SMITH Northview Brings Specialized Burn Care to Valdosta
SGMC Expands Care for Preemies
Services Abound at 520 Griffin Avenue

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Change is the new constant at SGMC. Many of you know that SGMC acquired SMITH Northview Hospital on September 1 and organizational integration activities are underway. On November 2, we broke ground on a new five-story patient tower that includes a new Dasher Heart Center.

With our sluggish economy, some individuals have asked if it is the right time to invest in facilities. Our CEO, Mr. Sauls, explains it best. He says, “To achieve our organizational goals, we have to balance timing against available resources. Construction costs are at all-time lows, financing is affordable and the need for hospital space is greater than it has ever been. When you take all of these things into consideration, the decision to invest in capitol expansion makes sense.”

So, what are we going to do with 130,000 square feet of space? We will grow service lines, create employee-friendly workspaces and make patient care more comfortable and family oriented. We are excited by these new opportunities, and we eagerly anticipate a more modern healthcare environment.

New physicians continue to affiliate with the Medical Center. We welcome Dr. Nellie Crawford, OB/Gyn; Dr. Christopher Young, a neonatologist; Dr. Jennifer Dallas, a hematologist/medical oncologist; Dr. Andrew Woods, a podiatrist and Dr. Michael Lalla, a general surgeon.

The Birthplace at SGMC continues to be one of the busiest departments in the hospital. As such, we are proud to announce the addition of a neonatal-perinatal medicine program led by Neonatologist Christopher Young, MD.

In closing, from all of us to all of you, we send sincere wishes for a peaceful, enjoyable holiday season.
On behalf of our hospital family, I wish you and your family a special holiday season. With the seasonal holidays fast approaching, it reminds me that another year has passed. Upon reflecting over the previous year, I can attest that our organization has been very busy with a number of activities that are not only changing our skyline, but also contributing to improving the health of the citizens we serve.

Over the past year, the Hospital Authority has authorized a number of projects that are worthy of noting at this time:

- Construction and completion of The Imaging Center and Women’s Imaging Center
- Acquisition of SMITH Northview Hospital as a Campus of South Georgia Medical Center
- Construction of a 600-space parking deck
- Renovation and expansion of the Pearlman Comprehensive Cancer Center
- Addition of daVinci Robotic-Assisted Surgery
- Implementation of the region’s first Acute Stroke Program
- Enhancement to the Level II Nursery on the SGMC campus to include the services of a board certified neonatalogist
- Recent groundbreaking for the construction of the Dasher Heart Center and Patient Tower

As South Georgia Medical Center and its network of providers strive to become the region’s premier medical center, we understand the need for outstanding facilities and services to the people we serve.

As we look forward to the New Year, we will continue to identify opportunities along with our medical staff and employees that will improve the health and wellness of the communities we serve.

From our family to yours, have a special holiday season.

Randy Sauls, CEO
It’s been a year since the Joseph M. Still Outpatient Burn Clinic opened at SMITH Northview Hospital, bringing high-quality, convenient burn care to residents of south Georgia and north Florida. Since its establishment, the clinic has treated over 2,081 patients.

The clinic, which is open on Wednesdays, is staffed by doctors and mid-level practitioners from Joseph M. Still Burn Centers, Inc. and clinical professionals from SMITH Northview. Currently, the clinic treats between 35 and 60 patients weekly.

“Our goal is to save the patient from having to travel to Augusta for initial treatment or follow-up visits,” said Dr. Fred Mullins, president of JMSBC, Inc., and the medical director of the Joseph M. Still Burn Center at Doctors Hospital in Augusta, GA—the largest burn center in the nation.

Through the years, the staff of JMSBC has honed their skills to provide the highest level of care to burn and wound patients. SMITH Northview Surgical Nurse Reba Huffman, RN, said it best, “Working with the Joseph M. Still Burn Center staff is a privilege. They are so knowledgeable, and the changes patients see are amazing.”

According to SMITH Northview PACU Nurse Manager Jeannie Starnes, RN, treatments available through the clinic include weekly dressing changes, education on the management of wounds and scar tissue, debridement (surgical removal of dead tissue), skin grafting and procedures for scar reconstruction. Starnes said, “It is great to see patients who are healing and the positive impact it has on their lives. Knowing we had a hand in that healing process is very gratifying.”

Dr. Mullins concluded, “We have treated patients from two days old to 105 years old, and a third of our patients are children. We’ve seen patients with burns ranging from less than 1 percent to more than 95 percent. We treat every case as a learning opportunity, and that has helped us maintain our 97 percent survival rate.”

Problem burns are nothing to ignore, especially when specialized treatment options are available. Contact the clinic at SMITH Northview by calling the JMSBC toll-free number at 877-863-9595 for more information.
As a regional leader in health care, South Georgia Medical Center continues to grow and develop a wide range of services. The most recent addition to the organization is Neonatal-Perinatal Medicine (NPM). NPM is a specialty that focuses on the care of babies born prematurely or those infants who have illnesses, abnormalities, or other medical conditions that require a specialized level of care in addition to the routine care normal newborns receive. As the global population edges past 7 billion, prenatal and perinatal care are more important than ever before.

SGMC is privileged to have a neonatal specialist, Dr. Christopher Young, on staff at the hospital to provide care and comfort to premature babies. Dr. Young’s level of experience in caring for premature and sick infants gives him an increased ability to discuss with families what to expect after the delivery of a premature baby. According to Cathy Swilley, RN, Nursery Nurse Manager, “I’ve seen what babies and families go through after the delivery of a preterm infant. As a nurse, knowing there is a full time physician who specializes in premature infant care is a wonderful resource.”

