

Support Groups

Ala Teen

Meets in the Foundation Education Center. Every Wed from 8:00-9:00 pm.

Alcoholics Anonymous

Meets in the Foundation Education Center. Every Wed, 8:00-10:00 pm and Sat 7:00-8:00 pm.

Al-Anon

Meets in the Foundation Education Center. Every Wed, 8:00-10:00 pm and Sat, 7:00-8:00 pm.

Cancer Education/Support

Call 678-604-1040 for more information.

Crohn's & Colitis

Meets in the Foundation Education Center. Third Tues at 7:00 pm.

Diabetes Support Group

Meets in the Foundation Education Center. Pre-registration required. Third Tues at 6:00 pm. Call 678-604-5106 for more information.

Fibromyalgia Support Group

Meets in the Foundation Education Center. Last Thurs of every month from 7:00-8:30 pm.

Grief Recovery

Call 678-604-1054 for registration, dates and times.

Lupus Support

Meets second Sat each month, 11:00-1:00 pm.

Narcotics Anonymous

Meets every Fri from 8:00-9:00 pm and every Sun from 5:30-6:30 pm.

Sisters By Choice

For women diagnosed with breast cancer. Meets in the Foundation Education Center. First Tues at 7:30 pm.

Southern Crescent Parents of Multiples

Meets in the Foundation Education Center. Fourth Thurs from 7:30-9:00 pm.

Southside Weight Loss Surgery Group

Meets 4th Tues, 6:30-7:30 pm.

Stroke Resources

Call 678-604-1040 for more information.

For more information about support groups, call 678-604-1040.

Classes

Arthritis Foundation Self Help Program

The six-week course is designed to offer support and education to those affected by arthritis.

Childbirth Classes

Meets in four-week or one Saturday sessions.

CPR and First Aid

Rescue techniques are taught by the American Heart Association guidelines. Call 678-604-1040 to register.

Diabetes Self-Management

Two-day classes are held each month.

Evening Seminar Series

Offers classes on lung and heart disease, cancer and healthy cooking.

Get Moving Again

For hip and knee surgery patients. Meets the last Saturday of the month.

Health Fairs

Free screenings are offered for blood pressure, cholesterol, blood glucose, bone density, prostate and many other services.

Look Good Feel Better

This program is designed to help women undergoing cancer treatment to regain self-confidence and control over their lives. Meets in the Foundation Education Center monthly from 10:00 am - 12:00 pm. Call 770-631-0625 for dates and to register.

On-Site Health Related classes

Henry Medical Center offers customized on-site health related classes that can be conducted at your business, school, or organization.

Planning for your Final Healthcare

Learn how you and your family can discuss and plan in advance for health care at the end of life. Call 678-604-1054.

For more information about classes, please call 678-604-1040.

News

Henry Medical Center to Participate in Health Promotion Volunteer Workshop

In collaboration with District 4 Public Health a Health Promotion Volunteer workshop will be held on Saturday, August 23, 2008 from 8:30 am to 4 pm at Spalding Regional Medical Center.

The workshop provides training to persons interested in taking blood pressures on individuals; educating others to live healthier lives and assisting with and/or coordinating health screenings.

You must be 18-years-old to participate. There is a \$15 fee. Those interested must register by August 1, 2008.

For more information contact Liz Tarleton at 770-233-2001.

FREE Prostate Screening

Henry Medical Center offers FREE prostate screenings on Saturday, September 20, 2008 from 9 am to 2 pm in the Education Center.

Pre-registration is required. To register, please call the Henry Medical Center's Education Department at 678-604-1040.

Health for Life

A PUBLICATION OF HENRY MEDICAL CENTER
July/August 2008 www.henrymedical.com

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Today's Technology offers
hope
for Tomorrow



Outpatient Diagnostic Services

July/August 2008

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Outpatient Diagnostics

Leading edge technology in diagnostics awaits new patients at Henry Medical Center

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Annual mammograms save lives by catching cancer early

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The latest in CT technology finds a home at Henry Medical Center

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Henry Medical Center Foundation

Need a Physician?

Call 678-604-1017 or visit www.henrymedical.com



Health for Life

On the cover:

Joanne Chambers, a breast cancer survivor, receives comfort from Nancy Askew.

Health for Life is intended to provide general health information only. It should not be used to self-diagnose or as a substitute for advice by a physician or other healthcare professional.

For questions or comments about Health for Life, please call or write the Henry Medical Center Marketing Department, 1133 Eagle's Landing Parkway, Stockbridge, GA 30281, (678) 604-1026.

