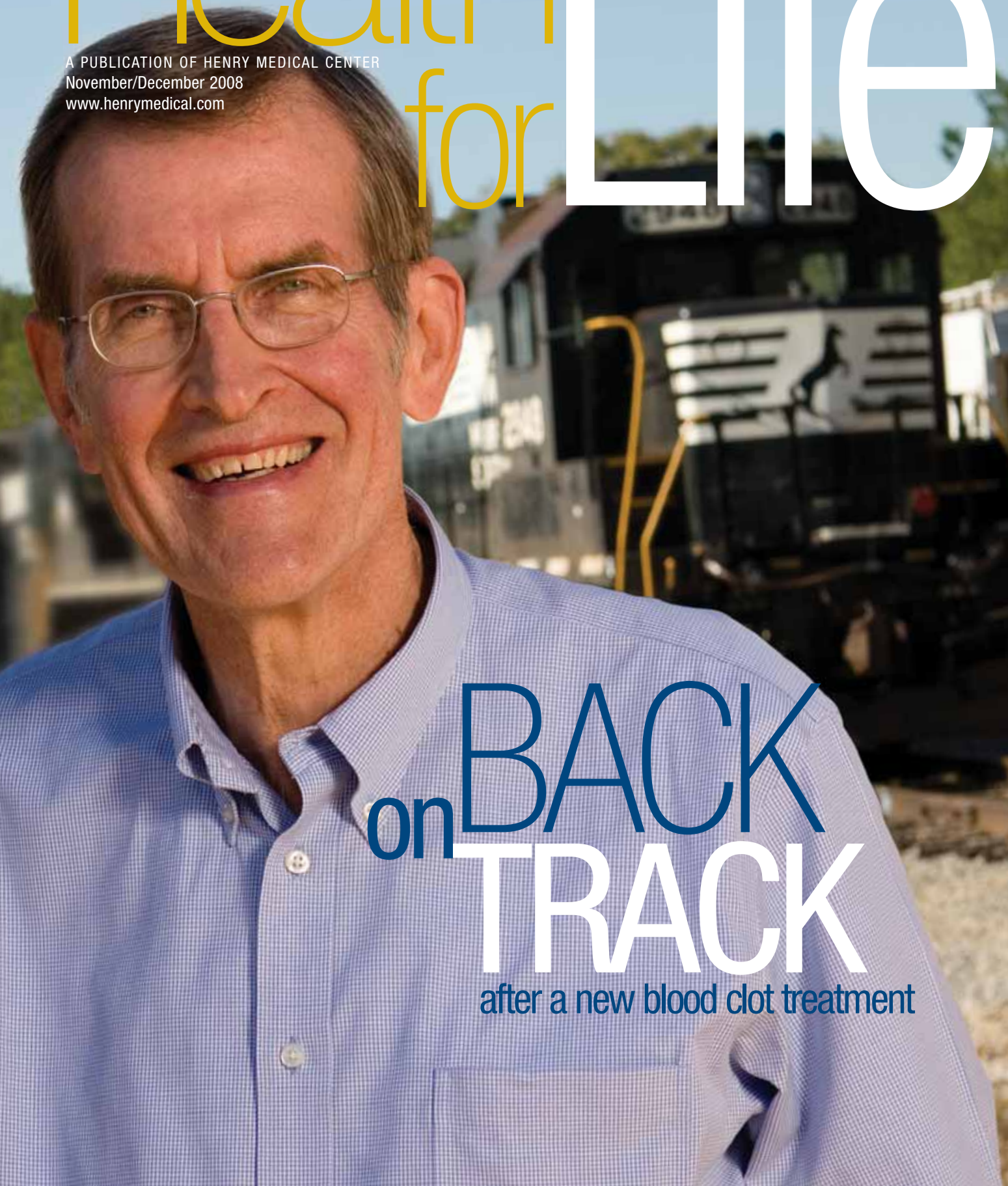


Health for Life

A PUBLICATION OF HENRY MEDICAL CENTER
November/December 2008
www.henrymedical.com



on BACK TRACK

after a new blood clot treatment



Health for Life

November/December 2008

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Health for Life

On the cover:

Art Regenold smiles in front of the trains at the Norfolk Southern Training Center in McDonough.