While pediatricians can provide care both in the hospital and in their offices, having a neonatologist on staff provides the nursery staff with a dedicated specialist available at a moment’s notice. By working with obstetricians to develop a delivery plan, the neonatal staff is able to provide the best possible care for both mother and baby. According to the 2010 National Vital Statistics Report from the Centers for Disease Control, pre-term delivery is linked to mothers under the age of 15 and age 45 and over. However, as educational services and specialized care increases across the nation, this number has started to decrease. In maintaining quality service for our patients, the SGMC Neonatology department is able to provide intensive monitoring and complex medical decision making immediately, in addition to the convenience of keeping the baby close to home. This department provides service for those infants meeting the
The Birthplace at SGMC and the Eanes Birth Center at SMITH Northview pride themselves on expert services and high levels of patient satisfaction.

Our affiliated physicians and staff strive to provide a safe and nurturing birth experience for each family based on their individual needs.

SGMC AFFILIATED OBSTETRICIANS:
Joe Clifton, MD
Nellie Crawford, MD
Alex Culbreth, III, MD
Thomas H. Moseley, Jr., MD
Roy E. Swindle, Jr., MD
Jerithia S. Taylor, MD
Samuel E. Taylor, MD
Pamela H. Temples, MD
Bolan P. Woodward, MD (GYN)
Nicole Yarbrough, DO

SMITH NORTHVIEW AFFILIATED OBSTETRICIANS:
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Danielle McFarland, MD
John Sharon, MD
Robert Stark, MD

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Alan J. Alvarado, MD
Charlene C. Blache, MD
Robert J. Criscuola, MD
Jasbir S. Gill, MD
Brian C. Griner, MD
Janice H. Loeffler, MD
Jennifer M. Madon, MD
Cheryl Tolliver, MD
Christopher Young, MD

approved guidelines for Level II Neonatal Intensive Care set forth by the American Academy of Pediatrics Section on Perinatal Pediatrics. At this level, Dr. Young, along with the neonatology staff, provides care for those infants who are unable to maintain a normal body temperature and those who are unable to take oral feedings. No surgeries will be performed within the department. The staff is trained to determine if the infant’s needs exceed the capabilities of the department and to make arrangements to transfer, if recommended.

“Most parents plan to have a full-term, healthy baby,” said Dr. Young, “but unfortunately there are times when either or neither of those two expectations are met. In that case, babies and families need a physician that specializes in taking care of them. I enjoy being that doctor.”

For more information about the SGMC neonatology department, call 229.259.4265.
NEW PHYSICIANS

NELLIE CRAWFORD, MD
OB/GYN

Dr. Crawford attended Xavier University in New Orleans, Louisiana where she earned her bachelor's degree in Biology. She earned her medical degree from Emory University in Atlanta and completed her residency training at Baylor College of Medicine in Houston, Texas.

She is a member of the American Medical Association and the American College of Obstetrics and Gynecology. Crawford enjoys public speaking and advocating for women's health, reading mystery and crime novels and oil painting. She has joined the Comprehensive Women’s Health practice and can be reached at 2601 Bemiss Road, Suite A, 242.6677.

JENNIFER DALLAS, MD
MEDICAL ONCOLOGY/HEMATOLOGY

A graduate of the University of Georgia, Dr. Dallas earned her medical degree from the Medical College of Georgia. She completed her residency and hematology/oncology fellowship at Shands Hospital at the University of Florida. She is a member of the American Medical Association, the Florida Medical Association and the American Society of Hematology.

Dallas feels that the specialty of hematology/medical oncology gives her the opportunity to truly help people. She explains that although some cancers cannot be cured, there is always something that can be done to improve the patient’s life.

Married to Dr. Christopher Young, neonatologist, they have one daughter, Isabella (5 months). In her spare time, Dallas enjoys running and playing with her dogs. She can be reached at SGMC’s Pearlman Cancer Center at 259.4616.

MICHAEL J. LALLA, MD
GENERAL SURGERY

Dr. Lalla graduated from Morehouse College in Atlanta, Georgia, where he majored in Biology. He later earned his medical degree from Howard University College of Medicine in Washington, D.C. and completed his residency at New York Hospital in Queens, New York, where he held the position of chief resident in general surgery.

He is a published physician and has taken part in several research studies. He is also a member of several medical honor societies to include Alpha Omega Alpha. Dr. Lalla joins the SGMC family from St. Vincent's Hospital in Indianapolis, Indiana, where he completed his fellowship. Lalla's office is located at 2418 N. Oak Street. He can be reached by phone at 249.9051.
ANDREW WOODS, DPM  
PODIATRY

Dr. Woods grew up in Wisconsin and attended the University of Wisconsin-Eau Claire. He earned his Doctorate of Podiatric Medicine from the Scholl College of Podiatric Medicine at Rosalind Franklin University of Medicine and Science in North Chicago, Illinois. He completed his residency at Grant Medical Center in Columbus, Ohio.

Interested in treating all aspects of the foot and ankle, Woods has specialized knowledge of reconstructive foot and ankle surgery, sports medicine, total joint replacement, diabetic foot care and limb salvage. He is a member of the American Podiatric Medical Association, the Georgia Podiatric Medical Association and the American College of Foot and Ankle Surgeons. He describes himself as a sports enthusiast and says he also enjoys traveling, hunting and fishing and volunteering.

Dr. Woods can be reached at Ankle and Foot Associates, LLC, 401 Woodrow Wilson Drive or by calling 247.7707.

