

Fall 2011

A publication of
Coliseum Medical Centers,
Coliseum Northside Hospital,
and Coliseum Center for
Behavioral Health

www.coliseumhealthsystem.com

your **health**

Offering the Full Spectrum of Cancer Services

Prepared
for Elderly
Emergencies

The Right NICU
for You

Get connected
with Coliseum online.
Find us on YouTube
and like us on
Facebook!



Senior Social Networking

THE H2U (HEALTH TO YOU) wellness program at Coliseum Health System offers seniors in middle Georgia year-round benefits for a low annual fee of \$20. Here are 20 reasons to join H2U today:

1. Discount of 20 percent in hospital cafeteria and gift shop
2. Meal tickets for caregivers when in the hospital
3. National discounts on travel, pharmacy, and gifts
4. Day trips
5. Chaperoned international travel
6. Free monthly breakfast meetings
7. Monthly book club and Lunch Bunch
8. Monthly newsletter
9. Quarterly magazine
10. Updates on screenings and seminars
11. Blood pressure checks
12. Blood sugar and diabetes checks
13. Computerized health assessments
14. Discounted smoking cessation classes
15. Discounted Lebed exercise classes
16. Hearing screenings
17. Oxygen saturation checks
18. Self colon cleansing kit
19. Pilates, strength training, and yoga classes
20. Water aerobics

To learn more about H2U and start your 20 for \$20 membership, call 478-765-4116 or 478-757-6092.



The Web Just Got Wider

COLISEUM HEALTH SYSTEM is now part of your favorite social media sites. For the latest news and health information, subscribe to our YouTube channel and like us on Facebook.

Our YouTube videos feature physicians and other experts at Coliseum discussing the latest treatment options for a variety of conditions, including colorectal cancer and stroke.

Check our Facebook page regularly for events at Coliseum, hospital news, and wellness tips. Use this forum to ask questions and share your feedback so we can better serve your healthcare needs.



Delivering Quality Care

AT THE FAMILY TIES BIRTHING CENTER at Coliseum Medical Centers, we offer family-centered maternity services with peace of mind. We have a 13-bed Level III Neonatal Intensive Care Unit (NICU) to care for the expected and unexpected things that can happen during delivery.

Our board-certified neonatologists attend to the needs of our smallest to our largest NICU patients around the clock. Additional support services, such as radiology and cardiac, physical, and speech therapies, are among the services available to aid in caring for these infants.

Nurses and respiratory therapists have received training to care for NICU infants who are delivered at or transferred to Coliseum. These babies benefit from a developmental care philosophy that

recommends lowered light and noise levels to aid in the infants' development. Mothers who choose to breastfeed can receive support from on-staff lactation consultants.



Choose the Family Ties Birthing Center for your delivery. Call 478-765-4616 to learn more.

Designed With Seniors in Mind

With 17 million senior citizens visiting emergency rooms annually, geriatric healthcare has a significant impact on hospitals nationwide. Coliseum Northside Hospital recently remodeled its emergency department to improve outcomes and satisfaction among elderly patients.

TWO ROOMS IN the emergency department were specially renovated with senior patients in mind. The safety of these patients, in particular, was a priority.

“The new mattresses are twice as thick to prevent pressure injuries, and the floors aren’t waxed, which prevents glare confusion,” says Angela Lintz, RN, BSN, Director of the 3rd Floor at Coliseum Northside Hospital. “We also invested in low-sitting beds and stretchers to reduce the risk of injury.”

Other recent additions to the emergency department at Coliseum Northside Hospital include:

- » large clocks and televisions
- » more comfortable chairs for visitors
- » private restrooms

A NEEDED FACE LIFT

In addition to promoting safety in the ER, the new rooms on the third floor were designed to provide a more peaceful, home-like environment that is optimal for healing.

“From the moment an elderly patient enters our hospital, he or she notices subtle differences from other healthcare facilities,” says Lintz. “For example, the walls were painted in earth tones to make the rooms more aesthetically pleasing.”

OFFERING A FULL RANGE OF SERVICES

Senior services are as diverse as intensive care and full rehabilitation, and discharge planning begins when a senior patient is first admitted.

“When we treat a patient, we treat the whole person from start to finish, wherever that finish may take him or her,” says Lintz. “We are constantly communicating with a patient’s home care provider or his or her family to better coordinate treatment following hospitalization.”



