

Our expansion is almost complete. Our commitment to you is ongoing.

Introducing the North Tower Expansion at Henry Medical Center. A brand new five-story facility where mothers and children can receive excellent care from the best physicians and technology available. The Expansion will also be home for 91 new patient rooms and a new Cardiac Care Center.

But our expansion is about more than just new beds. It's about a new environment of caring for those who are most important to us... the people of Henry County.

So, while the construction may be just about over, you can expect we'll be here for you for a long, long time.



www.henrymedical.com

Excellent Staff. Excellent Care. Excellent Hospital.



The North Tower expansion shows how we're growing to meet our community's needs. Our comprehensive services for women and children will relocate to the new tower. We'll also consolidate outpatient services and expand the intensive care area, which will make it easier for patients to access the care they need and help our staff increase their specialization.

Health for Life

A PUBLICATION OF HENRY MEDICAL CENTER
March/April 2006 www.henrymedical.com

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The LPGA Ladies are Back!
And they are playing for HMC!

The Foundation.
Who are they, and what are they doing for you?

in the SWING

Getting back into your game after an orthopaedic injury



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Health for Life

HENRY MEDICAL CENTER

Sam Ahern

President and C.E.O.

Donna M. Braddy

Director of Marketing & Public Relations

Jennifer Dougherty

Public Relations Specialist

Published by do! design, Inc.

Doug Oakes

President/Editor

Dustin Naughton

Vice-President

Leigh Delozier

Associate Editor

Jessica Hill

Art Director

Belton Chappel

Photographer

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LPGA

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To send requests for future articles, please call or write the Henry Medical Center Marketing Department, 1133 Eagle's Landing Parkway, Stockbridge, GA 30281, (770) 506-1578

Visit us at www.henrymedical.com

On the cover:
Nancy Lopez

The Love of the

Game

It happens to professionals like golfer Nancy Lopez, whose osteoarthritis stems from a high school injury.

Orthopaedic injuries

can sidetrack players, but hard work brings them back. Weekend warriors, professional athletes and even recreational gardeners share something other than passion for their pastime: all can fall victim to a joint injury.

It happens to everyday people like Becky Turner, who injured her knee playing jump rope as a child and lived with the pain until adulthood ... Beth Williams, who triggered her knee injury while gardening ... Bob Martel, whose shoulder problems advanced slowly until virtually no range of motion remained ... and Laura Draize, who tore her ACL (anterior cruciate ligament) playing soccer.

It happens to professional people like golfer Nancy Lopez, whose

(continued on page 6)

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“Attitude is so
important to your
success. You must
want to recover”

- Bob Martel
of McDonough



osteoarthritis stems from a high school injury. Years later, she tore her right ACL during a tournament in England. While different things might cause injuries for younger and older athletes – or professionals and amateurs – prevention and treatment are the same.

“In younger patients, we often see injuries that are traumatic – tears or breaks due to contact or falls in sports or the workplace,” says Dr. Todd Schmidt, an orthopaedic surgeon at Henry Medical Center and the Atlanta Charity

Championship’s medical director. “In older patients, most injuries are caused by degeneration of the body.”

Prevention is the Key

Using correct form when playing a sport helps prevent injuries. Always taking time to stretch, warm-up and cool-down is also vital. Dr. Schmidt supports the new interest in Pilates and yoga because they increase flexibility and help prevent orthopaedic problems. “Life is a sporting activity,” he says. “Stretching and home

strengthening should be part of everyone’s daily routine.” But even careful people can still get hurt. Physical therapy or medications help some patients get back on track, but others need more aggressive treatments. That’s when HMC’s Orthopaedic program and physicians like Dr. Schmidt can help.

Get a New Lease on Life

Becky Turner, of McDonough, lived with the pain of a childhood injury for years. “My knee has hurt ever since I can remember,” she says.

(continued on page 8)

Becky Turner
of McDonough

“Doctors said I needed surgery but was too young or too overweight to replace it. They gave me medicine, but the pain never went away.” Then Turner met Dr. Schmidt and everything changed. He replaced Turner’s left knee in April 1998. Things were fine until 2005, when the swelling and pain returned.

“My knee felt like it was coming apart when I moved,” she says. “I knew it was time to get it checked.” The plates of Turner’s joint had come loose from the bone. Dr. Schmidt performed a second replacement surgery on Turner in December 2005 at HMC. Her recovery was so smooth that she was back to work in less than a month.

Beth Williams’s knee problems began just as innocently as Turner’s – while she was planting hydrangeas. She tore the cartilage in her left knee while digging in ground hardened by a drought.