CHRISTOPHER YOUNG, MD  
NEONATOLOGIST

Dr. Young, who graduated from Valdosta High School and Valdosta State University, earned his medical degree from the Medical College of Georgia. He completed his residency and neonatal-perinatal fellowship at Shands Children’s Hospital at the University of Florida. Young is a member of the American Academy of Pediatrics, the Florida Medical Society and the American Medical Association.

As SGMC’s first and only neonatologist, Young describes his specialty as an amazing field that incorporates medicine with rapidly advancing technology. He says he enjoys meeting and helping families through stressful times when there are unexpected problems surrounding the birth of a child. Dr. Young also enjoys the outdoors, music, technology, aviation and spending time with his wife, Dr. Jennifer Dallas; their new baby and their two dogs.
For the second year in a row, SGMC’s Spine Surgery and Cardiac Surgery have ranked in the Top 10.

SGMC ranked 4th in the state for spine surgery and 7th in the state for cardiac surgery — outperforming many larger metropolitan hospitals and teaching institutions. These awards recognize quality outcomes and demonstrate our commitment to excellence from our physicians and staff.
Services Abound at Health Care South and Occupational & Industrial Medicine Center

Services Abound at Health Care South

What began as a primary care clinic aimed at serving the population of south Valdosta continues to develop as the years go by. Located at 520 Griffin Avenue, SGMC’s Health Care South acts not only as a walk-in clinic for adults but also as a one-stop healthcare facility where patients can receive vaccinations, get treatment for conditions from diabetes to high blood pressure, receive vascular examinations or stroke screenings and even undergo procedures such as skin cancer removal and abscess drainage.

Patients can even be X-rayed and have lab work done within the clinic, and if a specialist is needed, a referral can be made. Dr. Jerry Purvis explains that the staff at Health Care South can evaluate nearly any condition. “There are many new services here that we did not offer before,” he says.

Health Care South’s market has developed as well. Nurse practitioner Annette Robinson and ambulatory care coordinator Amanda Hawke, RN, say that people travel from Adel, Nashville and north Florida to receive care. In October the facility offered its first free breast cancer screening, and Dr. Purvis hints of even further expansion in the range of procedures that are available. He and the staff are proud to make these services available to their patients.

Hawke says, “This is a great community that we serve. The people are so pleasant and appreciative of the services we offer.” For more information, call Health Care South at 229.249.6300.

Have you been hurt on the job?

Since it opened its doors in early 2010, SGMC’s Occupational & Industrial Medicine Center has established itself as a leader in health care for Valdosta’s business community and workforce. Under the direction of Dr. James Eutzler, the center is dedicated solely to helping area employers ensure that their workers remain healthy and on-task. The Occupational & Industrial Medicine Center provides services that range from pre-employment physicals and annual flu vaccinations, to on-the-job injury assessment and treatment and substance abuse testing. For companies that contract with the center, Dr. Eutzler, who is a certified medical review officer, offers 24/7 drug testing—ineviable in post-accident investigation.

With over thirty years of experience in emergency medicine, Dr. Eutzler can also evaluate and treat a range of walk-in injuries. Most of the injuries he sees are back or eye injuries and lacerations, but even patients with fractures can be X-rayed on-site, with the images being read by a radiologist via computer. Along with Andréé Shackelford, NP, and the center’s other staff, Dr. Eutzler strives to provide excellent, efficient care to the employees. The time in and out of the center is about 50 minutes. Close communication and strong relationships with the employers make the facility very unique. The Occupational & Industrial Medicine Center is located at 520 Griffin Avenue and may be reached by calling 229.249.4010.

By: Jennifer McLoughlin
Community Relations Assistant
SGMC welcomes Dr. Sammie Dixon, who has been named as Interim CEO of Smith Northview Hospital. In this position, Dr. Dixon will be helping to lead Smith Northview as it integrates with SGMC. Dr. Dixon, who is a retired OB/GYN, graduated from the University of Georgia and received his medical degree from the Medical College of Georgia. Before joining Smith Northview, he served as medical director of Satilla Regional Hospital and for a time as medical director at Tift Regional Hospital. He is a member of the American Medical Association, the Medical Association of Georgia and the American College of Physician Executives.

Dr. Dixon enjoys reading, fishing, traveling and University of Georgia football. He is married to Latrelle Gaff Dixon and has three adult children – Sammie Jr., Sara and Patrick.

South Georgia Medical Center has named Denise Famellette the new director of physician services. In this role, Famellette is responsible for providing administrative direction, leadership and supervision for system-wide physician recruitment and relations, continuing medical education and allied health professional and physician credentialing, along with a number of other duties.

Famellette earned her BA in organizational leadership from Mercer University and her MPA from Valdosta State University. She has experience working for Charter Behavioral Health and North Fulton Regional Hospital, as well as with Greenleaf Center and the Southwest Georgia Area Health Education Center. She is a member of several professional organizations, including the National Health Service Corp and the Healthcare Administration Advisory Committee at VSU. Famellette enjoys cooking, reading, playing tennis and chess, and spending time with family. Famellette has two children and three grandchildren.

Greenleaf Center announces Sheila Shepherd is the new director of nursing. Shepherd received her ASN from Gulf Coast Community College, her BSN from Florida State University, and her MSN from the University of Phoenix. Shepherd comes to Greenleaf after providing leadership to the nursing staff of Emerald Coast, a 90-bed behavioral health hospital in Panama City, Florida. She has extensive experience in leadership and education. She has been a manager of clinical outcomes, emergency department manager, performance improvement coordinator and nursing instructor at Florida State University.

