

360degrees

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

ISSUE 1 WINTER 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.

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Call:(770) 960-2701

Visit:
www.surgerycenteratmtzion.com

WIN DINNER ON US!

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 giftcard.

Welcome to 360degrees

The Surgery Center at Mt. Zion is a local outpatient surgery center where you can receive surgery, pain management or diagnostic services that do not require an overnight stay. We also see ourselves as a community resource and believe that health happens as a result of 360 degree care.

360 degree care encompasses how you take care of yourself, how your health providers take care of you and, equally important, how your community takes care of you. We strongly believe in the connection between community health and individual health. After all, it makes sense that individuals living in a thriving community will also thrive.

We strive to be a committed health care resource for the community – not just when needed, but always. That's why we've launched our community newsletter, 360degrees, because we believe in approaching health care from every angle. The newsletter is full of tips on living a healthy life, and the latest news and information on healthy living activities and services in the Southern Arc.

In this issue, you can read tips on how to combat heart disease and exercise safely, get



It's not easy to make healthy choices, but we're here to help!

details on the biggest health fair in Georgia -- happening right here at Southlake Mall -- and check out community events and resources.

Keep an eye out each quarter for a new issue of 360degrees with even more tips, news and ideas on how to live a full and healthy life.

In the meantime, visit our new Web site, www.surgerycenteratmtzion.com for ongoing news, tips and health care information. You can also enter to win a Chili's restaurant gift card, by clicking on the "360degrees feedback" link and telling us what you think of the publication. And remember, a healthy happy life happens as a result of 360 degree care!

Health Tips

A New Valentine's Day Tradition: How to Keep Your Heart Healthy

Over 5 million Americans are diagnosed with heart failure; a progressive condition in which the heart muscle becomes weakened after it is injured from a condition such as a heart attack or high blood pressure.

The American Heart Association has some advice to keeping a heart healthy:

1. Stay Active: The only way to build heart muscle strength is to exercise at least 30 minutes daily.

2. Eat Smart: Eat fruits, vegetables, cereal and grain products, fat-free and low-fat dairy products, legumes, nuts, fish, poultry and lean meats.

“Nearly 62 percent of the female population is categorized as overweight.”

- American Obesity Association

Plus-Size Fitness: Easy Does It

Women need to be cautious as they start a fitness program, because a woman's biomechanics make her vulnerable to certain conditions such as knee problems, ankle sprains and Carpal Tunnel Syndrome. This vulnerability is exacerbated in an overweight woman -- for every additional 10 pounds carried on her bone structure, the force on her knees increases by 30 to 60 pounds per step! Consider the following to prevent injury:

Talk to your doc: A physician can help design a personalized exercise plan and determine what exercises are safe for you.

Get support: It's important for overweight women to have proper knee support to help prevent injury. Discuss with your doctor if a knee brace can help make exercise more comfortable.

Baby steps: The most common mistake made when beginning an exercise regimen is overdoing it. Try walking as a first step. It strengthens your heart and lungs, and improves circulation.

Make it mental: Your mind is a muscle too! Keeping your mind healthy and focused is just as important.



3. Take Time to Relax: Too much stress over a long period of time, and unhealthy responses to it, may create health problems. Find ways to relax!

4. Quit Smoking: A smoker's risk of developing heart disease is two to four times that of a nonsmoker.

5. Maintain a Healthy Weight: Try to reach a healthy weight -- and stay there.

Go Nuts

Nuts are rich in protein, fiber, phytonutrients and antioxidants such as Vitamin E and selenium. Nuts are also high in plant sterols and fat - but mostly monounsaturated and polyunsaturated fats (omega 3 - the good fats) which have all been shown to lower LDL cholesterol.

To reap the benefits of nuts without adding calories to your diet, eat them in place of foods high in saturated fats and limit these tasty treats to 1 to 2 oz per day. Instead of adding chocolate chips when making cookies, add nuts. Or instead of a deli meat sandwich, try a nut butter toast!



Gardening: Putting a bit more elbow grease into pulling weeds and planting flowers may have extra benefits in the long run. You can burn up to 230 calories per hour!



Community Connection

Visit the Surgery Center at Mt. Zion at Georgia's Largest Health Fair

Southern Regional Medical Center, partner of the Surgery Center at Mt. Zion, is hosting the Sixth Annual "Heart of the Southern Crescent" health fair at Southlake Mall in Morrow, Ga., from 11 a.m. – 4 p.m. on Saturday, Feb. 9, 2008. Held in recognition of American Heart Month, the event is designed to educate the public on one angle of 360 degree health care: "you taking care of you". According to the American Heart Association, one American dies of cardiovascular disease every 35 seconds. Additionally, each year, cardiovascular disease kills over 480,000 women (about one per minute) in America.

To help you determine your risk of cardiovascular disease, the "Heart of the Southern Crescent" health fair offers free health screenings including:

- » EKG (adult & pediatric)
- » Blood pressure screening
- » Diabetes and cholesterol screening
- » Body mass index (BMI)
- » Vascular screening
- » Respiratory function screening
- » ABI screening

Stop by the Surgery Center at Mt. Zion booth to win a chance for a free home blood pressure monitor. The fair will also be taking care of your family's emotional health by supplying free entertainment! Radio Disney, an event sponsor, will be on hand to entertain the kids.