Williams tried multiple treatments over the years, but says none really helped. She finally scheduled knee replacement surgery last spring, but had a last minute change in plans. “I was set up for surgery on my left knee in April,” she says. “I tore my right knee’s cartilage on the way out of my pre-op visit so we had to postpone the surgery.”

By the fall, Williams was “so tired of hobbling around and just ready to get this over with.” Dr. Schmidt replaced her left knee in September and followed with the right in December. “It’s been an interesting journey, but I’m glad it’s almost over,” she says.

Columbus State College student Laura Draize seconds that thought. Her pastimes changed drastically during a soccer game last spring. “I was just running during the game and happened to fall,” she remembers. “I heard a big pop and knew something was wrong.” That

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“The rehab isn’t much fun and you might not want to do it, but you need to get 100 percent better before getting back out there.”

“something” was a torn ACL, and Draize has worked hard ever since to get back on the field. “Dr. Schmidt told me to strengthen my muscles and work on my range of motion as much as possible before surgery,” she says. She did, and her therapists all agree that rehabilitation before the procedure certainly helped her recovery.

Take Care Like a Pro

Golfer Nancy Lopez is a prime example of how to care for injuries that don’t end a career but still need attention. After tearing her left knee’s cartilage while playing flag football in high school, the cartilage slowly wore away until she reached the point of basically having bone on bone with no

Laura Draize
of Stockbridge

cartilage cushion in between. “It’s just something I’ve had to take care of during most of my golf career,” she says matter-of-factly. “I ice it after playing every day to prepare for the next day.”

Several years ago Lopez compounded the situation by tearing her right knee’s ACL. She opted for a series of injections to treat the problem and has been happy with the results. “The injections really did work for me,” she says. “I was having so much pain beforehand but am fine now. I’m getting back into working out and hope to be able to play some this year.”

Working to Get Back Out There

The thought of “getting back out there” is what drives many patients after joint replacement surgery. Bob Martel noticed more limited motion in both shoulders during the past several years due to avascular necrosis. He had both shoulders replaced in 2005 and is counting down until he can regularly swim, play golf and fly his small airplane. “Attitude is so important to your success,” he says. “You must want to recover and improve your performance.”

Draize wholeheartedly agrees. “The rehabilitation isn’t much fun and you might not want to do it, but you need to get 100 percent better before getting back out there.”

Draize’s primary motivation for recovery was rejoining her team, which she was cleared for in December. Williams looks forward to gardening this spring, and Turner simply wants to get through the day without pain. So what is Martel’s motivation for completing rehab? A very special tee time during a charity golf tournament in April with fellow golfer and orthopaedic patient Nancy Lopez.

These Girls
Rock



Annika Sorenstam



Natalie Gulbis



Jennifer Rosales



Paula Creamer



Cristie Kerr



Morgan Pressel

Golf Enthusiasts will converge on Henry County

Golf enthusiasts will converge on Eagle's Landing Country Club in Stockbridge April 17-23, for the 15th annual Atlanta Charity Championship hosted by Nancy Lopez.

Highlights will include Pro-Am play and a Kid's Clinic before the LPGA tournament begins on Thursday. The 7th annual Nancy Lopez Award will be presented during a special dinner Thursday evening, April 20th.

Organizers expect a full field of 144 players, including defending champion Annika Sorenstam. The tournament – Georgia's only LPGA Tour event – is a 72-hole, four-round event. The Henry Medical Center Foundation was chosen as the tournament's primary beneficiary. The Foundation plans to use these donations to support the purchase of high-tech equipment for the hospital's Neonatal Intensive Care Unit.

The tournament also benefits Adventures in Movement (AIM) for the Handicapped, Nancy Lopez' favorite charity. The East Lake Foundation is the final benefiting charity.

A weekly badge for the tournament is \$30, with children under 15 free with adult admission.

For more information call 770-474-GOLF or visit www.charitychampionship.com.



Eagle's Landing Host Families Add a Personal Touch

Every golf course has its own personality, and each tournament has its own characteristics. One thing that sets the Atlanta Charity Championship apart is the involvement of local residents as host families for players.

"With most tournaments, 25 or 30 players take advantage of private housing," says Sandy Sesecko, host family coordinator. "Approximately 80 players enjoy it here."

Dr. Joe and Jan Blissit began hosting players in 2001. They had already worked as tournament volunteers and thought hosting would be another interesting way to get involved.

