

Gold standard
AMC earns
achievement award
for stroke care

Pregnant?
Why prenatal care
is important for
mom and baby

Heart truth
What women
should know about
heart attacks

Calendar
AMC events for
your health and
wellness

Living *Well*

Winter 2010



Cancer
A screening
could save
your life

Atlanta Medical Center

*Your intown health care partner*SM





Letter from the CEO



William T. Moore,
President & CEO

Dear neighbors,

I hope this new year finds you and your family in good health and spirits.

You may notice that we've given this magazine a face-lift over the last few months, adding features that I hope you'll find useful—such as a calendar

of events on the back cover and ways to get more information that are easier to see.

Each quarter, we'll also be highlighting both a selection of services offered and highly qualified physicians practicing at Atlanta Medical Center (AMC). These services are especially targeted to meet the needs of residents living in the AMC community and, therefore, are developed with you in mind.

Two additions to note in particular are midwifery services and water birthing to the birth options available at AMC. You'll see more about this on page 3.

As always, AMC wants to partner with you on your health care needs. If you need a physician, simply call **404-265-DOCS (404-265-3627)** and options will be provided for you. If there are other ways we can assist you, visit our website at www.atlanta-medcenter.com or call **888-457-5204**.

Best wishes to you and yours during this new year.

William T. Moore, President & CEO

news

AMC is first Georgia 'Gold Plus' hospital



Atlanta Medical Center has earned the Gold Plus Performance Achievement Award for its stroke care, becoming the first hospital in the state of Georgia with this designation.

This award is earned by meeting rigorous guidelines set by the American Heart and American Stroke Associations. The "Gold Plus" designation comes only after adhering to additional criteria beyond those required for the "Gold" designation.

"This is a wonderful testament to the professional team that has made this happen," says Debbie Camp, stroke coordinator.



Nishant Shroff, MD, (left) is shown with his staff, Teleshia Smith and Jermaine Sumter, during an open house celebration at Inman Park Physicians.

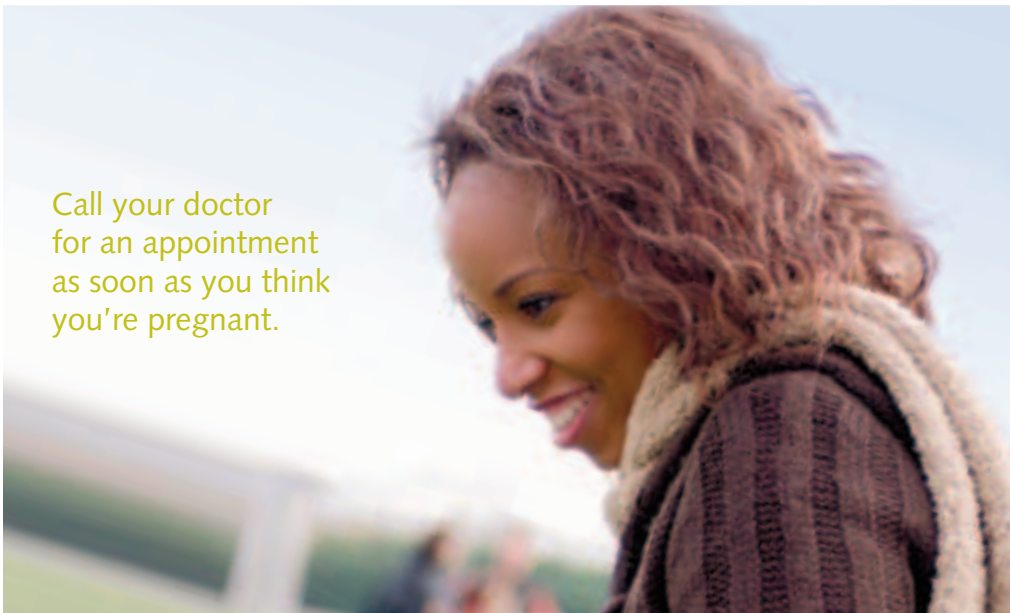
Inman Park welcomes new physician

Nishant Shroff, MD, internal medicine, recently began practicing at Inman Park Physicians on N. Highland Avenue in Atlanta.

Dr. Shroff provides chronic disease screening and management, preventive health care, men's health care, vaccinations and flu shots, and minor urgent care needs.

A time for
your health

To schedule an appointment with
Dr. Shroff, call 404-524-2424.