News from the Center

Mt. Zion Physician Named "Top Doc"

Dr. Michael Avidano of Atlanta Ear, Nose and Throat Associates and Mt. Zion credentialed doctor, was named a "Top Doc" of the Southern Arc by Lifestyles Magazine. "Top Docs" are considered all stars by their peers, and are chosen based on 2,000 surveys sent to doctors in Coweta, Fayette, Clayton, Henry, Carroll and Douglas counties.

Welcome Atlanta Ear, Nose and Throat Associates

At the beginning of 2008, the Surgery Center at Mt. Zion welcomed the physicians group, Atlanta Ear, Nose and Throat Associates. With this latest addition to the medical staff, the Surgery Center at Mt. Zion now provides ear, nose and throat outpatient surgery space to virtually all ENT providers serving the Southern Arc of Atlanta.

Mt. Zion Now Online

In February 2008, the Surgery Center at Mt. Zion launched it's new Web site. Check out www.surgerycenteratmtzion.com for physician profiles, surgery tips, the latest news, to leave feedback and more.

Taking the Center on the Road

This spring, Melody Mena, Director of Surgical Services for Surgery Center at Mount Zion and Southern Regional Health System will be speaking to other Surgery Center Administrators from across the country at the Becker's ASC Symposium on how to implement an Electronic Medical Records (EMR). This is an opportunity to show other Administrators how to implement a paperless environment for patient charting to: improve patient safety, streamline communication, and allow caregivers to spend more time with their patients.

No Cost Surgery Program

Last year, the Surgery Center at Mt. Zion performed \$362,000 in free care to patients who desperately needed procedures, but did not have insurance or finances to help cover the cost.

If you or a loved one needs outpatient surgical help, visit our Web site at www.surgerycenteratmtzion.com. Information on our No Cost Surgery program and financial aid opportunities is available under "Community Outreach."

Events

Feb. 9, 11:00 a.m. – 4 p.m.
"Heart of The Southern Crescent Health Fair," Southlake Mall in Morrow, Ga

Feb. 11, 7:00 p.m. – 9:00 p.m.
Teen Self Defense
Coweta County Sheriff's Office

April 7, 12:00 p.m.
Easter on the McDonough Square

April 7
Easter Egg Hunt
Atwood Lake Resort, Dellroy

April 26, 3:00 p.m. – 8:00 p.m.
2008 Spring Jam
Fairgrounds Midway

May 1, 7:00 a.m. – May 3, 12:00 p.m.
American Cancer Society Relay for Life
Fairgrounds Midway

Events & Resources

Resources

February is American Heart Month
www.americanheart.org

March is Colorectal
Cancer Awareness Month
www.preventcancer.org

CPR Family & Friends
Supermarket Nutrition Tour
Women's Health Classes
www.southernregionalclasses.org

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

Transforming lives...that's what it's all about at the Surgery Center at Mt. Zion. Nobody knows this better than Dorothy "Tadpole" Yawn, life-long resident of Eastman, Ga. and life-time sufferer of chronic ear infections in both ears.

For many years, Tadpole suffered from chronic ear infections, resulting in ongoing problems that threatened her hearing. She attempted to control the infections with topical treatments, tubes and, eventually, surgery. At the time, conventional hearing aids, placed inside the ear canal or behind the ear, were the only option for combating hearing loss. Unfortunately, these same devices aggravated the ear and increased Tadpole's susceptibility to infection.

In 2007, Tadpole's local doctor referred her to Dr. Danko Cerenko, an otologist, ear surgeon, credentialed to perform surgeries at the Surgery Center at Mt. Zion. By that time, Tadpole was already deaf in her right ear. This meeting proved to be a turning point for her. Dr. Cerenko was able to cure infection in the left ear.

Because of her increased hearing loss and problems with conventional hearing aids, Dr. Cerenko suggested Tadpole undergo surgery to receive a Bone Anchored Hearing Aid, or Baha®. It works through a small titanium implant surgically set

into the skull, behind the ear, and attached to a sound processor. The sound processor uses bone conduction -- sound transmitted through the skull -- to help the person hear.

"The extent of issues Tadpole experienced made her a prime candidate for the Baha® system," says Dr. Cerenko. "Because the Baha® sound processor attaches directly to the skull, there's no need to insert a piece of equipment into the ear canal. Essentially, we helped both of Tadpole's ear problems -- better hearing and decreased susceptibility to ear infection."

Dr. Cerenko performed Tadpole's Baha® surgery at The Surgery Center at Mt. Zion in October 2007 with complete success.

"The Baha® is the closest thing to hearing naturally," says Tadpole. "I would recommend this procedure to anyone who's eligible as it has helped me once again feel connected to the world."

The Surgery Center at Mt. Zion started offering the Baha® treatment in May 2007, and is the only outpatient surgery center in the Southern Arc performing this procedure. The Surgery Center at Mt. Zion is so pleased to be part of Tadpole's transformation. After all, that's what we're all about.

Says Tadpole, "They just don't come any nicer than Dr. Cerenko and the staff at Mt. Zion. I'm so grateful to all of them."

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In this Issue

Free Health Fair and Screenings
Start a New Valentine's Day Tradition

SURGERY CENTER AT MT. ZION
Transforming Healthcare. Transforming Lives.