Visit us at www.henrymedical.com

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Winner of Gold Award for Best Publication at the 2008 Georgia Healthcare Association annual Target Awards for Marketing and Public Relations.

Matching Technology with Care

It's easy to see that Henry Medical Center keeps pace with other hospitals in terms of facilities and staff, but they're also in the forefront of caring for patients in some less-obvious ways. This is especially true for diagnostic imaging services, which help physicians diagnose and treat conditions ranging from coronary artery disease to cancer.

Magnetic Appeal

The newest addition to the diagnostic arsenal is the strongest MRI (magnetic resonance imaging) machine in the area.

"The stronger the magnet in the machine is, the better images and more details you can see," explains Dr. Syed Hasan of South Atlanta

Neurology and Diagnostics. "The Tesla magnet in this machine produces the highest quality imagery available."

That level of quality makes a big difference in some cases, especially with stroke victims.

"Diabetes, cholesterol, high blood pressure and other things can cause a small stroke, but can also cause plaque build-up and lead to a larger stroke," Dr. Hasan says. "Stroke patients can clinically present the same, so it's important to determine the cause. The Tesla MRI helps me figure out the type of stroke it is so we can treat it."

Physicians can also use the advanced imaging capabilities to rule out medical conditions or help put patients' minds at ease.

"There seems to be a societal fear of aneurysm," Dr. Hasan says. "If a patient's relative had an aneurysm they're afraid that a bad headache must mean they also have one. There's such a low occurrence of having headaches from aneurysm, but having the test really quells their fear."

Some patients might lean toward visiting an open MRI facility because they think it will be quicker or easier, but that's not necessarily the case. Although the 1.5 Tesla MRI isn't considered "open," it has several features that help patients feel less claustrophobic: it has a larger opening for the patient than many other MRI machines and has open areas at each end. It also incorporates "short bore" technology, which means the bore (or tunnel) is only 6 to 7 feet in length. It conducts more

specialized studies than an open MRI and operates twice—or even four times—as fast as open MRI. And finally, new software and component upgrades mean Henry Medical Center’s machine is even more advanced and capable of more studies.

“People need to also remember that we always have a radiologist on call at Henry Medical,” Dr. Hasan points out. “Patients rarely have a reaction to the effects of contrast during the test. But in the rare event they do, what better place to be than where a radiologist or emergency physician could counter those effects? Having the test at the hospital is a safer environment.”



Syed Hasan, M.D.

Photo Finish

In addition to the 1.5 Tesla MRI, Henry Medical Center also offers the best diagnostic equipment available in the field of nuclear medicine: the new Philips’s BrightView nuclear imaging system, or gamma camera. Henry Medical Center is the only hospital in the southeast with the Philip’s System.

Nuclear medicine scans show how a part of the patient’s body is functioning. These scans provide physicians with more definitive screening and treatment staging for diseases such as lung, breast or liver cancer. Nuclear medicine technology is also very effective in creating cardiac, bone, pulmonary, brain, thyroid and renal images.

The BrightView system combines the advantages of SPECT/CT (Single Photo Emission Computed Tomography—visualization of activity within structures deep inside the body) with “fusion,” the latest in nuclear medicine technology.

“Fusion combines CT scans with nuclear medicine scans to create a 3D image,” says Joe Fernandes, Henry Medical Center’s director of Nuclear Medicine. Those images can lead to potentially life-saving treatment options or help physicians rule out serious medical conditions.

Quicker Results

Once a patient has a diagnostic imaging test, he wants his physician to get the results as soon as possible so they can determine next steps. Henry Medical Center understands this need and has new technology that gets test results in the hands of physicians sooner.

The system, called PACS (Picture Archiving and Communication Systems) is designed specifically for imaging departments, says Glenda Fabra, PACS administrator at Henry Medical Center.

“PACS has basically eliminated the steps of developing image films for the physician to read and for our staff to file,” Fabra says. “Once the technologist shoots the images, they go directly into the computer system for the radiologist to view. It eliminates the waiting time while images go through several hands.”