Call your doctor for an appointment as soon as you think you're pregnant.

New birthing options at AMC

Giving birth is a very special time for couples and families. Because this time is so precious, Atlanta Medical Center (AMC) wants your experience to be everything you're hoping it will be.

For this reason, we have recently added additional services to the birthing options available at AMC. Expectant mothers may choose to have prenatal care and delivery provided by a midwife. Water birthing is available too. Of course, traditional obstetrician/gynecologist services are available as well.

Midwifery services are provided on the campus of AMC and at Inman Park Physicians several afternoons each week and Saturday mornings.

Prenatal care

Why it matters

You've checked and double-checked—and then checked again just to be sure. And all the home pregnancy tests agree: You're pregnant.

Now it's time for a flurry of phone calls to share the news with family and friends. Just be sure at least one of those calls is to your doctor's office—it's time to make an appointment for your first prenatal checkup.



Lathan Overstreet, MD

The best start

"Prenatal checkups are very important for the health of you and your baby," says Lathan Overstreet, MD, obstetrician/gynecologist practicing at Atlanta Medical Center. Getting regular prenatal care can: → Help you have a healthy baby.

→ Decrease your risk of having your baby too early. → Help your doctor find and treat potential problems early.

In general, you'll have about one prenatal checkup per month for the first several months of pregnancy. As you get closer to your due date—or if you have any health conditions that need to be monitored more

closely—you'll need more frequent checkups.

During prenatal visits, your doctor may:

- Determine the baby's due date.
- Check the baby's heartbeat and growth.
- Check your weight and blood pressure.
- Check you for problems, such as anemia, infections and gestational diabetes.
- Talk to you about some essential healthy habits, such as eating well, getting enough folic acid, and not smoking or drinking during your pregnancy.
- Answer your questions and concerns.

Start now

Ideally, prenatal care starts even before you get pregnant, with a preconception checkup.

During this checkup, your doctor can help identify any potential health problems, make sure you're up-to-date with your immunizations and suggest other ways you can be at your best before getting pregnant.

If you are already pregnant, prenatal care is best started right away. Call your doctor for an appointment as soon as you think you're pregnant.

Sources: American College of Obstetricians and Gynecologists; National Institutes of Health; March of Dimes

Taking baby steps | For more information or to find a midwife or an OB/GYN at AMC, call 404-265-DOCS (404-265-3627).



Cancer screenings for men and women

Tests that can save your life

Women and men are at risk for different cancers. Getting regular screenings is the best option.

CANCER TREATMENT often works best when it is started early—sometimes even before you feel sick. But if you feel fine, how will you know that you may need treatment? It’s a question that a cancer screening test can help answer.



Douglas Collins, MD

“Screenings, or medical exams, are used to find small, localized cancers before symptoms start,” says Douglas Collins, MD, oncologist practicing at Atlanta Medical Center. “At this early stage, treatment may be most effective.”

Here are some common cancers in women and men and tests to spot them.

For women

Breast cancer. The best way to find breast cancer is with a mammogram, reports the Centers for Disease Control and Prevention. Most women should get these special breast x-rays every year starting at age 40.

Some women at high risk for breast cancer may benefit from both an annual mammogram and a magnetic resonance imaging (MRI) scan, reports the American Cancer Society.

Women in their 20s and 30s should have their doctor do a clinical breast exam once every three years.

Women 40 and older should have that exam annually.

Cervical cancer. Women should have their first Pap test at age 21.

“This test calls for the physician to remove cells from the cervix and check them for abnormalities,” Dr. Collins says.

Most women younger than 30 will need Pap tests every two years. Those 30 and older can be rescreened every three years. Ask your doctor about frequency.

Women 65 and older with a history of normal tests may be able to stop Pap tests altogether. Again, check with your doctor.

For men

Prostate cancer. Two tests are used to screen for prostate cancer. A digital rectal exam involves the doctor inserting a gloved, lubricated finger into the rectum to check for abnormal growths on the prostate. There’s also a test that detects prostate-specific antigen (PSA) in the blood, which may indicate cancer.

Beginning at age 50, all men should ask their doctor about the pros, cons and limitations of the tests.

Cancer treatment

Help tame side effects

It might be hard to focus on the benefits of cancer treatment when the treatment itself makes you feel bad.

But there are things you can do to cope with some of the more difficult side effects, such as appetite loss, fatigue, nausea and sensitive skin.

