

360degrees

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

ISSUE 3 SUMMER 2008

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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, patients, community, and transforming healthcare through innovation and compassion.

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

Email:
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www.surgerycenteratmtzion.com

Maximize Your Healthcare Dollars

There seems to be no end to the rising gas prices. As if that isn't enough, affordable healthcare also seems to be on the rise. That's why, at the Surgery Center at Mt. Zion, we try to make things as easy and cost effective as possible for our patients.

The combination of healthcare and financial decision-making can become quite overwhelming, especially if the decision-maker is experiencing physical discomfort. Here are a few quick tips to help patients prepare for current and future healthcare needs:

A Long-Term Alternative

One way to relieve the stress of healthcare costs is by participating in a Health Savings Account (HSA). Similar to an IRA, these accounts allow individuals to save for medical expenses on a tax-free basis. HSAs work in conjunction with a High Deductible Health Plan (HDHP) or a Health Reimbursement Arrangement (HRA) to provide traditional medical coverage and a tax free way in which to build funds to cover future medical expenses.

To be eligible for an HSA you should currently have HDHP or HRA coverage. You are not eligible if you are covered by another health insurance provider, enrolled in Medicare or can be claimed as a dependent. For more information on health plans, minimum deductibles and out-of-pocket maximums, contact your local healthcare insurer.



Help with Immediate Needs

CareCredit, a GE Money Company, works with the Surgery Center at Mt. Zion to provide affordable payment options for procedures that insurance may not cover. Patients are then able to take advantage of timely healthcare treatments versus delaying an important procedure for financial reasons. CareCredit is easy to apply for and is accepted by over 100,000 providers. It is also the nation's leading financing program for patients. Visit www.carecredit.com for more information.

These alternative plans may not be right for everyone. You should contact your local health insurer or the Center to review financial options. At the Center, we are happy to help you make the best possible financial decisions and receive the best possible care. After all, transforming healthcare is what we do.

Go online to www.surgerycenteratmtzion.com and learn how we can help you meet your needs, or give us a call if you have a particular question you would like to ask.

Health Tips

Back-to-School Breakfast Scramble

Getting kids up and out the door is a stressful part of the morning routine. Summer schedules are gone, replaced by the hectic school days – and a more compelling need to fuel children with a fast, nutritious breakfast.



“Ample research has shown that kids who start the day with a good breakfast perform better in school,” says

Marcia Greenblum, M.S., R.D., director of educational outreach for the Egg Nutrition Center. And several recent studies have found a link between skipping breakfast and obesity in adolescents. The importance of a good breakfast can't be overstated.”

Ideas for minimizing back-to-school stress:

1. Prepare the night before. Pack bookbags, lunches and select clothes before bed.
2. Turn off the TV. Kids who get wrapped up in cartoons will be reluctant to leave the house.
3. Choose foods like eggs, yogurt or peanut butter that pack nutrients, like protein.

Scrambled eggs are a great option for a quick on-the-go breakfast. You can serve one dish, half a dozen ways, wrapped in wheat tortillas or inside a pita pocket. All you need: 2 eggs, 2 tablespoons skim or low-fat milk, salt and pepper, and 1 teaspoon butter or cooking spray.

Beat together eggs, milk, salt and pepper. Over medium heat, melt butter and pour in egg mixture. Continue cooking until eggs are thickened. Do not stir constantly.

For more recipes or breakfast information visit www.incredibleegg.org.

“The importance of a good breakfast can't be overstated.”

**- Marcia Greenblum, M.S., R.D.,
director of educational outreach,
Egg Nutrition Center**

What's on Your Shoes?

We pick up millions of germs each day; that's why mom always told you to wash up before dinner. But do you consider your shoes, which carry thousands of germs and bacteria?

A study conducted by the University of Arizona and The Rockport Company found the average shoe carries 421,000 units of bacteria outside and 2,887 inside! Bacteria can cause intestinal and bloodstream infections, meningitis and pneumonia.

“The occurrence of coliform and E. coli bacteria on the shoes indicates frequent contact with fecal material, most likely originating from public restrooms or animal material outdoors,” says Chuck Gerba, microbiologist and professor at the University of Arizona. “Our study also indicated that bacteria can be tracked by shoes over a long distance into your home.”