Away from the job, Shepherd enjoys travelling, camping, kayaking and snorkeling off Shell Island at Panama City Beach, FL, with her family. Shepherd and her husband, Paul, enjoy the company of two Boston Terriers and several rescue cats. The major focus of Shepherd’s off time, however, is Anna Grace, her 5-year-old granddaughter. Shepherd has two daughters – Leanne and Julie.
LINDA N. THOMBS, RN, MSN
ADMINISTRATIVE DIRECTOR OF SURGICAL SERVICES

Linda N. Thombs has been named the new administrative director of surgical services at SGMC. Thombs, who has been with SGMC for more than three years, will be responsible for the day-to-day operations of the Surgical Services departments, including the Surgery Center. As the former director of Surgical Services at Capital Regional Medical Center in Tallahassee, Thombs brings years of experience. She describes her goals within the new role as being to improve customer service and staff morale and to promote positive behaviors by encouraging employees to always do their best.

Thombs attended Brunswick College, where she received her associate’s degree in nursing. She later earned her BSN in nursing and MSN in nursing administration from Valdosta State University. Thombs belongs to the Association of Perioperative Registered Nurses and is an active member in the community. She enjoys all sports and occasionally plays golf. She is married to Bill Thombs, and they have two children and five grandchildren.

KELLY WILLIAMS, MS, LPC
OUTPATIENT PROGRAM DIRECTOR FOR GREENLEAF

Licensed professional counselor and acting clinical director for inpatient services Kelly Williams is the new Outpatient Program director at Greenleaf Center. Williams will continue to maintain her role as acting clinical director for inpatient services in addition to her promotion.

Williams has been with Greenleaf for over five years and has proven to be an invaluable asset to the organization. During her tenure as a clinician she has accepted and taken the lead to diversely expand her clinical training with trauma-related client populations.

“Greenleaf has afforded me many opportunities to grow as a clinician since beginning as a therapist intern more than five years ago. I am honored to be in this new role,” said Williams. In her spare time, Williams enjoys photography, craft projects and spending time with her friends and family. Williams and her husband, Brett, have lived in the Valdosta area for over 10 years and are both graduates of Valdosta State University.

BRIDGETT YOUNG, BSN, OCN, CES
DIRECTOR OF CANCER SERVICES

SGMC congratulates Bridgett Young for her recent promotion to director of cancer services for the Pearlman Comprehensive Cancer Center. Young has worked for SGMC for more than 14 years and during this time has had the opportunity to work as a staff nurse, patient care coordinator as well as a nurse manager. Young is now responsible for the strategic planning, development, operation and on-going improvement of the cancer center. She is also responsible for assuring compliance with accrediting and regulatory agency requirements.

Young is a graduate of Arizona State University where she earned her BSN in nursing, followed by a certification in nurse oncology and a specialty in cancer exercise (CES). She is a committee member of the Partnership Cancer Fund and the Oncology Nursing Society. Young enjoys watching football, reading and making trips to the beach. She has two daughters – Kelsey and Sydney.
This donor report recognizes donors to Hospice of South Georgia from June 1, 2011 through October 31, 2011.

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Taking Patient Care to New Heights

Construction and fundraising mark the next chapter in SGMC’s growth

Members of the Dasher Heart Center staff are all smiles at the groundbreaking.

By: Laura O. Love
Community Relations Director
Ten years following the first open-heart surgery and angioplasty at South Georgia Medical Center, hundreds of former patients, community supporters, affiliated physicians and staff gathered in November to break ground for the new Dasher Heart Center and five-story patient tower. The groundbreaking signified the beginning of a three-year capital campaign by the SGMC Foundation to raise $4.1 million to help pay for the new tower. Mr. and Mrs. J.V. Dasher, Jr. previously donated $2 million to establish the Dasher Heart Center in memory of Mr. Dasher’s father, J.V. Dasher, Sr.

At the groundbreaking, CEO Randy Sauls, MBA, FACHE said, “Today we begin a new era in patient care as we break ground on the largest construction project in South Georgia Medical Center’s history. The new tower will house 96 private patient rooms for medical, surgical and cardiac patients and allow conversion to all private rooms. The new Dasher Heart Center will occupy three floors of the tower and consolidate cardiology services into a cohesive, state-of-the-art medical environment that rivals our toughest competition.”

The 130,000 square foot tower will cost approximately $67 million but the benefits to SGMC’s patients will be priceless. “Our challenge is to build a facility that will meet our needs, now and in the future,” said Ken Kiser, RN, MSN, SGMC’s Chief Nursing Officer. “When our north patient tower opened in 1982, we didn’t have computers, fiber-optic cables and all the intensive bedside monitoring capabilities we have today. We know that technology will change, and we need the flexibility to incorporate more changes.”

For the past 12 months, SGMC’s medical staff and nursing leadership have worked with the project architects, Gresham, Smith and Partners, to create “mock” patient rooms so workflow and patient-care processes could be studied for function and ease of use. Managers examined product samples from flooring to lighting. New technology was studied for compatibility and flexibility.

The patient tower will be constructed in the parking area beside the Outpatient Center. A three-story bridge will connect the new construction to the main building. For a fluid outward appearance, a new atrium will connect the front of the existing Outpatient Center with the new tower. The Dasher Heart Center will have its own entrance from the atrium.
Dasher Heart Center Gets Its Own Home

The new Dasher Heart Center will bring together cardiology services that are currently spread throughout the main hospital. Outpatient cardiac testing, such as nuclear medicine stress tests and cardiac catheterizations, will be performed on the first floor. A cardiac progressive unit will occupy the second floor with a 24-bed cardiac intensive care unit on the third floor.