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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.

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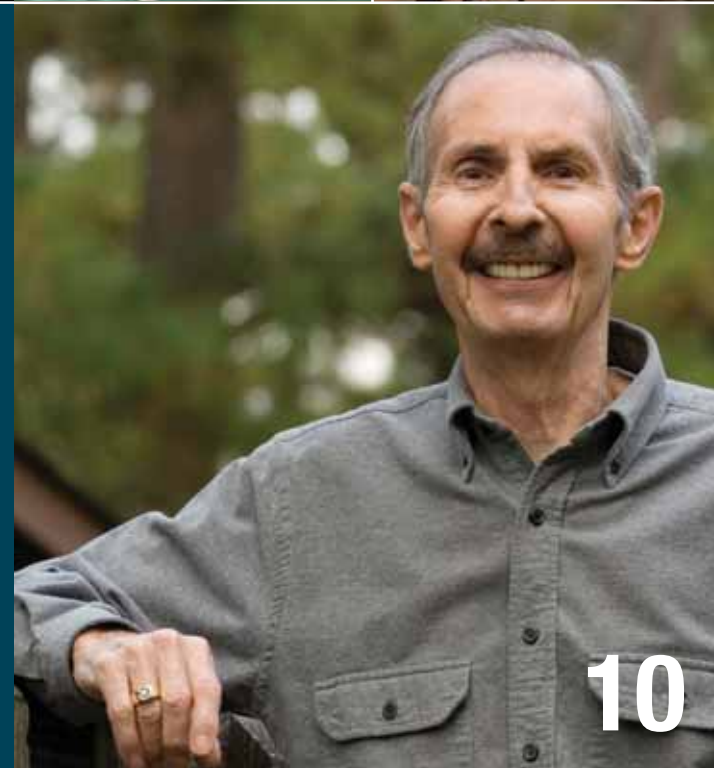
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New Hope for

HEALING

Having a wound doesn't usually slow people down for long. But for those who have long-lasting wounds that cause problems or interrupt life, Henry Medical Center offers new hope for healing.

The help comes through Henry Medical Center's new Wound Healing Center, which opened in mid-July followed by the hyperbaric treatment program opening in August.

"We're here for patients who have wounds that aren't healing after several months of treatment," says G. Clay Taylor, DPM. "Maybe the patient hasn't sought treatment, or maybe their primary care physician isn't having luck treating it. For whatever reason, their wound is getting worse or at least isn't getting any better."

Persistent infection, pressure ulcers, circulatory problems, medical conditions such as diabetes or scleroderma and other factors can all contribute to non-healing wounds, Dr. Taylor says. Because the reasons are so varied, it's important to provide each patient with a comprehensive exam.





“Patients may have some apprehension about hyperbaric treatments. We can let them test it out a bit first and most do better than they think.”

G. Clay Taylor, D.P.M.

“We start by identifying the root cause of the wound,” explains Karen Benedikt, program director. “Typically there is an underlying systemic disorder preventing healing. Once we know what that is we can treat the wound more effectively.”

Podiatrists, vascular surgeons, orthopedists and other physician specialists treat patients through the Wound Healing Center.

“It’s truly a multidisciplinary approach,” Benedikt says. “Our physicians have all been trained in wound care and wound healing, but their different backgrounds play into the care. They bring different perspectives to the table when they meet to discuss cases and decide the best treatment options.”

“Being a podiatrist, wound care isn’t new to me,” Dr. Taylor adds. “I’ve seen a lot of different things in my office and deal with a large percentage of diabetic foot problems. The advantage here is the patient gets more comprehensive care. It expands my ability to treat patients and offer them more options.”

