

**Picky eaters?**  
Ensuring children  
get the nutrition  
they need

**Sports medicine**  
AMC offers program  
to address student  
athlete injuries

**Don't weight**  
Take steps to  
prevent childhood  
obesity

**Checking in**  
Regular doctor exams  
are important for  
your child

# Living Well

Fall 2011

**Children's  
health**  
Keeping kids  
in the game



See page 8 for details.

**Atlanta Medical Center**

Your intown health care partner<sup>SM</sup>  
[www.atlantamedcenter.com](http://www.atlantamedcenter.com)

Scan the code  
with your mobile  
device to visit our  
mobile website.



# Letter from the CEO



William T. Moore,  
president and CEO

Dear neighbors,  
We have been very busy this summer bringing several new physicians on board to Atlanta Medical Center in order to better serve our community. The educational and professional background for each of these physicians adds to our already stellar roster. I am proud to introduce these well-trained and energetic physicians.

## Family Medicine



Aerica Summers, MD

**Dr. Summers** has taken the reins at our Inman Park Clinic. She holds a master's of public health degree from Emory University's Rollins School of Public

Health and completed her medical school training and post-graduate residency at the Brody School of Medicine in Greenville, N.C. Her background includes urgent care medicine and environmental health and safety.

*Atlanta Medical Center*

*Family Medicine at Inman Park*

240 North Highland Ave.

Atlanta, GA 30307

Appointments: **404-524-2424**



Antonio Williams, MD

**Dr. Williams**, a graduate of Morehouse School of Medicine and a former resident in the Family Medicine Program at Atlanta Medical Center, has joined the staff at

AMC's Morrow Family Practice Group in Morrow, Ga. Just before joining our staff, he worked in Thomaston, Ga., in a group practice setting. His return to Atlanta has been met with great enthusiasm.

*Atlanta Medical Center*

*Family Medicine at Morrow*

1000 Corporate Drive, Suite 200

Morrow, GA 30260

Appointments: **770-968-6464**

## Neurosurgery



Holly Zywicke, MD

**Dr. Zywicke** received her medical degree from the Medical College of Wisconsin and her residency training at the University of Alabama, Birmingham. She performs

the full range of neurosurgical services, and we are proud to have her on staff at our newly designated Level 1 Trauma Center.



Gregory  
Cumberbatch, MD

**Dr. Cumberbatch** is a graduate of The University of Florida College of Medicine in Gainesville, Fla. He completed his neurosurgery residency at Georgetown Uni-

versity in Washington, D.C. Dr. Cumberbatch's knowledge and expertise include spinal surgery, movement and functional disorders, and radiosurgery.

Drs. Zywicke and Cumberbatch are in practice with:

*Atlanta Medical Center*

*Neurosurgical Associates, LLC*

285 Boulevard, Suite 410,

Atlanta, GA 30312

Appointments: **404-265-4400**

## Bariatric Surgery



Miguel del Mazo, MD

**Dr. del Mazo** is an Atlanta native who earned his medical degree from Emory University School of Medicine. He completed his advanced

laparoscopic surgery and bariatric surgery fellowship at the University of Miami. Atlanta Medical Center, recognized as a Center of Excellence by the American Society for Metabolic and Bariatric Surgery, is proud to have Dr. del Mazo on staff.

*Surgical & Bariatric Associates of*

*Atlanta Medical Center, LLC*

285 Boulevard, Suite 120

Atlanta, GA 30312

Appointments: **404-881-8020**

## Rheumatology



William Chun, MD

**Dr. Chun** earned his medical degree from New York Medical College; did his medical internship and residency at George Washington University in Washington,

D.C.; and completed a rheumatology fellowship at Drexel University College of Medicine in Philadelphia, Pa. We are proud to have been able to answer the call of our medical staff, who emphasized our need for a rheumatology specialist in the community.