“The reputation of the Dasher Heart Center as a cardiac center of excellence speaks for itself,” said Laura Fiveash, RN, MBA, SGMC’s Administrative Director of Cardiovascular Services. “Our cardiac surgeons and cardiologists offer a wider range of expertise than what is generally available in a community this size. It is this confidence that is driving our growth and the need for larger, more updated facilities.”

The new building will be a major improvement for SGMC’s customers. Fiveash said, “Patients will have access to the very best care, delivered with compassion in a comfortable, family-friendly environment.”

So, what makes SGMC a cardiac program of excellence?

As the only open-heart surgery center in south central Georgia, SGMC is special because it offers a full range of cardiac care. In-house cardiac surgery offers the highest level of support for cath patients who experience difficulties.

“To attain a level of excellence, you have to constantly look for ways to do things better,” explains Cardiovascular Services Medical Director Trey Powell, MD. “We monitor the quality of our patient’s care and we track quality measures and compare them to state and national benchmarks. With our Code STEMI protocol, we are meeting the national goal of 90 minutes door-to-cath time in 100% of cases.” he explains. “This is saving lives.”

A cardiac care protocol, Code STEMI begins when Emergency Medical Services arrive at the scene and continues in the ambulance. New technology allows the patient’s EKG to be transmitted to the emergency department while the patient is en-route to SGMC. The emergency physician is able to review the EKG and call the cardiologist and cath team to be on stand-by. Balloon angioplasty or angioplasty with stent placement can oftentimes open blocked arteries and restore blood flow with minimal heart damage.

Diagnostic and Therapeutic Cardiology

A myriad of high-tech procedures and equipment is used to diagnose heart disease. Tests include electrocardiograms (ECGs/EKGs), transthoracic and transesophageal...
echocardiograms (Echos), stress tests and treadmill stress echos, and diagnostic and therapeutic cardiac catheterizations.

According to Interventional Cardiology Medical Director Glenn Evans, MD, SGMC has experienced a 33 percent growth in cath lab volumes over the past two years and this growth fueled SGMC’s request to add a third cath lab in the new facility.

“For angioplasty and stents, we are known as a high-volume interventional program,” Dr. Evans says. “And all of our interventional cardiologists are high volume operators.”

Only SGMC Offers Open-Heart Surgeries
Other hospitals in the region perform interventional procedures, such as angioplasty and stent placement, but SGMC is the only hospital to offer open-heart surgery. Heart surgeons affiliated with SGMC’s Dasher Heart Center routinely perform coronary artery bypass grafting (CABG), aortic valve replacements and mitral valve repairs, as well as other complex procedures. The four cardiothoracic surgeons who provide 24-hour a day surgical services have over 60 years’ collective experience.

“SGMC meets or exceeds the national standards for cardiac surgery quality,” reports Cardiothoracic Surgeon David Saint, MD. “All of our cases are entered into the Society of Thoracic Surgeons Database, which is the most robust and complete cardiac surgery database in the world. Results are reviewed on an ongoing basis and have been excellent.” Based on this publicly reported data, Georgia Trend magazine lists the Cardiac Surgery program at SGMC in the top 10 for the second year in a row.

“The Cardiac Surgery program at SGMC has grown over the past decade from a completely new service line to a high-volume cardiac surgery center with results that are now the benchmarks for quality,” Dr. Saint said.

Phase II and Phase III Cardiac Rehab
SGMC offers Phase II and III Cardiac Rehab to help patients recover faster and return to

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Phase II and Phase III Cardiac Rehab
SGMC offers Phase II and III Cardiac Rehab to help patients recover faster and return to
more productive lives. Accredited by the American Association of Cardiopulmonary Rehabilitation, SGMC’s Cardiac Rehabilitation Program includes monitored exercise, education and a support group called Mended Hearts. Dr. Joe Stubbs is Cardiac Rehab’s Medical Director.

Phase II is conducted in the Cardiac Rehab facilities located inside SGMC’s Administrative Services Building (formerly the Doctors’ Building). Here, heart patients are connected to cardiac monitors while they exercise. Phase III, a program of independent exercise, is offered in cooperation with the Valdosta YMCA on Gornto Road. The program is offered from 8AM to noon, on Monday, Wednesday and Friday of each week.

Pediatric Cardiology Clinic
Infants and children with congenital cardiac disorders are provided follow-up care by a team of caregivers who make up the Pediatric Cardiology Clinic held monthly at SGMC. The clinic is held in conjunction with the South Health District and Georgia Health Sciences University/Medical College of Georgia.

A pediatric cardiologist from GHSU/MCG spends two days per month at SGMC performing office follow up visits and diagnostic medical exams on children. SGMC provides space for the clinic as well as an echo technologist and nurse. The South Health District provides a nurse case manager to facilitate access to other support services and monitor the patients’ progress. This regional clinic brings patient care closer to home and eliminates the need for these children to travel long distances for check-ups.

Becoming the Premier Healthcare Provider
Since its inception, the guiding premise behind the development of the services at SGMC has been the commitment to high-tech, high-touch medical care. SGMC’s affiliated medical staff and patient care staff work tirelessly to deliver quality outcomes and the new Tower is sure to enhance the delivery of quality patient care.

With the recent acquisition of SMITH Northview Hospital, SGMC operates one of the larger hospitals in Georgia with the largest medical staff in the region. Our team of more than 300 affiliated physicians offers more sub-specialties than any other hospital in the region. In all that we do, we want to demonstrate better outcomes, compassionate, courteous care, and value for your healthcare dollars. When you need medical care, think SGMC. 🌟
Living Life to its Fullest...