Most patient treatments consist of wound debridement (cleaning), special wraps or bandages and medication (antibiotics and/or pain relievers). Education is another important component as staff and physicians teach patients what to look for and how to take care of their wounds.

Some wounds benefit from extra oxygenation, which is why the Wound Healing Center added two hyperbaric treatment chambers.

“Wounds need oxygen in order to heal,” Dr. Taylor explains. “Hyperbaric treatment is a big aspect

of wound care when the tissue isn’t getting good oxygenation. The increased pressure in the chamber has a higher concentration of oxygen and can be beneficial for some wound patients.”

During hyperbaric treatment, the patient rests on a stretcher inside a special pressurized chamber.

“Everything has to be a certain way because of the pure oxygen in the chamber,” says Stockbridge resident Salvador Serbin. “You have to take precautions to eliminate static electricity. You must wear the hospital’s gown because it’s all cotton; you can’t have anything like lotion or aftershave on your body; you can’t wear hearing aids or dentures or Band-aids. You have a patch similar to one from an electrocardiogram to ground you to the chamber.”

Serbin had a non-healing wound in his lower colon related to previous radiation therapy. A physician cauterized the wound but acknowledged after several treatments that he couldn’t treat the entire area. He indicated that Serbin “might have to live with” the problem. Serbin later mentioned the problem during an appointment with a radiologist, and that physician recommended he visit a wound center.

“He told me that Henry Medical Center was in the process of opening a wound healing center and would have hyperbaric oxygen treatment,” Serbin says. “I thought it over and the doctor said it would be perfectly all right if I waited for the center to open, so that’s what I decided to do.”

Serbin talked with staff “at great lengths” about his problem and visited the Wound Healing Center the first day hyperbaric care was

available. The next day he underwent a physical, was oriented to the hyperbaric chamber and learned about his treatment schedule. His first treatment was in August.

“It takes 22 minutes to gradually pressurize the chamber,” Serbin says. “The chamber is a sealed unit around you, but you can see out both sides. I usually brought movies to watch during my treatments.”

Once the chamber is pressurized, pure oxygen is delivered. As the treatment cycle comes to an end, the chamber is slowly decompressed.

“The only sensation I felt was when the chamber was being pressurized or decompressed,” Serbin says. “I felt pressure on my eardrums like when your ears need to pop.”