To learn more about the Senior Services program at Coliseum Northside Hospital, visit www.coliseumhealthsystem.com.

An Important Piece of the Program

While the emergency department renovation at Coliseum Northside Hospital has created a nurturing atmosphere conducive to healing, the new Coliseum Northside Senior Services program is training hospital staff to better care for elderly patients.

“With a staff specially trained in geriatrics, seniors can rest assured that they’ll receive the best care available,” says Angela Lintz, RN, BSN, Director of the 3rd Floor at Coliseum Northside Hospital. “Very soon, several of our staff members will achieve gerontological nursing certifications, which recognize excellence in geriatric care.”

Our nurses working with elderly patients are trained to understand immobility, instability, incontinence, and impaired memory concerns. Ongoing communication between staff and patients at Coliseum Northside Hospital ensures the continual success of the Senior Services program.

COLISEUM
NORTHSIDE
SENIOR SERVICES



Comprehensive Cancer Services

When you are diagnosed with cancer, a dedicated team, advanced treatment, and the latest technology can help you fight it.

“At the Coliseum Cancer Institute, we provide patient care through a team approach. Everyone—from staff and nurses to physicians—is here to develop and carry out an effective treatment plan while offering support.”

—CHERYL JONES, MD, ONCOLOGIST AT THE COLISEUM CANCER INSTITUTE

AT COLISEUM MEDICAL Centers, the Coliseum Cancer Institute is committed to offering the latest in cancer treatment for the community. With four specialized health centers for breast, colorectal, lung, and prostate health, the cancer care team can treat patients with a wide variety of conditions.

THE BEST IN BREAST HEALTH

Women diagnosed with breast cancer are supported from initial detection through recovery. The Breast Health Center at Coliseum Medical Centers is one of the first 150 cancer facilities in the nation to be accredited by the National Accreditation Program for Breast Centers through the American College of Surgeons.

The Coliseum Cancer Institute offers a full range of diagnostic and surgical breast services, including:

- » digital mammography
- » breast ultrasound
- » breast magnetic resonance imaging (MRI)
- » image-guided biopsy
- » sentinel lymph node biopsy
- » partial and full mastectomy

To ensure each patient is receiving the most effective care, a woman’s medical team meets at a multidisciplinary conference to discuss her treatment in a majority of cases. Pathologists, general surgeons, medical and radiation oncologists, radiologists, and nurse navigators convene to develop an optimal treatment plan.

“Our medical oncologists are also involved in clinical trials to further research treatment options, and some patients are candidates for these trials,” says 19-year Coliseum veteran Keith Martin, MD, FACS, general surgeon and director of the breast cancer program. “We have also recently upgraded our MRI in the Breast Health Center to provide advanced breast imaging services.”

THE NEXT SURGICAL STEP AGAINST COLORECTAL CANCER

As the first site in middle Georgia where robotic-assisted colorectal surgery was performed, the Coliseum Cancer Institute is at the forefront of treatment techniques for conditions of the colon and rectum. For patients with colon cancer, surgery is often the best treatment route for removing the affected area, and a less invasive surgical method can help ease recovery.

At Coliseum, surgeons use the da Vinci® Surgical System to perform minimally invasive colorectal cancer surgery, which results in a more precise



Navigating a Cancer Diagnosis

For men and women with cancer, a specially trained nurse navigator can help explain how the cancer can affect their bodies, as well as provide additional assistance through medical resources and support groups. A unique service of the Coliseum Cancer Institute is the certified oncology nurse and a certified oncology nurse navigator. The nurse navigator serves as your personal resource, acting as a liaison to enhance the quality and continuity of your care and expedite appointments. The nurse navigator's services are provided free of charge by Coliseum Cancer Institute and include the following.

MEDICAL

- » Helps patients and their families understand treatment options and what their diagnoses mean
- » Assists patients with accessing appointments and resources in the community
- » Provides consultations to physicians and other healthcare providers regarding resources and services available to cancer patients

EMOTIONAL

- » Provides consultations to cancer patients and their families to assess and determine personal needs and concerns
- » Maintains communication with cancer patients to check progress through the course of their experiences to help assure their needs are being met
- » Ensures that important support needs are met

EDUCATIONAL

- » Educates patients about resources available to them
- » Assists patients in searching for online information as well as maintains a library of education information



operation with a lower risk of complications for the patient. While seated at the system's 3-D viewing console, a trained surgeon controls robotic arms that articulate surgical maneuvers that are more precise than human range of motion allows.