WHAT’S ON YOUR BUCKET LIST?

Most of us have various goals as we travel through life. Reaching goals usually brings feelings of fulfillment and satisfaction, and sometimes relief! Some goals are practical matters—things we feel we need to do: obtain an education or buy a house, for example. Other goals can be more enjoyable things we want to do, like train for a 5K race or travel to another country.

Those who have seen the movie “The Bucket List” may have been inspired to make a checklist of goals to reach and things to do before they die. Making a list is one thing; carrying it out is another.

Finding Inspiration
We often need some inspiration to meet our goals. Sometimes seeing our peers accomplishing goals gives us some initiative. “If Sarah could go skydiving at 65, then what’s holding me back?” you might say to yourself.

Or, we may gain some insight from another’s unmet goal. “I can see why I don’t need to put my dream off any longer; Jack always told me he was going to start his own business, or go back to school, but he never did.”

Other times, a life changing event can move us to take action. “After seeing my mother go through her end-of-life journey, I want to make sure my loved ones know my wishes about advanced medical treatments.” Or, “Now that I’m a parent, I need to make sure I save for my child’s education… write my will… buy more life insurance… etc…”

Setting Priorities
Priorities change as life changes. We need to ask ourselves who and what is most meaningful to us. What goals have the most immediate need to be reached and why? Is it the peace of mind knowing that you can “check off” an important goal from your list?

Alternating the accomplishment of reaching a practical or serious goal with the pursuit of a pleasurable or fun goal can be another incentive: “I will make plans for my next vacation after I update my retirement portfolio,” is one way to meet some goals and to hopefully feel we are living life to its fullest along the way.

By: Amanda Patterson, RN
Administrative Director
Hospice of South Georgia
The Silver Cross Society recognizes an elite group of community members, employees and affiliated physicians who have pledged a minimum of $10,000 to the South Georgia Medical Center Foundation.

**President’s Circle**
Members who have the distinction of donating $25,000 or more

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This report recognizes donors of South Georgia Medical Center Foundation. Every gift, regardless of size, is sincerely appreciated and ensures continued progress at South Georgia Medical Center. The Medical Center and Foundation are not-for-profit institutions, and all gifts to the Foundation are tax-deductible within the limits of the law. We thank these donors for their concern for the future of health care in the region.

The Capital Club represents corporate partnerships between businesses and other organizations that support the SGMC Foundation and its mission in our community. These memberships are specific to each capital campaign and therefore, we will add new donors as pledges are received. The new “Stories of Healing” campaign begins now and runs through 2014. We welcome your support.

GRAND ALLIANCE
Kohl’s

GOLD MEDALLION
Georgia Power

These members of the Cornerstone Club, who are dedicated to the advancement of health care made an annual commitment of $100 or more to the SGMC Foundation. Listed below are memberships for the past 15 months between July 1, 2010 through October 31, 2011. We would like to give a special “thank you” to the 104 new members who joined during our membership drive!

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Mr. & Mrs. Chris Williams
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The Heritage Circle recognizes a group of significant supporters who provide for the future of the SGMC Foundation through their estate plans.

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*Deceased
HEART! (Hospital Employees Achieving Resources Together!) is the employee-giving program which recognizes SGMC employees who support the SGMC Foundation. Below we have listed our new members from June 1, 2011 through October 31, 2011. The complete list of employee support is on the lobby wall plaque in the hospital.

GOLD
Cynthia Manion
Cheryl Pounds
Cynthia Sadler
Deborah Sauls
Jeff Sherman
Rhonda Smith
Judy Warren

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Libby B. Bickers
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Tammy Rigdon
Donna Rollins
Ivelisse Sayre
Brian Sayre
Chrissi Spence

A special “THANK YOU” to HEART!

The employees of South Georgia Medical have graciously stepped up to the plate once again for their internal fundraising drive in support of the Foundation’s Stories of Healing campaign. The employee giving club is called HEART! — Hospital Employees Achieving Resources Together. HEART! has an advisory committee which consists of volunteers who are interested in helping the hospital obtain the financial support necessary to expand and provide state-of-the-art equipment and services for the future. The committee selected the project for the current campaign and recently held a series of “round-the-clock” meetings. Employees were invited to view a video starring HEART! members and to learn more about HEART!, the Foundation, and how they could provide additional support for this and future projects.

The Stories of Healing campaign is a three-year venture, and this year’s HEART! drive was able to raise approximately $78,000 in pledges. Employees, over the next three years, will have pledged and paid $234,000 to the new Patient Tower and Dasher Heart Center. HEART! also has previously-collected employee donations, which were not committed to a specific project, totalling $236,000, which will be applied toward this new campaign project. We are pleased to announce our campaign pledge from the HEART! members at SGMC will be $470,000.00!!!!

The employees of South Georgia Medical Center have reason to celebrate and be praised. They are an awesome group of dedicated individuals who truly care about this organization and are committed to improving the quality of health care in our community.

By: Elizabeth Vickers
SGMC Foundation Director

By: Elizabeth Vickers
SGMC Foundation Director
GIFTS OF TRIBUTE
Gifts of Tribute are memorials or honorariums of any amount to honor or memorialize a friend or loved one. Below are all gifts of tribute received from June 1, 2011 through October 31, 2011.