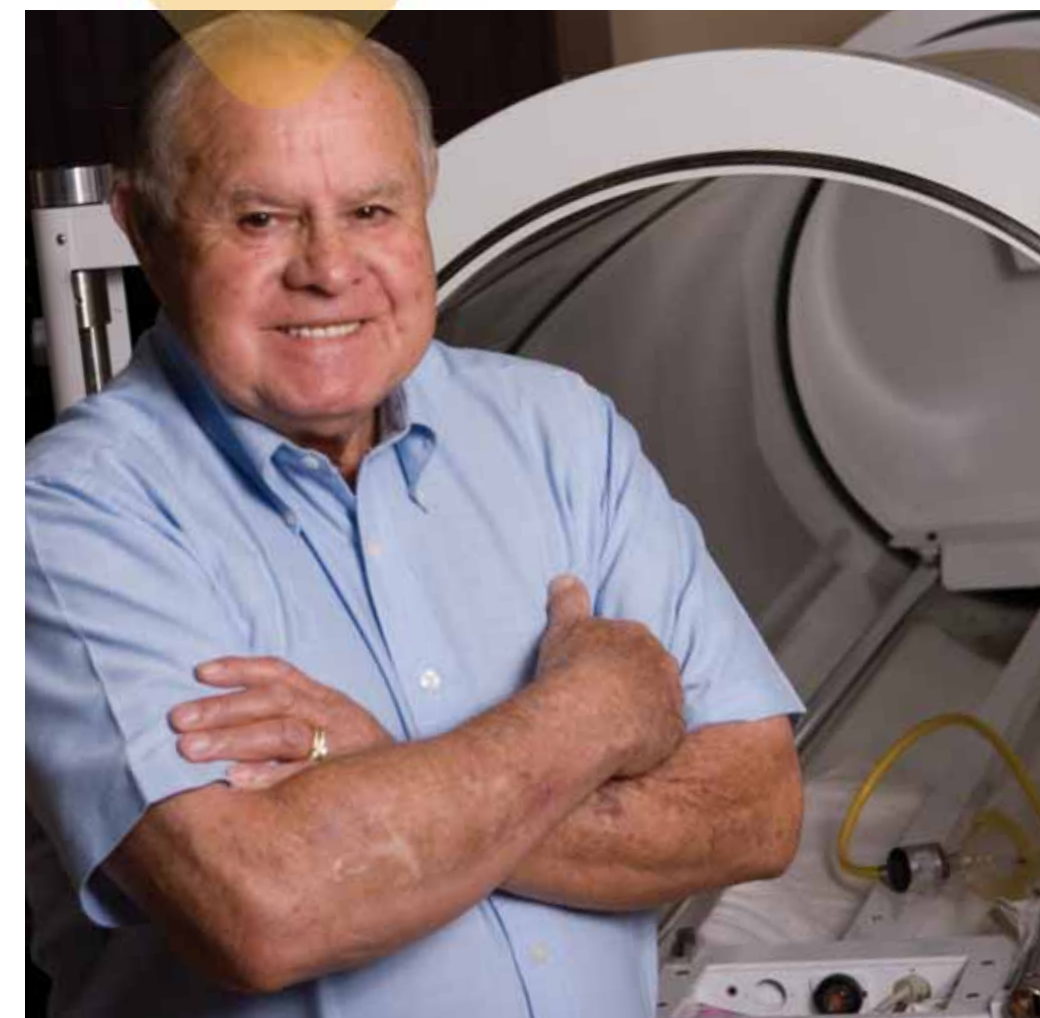
Serbin noticed a difference in his wound after only a few treatments, which doesn’t surprise Benedikt due to his diagnosis.

“Our program is research-driven, therefore we have a clinical pathway to follow in identifying the root cause,” Benedikt says. “This really contributes to patient success.”

“Our senior population is very active,” she adds. “Having a wound that causes pain or limits mobility affects their lifestyle. They don’t want their life centered around a wound; they want to focus on what they want to do or can do instead.” ⚡

“After I’ve been there and seen the results, I would recommend that people go to the center and have an evaluation to see if hyperbaric treatment might help their problem. I would go through it again if necessary.”

Salvador Serbin



on **BACK** **TRACK** after a new blood clot treatment

A machine that can remove blood clots almost instantaneously and with very little pain or recovery time from the patient's standpoint sounds almost too good to be true. Welcome to the new world of vascular care.

One of the newest weapons in Henry Medical Center's arsenal against life-threatening conditions is Angiojet

thrombectomy, a procedure used to break apart blood clots that partially or completely block blood flow in an artery.

"This is an example of some really great technology," says Art Regenold, an instructor at the Norfolk Southern Training Corporation in McDonough. "The ease of the procedure and recovery really impressed me."

Regenold first dealt with blood clots in March. He woke up in pain one morning and saw that two of his toes were blue. He went straight to Henry

Medical Center's Emergency Department, where tests showed a fairly large clot in his left leg.

"We made plans to treat it, but then my blood work came back showing a very high platelet count," he says. "We had to abort the procedure until we knew what we were dealing with."

Additional tests with an oncologist revealed that Regenold had a blood disorder called thrombocythemia. "It's part of the leukemia family, but not

“ This is an example of some really great technology,” says Art Regenold, an instructor at the Norfolk Southern Training Corporation in McDonough. “The ease of the procedure and recovery really impressed me.”

Art Regenold

leukemia," he explains. "It's not curable, but it is treatable. We needed to get my platelet count down before we could deal with the clot."