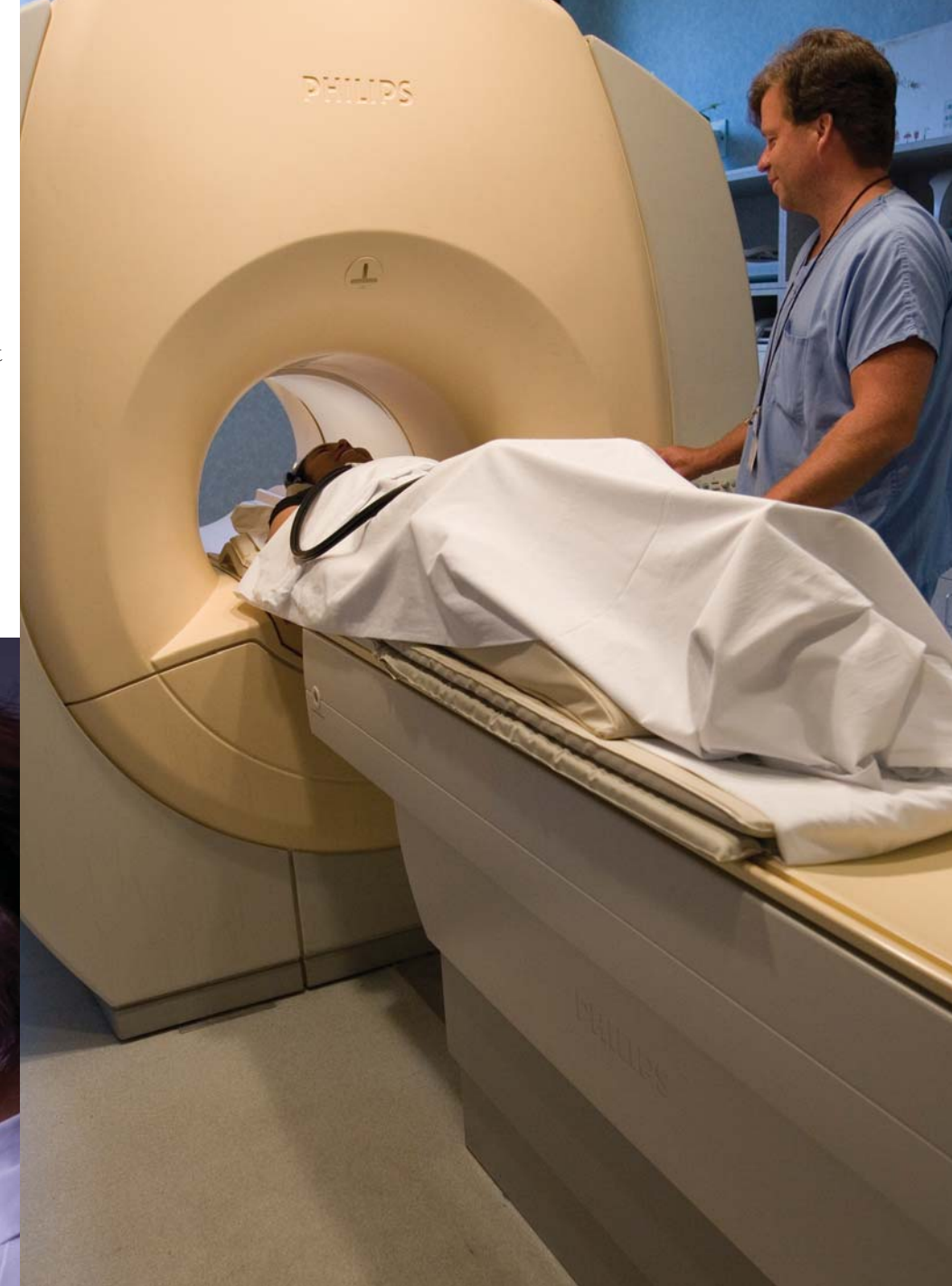
That shorter time behind the scenes translates to quicker results for patients. In the past, Fabra says the

department’s average turn-around time (from the test until a final signed report for the requesting physician) was approximately 24 hours. Less than a month after implementing PACS, the department tracked turn-around times for one week and were pleasantly surprised.

“We had an average turn-around time of under 14 hours,” Fabra says. “We were still in the learning curve at that point, so I can see our time



Joe Fernandes, director of Nuclear Medicine



going down even more as people adjust to the system.”

“PACS is the way of the future for radiology,” she adds. “It wasn’t a question of ‘if,’ but of ‘when’ we would get PACS. It’s great to see our turn-around time go down so quickly so physicians and patients get their results sooner.”

“We’ve had the diagnostic services all along,” says Dwight Fancher, director of radiology services. “Now

we just have the latest technology for all the major areas. People want to come here when they know you have the best.”