MEMORIALS
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Dr. Louis Levy

SPEEDY RECOVERY DONORS
The SGMC Foundation Speedy Recovery program is a unique giving opportunity to send a friend or loved one a “Get Well Wish” during their stay at SGMC. Listed below are donors who participated in that program from June 1, through October 31, 2011.

Langdale Forest Products
SGMC
Susan Swader

Every effort has been made to present a comprehensive list of our esteemed supporters. Please notify us of any accidental oversights, so that we may correct them in subsequent publications. Thank you.
SGMC Foundation, P.O. Box 1727, Valdosta, GA 31603-1727 • 229.333.1071
www.sgmcdonatenow
Cure for the common cold? Maybe it’s yogurt

Colds, sinus infections and other upper respiratory tract infections are the leading reason for visits to the doctor in the United States. But according to a study reported by Yahoo News, eating yogurt could help you avoid a cold.

Yogurt contains probiotics—bacteria that can benefit the body’s immune system. In addition to yogurt, probiotics are found in fermented and non-fermented dairy products and in soy products like miso and soy drinks. A review of data involving more than 3,000 participants found that patients who consumed foods with probiotics for more than one week came down with 12 percent fewer upper respiratory infections than those who were treated with a placebo, or who ate probiotic foods for less than a week.

First Draft

What Counts as Water? Stay Hydrated and Healthy

Water doesn’t get the same media attention as green tea, antioxidants and the latest fad diets. Yet it plays a much more critical part in our daily lives and our bodies.

Our bodies are made up of about 60% water, and every system depends on water. So water is important for healthy skin, hair and nails, as well as controlling body temperature, heart rate and blood pressure.

“It’s definitely essential,” says Jim White, registered dietitian and personal trainer in Virginia Beach, Va., and American Dietetic Association spokesman.

“What we’re finding is so many people are deficient,” he notes. “We’re seeing a huge decrease in athletic performance and fatigue that’s caused by the lack of hydration.”

You can stay fully hydrated throughout the day by drinking water and other fluids, as well as eating foods that are hydrating.

What Counts as Water?

Fruits are an excellent source for water. Watermelon is 90% water, so it ranks highest on the list. Oranges, grapefruit and melons like cantaloupe and honeydew are also strong contenders.

Vegetables, though not as full of water as fruit, can also provide a nutrient-rich water source. Stick with celery, cucumbers, tomatoes, green peppers and Romaine lettuce.

There are plenty of hidden sources of water in your diet, says White. If you want to tap into these foods, reach for oatmeal, yogurt, soup and smoothies.

Besides guzzling water, milk is a top choice to refuel. Sodas, even diet ones, get a bad rap for lacking nutritional value, but they can still be hydrating. Juices and sports drinks are also hydrating -- you can lower the sugar content by diluting them with water.

Coffee and tea also count in your tally. Many used to believe that they were dehydrating, but that myth has been debunked. The diuretic effect does not offset hydration.

Alcohol is a huge dehydrator, says White. You should try to limit your intake, but if you are going to raise a glass, aim for at least a one-to-one ratio with water.

If you don’t like the taste of plain water, White suggests adding lemon to it. Or test out your own concoction, like sparkling water with raspberries with a sprig of mint.

Web MD
One Day at a Time

Have you ever heard the saying, “No one knows your body like you do?” This statement could not have been more truthful for Lee Ann Roberts as she conducted a breast self-exam and discovered a lump. Up until then, 39-year-old Lee Ann led a very healthy, normal lifestyle.
As a mother of three and married to her best friend for nearly twenty years, breast cancer was the last thing on Lee Ann’s mind. There was no family history and she had just received a mammogram less than a year prior; therefore, she figured the small lump was not a big deal.

As she continued to conduct self checks and find the same small lump, she eventually made the decision to consult her doctor. Initially, Lee Ann was told not to worry about the lump, that it probably was not anything major—especially given the statistic that 8 out of 10 lumps are non-cancerous. However, she knew something was not right and insisted on having a test done. At ease when returning for the results, Lee Ann had not given cancer a second thought, but wanted to be sure. As her physician entered the room an unsettling feeling entered Lee Ann’s body as she was told the results came back positive and she had breast cancer. Unsure of how her life was going to change, Lee Ann decided not to allow breast cancer to control her. She realized in the grand scheme of things, the loss of her breast and eventually her hair during chemotherapy was far less important than her overall health. Treated at the Pearlman Cancer Center and now seven years cancer free, Lee Ann continues to live a healthy, well balanced life—often taking time to strengthen and encourage others going through similar situations. When asked where she thinks she may be had she not conducted a self check she replied, “I may not be here today.” Who would ever think that simply taking time to conduct a self-exam would be the key to saving a life? Self exams account for nearly 70 percent of people diagnosed with breast cancer each year increasing the five-year survival rate to 98 percent.

As the most commonly diagnosed form of cancer, breast cancer is expected to affect nearly 300,000 people in 2011 alone. Therefore, it is important to have regular check ups and follow your doctor’s orders. While there is no sure way to prevent breast cancer from occurring, there are ways to decrease the risk, such as maintaining a healthy diet, reducing alcohol intake, exercising regularly, breastfeeding if able and limiting the use of estrogen. Statistics show that 1 in 8 women has the chance of developing breast cancer in her life, so it is time to stop avoiding the conversation and talk with a primary care provider today. Don’t wait until it is too late.

Lee Ann Roberts is one of the lucky ones, who through early detection, was able to cut cancer off at the pass. “Life is a miracle and I think now I am a miracle,” said Lee Ann. Although she never liked the saying, “take life one day at a time,” through her experience, she is doing just that and loving every moment.
Every day, I have the opportunity to sit down with people and get to know them. Being able to listen to others and help them is an extreme blessing. I have noticed that when people experience turmoil they turn to their closest relationships for support. Here, we see the importance of having strong relationships with family and friends. The truth is we really do need each other. What I have discovered is that quality of life has everything to do with the quality of one’s relationships.