Kenneth Menchion, MD, of Southern Crescent Vascular Center in Stockbridge removed Regenold's clot in May. Things seemed fine until Regenold scheduled a routine colonoscopy and had to stop his anti-clotting medication. A clot formed while he was off medication, so Dr. Menchion treated him again at Henry Medical Center.

Regenold returned to Dr. Menchion in September because of another clot, but things were different this time.

"Dr. Menchion said he wanted to do something a little different and that if it worked out I could go home that

afternoon," Regenold says. "I said, 'That's swell,' and trusted him to do the best thing."

Dr. Menchion used the AngioJet technology to treat the clot and Regenold was back home within hours.

"The down time was truly amazing," he says. "I think I spent the absolute minimum amount of time in the hospital and was back at work on Monday."

"The device basically removes clots from blood vessels," says Dr. Menchion. "It's ideal for treating patients who have acute occlusions of the blood vessels or for patients with blocked grafts following bypass surgery. It's also very helpful for dialysis patients with clotted access ports."

In the past, treating acute arterial occlusions or blockages from previous bypass surgery meant one of two

options: surgical removal or thrombolysis. Surgery meant pain and extended down time for patients; thrombolysis meant an admission to ICU for hours or even days while medications dissolved the clot.

With the new technology, the physician inserts the device into the affected vessel. He then injects a saline-type fluid under pressure through the artery to the clot. The saline jets create a vacuum within the vessel, break up the clot and allow the physician to remove pieces of the clot through the catheter.

"It's really using minimally invasive technology to treat the problem without surgical anesthesia or significant scarring," Dr. Menchion

says. "We can remove the clot and take pictures of the vessels at the same time."

"This equipment makes the procedure faster and easier for the patient, and more efficient for the physicians," says Kelly Dombrowski, manager of the Cardiovascular Cath Lab at Henry Medical Center. "It's better for patients with angioplasty because you're not pushing the clot toward the lungs and running the risk of a pulmonary embolism."

"We have the ability to place removable filters during the procedure," Dr. Menchion explains. "We insert the filter above the clot so there's not a danger of the clot moving through a main vein to the heart or lungs. That's a significant clinical advantage for patients."

Patients like Regenold can thank the employees of Henry Medical Center for making AngioJet technology available: their donations to the Henry Medical Center Foundation made the purchase possible through the annual employee fundraising campaign.