*Rheumatology Associates of*

*Atlanta Medical Center*

285 Boulevard, Suite 310

Atlanta, GA 30312

Appointments: **404-265-3330**

I hope that if you should find yourself, a family member or a friend in need of medical assistance, you will call on our excellent medical staff here at Atlanta Medical Center. Please call the numbers listed above for our new physicians or **404-265-DOCS (404-265-3627)** for additional options. You can also visit our website at [www.atlantamedcenter.com](http://www.atlantamedcenter.com).

More than ever, we at Atlanta Medical Center want to be Your Intown Healthcare Partner!

William T. Moore, president and CEO



## Children's health

# It's all in the bag

Putting together a school lunch is pretty easy. Putting together a school lunch that is nutritious and tasty and that your child will actually eat—not so simple.

Yet that midday meal is important for schoolkids. Eating a healthy lunch helps your child concentrate better in class and have more energy for sports. It also means your child is less likely to indulge in junk food after school, notes the American Dietetic Association (ADA).

### Strategy for nutrition

Plan a lunch that gives your child the nutrients needed for healthy growth and development. Include a choice from each of the five food groups: fruits, vegetables, protein, dairy and grains.

Next, make a list of lunch box-friendly foods your child likes in each category. Don't be afraid to try something different—if your child loves leftover pizza or enjoys cold cereal, those can be great starting points to build lunch around.

Make sure you have the proper gear too. An insulated lunch box, an ice pack and a good thermos open up a whole new world of options, from hot soups to cold pasta salads.

### Make it fun

Once you've taken care of the basics, find ways to make those lunches creative too. Here are some ideas:

- Offer new shapes and sizes of food, like star fruit or minimuffins. Cut sandwiches into fun shapes with cookie cutters.
- Make theme lunches—try all red food and utensils for Valentine's Day, or go green for Earth Day.



Eating a healthy lunch helps your child concentrate better in class and have more energy for sports.

### Make it a treat

Need more inspiration? Consider these treats from the ADA:

- Make skewers with chunks of turkey, cheese, melon and cucumber. Serve them with whole-grain crackers and low-fat chocolate milk.
- Spread a cinnamon raisin bagel with peanut butter and banana slices. Pair it with some baby carrots and milk.
- Spread refried beans on a whole-grain tortilla; sprinkle it with cheese for a quick and easy burrito. Include some salsa for dipping, along with fruit slices and milk.

## Handling a picky eater

When your child is a picky eater, the dinner table may feel like a tug-of-war. Here are some ways to handle the struggle.

**Don't make a big deal about it.** For some kids, being choosy about their food is one way to exercise independence. Trying to force them to eat certain foods will make them dig in their heels even more.

**Offer wholesome choices.** You don't have to be a short-order cook, but you could offer several nutritious options—fruit and

whole-grain rolls, for example—alongside the entree.

**Be persistent.** You may need to offer a new food on several occasions before your child will try it. And it may take a few more attempts before he or she starts to like it.

**Plan a menu together.** And let your child help in the kitchen too—kids are more likely to eat a meal that they've helped plan and fix.

American Academy of Pediatrics; American Dietetic Association



# Playing it

**AMC's Sports Medicine program provides comprehensive medical care for student athletes**

**A**s fall sports gear up for the coming season, the city of Atlanta's high school athletes will be safer because of the efforts of Atlanta Medical Center (AMC). The hospital offers a premier sports medicine program that specifically addresses student injuries incurred on the playing field.



Cheryl J. Cundy,  
MS, ATC



Steven M.  
Kane, MD

## The importance of sports medicine

"There are thousands of athletes in Atlanta's public high schools, and generally, there has been little to no sports medicine expertise available to them," explains Steven M. Kane, MD, who oversees AMC's sports medicine program. "Recognizing this need, AMC has established a program that provides qualified physicians and athletic trainers as well as access to the appropriate medical equipment, such as MRI, to diagnose and treat sports-related injuries in these young athletes."

