 or Emergency Room wait times, Coliseum’s web site is always up-to-date with new health information for you and your loved ones.

No time to log on to the Internet? It’s not a problem with Coliseum’s Weatherline, which is updated with the latest tidbit of information. Call (478) 755-1300 to get the weather and latest from Coliseum Health System.

Prefer e-mail? We understand members of our community are busy, so we are currently in the process of starting an e-mail mailing list to accommodate your needs.



Join our e-mail list today and receive a free weather magnet. Visit www.coliseumhealthsystem.com for more information.

New Hope for Weight-Loss Success

With the recent implementation of the LAP-BAND® System—the only adjustable and reversible weight-loss surgery approved by the United States Food and Drug Administration (FDA)—Coliseum Health System now has another way to offer hope to those battling obesity.

“LOSING WEIGHT IS an ongoing struggle for many people in the United States,” says Andrea Sellers, Weight Loss Director at Coliseum Medical Centers. “We are so honored to be able to offer the LAP-BAND system to middle Georgia residents who meet the criteria for weight-loss surgery.”

The LAP-BAND is an inflatable ring made of silicone, which fits around the upper part of the stomach. The adjustable band is designed to help patients lose excess body weight by reducing stomach capacity and restricting the amount of food that can be consumed. Unlike other weight-loss procedures, the LAP-BAND procedure does not require the cutting or stapling of the stomach.

WHO IS A CANDIDATE FOR SURGERY?

Besides having a Body Mass Index (BMI) of more than 40 or more than 35 with other medical problems, LAP-BAND surgery may be right for you if:

- You are between 18 and 60 years of age.
- You weigh twice your ideal weight.
- You have been overweight for more than 5 years.
- Your serious attempts to lose weight have had only short-term success.
- You are not suffering from any other disease which could have caused you to be overweight.

- You are prepared to make substantial changes in your eating habits and lifestyle, and to continue being monitored by the specialist treating you.
- You do not drink alcohol in excess.

LIFE AFTER LAP-BAND

Patients who undergo LAP-BAND surgery typically stay in the hospital for less than 24 hours and can return to normal activities relatively quickly. In fact, most patients return to work in about a week, though those with physically demanding jobs may need to wait longer.

On average, LAP-BAND patients can expect to lose about 1-1/2 to 2 pounds each week, and about 50 percent of excess weight within the first year of surgery. Most LAP-BAND patients find that their obesity-related health conditions such as type 2 diabetes, high blood pressure, obstructive sleep apnea, and knee pain either improve or disappear completely as they lose weight.

“LAP BAND surgery is not for everyone, as patients must adopt and implement lifelong changes consisting of routine check-ups and band adjustments if necessary,” says Sellers. “For those who are committed to their weight-loss success, LAP-BAND surgery can help patients lose weight safely and steadily, drastically improving their overall health and quality of life.”



The Heart of Quality Care

For the last several months, we've been building an unprecedented partnership. It provides something much needed to Middle Georgia—total care for the heart. Comprised of some of the most respected cardiologists, cardiac surgeons, interventional radiologists, and vascular surgeons in the region, this partnership means these physicians will work side-by-side with the dedicated staff at our very own Coliseum Heart Institute to ensure that patients receive the most comprehensive cardiac care possible.

WHEN YOU ARE in need of cardiac care, you want the best of the best. With that in mind, we are honored that Coliseum Heart Institute was recently named a Mission: Lifeline hospital. This certification requires institutions to adhere to rigorous standards of excellence in timely treatment of ST elevation myocardial infarction (STEMI) heart attacks.

“Coliseum works diligently to ensure every STEMI case receives immediate attention, and we are happy to be officially recognized for those efforts,” says Sheila Gebel, RN, MSN, Assistant Chief Nursing Officer at Coliseum. “We are the only cardiac institution in the area with that honor.”

Coliseum also recently received full Cycle III accreditation with percutaneous coronary intervention (PCI) from the Accreditation Review Committee.

“This accreditation further demonstrates our dedication to excellence and quality care to our community,” says Gebel. “When time is of the essence, our accredited Chest Pain Center seal can provide reassurance that Coliseum is a hospital you can trust to provide the best possible outcomes in heart care.”

EXPERT CARE CLOSE TO HOME

Coliseum Heart Institute is a full-service cardiac institution that offers services once only available at larger institutions such as electrophysiology, minimally invasive heart surgery, open-heart and valve surgeries, and computed tomography (CT) angiography.

“With CT angiography, we can create an image of the heart and arteries to examine them for blockages without having to send the patient to the catheterization lab,” says Gebel. “The faster we are able to detect abnormalities or blockages, the better the patient’s outcome will be.”

Coliseum works with emergency and ambulance services to continually improve door-to-balloon times and has far exceeded national standards for that process.



Could It Be a Heart Attack?