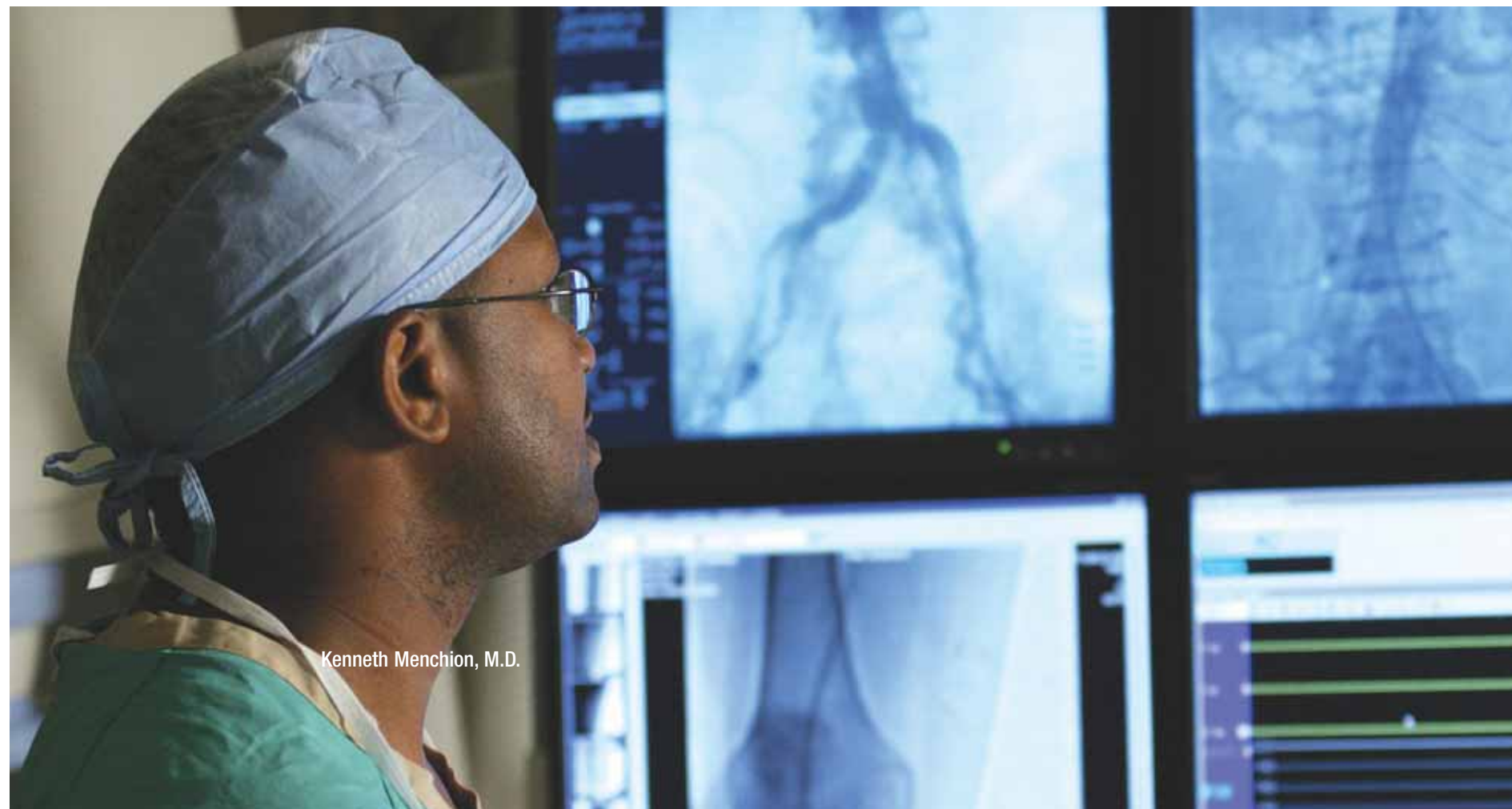
"Sometimes we just contribute to the campaign, but sometimes the Foundation has a specific item we're donating money for," Dombrowski says. "We brought this equipment in for a trial basis and the physicians loved it."

"Being in the medical field, we understand the significance of blood clots and their dangers," she adds. "Everybody knows someone who has had deep vein thrombosis or a blood clot. It was great to have something we could contribute money to that directly increases the quality of care for our patients so much."



“One of our highest admissions at Henry Medical Center is for treating blood clots. This technology will really make a difference for many of our patients.”

Kenneth Menchion, M.D.



Kenneth Menchion, M.D.

Akshay Gupta, M.D.

Keeping in RHYTHM

“A lot of people have arrhythmias,” says Akshay Gupta, MD, of Atlanta Heart Associates in Stockbridge. “Most are not life threatening, but if they’re a nuisance or make you feel bad, you should do something about it.”

For patients who are ready to learn more about treating their arrhythmias or other cardiac problems, Henry Medical Center recently expanded cardiovascular services to include some of the most advanced procedures.

One new area of care is electrophysiology (or EP), a subspecialty of cardiology that focuses on treating heart rhythm disorders.

“EP is basically an electrical study of the heart to see if fast or slow heart rhythms are causing the patient’s symptoms,” Dr. Gupta explains. “We usually know the patient has some arrhythmia when we go in for the procedure, and are able to treat the problem at the same time we officially diagnose it.”

During EP, the physician inserts a catheter to examine the heart, much like during a cardiac catheterization. Once he confirms the damage, he’s

able to correct the problem by pinpointing and destroying the small amounts of tissues causing the abnormal rhythm.