While all patients are not candidates for minimally invasive surgery, if used, robotically assisted da Vinci surgeries offer patients numerous benefits, including:

- » smaller incisions
- » quicker recovery
- » shorter hospital stay
- » reduced pain and complications

"At Coliseum Cancer Institute, we embrace a multidisciplinary approach to treating cancer, and surgery is just one facet of that approach," says Frank Arnold, MD, general surgeon at Coliseum. "Surgeons carry out the first line of treatment against colon cancer, and we work directly with physicians and staff from other disciplines to establish comprehensive treatment plans."

A FOCUS ON MEN'S HEALTH

In the United States, prostate cancer is the most common cause of death for men older than 75. At the Coliseum Cancer Institute, men can feel comfortable asking questions about their risks for the condition and treatment options if a diagnosis is made.

If surgery is required to treat the cancer, surgeons operate using the da Vinci Surgical System for ultimate precision and optimal patient outcomes. For prostate surgery, the robot can help reduce nerve and tissue damage to areas surrounding the prostate for more comfort and better function following surgery.

A MINIMALLY INVASIVE APPROACH TO LUNG CANCER TREATMENT

For the treatment of lung cancer—one of the deadliest cancers in the nation—the Coliseum Cancer Institute is the first facility in the area to use the endobronchial ultrasound (EBUS) technique. Using EBUS, surgeons and pulmonologists are able to diagnose lung cancer by examining lymph nodes and vessels in the lungs through real-time ultrasound technology and endoscopic imaging. This process is minimally invasive and typically performed on an outpatient basis.

The Coliseum Cancer Institute also offers thoracic MRI, high-resolution computed tomography scans, interventional radiology, and video-assisted thoracoscopic surgery.

For more information about cancer care at Coliseum, visit www.coliseumhealthsystem.com/cancer.

Get "Hip"



to Joint Replacement Surgery

Did you know Jeffrey Burnette, MD, orthopedic surgeon and chief of staff at Coliseum Northside Hospital, and his partner, Bill Barnes, MD, are the only surgeons in the area offering a new type of hip replacement called anterior hip replacement? *Your Health* asked Dr. Burnette what patients should know about the differences between this method and traditional, posterior hip replacement.

1. **DIFFERENT ACCESS.** Anterior hip replacement is performed from the front of the joint, as opposed to posterior replacement, in which a surgeon approaches the joint from the back. The anterior approach allows physicians to reach the hip without detaching muscles from the pelvis or femur, so patients heal faster and regain a normal walking gait in less time.
2. **BETTER OUTCOMES.** The state-of-the-art Hana® table utilized at Coliseum Northside Hospital allows the surgeon to implant components under X-ray guidance, which helps ensure optimal placement so components last longer. Also, surgeons can better prevent leg-length discrepancies that can occur following posterior replacements.
3. **SMALLER INCISIONS.** Anterior replacement is performed through a 4- to 6-inch incision instead of a 10- to 12-inch posterior incision. Because the anterior incision is smaller, there tends to be less swelling and need for post-surgical narcotics.
4. **FASTER RECOVERY.** Most patients who undergo anterior replacement are discharged after 72 hours, and many go home after 48 hours. Anterior replacement patients generally return to normal activities within a few weeks, as opposed to several months. Some patients return to work as early as four weeks after surgery, whereas posterior patients usually require six months

away from work, depending on their occupations.

5. **MORE EFFECTIVE REHABILITATION.** Most anterior replacement patients can walk the same day or the next morning after surgery. Rehabilitation after anterior replacement takes about three weeks, compared to three months for posterior rehabilitation.
6. **MORE POSTOPERATIVE FREEDOM.** Unlike posterior replacement, anterior replacement appears to have fewer dislocation complications. While posterior patients are prohibited from performing certain activities that could cause the replacement to dislocate, anterior patients have no restrictions.

To learn more about hip replacement procedures and other orthopedic services, join Coliseum Northside Hospital for our monthly orthopedic lunch-n-learn series, the second Wednesday of each month. Enjoy a free lunch while you hear from our specialists, who discuss a new topic each month.

There is no charge for this event, but reservations are required. For more information or to register, please call (478) 746-4646.