The strongest MRI in the area... the latest gamma camera technology... new capabilities that give physicians quicker access to test results and potential answers. They’re just three more ways Henry Medical Center is the leader in diagnostic imaging. ✦

It's My
Birthday!

Picture Perfect:
Digital
Mammography

McDonough resident Joanne Chambers spent much of 2007 doing something many women can relate to: postponing her mammogram. She was eight months late getting her test by the time December rolled around, and quickly learned how costly that delay might be.

"It was December 20, and I woke suddenly at 3:30 a.m.," she says. "My hand went immediately to my left breast and I felt a lump. I don't know why I woke up or why I did that. I feel like it was divine intervention."

Within hours Chambers had spoken with her OB/GYN, had a mammogram and followed up with an ultrasound.

"I'll never forget that day," she says. "I had a lump about the size of a quarter."

Chambers had two lumpectomies in January. Lab results showed that she had Stage 2 cancer, which meant chemotherapy and radiation.

"Chemo is tough," she acknowledges. "It really hits you about three days after a treatment, and the effects are cumulative. The first and second treatments weren't too bad, but the others were worse."

Chambers knew that most patients begin to lose their hair after the second chemotherapy treatment. "I began getting it cut once it started coming out," she says. "One week I got it cut three times. Then my brother said for me to go take charge—and I went back and had it all shaved off."

That night, one of Chambers' friends told her Bunco group about Relay for Life, an annual fundraiser for the American Cancer Society. The women decided to raise \$100 to purchase a Relay for Life torch in Chambers' honor. Then the friends learned they needed to raise \$1,000

to be considered a team and have a place on the football field during the event. Within two weeks three of Chambers' friends had also shaved their heads in support of her and the team had raised \$3,000.

"Hair loss just screams 'chemo!' and I didn't want people to see," Chambers says. "But Relay for Life was wonderful. Being with other cancer patients and having all my family and friends there made me comfortable. I was wearing a hat that a dear friend made me, but took it off about halfway through the night. That was huge for me."

“The thing is, if I'd had my mammogram on time we probably would've caught it as Stage 1 instead of Stage 2. The lumpectomy probably would've taken care of it and I wouldn't have gone through all of this.”

Joanne Chambers

Once Chambers completed chemotherapy, a PET scan was clear. She still went through 36 radiation treatments to ensure the cancer was gone.

"The thing is, if I'd had my mammogram on time we probably would've caught it as Stage 1 instead of Stage 2," she says. "The lumpectomy probably would've taken care of it and I wouldn't have gone through all of this."

Chambers' assumption is right on track since an annual mammogram is one of the best weapons against breast cancer. Women who have digital mammography instead of the typical analog (or film) imaging have an even better chance: digital mammography is shown to improve breast cancer detection in 65 percent of women, according to a study published in the *New England Journal of Medicine*.

Henry Medical Center now offers that higher-level care for women with the addition of a full-field digital mammography machine.



Miranda Thomas, Joanne Chambers, and Nancy Askew



Gurinderjit Sidhu, M.D.

“They can magnify the image and get a much better look at the area,” Widener says. “If we need more images we can take care of it then instead of calling the patient back for a follow-up.”

The digital equipment includes an “over read” function so the computer follows the radiologist’s assessment and points out areas that need a closer look. The machine also includes the capability for needle localizations. “The physician can finish a localization in about half the time as before,” Widener says. “He can see onscreen exactly where the area is and go straight to it.”

“In this day and age, people ask more questions because they know about equipment and new technology,” says Dr. Sidhu. “I’m happy to tell them now that we have it right here in their own back yard.”

That kind of technology is exactly what Chambers hopes will encourage women to have regular mammograms instead of putting them off. “Get that mammogram on time,” she says, “even though you’re scared or you might be afraid of the answer. You can’t deal with it until you know what’s there.”

“Mammograms really do save lives,” Dr. Sidhu adds. “When we detect cancer on a mammogram it’s most often at an early stage that’s more treatable.”

Chambers credits a support group of family and friends for helping her reach this point. “They’ve been

unbelievable,” she says. “I don’t know why God gave this situation to me but I just want to be an inspiration to someone. No matter what happens, love will get you through.

“All you need is love,” she adds. “That—and a good surgeon and hospital.” ⚡

Mammogram



Physicians can enhance or enlarge images to get a much closer look at potential problem areas. “This technology is a lot easier to see things with, especially if the patient has dense breast tissue,” says Dr. Gurinderjit Sidhu of Atlanta Cancer Care. “It helps us pick up more details for what is normal versus abnormal. We can tell more easily if there are changes from before so we can monitor the patient more closely.”