According to the American Cancer Society, one of the best ways to feel better is to focus on what you're eating and when.

A balanced diet that includes enough protein and calories can boost your energy and help you overcome fatigue often associated with chemotherapy and

radiation treatments.

Often small, frequent meals are better tolerated than larger ones. If you notice your appetite seems better at certain times of the day, plan to eat your largest meal then. Also, be sure to drink plenty of liquids.

On days when you have chemotherapy or radiation therapy, consider eating a light meal or snack about an hour before treatment.

Here are more strategies to help overcome the side effects of cancer treatment:

Get plenty of rest. Organize your day so that you get important tasks done when

you have the most energy. Ask others for help with chores and errands.

Take care of your skin. People undergoing radiation therapy often report skin irritation similar to a sunburn in the area being treated. Avoid putting lotions, perfumes, deodorants, heating pads or ice packs on the treated area, and stay out of the sun.

Overall, make sure your doctor or nurse is aware of any side effects you're having. He or she can give you advice and, in many cases, prescribe drugs to help keep side effects under control.

More tests to consider

Other screening tests for cancer include those for:

Skin cancer. Of all cancers, skin cancer is the most common. To spot it early, become familiar with your moles, freckles and other features of your skin. Perform a monthly self-exam. Look for new growths, expanding growths or sores that don't heal. Signs of melanoma—the most serious form of skin cancer—can include changes in a mole's size, shape, color or border. See your doctor if you notice any signs.

Oral cancer. The lips, tongue, mouth and throat are all susceptible to cancer, especially among people who smoke, use smokeless tobacco or drink alcohol. Your doctor or dentist may look for abnormal areas during routine exams, but you can also do a monthly self-exam. The most common symptom is a mouth sore that bleeds easily and doesn't heal. Other possible signs include trouble chewing, a lump in the cheek, a white or red patch in the mouth, or a sore throat.

Thyroid cancer. At your next routine physical exam, ask your doctor about checking for thyroid cancer. Signs may include unusual lumps, nodules or swelling in the neck.

Source: American Cancer Society

Colorectal cancer: Stay a step ahead



Arie Pelta, MD

"Cancer screening doesn't stop with tests for breast, cervical and prostate cancers," says Arie Pelta, MD, colorectal surgeon at Atlanta Medical Center. You should also consider

talking to your physician about tests for colorectal cancer.

Starting at age 50, most men and women should have one of several screening tests for colorectal cancer.

Your doctor can help you decide which test to have.

According to the U.S. Preventive Services Task Force, the most sensitive and specific test for colorectal cancer is colonoscopy. It needs to be repeated once every 10 years if results are normal—sooner if polyps (precancerous growths) are found.

Screenings. Call **888-457-5204** to schedule a personalized consultation with a gastroenterologist or surgeon at Atlanta Medical Center to best determine your screening needs.

Special
care

For a physician referral, call our cancer specialists at 404-265-DOCS
(404-265-3627).



Women

Know the signs of a heart attack

Here are some facts to take to heart

- ✓ Each year about 88,000 women ages 45 to 64 have a heart attack.
- ✓ Each year about 372,000 women 65 and older have a heart attack.
- ✓ The average age for women to have a first heart attack is about 70. And women are more likely than men to die within a few weeks of having a heart attack.
- ✓ About 35 percent of women who have had a heart attack will have another within six years.

To learn more, visit www.hearttruth.gov.

Source: National Institutes of Health

What is the most important hour of your life? Maybe it's the hour you gave birth. Or the hour you met the love of your life.

Or it could be the first hour after you have a heart attack.

Women are more likely than men to delay seeking medical care for a heart attack. In fact, women are more likely to die of a heart attack than men—in part because they often wait longer to call for help.



Michael Smith, MD

“But you have a greater chance of getting lifesaving care if you recognize the symptoms and get care within one hour of having the heart attack,” says Michael Smith, MD, cardiothoracic and cardiovascular surgeon practicing at Atlanta Medical Center. Some heart attack medications are most effective at limiting or preventing heart attack damage if taken within one hour of the onset of symptoms.

What it feels like

Women may hesitate to call 911 because they don't think they're having a heart attack. So it's important to recognize heart attack warning signs.

Signs of a heart attack aren't the same for everyone. However, chest pain or discomfort that lasts more than a few minutes or that goes away and comes back is the most common symptom for both men and women.

Women are slightly more likely than men to have other symptoms of a heart

attack, such as shortness of breath, nausea, vomiting, and back or jaw pain.