September is “America on the Move” Month

By making small, simple changes to your daily eating and activity choices, you can start building proven habits that will positively affect your weight and health. Visit www.americaonthemove.org for ideas on how to start!

Delicious Ways to Add Whole Grains to Your Diet

Adding grains to your diet provides many healthy benefits. Unfortunately, most Americans consume less than one-third of the daily recommended amount, according to the U.S. Department of Agriculture. Now there are easy and delicious ways to add whole grains to your menus.

Whole grains reduce the risk of coronary heart disease and may help regulate blood glucose levels in those with diabetes. Studies also show people who consume more whole grains are better able to maintain a healthy weight.

When most people hear the term “whole grains” they think of wheat bread. There are many others like rice, pastas, and cereals.

- * Start your day with a serving of whole grain breakfast cereal: whole wheat flakes, muesli or a hearty bowl of oatmeal.
- * Substitute white bread with whole wheat and rye products.
- * Instead of greasy chips, enjoy handfuls of air-popped popcorn.
- * Try less common whole grains such as amaranth, bulgur or quinoa.

For healthy recipes from RiceSelect, visit www.riceselect.com.



The average shoe carries 421,000 units of bacteria on the outside and 2,887 on the inside.

Think about the places your shoes have been – gym, park, post office and your home. That's just the outside of your shoes. The inside is a high-friction environment where skin cells accumulate. Fungus eats dead skin cells and grows in warm, moist environments.

Germ-free footwear tips:

Take shoes off before entering your home. Up to 99 percent of bacteria can transfer from shoes to uncontaminated areas.

Wear washable shoes and clean them on a regular basis. Washing shoes reduces bacteria on the inside by 90 percent and 99 percent on the outside.

Use a spray formulated to deodorize and refresh.



Community Connection

Surgery Center at Mt. Zion Strategy for Game Time Fun and Support for Local Youth

What makes the Surgery Center at Mt. Zion stand out from other outpatient surgery centers? Well, we not only believe in stellar patient service and topnotch care but we also make it a priority to be active in our community. We feel it is our duty and honor to participate in, donate to, and sponsor local projects and groups. As a member of the growing Southern Crescent, we find it extremely important to reach out to our youth. After all, that's where great healthcare begins.

This is why we are so thankful for the opportunity to engage the young men and women at Mt. Zion High School. The Center has chosen to sponsor miniature spirit footballs for Mt. Zion High's upcoming 2008 football season. These mini football crowd-pleasers will be thrown in the stands at various times during five home games to encourage drug and alcohol abstinence. The mini footballs include the message: "Real winners don't use drugs and alcohol."



Come out to a game this fall and show your support for the Mt. Zion Bulldogs and our youth! For details on schedule and game locations visit www.clayton.k12.ga.us/schools/007.

If you have an idea of how the Surgery Center at Mt. Zion can support its community, or if you are interested in the Center participating in a healthcare event, please contact community@surgerycenteratmtzion.com or call Michelle Fry at (770) 522-8855.

News from the Center

WINNER of SCMZ Chili's Card Spring 360degrees Feedback Giveaway Gladys Strickland of Jonesboro

You can enter the summer giveaway by going online to www.surgerycenteratmtzion.com and clicking on "360degrees Feedback".

SCMZ Wins CON Court Ruling

SCMZ received a positive ruling when a Fulton County Superior Court judge, Judge Craig L. Schwall, Sr., denied Henry Medical Center's Petition for Judicial Review of the Surgery Center's relocation to a new facility at Spivey Station in Jonesboro, Ga.

Judge Schwall affirmed three earlier administrative decisions granting certificate of need approval for the Surgery Center's move, a step the State of Georgia requires for most new or replacement medical facilities.



SPIVEY STATION SURGERY CENTER

Transforming Healthcare. Transforming Lives.

The relocation from Morrow to Spivey Station in Jonesboro, a 90-acre medical campus, will bring unparalleled outpatient services to the Southern Crescent. The new facility includes 25,000 square feet, operating rooms with telesurgery capability, a patient waiting area with business office tools and Internet café, and the ability to fill prescriptions prior to discharge. This will be the first time many of these amenities are offered in the Southern Crescent.

