

360degrees

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

ISSUE 4 FALL 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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Ward Off Holiday Weight Gain

As the holidays head our way, we brace for the weight gain that often results from the traditional sweets of the season. Fortunately, you can avoid those unwanted extra pounds with a common sense approach to your health. Campus leaders from Brown Mackie College offer tips on how.

"It's not an accident to be healthy," says C. Howie Howard, a health-conscious cook and student advisor. "Most people don't realize how food influences them." For instance, when we eat fast food, we tend to feel tired an hour later. This is because the typical fast food meal contains high glycemic carbohydrates that break down quickly, releasing a rush of glucose into the bloodstream, which creates a feeling of sleepiness. Few of us link the meal we ate to the way we feel. We think we're just tired.

As an experiment, eat a hard-boiled egg and fresh fruit for lunch. An hour later, take note of your energy level. You won't feel the fatigue of a fast food "crash" because the carbohydrates in these low glycemic foods break down slowly, releasing glucose into the blood stream gradually. "The whole idea is to find ways to eat that are both enjoyable and satisfying," he says.

Terry Harris is a certified specialist in health, fitness and nutrition. "The first thing I tell clients is to relax. Stress makes the chocolate attack worse," Harris says. Harris also recommends eating meals comprised of different colors, which helps to cover each food group, with each serving about the size of your palm.



Michael Baker, an avid runner, stresses the importance of movement, and offered tips on how to fit exercise into a busy schedule.

"When heading out to do holiday shopping, plan to park as far away from the door as possible," Baker says. "This relieves any disappointment you may feel when the lot is crowded, and the walk will do you good." Baker also suggests exercising while watching your favorite television shows. "You don't have to go to the gym to get yourself moving," he says.

Ernest Angelini offers this advice for partygoers: "It's best not to go to a party hungry. Eat sensibly before arriving. You're sure to find delectable food, but keep in mind that the main reason you're there is to spend time with others. Taste the sweets, but don't gorge. Moderation is key."

"I always plan a vacation to warmer climates after the holidays," Angelini says. Knowing that you'll soon don a swimsuit can do wonders for moderation when holiday temptation hits!

Health Tips

No Stress Low Cost Tips for Holiday Accessorizing

Tough economic times may mean your holiday budget is tight. With creativity, you can add extra icing to your holiday decor.

Festive and fresh ways to deck the halls:

- * Bring the outdoors in from your back yard, with pine cones and holly for a lush mantle centerpiece.
- * Hang birdhouses with holiday-colored ribbons.
- * Group ornaments throughout your home in bowls or vases.
- * Bring flower pots indoors and plant bulbs that will bloom over the holidays.
- * Glam up your tree with Old World ornaments in bronze, brass and pewter finishes.
- * Gather fruits, spices, seeds and berries to place in bowls and vases.



- * Group candles together to create a natural glow.
- * Decorate with toys! Search flea markets or grandma's attic to find old wooden trains, nutcrackers and blocks.



Keep Your Health on Track During The Holiday Season

The holidays are a wonderful time of year full of family, friends and parties. The holidays also mean less time to worry about health concerns.

The disruption of daily routines during the holidays may invite seasonal constipation.

In fact, constipation affects 65 million people in the United States, about twice as many as those who suffer from seasonal allergies. Women suffer from constipation twice as frequently as men.

"No one wants to miss out on the fun of the holidays feeling bloated, uncomfortable and sluggish," says gastroenterologist Dr. Cynthia Yoshida.

First, some simple lifestyle changes may help keep you regular. It is important to incorporate more fiber-rich foods (like the giant bran muffin!) into your diet and to drink plenty of water. Exercise may also help.

To relieve constipation, she recommends MiraLAX®, the number one doctor-recommended laxative, now available over-the-counter. "It works naturally with your body and does not cause the harsh side effects of bloating, cramps, gas or sudden urgency."

For more information and to learn more about managing constipation, log on to www.miralax.com.

"We're all more conscious of our spending right now, it's time to be imaginative and resourceful."

-Gary Babcock, design expert, Arhaus Furniture

Drinks to Warm Up Your Holidays

By adding the right spices, you can transform hot cider, cocoa, teas and coffees into festive fare.

Tips for Spicing Up Hot Drinks:

- * Mull to be merry. Mulling a beverage simply means heating and spicing it. Sometimes sweeteners are added, too.
- * Give the crock a workout. Fill your crock pot with an aromatic and warm spiced beverage and keep it on low throughout the day.
- * Combine the dry ingredients for a special hot drink in a small jar or canister and tie with a festive ribbon.
- * Stock up on cinnamon sticks. Use to spruce up hot party drinks as swizzlers.
- * Add cinnamon sticks, orange or lemon peels to any black tea.
- * For mocha, add strongly brewed coffee to your favorite hot cocoa recipe.
- * Add quality flavorings or extracts for an instant flavor boost.

Hand off a hot beverage -- to dinner guests, neighbors or children -- and you instantly warm hearts.

Make sure you treat yourself too!

Visions of Sugarplums Toddy

- 4 c. milk, divided in half
- 2 tbsp. honey
- 1/8 tsp. cardamom powder
- 4 oz. white baking chocolate, chopped
- 1 tsp. vanilla extract
- 1/4 tsp. nutmeg powder
- 4 6-inch cinnamon sticks

Warm 2 c. of the milk, honey, cardamom, and chocolate in a saucepan. Add remaining milk and heat. Add vanilla, pour into cups, sprinkle with nutmeg, and add cinnamon.