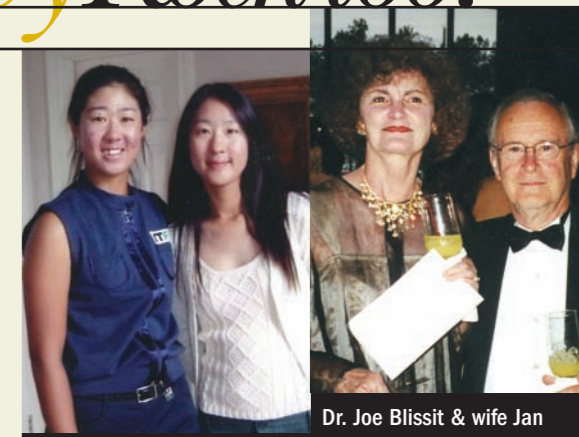
Hosts are only required to provide players with a private

place to sleep, but many hosts go beyond that. The Blissits provide transportation for their player, take her to dinner and show her the area. Dr. Blissit even walks the entire course with his golfer each day of competition.

Some families host the same players each year, but the Blissits have not.

The 2005 tournament had a special meaning for them when they hosted Birdie Kim. She finished in the top 10 at the Atlanta Charity Championship, then won the LPGA's U.S. Open a few weeks later. "We were so excited for her," he says. "It's almost like having one of your children out there playing."

They Rock too!



Birdie Kim and her Sister

Dr. Joe Blissit & wife Jan

- '05 Annika Sorenstam
- '04 Jennifer Rosales
- '03 Se Ri Pak
- '02 Juli Inkster
- '01 Annika Sorenstam
- '00 Sophie Gustafson
- '99 Rachel Hetherington
- '98 Liselotte Neumann
- '97 Nancy Lopez
- '96 Barb Mucha
- '95 Laura Davies
- '94 Val Skinner
- '93 Trish Johnson
- '92 Dottie Pepper

My How We've grown

Many things make a thriving hospital. One key to HMC's success is the Foundation, established in 1982 as a way to support hospital initiatives.

Since then, the Foundation has raised more than \$5 million for the hospital. Monies help fund hospital facilities, equipment, scholarships and more.

A very tangible result of the Foundation's contribution is the Education Center, a building that is home to educational classes, support groups, and staff development. Another is almost \$59,000 that has been raised to purchase several Giraffe Beds, a revolutionary microenvironment that acts as both an incubator and heater, for infants needing NICU care.

It All Started with a Party
The Foundation's first fundraiser was the Summer Garden Party, which soon became known as the social event of Henry County. But things change over the years, which means even the best tradition might need tweaking.

That's the case with the Garden Party, which celebrates its 25th anniversary this year with a new name, location and focus.

The party, set for Friday, April 21, is renamed Evening on the Green in honor of the hospital's selection as the



Sally Chafin
of McDonough
with Giraffe Bed

“This is a community hospital, and we want people’s names on it. It’s just another way to show we’re part of the community”

- Sally Chafin



Kaye Sisk,
RN, OB-GYN

Recipient
of a Foundation
Nursing Scholarship

official charity of the 2006 Atlanta Charity Championship hosted by Nancy Lopez. Although tickets are available to the event, the focus has shifted from fundraising to recognition.

“We have many other ways for people to contribute to the hospital,” Foundation Director Jeff Cooper says. “We just want this to be a fun party for people who support the Foundation.”

Some Traditions Remain the Same

But while some things change, the Foundation's purpose has not. The Foundation oversees the hospital memorial program, when people contribute in memory of loved ones. Each October the Foundation invites families to a memorial service honoring these individuals.

It also continues to offer scholarships for nursing and other healthcare education programs. “The scholarship program has grown tremendously,” says Foundation President Sally Chafin. “It’s a great opportunity for students and the hospital.”



The Ripple Effect
Make
a difference
through the Foundation



“Everyone wants to support something that touches their lives.”
- Jeff Cooper

That’s what Jeff Cooper, Director of the HMC Foundation, believes. If that truly is the case, Henry County residents have many ways to support the hospital and the community by **getting involved** with the hospital’s Foundation.

“We have a wide range of opportunities for people to get involved with the Foundation. Whether you’re **donating time** or money, large or small, every little bit counts,” says Jeff Cooper.

“No gift is too small.”

To learn more about how you can get involved with the Foundation’s committees and events, call 678-289-7900 or log on to www.hmcfoundation.org.

1 Pacemaker 5000 Fun Run

Come run at Atlanta Motor Speedway in conjunction with their open house in September. Events include a 5k run, a 1-mile fun run and a toddler trot.

2 Name a Brick Program

Place a brick on the hospital campus in memory or in honor of someone.

3 North Tower Naming Opportunities

Honor loved ones by dedicating patient rooms or other areas when the North Tower opens this fall.

4 Corporate Honor Roll

The Corporate Honor Roll gives businesses the opportunity to support Foundation events year-round. Giving at this level will allow you to participate and promote your business at all of the Foundation activities and events.

5 Annual Fund

Annual financial support is necessary for future growth and development of Henry Medical Center.

