

360degrees

HEALTH TIPS AND NEWS FROM THE SURGERY CENTER AT MT. ZION

ISSUE 2 SPRING 2008

About The Surgery Center at Mt. Zion

At the Surgery Center at Mt. Zion, our mission is to provide an unparalleled outpatient surgical experience that is in tune with our patients' needs.

We are dedicated to our doctors, our patients, our community, and transforming health care through innovation and compassion.

What results is a new and refreshing approach to health care. You will be surprised at the difference.

Email:
360degrees@
surgerycenteratmtzion.com

Call:(770) 960-2701

Visit:
www.surgerycenteratmtzion.com

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Go to www.surgerycenteratmtzion.com and click on the 360degrees feedback link. Tell us what you think of 360degrees for your chance to win a Chili's restaurant gift card.

Setting Our Dreams Aflight!

The Surgery Center at Mt. Zion (SCMZ), providing outpatient surgery services and pain management care in Atlanta since 1998, celebrated ten years of service to the Southern Crescent and Georgia with a commemorative start to construction on its future Spivey Station location (2693 Stockbridge Road, Jonesboro) by releasing 100 butterflies on May 8. The center chose to celebrate as a group with politicians, patients, staff, physicians and leadership all delighting in the butterfly release together.

The Surgery Center moves to Spivey Station, a 90-acre campus planned to be a major medical destination, next year. The new facility includes 25,000 square feet, operating rooms with telesurgery capability, a completely wired patient waiting area with business office tools and internet cafe and the ability to fill prescriptions prior to discharge. This will be the first time many of these amenities have ever been offered in the Southern Crescent.

"The Surgery Center at Mt. Zion has grown, changed and transformed in response to its community," said Eldrin Bell, chairman of the Clayton County Board of Commissioners. "Beyond providing our county with jobs and revenue, the Center has evolved into an active community member by supporting our local children through sports and educational programs, by offering free and discounted care to our underserved populations and by making high



Surgery Center at Mt. Zion patient, Delores Williams, shows off a monarch butterfly, one of 100 released at the groundbreaking ceremony for the Center's new Spivey Center location

quality health care services available to all of our residents, and for that, the Clayton County Board of Commissioners is extremely thankful."

The Surgery Center is already light years ahead in healthcare. Since 2000, they have maintained both a 98 percent patient satisfaction rate and a zero percent infection rate. They are dedicated to their doctors, patients, community and transforming healthcare through innovation and compassion.

With the move to Spivey Station in 2009, the Center will take a new name, **Spivey Station Surgery Center**, logo, butterfly branding and tagline: *Transforming Healthcare. Transforming Lives.*

More about the new Center inside...

Health Tips



Big Tips from "The Biggest Loser"

When it comes to getting in shape, celebrity fitness trainer Kim Lyons from "The Biggest Loser" knows it's all about forming healthy routines. Lyons has provided support and encouragement to millions of people looking to lose weight and adopt a healthier lifestyle.

Here she offers some unique tips to help you shape up inside and out:

- * Take notes - Purchase a small notebook that fits in your purse or briefcase, and get in the habit of keeping a "compliment journal." Record compliments you receive and browse through it once a day for motivation to stick to your healthy, beautiful habits.
- * Weigh in - After you start your fitness program, step on the scale one time each week to monitor your progress. You will be able to track your progress and remind yourself that you are getting there.
- * Choose one - If getting healthy seems too overwhelming, pick one small bad habit and focus on eliminating it for one week. Then pick another for the next week. Do this for 12 weeks and before you know it you will have twelve new healthy habits.
- * Celebrate - Take time to reward yourself for your healthy habits each week. When you reach a major goal, take a day off and go to the beach or treat yourself to an evening out.

Summer Grilling Gets Healthy

Ever tried organic grilling? Overall, organic meat, poultry and seafood sales grew 32% last year. More health-conscious consumers are choosing meatless and vegetarian options, too -- and they're not about to be left out of the grilling experience.