Barry Dix, M.D.

Capturing Hearts

Physicians, researchers and medical equipment manufacturers have spent years searching for ways to capture better CT images of the heart. Now they can, and Henry Medical Center is the only hospital on Atlanta's south side to have the technology.

"A CT is very good for imaging still structures, but it's very difficult to get a clear image of a moving structure," explains Dr. Rajasekhar Reddy of Atlanta Heart Associates. "We weren't getting good pictures of the heart because it constantly moves."

Physicians typically would prescribe medication (called beta blockers) for patients to take several days prior to a coronary CT to help slow the heart rate and make the test easier to conduct. "The patient also needs to hold his breath during the test so the lungs are still," says Dr. Reddy. "But the heart rate tends to increase when you hold your breath so that didn't help for our purposes."

The new equipment at Henry Medical Center—a 64-slice dual source CT—is the best answer to those challenges today.

"This CT is so advanced that the requirement to slow the patient's heart rate isn't as essential if it's between 50 and 80 beats per minute," says Dr. Barry Dix of Southern Heart Specialists. "The scanner also completes the test quicker than in the past, and the patient is exposed to about half the amount of radiation as before."

The scanner is sometimes called a coronary CT because physicians primarily use it for heart images and because of a built-in component that measures calcium in the patient's blood. Calcium level is one indicator for the presence of coronary artery disease.

"This technology will help us evaluate a larger number of people in the community who might be at risk or might already have coronary artery disease and not know it," says Dr. Dix. "Simple blood tests or other methods often underestimate the true risk, especially for women. This gives us a much more accurate picture of the situation."

"It's also an extremely powerful tool to help rule out coronary artery disease without having to perform an angiogram. It should be a much safer procedure since it's non-invasive."

An angiogram is still the "gold standard" for completely assessing coronary health, however. Physicians

will still perform an angiogram on patients at moderate or high risk for coronary disease, but this CT helps catch problems in other patients earlier.

Dr. John Black, vice chairman of Radiology at Henry Medical Center, expects physicians to also use the dual source CT to scan other areas of the body. "This CT is extremely useful for other tests as well," he says. "It's capable of screening the kidneys, abdomen, peripheral arteries and other parts of the body. It gives remarkably high quality images of regular arteries."

"Purchasing this equipment makes a positive statement about the hospital," Dr. Reddy says. "They could have settled for a regular CT scanner, but they talked with the physicians first. This is what we recommended and they bought it. It will give the physicians better reports and a much better understanding of a patient's condition, so it's worth it."

Rajasekhar Reddy, M.D.





Charter Members Pictured Left to Right: Hilda P. Willis, Willathea G. Jackson, Virginia Reeves, Rosalie Malizia, and Betty Winn

Henry Medical Center's Auxiliary Celebrates 30 Years

The Auxiliary began its work on June 22, 1978; more than a year before the hospital actually opened its doors to patients. Five charter members Willathea G. Jackson, Rosalie Malizia, Virginia Reeves, Hilda P. Willis, and Betty Winn came together to form HMC's Auxiliary. All five women attended the 30th anniversary celebration held on Monday, June 23, 2008.

Henry Medical Center recognizes the important roles Auxilians play in the success of the hospital. Over the years, the Auxiliary has purchased golf carts to take patients and visitors to and from their cars, provided wheelchairs to many areas of the hospital, donated two Automated External Defibrillators (AEDs), offer assistance to staff and visitors of HMC daily, and serve as mentors for the hospital's teen volunteer program.

Congratulations to the Auxiliary for 30 years of dedication to service.

Henry Medical Center Celebrates National Hospital Week

Henry Medical Center hosted its annual Hospital Week celebration on Thursday, May 15, 2008. Shane's Rib Shack provided a BBQ lunch, dinner and a late night meal so that all HMC employees had the opportunity to participate. Other sponsors of HMC's Hospital Week celebration include Bank of America, Lincoln Financial Group, Georgia Federal Credit Union, and Cintas.

National Hospital Week is held annually to recognize the contributions of healthcare providers.



Showing Spirit—Henry Medical Center was a Team on Fire at the YMCA Corporate Cup Challenge

More than 300 employees, family, friends and auxiliary members represented Henry Medical Center in this year's YMCA Corporate Cup Challenge. The event held on Saturday, April 19, 2008 gave HMC employees the opportunity to show off their athletic abilities, team spirit and camaraderie. HMC team members wore bright orange shirts displaying the hospital's theme—Call 911. This Team is on Fire. The team spirit was contagious and led our athletes to a third place finish overall.