According to the American Heart Association (AHA), more than 1.2 million Americans experience heart attacks each year, and when it comes to heart attacks, every minute counts.

If you are experiencing the following symptoms, you may be experiencing a heart attack and should call 911 immediately.

Chest Discomfort

Most heart attacks are accompanied by mild to severe discomfort in the center of the chest, often described as an uncomfortable pressure or squeezing sensation.

Discomfort in Other Areas of the Upper Body

A heart attack can cause pain in one or both arms, the jaw, back, neck, or stomach.

Shortness of Breath

This may occur with or without chest discomfort.

Breaking Out in a Cold Sweat

This is often accompanied by nausea or lightheadedness.



Don't Drive... Dial 911

Coliseum Health System, in partnership with the American Heart Association (AHA), is encouraging men and women to avoid getting behind the wheel after the onset of cardiac symptoms. Dial 911 Don't Drive Coliseum is designed to educate local residents about the high level of technology available in today's emergency service vehicles, including the ability of emergency service professionals to diagnose a heart attack and activate the cardiac catheterization team in route to the hospital.



ER Wait Times Via Text and Web

Current ER wait times can be found at www.coliseumhealthsystem.com or on the billboards posted in the area. You can also receive ER wait times via text message by texting "ER" to 23000 on your cell phone. You will receive a message requesting your zip code, followed by another message with the current wait times. Have an iPhone? You'll find the Coliseum Health System ER wait times at your fingertips.

"The standard time goal for administering angioplasty for patients following the onset of heart attack is 90 minutes," says Gebel. "Our average time for this process is 68 minutes, and our most rapid response has been 27 minutes. In cardiology, time is muscle, so every minute counts."

REHABILITATION

For patients recovering from recent cardiac events, Coliseum has an innovative three-phase rehabilitation program that begins when the patient is still in the hospital.

Gebel says, "The Healthy Hearts phase begins after discharge—a few weeks after your procedure and involves further evaluation of your condition, more education, and monitored exercise sessions with increased activity. Patients learn about healthy nutrition, cardiac risk factors, smoking cessation, and other important health topics."

The goal is to keep patients at an optimal level of health following your procedure. You may be in the Healthy Hearts program up to three months. Patients that graduate from Phase Two have the option of continuing in Phase Three of rehabilitation, which is a supervised but unmonitored exercise program.

AN AHA FIT-FRIENDLY COMPANY

Because of its dedication to employee heart health, Coliseum Medical Centers has been recognized by the American Heart Association (AHA) as a Fit-Friendly company.

"Recipients of this honor must meet criteria in areas of physical activity, nutrition, and creating a culture of physical activity and health in the workplace," says Kellie Thigpen, Regional Director of the American Heart and Stroke Association. "Coliseum exhibited all of these and was the first

institution in central Georgia to be awarded this designation."

Coliseum has created a one-mile walking path around the hospital not only for employees, but also for patients and their families to use while visiting. A map of the path is given to patients' families when they arrive. Weekly e-mails are also sent to employees encouraging them to stay active and take walks during lunch. Coliseum has also enrolled in the AHA online program, MyStart! Online, a free tool that helps people make positive lifestyle changes in activity and nutrition. With the program, participants can track daily activity, nutritional intake, make walking maps, and stay on track with fitness goals by watching their own progress.

"Coliseum really understands the importance of keeping their patients and employees healthy and the importance of reducing obesity rates," says Thigpen. "The AHA recommends exercising at least three times per week for at least 30 minutes and avoiding smoking to optimize heart health and reduce the risk of obesity and other diseases."

START!

Because of the strong partnership between the AHA and Coliseum Medical Centers, the pair has been able to raise considerable funds for heart disease research and education in central Georgia. The AHA's annual Start! HeartWalk event was held on October 8, 2009, in Macon and included more than 450 participants. Coliseum Medical Centers was the top fundraiser for the event, raising \$14,500 for heart disease research.

"The American workforce is unfortunately becoming more sedentary, and events like Start! are important to help educate the community about the risks of heart disease, as it is the country's number one killer," says Thigpen. "Coliseum understands the importance of battling heart disease and has shown dedication to fighting it in any way possible."



For more information about services at Coliseum Heart Institute or to register for our annual cardiac screening on February 11 at Coliseum Medical Centers, call (478) 746-4646.



Breathe Easy

For millions of Americans, breathlessness due to a pulmonary condition can make routine activities difficult. However, through education and guided conditioning offered at Coliseum's Center for Pulmonary Health and Rehabilitation, you can improve toward a fulfilling quality of life.

THE 12-WEEK BREATHE Easy Pulmonary Program offered at Coliseum Medical Centers, a Joint Commission-accredited facility, meets on Tuesdays and Thursdays. The program provides rehabilitation instruction and education to those with pulmonary conditions, such as chronic obstructive pulmonary disease (COPD), asthma, neuromuscular disorders, and pulmonary fibrosis.