With the move to Spivey Station in 2009, the Center will take a new name - Spivey Station Surgery Center.

Events

September 1 - Holiday Party - 8a-8p

The Beach at Clayton County

International Park - Jonesboro

Live music, food, fireworks and fun holiday-themed activities for the WHOLE FAMILY!

September 13 & 27 - Farmer's Market- 9a-3p

1262 Government Circle, Jonesboro

October 11 & 12 - 10a-5p

Autumn Festival / Battle Reenactment

Stately Oaks Historical Community

November 22 - 10a-2p

Warm Springs Thanksgiving

Roosevelt's Little White House Historic Site

Folk music on the lawn

Events & Resources

Resources

Surgery Center at Mt. Zion offers the following procedures:

Otolaryngology

Sinus surgery

Nasal septum surgery

Sinus endoscopy

Ear drum repairs

Ear tubes: Myringotomy

and Tympanostomy

Baha® procedure

Tonsillectomy

Adenoidectomy

Laryngoscopy

Pain Management

Epidural injections:

neck and lower spine

Facet joint injections:

neck and lower spine

Radiofrequency and IDET:

neck and lower spine

Discograms

Trial spine stimulators

Ganglion nerve injections

SI joint injections

Caudal injections

Podiatry

Osteotomy

Hammertoe

Bunionectomy

Surgery - General

Laparoscopic cholecystectomies

Laparoscopic hernia repairs

Breast biopsies/

Mammotome procedure

Open hernia repairs

Colonoscopy

Hemorrhoid surgery

Fissurectomies

Orthopedic Surgery

Arthroscopy: knee, shoulder, ankle, elbow wrist

Shoulder surgery: rotator cuff repairs, capsulotomy, acromioclavicular

Knee surgery: Meniscus surgery repair and shaving, ACL repairs, meniscus transplant surgery

Open and closed repair of broken bones (extremity)

Ulnar nerve transposition for tennis elbow

Carpal tunnel surgery: endoscopic and open

Urology

Cystoscopy

Laser removal of

kidney stones

Endoscopic bladder surgery

Scrotal surgery

Vasectomies

Gynecology

Laparoscopic

tubal ligation

Novasure

Diagnostic and operative

Laparoscopy for endometriosis

D&C

Meet Our Patients

The Surgery Center at Mt. Zion believes in offering unparalleled surgical experiences that are fully in tune with our patients' needs. We aim to provide a nurturing and compassionate environment where patients feel comfortable. And, with a 98 percent customer satisfaction rating...we are doing a pretty good job so far.

As an example of our dedication to our patients and community, we invite you to meet Delores Williams, a four-time patient at the Center. Dolores first came to the Surgery Center through the Hands of Hope Clinic, a local medical resource for Henry County. "The Clinic led me to the Surgery Center at Mt. Zion," says Delores. "It is because of them that the doctors, nurses and staff at the Center have become like family to me," said Delores.

Dr. Finley performed Delores' first surgery at the Center, a knee arthroscopy with meniscectomy. Dr. Cohen performed her second surgery, a colonoscopy, and then gave her the option of having her next two surgeries at the Center or by another provider. Her response, "Without a doubt, the Surgery Center at Mt. Zion!"



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

We at the Surgery Center are delighted that Delores considers us a resource for her healthcare needs. But more than that, we are honored to be a part of her family, as she herself describes. This close bond between the Surgery Center and its patients is an example of our stellar patient service. "I have never before seen or experienced a staff like the one at the Surgery Center. They are all so encouraging...always assuring me everything will be okay," said Delores. "The nurses even walked me to my car after surgery, and when I arrived home, I had messages from the nurses wanting to know if I had made it safely home."

"I think we need more places like the Surgery Center at Mt. Zion in the world," said Delores. "As my grandmother would say, the more the merrier."

As a healthcare facility located in the growing Southern Crescent of Atlanta, we feel we have the duty and the honor to share our success with our community. We not only participate in, donate to and sponsor many local projects and groups out and about in the community, but also provide much needed healthcare services to those who might not be able to afford it through community connections such as the Hands of Hope Clinic, our no cost surgery and financial aid programs.

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In this Issue

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