AMC's program is under the supervision of two highly skilled professionals with national reputations for treating high school and collegiate athletic injuries. Dr. Kane, whose sports medicine résumé includes serving as chief of sports medicine at the University of Missouri and team physician at Utah State University, is assisted by Cheryl J. Cundy, a certified athletic trainer whose achievements include being named Athletic Trainer of the Year in Missouri. The two have a combined 40 years of experience in assessing and treating high school and collegiate athletic injuries.

## Make a play for safety

Never mind the scoreboard. When it comes to youth sports, safe kids are the big winners.

Many youth sports injuries can be prevented. To help reduce the risk of injuries, the American Academy of Pediatrics says you should encourage your child to: ✓ Wear proper protective gear. ✓ Stretch muscles and tendons before and after games. ✓ Learn—and use—the proper techniques for different sports. ✓ Take rest breaks during games and practices. ✓ Play a variety of sports. A two-month break from a specific sport can help prevent overuse injuries. ✓ Play safe and follow the rules of the sport. ✓ Stop playing if he or she is in pain. ✓ Drink plenty of fluids before, during and after games and practices.

By teaching your child how to play sports safely, you can help your son or daughter become a winner both on and off the field.



Find us on these social media channels.

# safe

## Comprehensive care for athletes

AMC's sports medicine program addresses a wide range of sports-related problems, including fractures; ligamentous injuries of the shoulder, ankle, hand, wrist, elbow and neck; and neurological injuries such as concussions as well as medical issues like dehydration. The hospital provides trained personnel on the sidelines during football games and other high-risk sporting events, and Cundy visits schools to perform post-injury and treatment checks on students who have been evaluated or treated on the sidelines or at the hospital. During football season, AMC's sports medicine physicians will be available on Saturday mornings from 9 a.m. to noon to evaluate any injuries incurred by high school players during their Friday-night games.

Additionally, AMC will sponsor three clinics during the school year in the fall, winter and spring to educate high school coaches about health topics such as concussions, heat stroke, cramps, dehydration and injury prevention.

## Keeping 'em in the game

The primary goal of the sports medicine program is to provide skilled and rapid treatment of injuries within 48 hours of the occurrence—if not on-site, then at the hospital. Proper diagnosis and treatment can help get student athletes back on the playing field sooner.

"We noticed we were seeing examples of inadequate or incomplete care when students would come to see us," Dr. Kane says of AMC's decision to establish a specialized sports medicine program. "It's so important that these kids be seen by competent sports medicine professionals when they are injured. If misdiagnosed or treated poorly, an athlete could be sidelined for the season—or even permanently."



## Get the OK to play

### Sports physicals help young athletes stay safe, healthy

Sports are a great way for kids to have fun and stay active. But before your child suits up, make sure you get the green light from your child's doctor.

Sports physicals should include both a medical history and a physical exam.

The medical history portion of the physical should include a review of past injuries, surgeries and illnesses. The doctor should also be told about any medications your child takes, drug allergies he or she has, and signs or symptoms of potential health problems.

The physical exam should always include measurement of height and weight; vision and hearing tests; and a check of vital signs, such as blood pressure and pulse rate.

The doctor will also examine your child's head, ears, nose, throat, abdomen, joints, bones, muscles and ligaments and listen to your child's heart and lungs.

A sports physical is a good way to help make sure your child is healthy and can safely play the game.

It's also designed to:

- ✓ Identify medical problems that may place your child at risk for injury or illness.
- ✓ Identify problems that may impair your child's ability to perform.
- ✓ Assess fitness levels for certain sports.
- ✓ Teach you and your child about injuries and other health-related sports issues.
- ✓ Meet legal and insurance requirements.

After conducting the physical, the doctor will tell you whether or not your child is in good enough health to take part in a certain sport. If clearance is denied, the doctor will also let you know what needs to be done before your child can participate.

American Academy of Pediatrics; American College of Sports Medicine

Safety  
first

To schedule an appointment with a sports medicine specialist at AMC, call 404-265-SPORT (404-265-7767).