Schedule your joint replacement at Coliseum Northside Hospital today. For more information, visit www.coliseumhealthsystem.com/ortho.

Support Groups

BIPOLAR SUPPORT GROUP

Every Thursday; 6-7:30 p.m.
Coliseum Center for Behavioral Health
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 Cancer Center, 1st floor classroom
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; 12 noon
Locations vary.
Call (478) 475-4908.

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

Usually 2nd Monday of every other month
Oct. 10; 5:30 p.m.; Dec. TBA
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.; Every 4th Thursday; 6:30 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 Center for Behavioral Health
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 Cancer Center, Bldg. C, Ste. 120
A support group for prostate cancer survivors.
Call (478) 765-4805 for more information.

Health Classes

ADVANCE DIRECTIVES

Nov. 14; 12 noon
Coliseum Northside Hospital
This program provides basic facts about final healthcare issues along with questions you and your family should discuss and forms you can use to record your wishes.
This class is free, but reservations are required.
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

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

THE LEBED METHOD... HEALTHY STEPS CLASS

Advanced classes: Mon. and Thurs.; 8-9 a.m.
Beginner classes: Tues. and Thurs.; 11 a.m.-12 noon
Coliseum Medical Centers, Rehab gym (4th floor)
\$34/month
Call (478) 765-4509 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 Blvd.
This class is for patients who will have joint replacement surgery at Coliseum Northside.
Call (478) 757-6085.

LOOK GOOD...FEEL BETTER®

4th Monday of every month; 6 p.m.
Coliseum Cancer Center, 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

Nov. 14; 10-11:30 a.m.
Coliseum Northside Hospital
This overview of the Medicare health insurance

program includes all the Medicare changes in deductibles, co-pays and premiums, and other coverage changes. This class is free, but reservations are required.
Call (478) 746-4646 for more information and to register.

ORTHOPEDIC LUNCH-N-LEARN SERIES

2nd Wednesday of each month
Coliseum Northside Hospital
Call (478) 746-4646 to register.

Baby Classes

BREASTFEEDING CLASS

Saturdays, Sept. 17, Oct. 8, Nov. 12, Dec. 10; 1-3 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

Saturdays, Sept. 10, Oct. 1, Nov. 5, Dec. 3; 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

Saturdays, Sept. 17, Oct. 8, Nov. 12, Dec. 10; 10 a.m.-12 noon
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

H2U MONTHLY MEETING

4th Tuesday of every month; 8:30 a.m. breakfast, 9 a.m. meeting
Coliseum Medical Centers Cafeteria
Join us each month for our popular monthly meeting complete with the latest news and special guest speakers. Join us for a great meal, entertainment, door prizes, and fellowship.

COLISEUM WOMEN'S SYMPOSIUM: THE EASIEST WAYS TO MAINTAIN YOUR HEART HEALTH THROUGH FOOD, FITNESS AND FUN

Thursday, Sept. 22; 5:30 p.m.
Museum of Arts and Sciences
Join us for heart screenings and a lecture.
Call (478) 746-4646 for reservations.



This is a
recyclable product.

THE EASIEST WAYS TO MAINTAIN YOUR HEART HEALTH THROUGH FOOD, FITNESS AND FUN.

Coliseum Health System's 13th Annual Women's Symposium

PART OF *A Better You* LECTURE SERIES

Presented By: POLLY PITCHFORD

*Nationally Renowned Speaker and Author of
"Cookin' Healthy with One Foot Out the Door"*



THURSDAY, SEPT 22, 2011

5:30 PM - RECEPTION & SCREENINGS

7:00 PM - PRESENTATION

It's tough to change your lifestyle. We're all creatures of habit. Yet we can change at the drop of a hat when our health is in jeopardy. Join Coliseum Health System and nationally renowned lifestyle speaker Polly Pitchford, at this funny and inspiring program and learn how NOT to put your health in jeopardy in the first place. In her fun, interactive style, Polly promotes awareness, information and practical skills needed to take charge of your own heart health and live a fuller, richer, happier and more productive life. The event will include hors d'oeuvres, free screenings and a panel of local physician experts to answer your questions.

MUSEUM of ARTS & SCIENCES

4182 FORSYTH ROAD (*across from Coliseum Northside Hospital*)

**There is no charge, but
reservations are required.
478-746-4646**



Broadcast Yourself™

coliseumhealthsystem.com

COLISEUM
HEALTH SYSTEM