“EP is an important step in the fight against sudden cardiac death,” Dr. Gupta says. More people die from sudden cardiac death (or SCD) each year than from lung cancer, breast cancer and AIDS combined. Controlling SCD could significantly reduce deaths from heart disease.

Implantable cardiac defibrillators (ICDs) also play a role in reducing cardiac death. Dr. Gupta was among the first physicians in the nation to implant a TELIGEN™ ICD, the smallest, thinnest high-energy ICD in the world. He performed the procedure at Henry Medical Center on patient Richard Crain on July 31.

Crain, of Jonesboro, experienced a stroke in December 2007. During his time in the hospital, his cardiologist became concerned about Crain’s heart.

“My heart was skipping a beat every once in a while and he thought the bottom half of my heart wasn’t working properly,” Crain says. “I had lots of tests and he came back saying I did have a problem that we needed to do something about.”

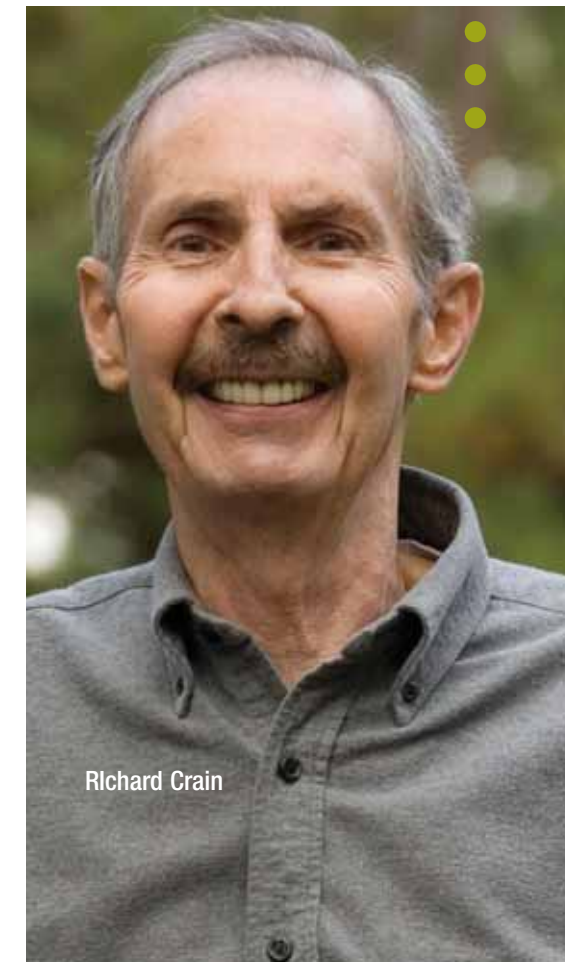
Crain then met with Dr. Gupta, who conducted more tests and agreed that Crain was an ideal candidate for an ICD.

“Some defibrillators only have one wire,” Dr. Gupta explains. “Other, more advanced cardiac resynchronization devices are basically three-wire defibrillators. They help the lower chambers of the heart squeeze more efficiently.”

“The ICD is insurance in case my heart stops in the future or I have a heart attack,” Crain says. “It will sense the change and shock my heart back into rhythm. It may never have to kick in, but it’s comforting to know it’s there if something does happen.”

Dr. Gupta hopes to see the EP and ICD programs at Henry Medical Center grow. “These are the kinds of procedures that make a difference to the people in our community. It’s a fantastic opportunity to make an immediate impact on the health and quality of life for people in this region.

“If a patient has an arrhythmia, there’s a very simple procedure to correct it,” he adds. “There’s no reason why you shouldn’t.”



Richard Crain

HENRY MEDICAL CENTER FOUNDATION

Henry Medical Center is celebrating 30 years of service

This coming year, let's "Appreciate the Past & Ensure the Future" by contributing to the fundraising campaign and give the gift of health to all our citizens!



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.



Patient Honors HMC Employee through Healthcare Hero program

Congratulations to Healthcare Hero Pennie Nagel, Radiology Technologist. A financial donation was made to the Foundation by a recent patient in appreciation of the excellent service received from Pennie and the Mammography staff.