Henry Medical Center wins 4 Target Awards

Henry Medical Center recently received four Target awards from Georgia Hospital Association's Society for Healthcare Marketing & Public Relations.

HMC's community magazine, Health for Life, took top honors receiving a gold award in the external newsletters/magazine category. The hospital also received a gold award for its orthopedics brochure. Both the Marcia G. Taylor Women's Center Baby Calendar and the New Henry Medical Center Campaign received silver awards in the single audience publications and television categories respectively.

Hospitals all across Georgia competed in numerous marketing and public relations categories. Judging was conducted outside of Georgia by another state society.

Henry Medical Center Wins American Heart Association Award

Henry Medical Center received the American Heart Association's Get With The Guidelines—Stroke Bronze Performance Achievement Award.

The award recognizes Henry Medical Center's dedication to enhancing stroke patients' outcomes and saving more lives by providing a higher quality of care to stroke victims.

Henry Medical Center's achievement will be recognized in an upcoming issue of U.S. News & World Report.

Save the Date

Mark your calendar. Henry County's 2008 Women's Conference will be held Tuesday, September 23, 2008 at the Merle Manders Conference Center in Stockbridge.

HENRY MEDICAL CENTER FOUNDATION

Garden Party raises \$38,000 for Henry Medical Center

This year's gala at Atlanta Motor Speedway's Club One was a great success.

Charlie Scott—President and CEO
Debbie Lorenzo—Chairperson of event
Dr. Sam Lorenzo—Chairman of Foundation



Corporations that care

These business sponsors invest in the health and well-being of their community by financially contributing to the hospital through the Foundation.

Bennett International, Inc.
Complete RX, LTD
Eagles' Landing Family Practice
EmergiNet-Henry, LLC
Henry Anesthesia, LLC
Leslie Contracting
McDonough East Kroger Center
McKesson
United Community Bank

Employee team purchases new AngioJet Thrombectomy System

Believing in the mission of Henry Medical Center hospital employees, department directors and the entire executive team pledged over \$45,000 toward this year's campaign. Becky Mitchell, Employee Campaign chairperson, Ashley Ray, Carrie Clayton and Kelly Dombrowski, Cath Lab manager are grateful for their new equipment.



MAKE A DIFFERENCE BY PARTICIPATING IN THE ANNUAL FUND!

Mark your calendar for these fun ways to contribute to Henry Medical Center

August 16 Pacemaker 5000 Road Race at the picturesque community of Crystal Lake Golf & Country Club. 5K run, 1 mile walk and even a Tot Trot for the children benefits the Cardiovascular Services at Henry Medical Center. Post-race meal provided courtesy of La Parilla Mexican Restaurant. T-shirts, awards and other fun items are part of the festive event. Individuals of any age and any skill level are welcome to participate. Call 678.604.1045 for more information.

October 10 Foundation Charity Golf Tournament at Crystal Lake Golf & Country Club. Featuring a newly created PGA tournament atmosphere with electronic leader board, great prizes plus an incredible opportunity to win an exclusive golf destination package featuring chartered air service provided by Pan Pacific Airways!!!!

For information on sponsorship, contact Adam Stanfield at 678-604-5018.

Donate now and leave a legacy of hope and health

Ways to contribute:

1. Mail a check to HMC Foundation, 1133 Eagle's Landing Parkway, Stockbridge GA 30281
2. www.henrymedical.com/foundation
3. Contact Dan Garrett at 678-604-5015 about making a gift of stock or property.
4. Name a room in honor or in memory of someone special.

And remember: you can ensure the continued growth of the hospital into the future by naming Henry Medical Center in your will.

Today,
WE SAVED A
Life!

Nurse scholars graduate

"I couldn't have completed my degree without the Foundation scholarship." This heartfelt comment was echoed by all the graduates being honored at a luncheon sponsored by Georgia Federal Credit Union. Pat McAfee, HMC R.N., and a scholarship graduate herself, spoke to the students and challenged them to find opportunities every day to make a difference in their patients' lives. Henry Medical Center is proud of Maria Lynch, Pam Hendleman, Amanda McGhin, Michelle Musselwhite and Laura Moreland (not pictured).



"The funds raised by the Foundation enable us to meet the needs of our patients with better equipment and increased training in the context of excellent facilities." —Dr. Jorge Spinolo, HMC Chief of Staff