“If you've previously had a heart attack, your symptoms may be different from last time,” Dr. Smith says. “Also, remember that symptoms aren't always sudden—they can come on gradually, and they can be mild.”

It's an emergency

Embarrassment prevents some women from seeking emergency care for a heart attack, reports the National Institutes of Health (NIH).

You might not want to admit that your symptoms may be serious. Or you may not want to bother or worry others or act as if it's an emergency if it turns out to be a false alarm.

However, you should always immediately call for help, whether you're sure you're having a heart attack or not. The longer you wait to seek care, the more likely it is that you will have permanent or even fatal heart damage.

The best way to get emergency care is to call 911. Calling 911 brings emergency medicine to your door so you receive treatment even before you get to the hospital.

Don't wait longer than five minutes after the onset of symptoms to call 911, advises the NIH. And even if your symptoms stop completely in less than five minutes, call your doctor.

Once you arrive at the hospital, don't be embarrassed to let doctors know what you need. You are not overreacting. You have the right to ask for tests to determine if you've had a heart attack.

Take care of
your heart

It's important for every woman to have a doctor who will take her care to heart.
To find a physician, call 404-265-DOCS (404-265-3627).

A family history of early heart disease in an immediate family member increases your chance of developing it.

Are you at risk for a heart attack?

Heart disease is the most common cause of heart attacks, and it's the No. 1 killer of women in the U.S.

Some factors can increase your risk of developing heart disease. For example, a family history of early heart disease in an immediate family member—before age 55 in men and age 65 in women—increases your chance of developing it.

According to the American College of Obstetricians and Gynecologists, a woman's risk of heart disease is also high if she: → Is older than 55. → Has a high total cholesterol or high LDL (bad cholesterol) level. → Has high blood pressure. → Smokes cigarettes. → Does not exercise regularly. → Is overweight. → Has diabetes.

High levels of stress may also increase your risk of heart disease, according to the U.S. Office on Women's Health.

Lower your risk

Some lifestyle changes, such as quitting smoking and getting daily exercise, may help reduce your risk of heart disease.

Exercising and quitting smoking can also help reduce high blood pressure. In addition, your doctor may prescribe blood pressure medications.

If you have high cholesterol, eating a low-fat diet that is filled with fruits, vegetables and high-fiber foods might bring it down. If lifestyle changes alone don't change your cholesterol numbers, you may need to take medications.



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.

William T. Moore | President & CEO
Todd Goodall | Chief Business Development Officer
Kendra Gerlach | Public Relations/Marketing Director

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 © 2010 Coffey Communications, Inc.
CUM24635c

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

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



Calendar of events

Birth Options at AMC

Learn about midwife services and water birthing, and take a tour of Labor and Delivery.

First Wednesday of each month
7 p.m.

Call 888-457-5204 to register.

Water Birthing Class

Every other Thursday

7 p.m.

Call 888-457-5204 to register.

Regional Trauma Symposium

Educational forum highlighting the importance of a regional trauma network in Georgia.

Saturday, April 24

7 a.m. to 5 p.m.

Call 888-457-5204 to register.

Bariatric monthly meetings

Tuesdays

- **Support Group:** Noon to 1 p.m.
 - **Exercise Class:** 2 to 3 p.m.
 - **Exercise Class:** 5 to 6 p.m.
- Wellness Center
Call 1-866-542-LOSS
(1-866-542-5677) to register.

First Saturdays

- **Bariatric Seminar:** 1 to 3 p.m.
- Facilitated by Clarence Hixon, MD
Health Pavilion
Call 1-866-542-LOSS
(1-866-542-5677) to register.

Second Thursdays

- **Pre-Op Class**
- Registration required.
Call 404-265-6466 or
404-265-6497 to register.

Second Saturdays

- **Bariatric Seminar:** Noon to 2 p.m.
 - **Support Group:** 9 to 11 a.m.
- Facilitated by Celio Burrowes, MD
Health Pavilion
Wellness Center
Call 1-866-542-LOSS
(1-866-542-5677) to register.

Fourth Thursdays

- **Pre-Op Class**
- Registration required.
Call 404-265-6466 or
404-265-6497 to register.

Third Saturdays

- **Bariatric Seminar:** 1 to 3 p.m.
- Facilitated by Titus Duncan, MD
Wellness Center
Call 1-866-542-LOSS
(1-866-542-5677) to register.