# Helping children have a healthy

**C**OMPARE A TYPICAL school class photo from today with one taken 30 years ago. Besides clothing and hairstyles, what other difference stands out?

More times than not, a current photo will show far more youngsters to be overweight, or even obese, than kids three decades ago. In fact, a third of all children and adolescents in this country are currently overweight or obese, according to the American Heart Association.

“It’s an increasing problem,” says Anne Francis, MD, a member of the American Academy of Pediatrics’ Obesity Leadership Workgroup. “There are, unfortunately, a large number of children who have trouble with obesity.”

## Significant risks

Overweight and obese children and adolescents are at risk for a number of physical, social and emotional problems.

Immediate physical problems may include joint pain, asthma, sleep apnea and skin infections.

Social and emotional problems may include being teased and having low self-esteem, depression and a poor body image. Obesity also has been linked to poor school performance and risky behaviors, like alcohol and tobacco use.

But as significant as these immediate problems can be, an overweight or obese child is also likely to face some serious health issues in the future.

For example, being overweight raises risks associated with cardiovascular

disease, such as high blood pressure, unhealthy cholesterol levels, glucose intolerance and type 2 diabetes. Today’s obese child is also at long-term risk for stroke and cancers of the breast, colon and kidney.

How can you tell if your child is overweight or obese?

According to the Centers for Disease Control and Prevention, the most widely accepted measure is body mass index (BMI), which is based on weight in relation to height.

A child between the ages of 2 and 19 is considered overweight if his or her BMI is at or above the 85th percentile compared to other children of the same age and sex. Obesity is defined as a BMI at or above the 95th percentile.

Your child’s doctor can help deter-

## Five-Two-One-Zero weight-control goals

There are a number of ways to help an overweight child. Perhaps the most important is to be a good role model. “The whole family has to be on board,” says Anne Francis, MD, a member of the American Academy of Pediatrics’ Obesity Leadership Workgroup. “Adults have to model the healthy lifestyle.”

She often recommends that families aim for the following Five-Two-One-Zero weight-control goals:

- 5** servings of fruits or vegetables each day.
- 2** hours or less of screen time each day, which includes TV, computer and video game time.
- 1** hour of moderate physical activity each day.
- 0** sugared drinks.

“It puts everything together in a nutshell,” she says. “Very small changes, incremental changes, even single changes can make a big difference.”

What doesn’t work is for the overweight or obese child to be singled out at home, Dr. Francis adds.



# weight

mine your child's BMI and which percentile it falls in.

## How you can help

"The important thing is for the family as a whole to try to make some adjustments," Dr. Francis says.

"Families who make a commitment to learning about nutrition; to exercising more; and to making small, sustainable types of changes in their lifestyle are the ones who are going to have the most success."

And that can develop into a pretty healthy picture.



## The care and feeding of teenagers

As kids morph into teens, their world becomes focused on friends, activities, social pressures and high-school-size homework. Ten extra minutes in bed and pizza with pals may trump breakfast and family dinners.

But they need healthy food—and plenty of it—during these growth-spurt years. Luckily for them, they have you to help them out.

### HURDLES TO HEALTHY EATING

The American Academy of Pediatrics cautions against some typical teen traps and offers tips to help kids maneuver around them.

**Skipping meals.** Many teens skip breakfast altogether and settle for a soda and candy bar for lunch. To encourage better choices, keep healthy grab-and-go items on hand, such as: ✓ Yogurt. ✓ Fruit. ✓ Ingredients for easy-to-fix smoothies. ✓ Peanut butter and whole-grain bread. ✓ Breakfast bars. ✓ Nuts and raisins. ✓ Hard-boiled eggs.