"Through assessment, exercise, and education, Coliseum's Center for Pulmonary Health and Rehabilitation can help patients complete a successful pulmonary rehab program in order to regain their quality of life," says Amanda Spivey, RRT, Pulmonary Health Educator at Coliseum. "Licensed respiratory therapists and exercise physiologists cater to the patient's needs so that results can be obtained each session and modifications to the program can always be made if needed."

Based on your assessment, the exercise conditioning staff will assist you with:

- breathing retraining

- bronchial hygiene techniques
- endurance training
- energy conservation
- increasing strength and flexibility

"With any lung disease, activity has proven to be the most important component of managing the condition," says Spivey. "Our multidisciplinary team evaluates and determines your level of breathlessness to design an individualized program to meet your needs. We also provide transportation if you are unable to drive."

For patients who have completed the Breathe Easy Pulmonary Program and wish to continue their conditioning, support, and accountability, Coliseum also offers a Phase Three program—which includes exercise and monitoring three days a week and access to healthcare workers as needed.



For more information, call (478) 751-0449 or e-mail CHSY.BreathEZ@HCAHealthcare.com.

Know the Signs

Shortness of breath can be a sign of an underlying cause, such as a lung disease, and should be taken seriously. Consult your physician if you experience breathlessness accompanied with any of the following:

- abdominal cramping
- change in skin color, such as blue, gray, or pale
- chills
- coughing with discolored sputum, such as pink, green, or yellow
- dizziness or fainting spells
- fever
- headache
- hot flashes or sweating
- numbness or tingling in fingers
- rapid heartbeat
- tightness or discomfort in chest
- trembling
- wheezing

These symptoms may become worse when lying down, performing routine activities, coughing, sneezing, breathing cold air, or participating in physical activity and should be discussed with your physician.

To find a Coliseum Health System physician, visit www.coliseumhealthsystem.com or call (478) 746-4646.

calendar

2010

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) 765-4412 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.

"Medicare Made Easy" Program

9-10 a.m. February 8; April 12;
Coliseum Northside Hospital, 1st floor conference room
Covers the 2010 Medicare deductibles, co-pay, and premiums,
Call (478) 464-8171 for more information.

H2U Activities

For more information on these activities, please call (478) 757-6092.

Helping Hands Grief Support Group

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

Advance Directives

9-10 a.m. January 11; March 8; May 10; Coliseum Northside Hospital, 1st floor conference room. Basic facts about final healthcare issues. Call (478) 464-8171 for more information.

Chronic Fatigue/Fibromyalgia Support Group

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

Joint Pre-Surgery Education Classes

Third Wednesday of each month from 10-11 a.m.
Coliseum Medical Centers, 1st floor classroom.
Classes are offered for patients who are going to have joint replacement surgery. Please call (478) 751-0189 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) 757-6092 for more information.

Childbirth Preparation Class

6-9 p.m. January 6; February 3; March 3; April 7; May 6;
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., January 9; February 6; March 6; April 3; May 1
Coliseum Medical Centers, 1st floor classroom. Call (478) 765-4502 or register online at www.coliseumhealthsystem.com.

Breastfeeding Class

January 9; February 6; March 6; April 3; May 1;
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.

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

2nd Monday of every month at 5:30 p.m.
2010 dates: February 8; April 12;
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

1st and 3rd Thursdays of each month
from 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.

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.

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.

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.

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.



*Because I didn't have time for "down-time".
Because I wanted to get back to work and back to my life.
Because I never want to miss a moment.*



Jamie Pierce - Coliseum Robotic Surgery Patient

I didn't know what was wrong. I just knew that I hadn't felt well for a long time.

When the doctor told me I needed a full hysterectomy, I was concerned because I assumed I'd be out of work for quite a while. But the doctor at Coliseum assured me that I'd be back to normal much sooner with state-of-the-art robotic surgery at Coliseum Medical Centers. As I soon learned in my pre-op sessions, robotic surgery is less invasive, the procedure is quicker and the recovery is much easier and faster.

I was back at work within two weeks, much to the shock of my boss and the kids at the school I work in. And best of all, now that my recovery is complete, I feel better than I have in years.

Sincerely,

**TO LEARN MORE ABOUT THE LATEST IN
GYNEOLOGICAL PROCEDURES,
JOIN US FOR A FREE COMMUNITY LECTURE**

CAMERON PRIDGEN, MD., OB/GYN

7PM, THURSDAY, MARCH 11TH

MUSEUM OF ARTS AND SCIENCES

4182 FORSYTH RD.

(ACROSS FROM COLISEUM NORTHSIDE HOSPITAL)

for reservations, call 478-746-4646.

COLISEUM
HEALTH SYSTEM
COLISEUM MEDICAL CENTERS
AND COLISEUM NORTHSIDE HOSPITAL