Barbecue Bell Pepper Spread/Dip

3 cups finely diced red and yellow bell peppers
1 tablespoon vegetable oil
1 package (8 ounces) cream cheese
2 packages Grilling Seasons Mesquite Barbecue Marinade Mix
Crackers or chips of your choice

Directions: Place a sheet of foil on grill. Brush with oil and add peppers. Grill for five to 10 minutes, until peppers start to turn golden brown. While peppers are grilling, place cream cheese in a large bowl. When peppers are ready, pour grilled peppers (no need to cool) over cream cheese and add the Mesquite BBQ Marinade Mix. Stir until completely blended. Serve warm or chilled with crackers or chips. (Makes 8 servings)

As prepared, each serving contains 70 calories, 3.5 g of fat, 15 mg of cholesterol, 270 mg of sodium, 4 g of carbohydrates and 2 g of protein.

For more recipes, visit <http://www.simplyorganicfoods.com/simplyorganic/eat.html>.



"May is Better Hearing Month, and a good time to have your hearing checked. Hearing loss affects more than six million people between the ages of 18 and 44. An estimated 1.5 million children are also hearing impaired."

- Audiology Awareness Campaign

Summer Sunscreen Mistakes

Spring sun and the approach of summer remind many of us to get diligent about applying sunscreen before heading outdoors. But is that enough to protect your skin this summer?

Here are some common summer sunscreen myths ... and their solutions:

Mistake: Only applying sunscreen at the beach. There are two types of Ultra-violet (UV) rays: UVBs (sunburn) and UVA (cancer causer). UVAs pass through glass and are present year-round during or your car, through the window in your office or when you go outside for lunch or errands.
What you can do: Use sunscreen daily, not just on the weekends.

Mistake: A higher SPF = stronger sunscreen. SPF 30 only gives you 4% more UVB protection than SPF 15. For adequate protection, your sunscreen should also provide UVA protection.
What you can do: Look for a sunscreen with at least SPF 15, and ingredients like zinc, titanium, or Mexoryl, which protect you from UVA rays.

Mistake: Getting a "base tan" for protection against sunburn and skin cancer. "Safe" tanning beds won't burn, but you'll be getting a large dose of cancer-causing UVA. One study showed that people aged 35 or younger who used tanning beds regularly had eight times the risk of developing melanoma compared to those who never used tanning beds.
What you can do: Don't use tanning beds - ever.

Mistake: Not reapplying sunscreen.
What you can do: Reapply when you get out of the water and every three to four hours.

Mistake: Forget to protect eyes, ears and lips.
What you can do: Be sure to apply sunscreen to your ears. Look for lip balm with SPF 15. Wear sunglasses to protect your eyes, especially if on the water, which reflects up to 80% of UV rays.

Learn about how to protect your skin from the sun, visit www.EverydayHealth.com.

Spivey Station Surgery Center Continued from front page

The new Center, to open in 2009, will be connected to a Diagnostic Center, Reference Lab and Pathology Services, all located on the Spivey Station grounds forming a convenient outpatient services complex.

State-of-the-art technology will include:

- » A completely wired patient waiting area with business office tools and internet cafe inside the Center, complete with a fax machine and copier.
- » Operating rooms will be completely computerized, delivering technology right to physician's fingertips. One room will be equipped with a camera system built into the lights to televise live surgery, intended for education and research purposes. The sixteen-person conference room will be equipped with virtual Web cast capabilities.
- » A point-of-care medication dispensing system allows patients to



SPIVEY STATION SURGERY CENTER

Transforming Healthcare. Transforming Lives.



fill prescriptions before leaving the Center so they are able to go straight home after surgery. 24/7 pharmacist support will be available in over 40 languages for patients with questions and concerns.

- » PACs interface is an advanced imaging solution that will allow the Center to retrieve all X-rays digitally.

News from the Center

Mt. Zion Physicians Named 2008 "Top Docs" by Lifestyles Magazine

In 2007, Dr. Michael Avidano of Atlanta Ear, Nose and Throat Associates, Dr.'s Shikha Srivastava and Srinivasa Gorjala, both of Surgery South, Dr. Rajiv Pandya of Atlanta Knee & Shoulder Clinic, and Dr. Stephen Cohen of Atlanta Colon & Rectal Surgery were named "Top Docs of the Southern Arc" by *Lifestyles Magazine*.

In May, *Lifestyles Magazine* announced the 2008 "Top Docs", adding two more Surgery Center at Mt. Zion physicians to the list: Dr. Todd Schmidt of Southern Orthopedic Specialists and Dr. Gregory Clay Taylor of Eagle's Landing Foot & Ankle.