For more tips and recipes for hot drinks, visit www.frontier-coop.com/hotdrinks.

Community Connection

Wii Support Healthy Bodies!

360 degree care is how you take care of yourself, your healthcare providers take care of you, and your community takes care of you. That is why we participated in Georgia Public Broadcasting's Happy Health Kids Day on Sept. 27, 2008, by sponsoring "Wii Support Healthy Bodies".

According to a 2008 CDC study, 48.8 percent of children are at risk of developing health problems related to excess weight. One reason is due to the lack of a healthy diet and also less physical activity. An even stronger and scarier link relates to children's obesity to their love for video games and television.

We showed parents and children how video games like Wii, Dance Dance Revolution and Super Mario all encompass active video game time! Now parents don't have to tear children away from the T.V.! A 2006 study released by the Mayo Clinic found that "energy expenditure more



than doubles when sedentary [inactive] screen time is converted to active screen time."

At the Surgery Center at Mt. Zion, we are dedicated to our doctors, our patients, our community, and transforming healthcare through innovation and compassion. That is why we make it our priority to reach out to our community by participating, donating, and sponsoring local projects and groups.

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.

For info on Healthy Video Gaming, visit www.wiiviiworkout.com, www.moveyourwii.com, and www.wiihealthy.com.

News from the Center

WINNER of SCMZ Chili's Card Fall 360degrees Feedback Giveaway *Mary Canterbury of Griffin*

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

SCMZ Welcomes Dr.'s Paul E. Free and Gregory H. Lee to the Center

Since 2000, Dr. Free has worked in private practice, and recently joined the staff at ENT of Georgia in August, serving patients in Riverdale, Stockbridge and Fayetteville. His areas of special interest include nasal and sinus disorders, allergy, sleep apnea, thyroid surgery and general otolaryngology.

Since August 2008, Dr. Lee has worked at Atlanta Knee and Shoulder Clinic, serving patients in the Atlanta area. His areas of special interest include sports medicine and orthopaedic surgery.

SCMZ's Melody Mena Named One of Top Women in Ambulatory Surgery

Melody Mena, Director of Surgical Services for Southern Regional Health System and Surgery Center at Mt. Zion, was named one of the "39 ASC Women Leaders to Know" in the October 2008 Becker's Ambulatory Surgery Center Review.

In 2006, Mena become director of surgical services for Surgery at Mt. Zion, a joint physician/Southern Regional Health System venture, where she turned the struggling Surgery Center into a profit center. Her success led to Mena becoming the director of surgical services for the entire Southern Regional Health System.

Becker's ASC Review is a bi-monthly publication offering insight on business, legal and medical advice. This publication reaches an audience of more than 25,000 nationwide for those involved in the expanding field of outpatient surgery. For additional information, visit www.beckersasc.com.

Events

December 6 - Christmas in the Park - 2 p - 7 p
Milton Daniel Park, across from Morrow City Hall

December 6 - A Christmas Spectacular - 7:30 p
Clayton County Performing Arts Center
Southern Crescent Chorale &
Symphony Orchestra

December 5 - 21 - Festival of Trees & Lights
Tues. through Sun. from 6 p - 9:30 p at Clayton
County International Park

Year Round - Clayton County Recreation Centers
Classes, programs, special events, and room rentals, including exercise, ceramics, karate, gymnastics, tennis, dance and more. Info: (770) 477-3766

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

Before she was referred to the Surgery Center at Mt. Zion, Colleen Love of Jackson was in the process of searching for better options for an outpatient surgery center. Dr. Jon Finley's surgery coordinator at South Metro Bone & Joint, P.C., Scherri Whitfield, recommended the Surgery Center, and Colleen is now a well-known and friendly face around the Center.

"I trusted the suggestion to use the Center and have never regretted the choice," said Colleen. "Before, I thought there were no other choices."

Colleen, a four-time patient to the Surgery Center, had her first surgery on her left hand in 2002. In 2003, she returned for surgery on her left knee. Colleen chose to return a third and fourth time in 2007 and 2008 for surgeries on her right hand and knee. Dr. Finley performed all four surgeries.

As to why the Surgery Center at Mt. Zion stands out above other surgery centers, Colleen's answer was simple. She appreciates the warm atmosphere and attentive staff. Colleen's family is especially grateful for the way the staff made themselves

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available for questions and concerns, and of course, the expert care given to their patients.

The Surgery Center, dedicated to our patients and our community, works hard to eliminate stress factors and to create a nurturing, compassionate and comforting environment. We believe in treating the whole person, and if visiting us makes you feel stressed, then we are not doing our job. With patients like Colleen, it also makes our job that much more enjoyable.

As office assistant for the Clayton County Parks & Recreation Department, senior services division, Colleen knows good healthcare and community outreach when she sees it.

"Reaching out is the essential point of community, and providing a center for health and healing is a positive focus for our community," said Colleen. "With that said, the Surgery Center is poised to do both."

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HEALTH TIPS AND NEWS
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**SPIVEY STATION
SURGERY CENTER**

Transforming Healthcare. Transforming Lives.

Don't forget! Surgery Center at Mt. Zion will be moving to Spivey Station in 2009 and will take on the name Spivey Station Surgery Center.