6 Friends of the Foundation

Although large gifts are important, broad support throughout the community is critical. With a wide range of giving levels, we encourage you to give any amount that you can.

check these out!

Diabetes Screening

March 16, 2006, 12:00 noon - 4:30 pm. Learn about your risk for diabetes and receive a blood glucose screening. Screening is free. Located at 132 Willow Lane, McDonough in Walmart. For more information call 770-389-2143.

Blood Pressure and Stroke Risk Screenings

Learn about your risk for heart attack and stroke and the actions you can take for survival. Taught by a registered nurse educator. Thursdays, May 4, 11, 18, and 25th at 1-5 pm. Located at 132 Willow Lane, McDonough in Walmart. Call 770-389-2143.

Lung Disease Seminar

April 25, 2006, 7-9 pm Dr. Nathan Lipsett will be speaking on current treatments for chronic lung disease. Call 770-389-2143 for registration. Seminar is free. Meets in the Foundation Education Center.

Get Moving, Again

For hip or knee surgery patients. Meets the last Saturday, every month. Call 770-389-2470.

PACE: People with Arthritis Can Exercise

Henry Medical Center is offering a program that is designed specifically for people with arthritis. The Arthritis Foundation Exercise Program teaches gentle movements and activities to help increase joint flexibility, range of motion and muscle strength. Classes will be held on Mondays and Wednesdays, April 24 through June 14, 2006 from 10-11 am in the Foundation Education Center.

Second Annual Women's Conference - Taking Care of You!

The Henry County Chamber of Commerce/ Convention & Visitors Bureau, City of Stockbridge Merle Manders Conference Center & Henry Medical Center are hosting the Second Annual Women's Conference-Taking Care of You-on April 19 in conjunction with the LPGA Atlanta Charity Championship hosted by Nancy Lopez.

The conference focuses on women's health issues. Speakers include: Yvonne Green from the Center for Disease Control; local physicians Dr. Meryl Braunstein, Dr. Padrica Hopkins-Mention and Dr. Shobha Rao. Free health screenings will be provided. The conference registration fee is \$79 until March 20th and \$99 from March 21 - April 5. To register contact the Henry County Chamber of Commerce at 770-957-5786.

For registration information on all of these programs, please call Henry Medical Center's Community Education Department at 770-389-2143.

Support Groups

Alcoholics Anonymous

Meets in the Foundation Education Center. Every Wed, 8-9 pm and Sat 7-8 pm.

Al-Anon

Meets in the Foundation Education Center. Every Wed 8-9 pm and Sat 7-8 pm.

Cancer Education/Support

Call 770-389-2143.

Crohn's & Colitis

Meets in the Foundation Education Center. Third Tue at 7 pm.

Diabetes Support Group

Meets in the Foundation Education Center. Pre-registration required. Third Tue of each month at 6 pm. Call 770-389-2258.

Fibromyalgia Support Group

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

Grief Recovery

For registration, dates and times. Call 770-389-2252.

Nar-Anon

Meets in the Foundation Education Center. Every Fri from 8-9 pm and Sun from 5:30-6:30 pm.

Southern Crescent Parents of Multiples

Meets in the Foundation Education Center. Fourth Thu of the month from 7:30 - 9:30 pm.

Stroke/Head Injury Support Group

Call 770-389-2143.

Survivors of Suicide

Meets in the Foundation Education Center. First Tue of each month from 7-8:30 pm.

Classes

On-Site Health Related classes

Henry Medical Center offers customized on-site health related classes that can be conducted at your place of business, school, or organization. Call 770-506-1348 or www.henrymedical.com

Diabetes Self-Management

Two-day classes are held each month.

Evening Seminar Series

Offers classes on lung and heart disease, cancer and healthy cooking. Call 770-389-2143.

Red Cross Babysitting Course

Meets for two days for four hours each day. Taught several times a year. April 4-5. Call 770-389-2143.

Arthritis Foundation Self Help Program

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

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 am - 12 pm. For more information call 770-460-8920.

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 770-389-2252 or 770-389-2141 and ask about the Critical Conditions Program.

Health Fairs

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

Childbirth Classes

Meets in five-week or one Saturday sessions. Call 770-389-2143.

Safe Home Exercise

A physical therapist can personalize a program for stretching, weight training, and cardiovascular exercise. Must present a prescription for an exercise program. Call 770-389-2287.

STEP

Parenting sessions offered through the YMCA during the year for families with kids 0-6 yrs old, 7-11 yrs and teens. Contact the YMCA at 770-507-5437 or hcy.ymcaatlanta.org

Fresh Start Stop Smoking Classes

A Fresh Start facilitator will teach techniques to help end the physical and psychological need to smoke. Call 770-389-2143.