**All-day snacking.** Three well-balanced meals and two hearty snacks a day can actually help teens get the nutrients they need without overeating. Keep the pantry stocked with low-fat, low-salt, low-sugar choices, such as: ✓ Graham crackers. ✓ Baked potato chips. ✓ Low-salt or no-salt pretzels. ✓ No-butter microwave popcorn. ✓ Applesauce. ✓ Frozen yogurt.

**Fast food.** If you can't break your teen's fast-food habit, support healthy choices by: ✓ Suggesting alternatives. Point out the better selections, such as grilled chicken sandwiches, burgers without cheese or small orders of fries.

✓ Encouraging balance. Pizza and burgers are OK, but suggest adding a salad or fresh fruit.

### SERVE IT, AND THEY WILL COME

At this busy time in their lives, teens will gobble up a platter of veggies and low-fat dip—even if they won't take time to peel an orange themselves.

And keep the focus on health, not weight. Teens should never be put on a weight-loss program without consulting a doctor first.

Need a doctor?

Our Family Practice groups are here for you. To schedule an appointment at our Inman Park facility, call 404-524-2424; for our Morrow location, call 770-968-6464.

LIVING WELL is published as a community service for the friends and patrons of ATLANTA MEDICAL CENTER, 303 Parkway Drive N.E., Atlanta, GA 30312, 404-265-4000, [www.atlantamedcenter.com](http://www.atlantamedcenter.com).

ATLANTA MEDICAL CENTER  
303 Parkway Drive N.E.  
Atlanta, GA 30312

Presorted Standard  
U.S. Postage  
**PAID**  
Marietta, GA  
Permit No. 913

**William T. Moore** | President & CEO  
**Todd Goodall** | Chief Business Development Officer  
**Marcus Gordon** | Director of Marketing & Public Relations

Information in LIVING WELL comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

Copyright © 2011 Coffey Communications, Inc.  
CUM26631c



# Kids need regular doctor visits

During your child's first year of life, his or her doctor should become a very familiar face. Regular checkups are an important part of your baby's life.

And that familiarity with the doctor shouldn't change as your child gets older. Well-child checkups aren't just for babies—regular visits to the doctor's office are good for kids of all ages.

## What to expect

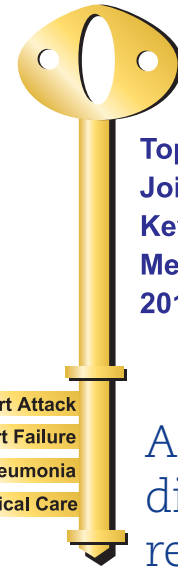
You can expect the doctor to check your child's height, weight and blood pressure at each visit. A typical visit may also include a complete physical exam. The doctor will likely listen to your child's heart and lungs and check other areas of your child's body. The doctor will also make sure your child's shots are up-to-date.

## Going solo

During the early years, you will accompany your child when he or she sees the doctor. But as your child gets older, you should consider giving your child some privacy in the examination room.

At what age that is appropriate varies from child to child, experts say. Some kids feel more comfortable with their parents at their side right into the teenage years. But others are fine going in to see the doctor alone before then.

In general, once your child is 11 or 12 years old, you should let him or her decide whether to see the doctor without you. The doctor can visit with you after the exam.



**Top Performer on  
Joint Commission  
Key Quality  
Measures  
2010**

Heart Attack  
Heart Failure  
Pneumonia  
Surgical Care

**AMC earns  
distinctive  
recognition**

Atlanta Medical Center was recognized by The Joint Commission, the accrediting agency for health care organizations in the United States, as a Top Performer on Key Quality Measures in Heart Attack, Heart Failure, Pneumonia and Surgical Care.

AMC is one of only 162 hospitals across the nation to receive this recognition in all four major measure sets. In addition, AMC is the only Level 1 trauma center and certified Gold Plus stroke center in the state of Georgia to receive this recognition.

Scan the code with your mobile device to visit our mobile website.



Stay connected!

To find an event, learn more about our services and find a specialist who can meet your medical needs, stay tuned to our digital channels.