For a relationship to be good and healthy it has to have the right foundation. In speaking to our children at church last Sunday we taught about the Golden Rule. Unless you live under a rock, you know that this says that we are to do for others just as we want them to do for us. I’d like to share with you how this lesson went as I spoke with this group of energetic young minds:

I asked, “Don’t you like it when someone says ‘You look nice today’ or ‘I am so proud of you?’ It feels good to receive a compliment from someone, doesn’t it? Now...when was the last time you told someone else something nice?”

As the words came out of my mouth I instantly felt convicted, as if I needed to hear this more than they did. I thought to myself that I am not the world’s best at keeping the Golden Rule. The reality is that good things happen when we say and do nice things for others. That starts with ME. We cannot control what anyone else does, but we can control what we do. As you speak positive things it starts a wave of goodness, not just in our houses of worship, but at the office or in the checkout line. We can be more concerned with appearing funny or intelligent than showing genuine love for others. Many would rather groan and complain than show concern. Real relationships start with being interested, not attempts at being interesting.

Could it be true that the most important lessons in life were learned by the time we got out of kindergarten? We need to share our toys. We should listen, and we should say and do nice things more often. Rather than waiting for someone else to do for you, do for someone else; and watch the good that will result. It starts with you.

Blessings!

By:
Brian Sayre, SGMC Chaplain
JANUARY 2012
* Getting Ready to Quit — Smoking Cessation Series
January 3, 10, 17 & 24 • 5:30 to 6:30pm • Refreshments served • Call 229.333.1074 for class location.

* Cervical Cancer Screening
January 19 • 5:00 to 8:00pm • Pearlman Cancer Center • To register or for more info, call 229.333.1074.

Walk & Talk
January 31 • 9:00 to 10:00am • Meet in the Chick-fil-A in the mall • Co-sponsors: SGMC/Valdosta Mall

FEBRUARY 2012
* Heart Health Expo
February 4 • 10:00am to 1:00pm • VSU’s University Center • To register or for more info, call 229.333.1074.

* Freshstart Smoking Cessation Series
February 2, 9, 16 & 23 • 7:30 to 8:30am • Light breakfast provided • Call 229.333.1074 for class location.

* Oral Cancer Screening
February 16 • 6:00 to 8:00pm • Pearlman Cancer Center • To register or for more info, call 229.333.1074.

Walk & Talk
February 28 • 9:00 to 10:00am • Meet in the Chick-fil-A in the mall • Co-sponsors: SGMC/Valdosta Mall

MARCH 2012
* Getting Ready to Quit — Smoking Cessation Series
March 5, 12, 19 & 26 • 12:30 to 1:30pm • Lunch provided • Call 229.333.1074 for class location.

Walk & Talk
March 27 • 9:00 to 10:00am • Meet in the Chick-fil-A in the mall • Co-sponsors: SGMC/Valdosta Mall

*Indicates pre-registration is required. Visit www.sgmc.org for more information or to register. Programs are complimentary unless fee is noted.

PARENTING CLASSES
PREPARED CHILDBIRTH
(Two-night series)
6:30 to 8:30pm
January 4 & 30
February 6 & 29
March 12 & 26

BREASTFEEDING BASICS
6:00 to 7:00pm
January 16, February 20
March 19

INFANT CPR
7:00 to 8:00pm
January 18
February 15 & 17
March 21

TENDER LOVING CARE
For Infants (Infant Massage)
6:30 to 8:30pm
January 11, February 1 & 13
March 14

SO...MOM’S HAVING A BABY
6:30 to 7:30pm
January 25, February 22
March 28

POST-PARTUM
7:00 to 8:30pm
January 9, February 8
March 5

SATURDAY COMBO CLASS
Consists of the Childbirth Class Series and the TLC Class
8:30am to 1:30pm
January 14

Support Groups
LIFE WITH DIABETES
6:00pm • January 16, February 20, March 19
SGMC Diabetes Management Center. Call 229.249.4121 for information.

MENDED HEARTS
6:00pm • February 7
SGMC Dining Room 1. Call 229.245.6211 for information.

STROKE & HEAD INJURY
6:00pm • January 10, February 14, March 13
PCC Conference Room. Call 229.259.4292 for information.

SGMC BEST BUDDIES
(Breast Cancer)
6:00pm • January 24, February 28, March 27
PCC Conference Room. Call 229.259.4624 for information.

*All parenting classes require pre-registration. Call 229.333.1070, or visit www.sgmc.org/events for additional information or to register. Location of programs given at time of registration. Some fees may be required.

Calendar subject to change.
The new **Stroke Program at SGMC** provides a higher level of care with its new protocol — **CODE STROKE**

**STROKE**
**Strokes FAST. You should too. Call 911.**

**STROKE WARNING SIGNS**
For every minute a stroke is left untreated, millions of brain cells die. Call 911 immediately if you or a loved one is experiencing:

**F**ace: facial droop, sudden numbness, tingling, blurred vision; check for a crooked smile.

**A**rm: sudden weakness, numbness, tingling of the arm. Hold both arms out, close your eyes, check for drifting of one arm.

**S**peech: sudden slurred or garbled speech; repeat a sentence and listen for changes in speech or another's inability to follow this command.

**T**ime: Call 911 immediately; STROKE is a medical emergency!