If you would like to show your gratitude to a nurse, technician, physician or someone else in the Henry Medical Center team, simply contact the Foundation at 678-604-1045 to make a donation in their honor.

Businesses who partner with HMC

Golf Sponsors

Brasfield & Gorrie
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Art Plumbing
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Gwinnett Sprinkler
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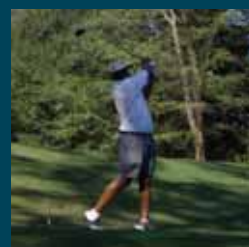
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Southern Heart Specialists
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The Palms at Lake Spivey
Lincoln Financial Group
High Trust Bank
South Metro Bone & Joint
Sacred Journey Hospice

Pacemaker 5000 fun run raises \$18,000



Golf Tournament raises \$51,000



Henry Medical Center physicians are also community leaders

Pledges from the Physician Partnership Project has already reached \$50,000.



\$25,000 Donation

This generous, and anonymous donor, not only supports Henry Medical Center, but is also an employee! Our team members believe in the mission.

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.

Begin with Goodbye

For families and friends following a pregnancy loss. Call 678-604-1054 for more information.

Cancer Education/Support

Call 678-604-1040 for more information.

Co-Dependents Anonymous (CoDA)

Meets in the Foundation Education Center. Every Sun, 3:00-4:00 pm.

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 am-1:00 pm.

Narcotics Anonymous

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

Post-Partum Support

Meets in the 4th floor classroom of the North Tower. Every Wed, at 8:30 am.

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 Fourth Tues, 6:30-7:30 pm.

Stroke Resources

Call 678-604-1040 for more information.

For more information about support groups, please 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

Heartsaver First Aid Course

Henry Medical Center will conduct a Heartsaver First Aid Course on Saturday, December 13, 2008 between 9 am and 4:30 pm. The course is taught by a certified American Heart Association instructor and includes CPR and first aid for adult and pediatric victims. The first aid portion includes medical, injury and environmental emergencies.

Registration is required for this class. To register, please call the Henry Medical Center Community Education Department at 678-604-1040.

Donate Blood. Save a Life.

Henry Medical Center and LifeSouth will hold a blood drive on Tuesday, December 23, 2008. The blood drive will be held in the Executive Dining Room on the Ground Floor of the South Tower between 12:30 pm and 6:30 pm.

Barbara Rainone is Henry Medical Center's new Lab Director



She brings to her role at Henry Medical Center more than 30 years of experience and is "very impressed by the values and philosophy of the hospital." Rainone views Henry Medical Center as an "organization committed to the patient and quality of care provided."

Wardean Shelby is Henry Medical Center's new Director of Health Information Management

She has more than 15 years of experience in health information services, is a Registered Health Information Administrator and is a member of the American Health Information Management Association.

Shelby says "Henry Medical Center's excellent reputation in the healthcare community is what initially drew her to the hospital."

HMC Recognizes First Nurse to Achieve Clinical Ladder II



Merlinda Pauleon-Rivera, RN BSN is the first nurse at Henry Medical Center to achieve Clinical Ladder II.

Pauleon-Rivera has been a registered nurse at Henry Medical Center for more than seven years. Her desire to take her nursing skills and care for her patients to a higher

level led her to pursue the Clinical Ladder II recognition.

Contact Dan Garrett to discuss a legacy gift, donate securities or property or to name an area of the medical center. Contact Adam Stanfield to get involved with special events or to discuss sponsorship opportunities for your business. Foundation office: 678-604-1045.

www.henrymedical.com

Henry Medical Center Presents

2008 Annual
Holiday Celebration
and
Tree Lighting

Thursday, December 4, 2008
6 - 8 p.m.

Carriage Rides with Santa.
Musical entertainment by Timber Ridge Elementary,
Smith-Barnes Elementary and more.
Special Guest Solist: Sophie Decker.

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