These seven doctors were chosen from a survey sent to physicians in Coweta, Fayette, Clayton, Henry, Carroll and Douglas counties.

WINNER of SCMZ Blood Pressure Monitor Giveaway at SouthLake Mall Health Fair
Sangetta Hodges of College Park

WINNER of SCMZ Chili's Card Winter 360degrees Feedback Giveaway

Joyce Preston of McDonough
You can enter the spring giveaway by going online to www.surgerycenteratmtzion.com and clicking on "360degrees Feedback".

SCMZ Offers New Procedures

SCMZ adds endoscopic thyroid surgery and phonomicrosurgery to their list of surgical specialties.

Endoscopic thyroid treatment is a minimally invasive procedure and is typically performed as a therapeutic treatment of benign and cancerous thyroid conditions. It is a video-assisted procedure, giving the doctor a magnified view of the thyroid.

The second treatment, phonomicrosurgery, is a diagnostic and surgical procedure for treating voice related disorders. These may include malignant or benign tumors such as nodules, polyps, and cysts. This procedure allows doctors to examine and treat disorders of the vocal cords with techniques that improve outcome, reduce scarring, and lead to faster recovery.

Events

May - September - Music, Movies and Karaoke on McDonough Square

May 31

"Bug Fest" Summer Reading Kick-Off
Fayette County Library (Free)
Food, Inflatables, Games, Magic Show

June 2 - 5th Annual Ribs Burn Off
Carroll County Airport

June 6-8 - Penny McHenry Hydrangea
Festival hosted by Douglas County
Tourism and History Commission

June-July

Summer Camp at Clayton County Parks

Events & Resources

Resources

Get Active and Get Healthy!

Steve Lundquist Aquatic Center
& Jim Huie Recreation Center
Jonesboro - 678.479.5135

Reynolds Nature Preserve
Morrow - 770.603.4188

Cochran Mill Nature Center
Palmetto - 770.306.0914

Fishing Lakes - 770.477.3766
Proper license required

Hiking and Biking Trails - 770.477.3766

Picnic Areas - 770.473.5425

Partners

Atlanta Colon and Rectal Surgery
Atlanta Ear, Nose and Throat Associates
Atlanta Knee and Shoulder Clinic
Eagles Landing Surgery
Ear, Nose and Throat (ENT) of Georgia
ENT Associates of South Atlanta
Georgia Ankle and Foot Centers
Georgia Urology
Orthopedics of Atlanta
Peachtree Orthopedics and Pain Clinic
Resurgens Pain Management
Riverdale Anesthesia Associates
South Metro Bone and Joint
Southern Regional Medical Center
Surgery South General Surgery
Sutton Orthopedics and Sports

Meet Our Patients

For 46 years Doris Fuller, resident of Jackson, GA, has worked as a surgical nurse at a health care facility in middle Georgia. She understands exactly how much care and attentiveness from her impacts her patients. That's why she's so appreciative of the Surgery Center at Mt. Zion – because the Center provides the same high quality care to her that Doris gives to her own patients.

“Being a nurse, I look at everything. I can tell the doctors and nurses at the Surgery Center at Mt. Zion are good at what they do.”

On top of the care and attention she received, Doris found that the infection rate at the Surgery Center at Mt. Zion is zero, which shows her that patient safety is a top priority to the staff. “It's a rarity for a surgical care facility to have a zero percent infection rate,” adds Doris. “Knowing this greatly increases my confidence in the Center's staff.”

Over the years, Doris has had a total of three surgeries at the Center. Dr. Carl Sutton performed Doris' first procedure 11 years ago to repair to a compound bone fracture. In 2005, Doris returned for surgery on her right knee and then again in 2007 for surgery on her left knee. Both of these later surgeries were performed by Dr. Raj Pandya.

While surgery can never be described as a “fun” experience, Doris is grateful to the Surgery Center at Mt. Zion for making her surgeries as comfortable as possible.

“The nurses are so gentle. When I woke from surgery, I felt as if I was in a room with my best friends holding my hand and comforting me,” says Doris.

We understand that surgery is uncomfortable, daunting and downright scary. We attend to every need, making sure our patients are comfortable and safe. At the Surgery Center at Mt. Zion, patient care is our number one priority – and we mean it.

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SURGERY CENTER AT MT. ZION
4000 CORPORATE CENTER DR.
SUITE 100
MORROW, GEORGIA 30260

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