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Your heart and brain are vital organs. When you have a heart attack or stroke it is a life and death emergency. The faster you get to a hospital for treatment, the less damage to your heart and brain. Every second counts. If you make the call in time, it can save your life!

Call 911 right away if you are having any of the following signs and symptoms:

Most Common Stroke Warning Signs

- Sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Most Common Heart Attack Warning Signs

- Discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Breaking out in a cold sweat, nausea or lightheadedness

**Heart attack and stroke are emergencies!
Do not ignore the warning signs. Call 911 immediately!**



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HEALTH RESOURCE GUIDE INDEX

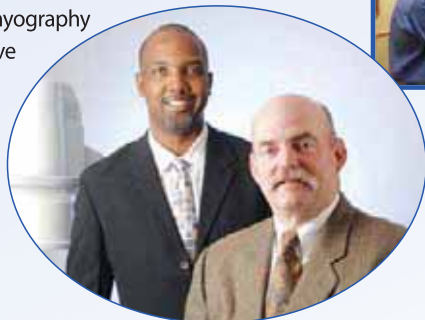
The Athens Banner-Herald is pleased to bring you this Health Resource Guide. You will find helpful information on medical services, hospitals and healthcare in the Clarke County and Northeast Georgia area. We would like to thank Athens Regional Medical Center, St. Mary's Healthcare System and all area healthcare providers listed below. Be sure to see a complete listing of physicians on staff with ARMC and St. Mary's on pages 42-48 of this booklet.

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NEWS

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St. Mary's New Outpatient Center Unites 5 Services Under One Roof

St. Mary's new Outpatient Diagnostic, Rehab and Wellness Center at The Exchange off Ga. 316 provides spacious facilities, expanded services and greater convenience for Northeast Georgia residents.

Located less than a mile from the Athens Perimeter at 2470 Daniels Bridge Road, the new outpatient center is a "one-stop shop" for exercise, mammography, CT and MRI scanning, bone density testing, rehabilitation services, sleep studies and laboratory services.

"This new facility allows us to extend our outreach to the community," says Tom Fitz, St. Mary's President and CEO. "The convenient location puts vital diagnostic and wellness services within easy driving distance of people anywhere in Northeast Georgia."

The new center includes:



- A new outpatient Radiology Center, featuring high-speed CT; fast,

quiet and comfortable MRI; mammography, often with same-day scheduling; bone density testing; ultrasound, and medical x-ray radiography. Extended hours available on weekdays and Saturday mornings. Outpatient radiology services also are available at St. Mary's Hospital. (706) 389-2300



- An expanded Wellness Center, open 24 hours a day, seven

days a week, featuring new LifeFitness strength-training and cardiovascular equipment, private massage and exercise classrooms, and ongoing services such as Cardiac Rehab Phase III, Supervised Exercise and Youth Fit For Life. Corporate rates and UGA discounts are available. (706) 389-3355



- An expanded outpatient rehabilitation center, providing

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What's New? Devices That Keep Baby Boomers Looking And Hearing Sharp!

The heart of rock and roll is still beating in rock legend Huey Lewis, but like many baby boomers, his hearing could use a little boost. "As you know, we've played some loud music in our day and my hearing was deteriorating for a while," says Lewis. "I went and got it checked, and sure enough, I had a fairly significant hearing loss."

Lewis is not alone. One in every six baby boomers has some type of hearing problem. But a groundbreaking new hearing device is changing the way baby boomers think about hearing solutions. It's called Delta, developed by Oticon. Delta is ideal for active people, the success-oriented generation- you, with light to moderate hearing loss who want a hearing solution that combines great-looking, contemporary design with state-of-the art digital technology.

The newest on the market is the dotTM by ReSound. So small, the dot's unique ergonomic design also makes it light-weight and comfortable to wear. It features automatic programming, adjusting to your preferences; and a feedback cancellation system, diminishing any whistling. If you have had trouble hearing in restaurants, at parties or in other large group settings, the dotTM may be right for you.

Here's more good news: These Open Fit hearing instruments can be fit and programmed 'on the spot without the hassle of taking an ear impression.' There's no need to wait for hearing instruments to be sent by the manufacturer.

In addition to these Open Fit hearing instruments, the advent of wireless technology has enabled the creation of wireless electronic devices suitable for those with normal hearing who want a more comfortable, custom communication solution. The compact and lightweight ELI makes hearing instruments instantly compatible with mobile phones and other wireless devices. ELI's signal automatically overrides a hearing instrument's microphone signal, improving sound and clarity. When a call ends, ELI automatically returns to

the instrument's normal microphone mode. Wearers can also listen to television, computer or music wirelessly.

Then there is the personal Bluetooth® digital audio device which enables clear hearing in noisy environments. A great solution for classroom or conference settings, a discussion leader can connect the transmitter for enhanced sound to the patient's ELI. BluPAL can also be connected to the audio output of sound systems like televisions, FM radios and mp3 players.

And if these types of hearing devices are not for you, we have one that is! Not limited to one national vendor, we can offer our customers various choices. Unlike other centers in the area, Georgia Hearing Center is able to provide 3 year warranties and a 3 year supply of batteries, at no additional cost to the consumer.

At Georgia Hearing Center, we understand hearing aids are a big investment; priceless when you can understand your family, friends and co-workers. Our professional and responsive audiologists work with you, so your hearing aids work for you. Customized service is as important to us as it is to the customer.

Our advice, be hearing health conscious and an educated consumer. For clients seeking high-value features, proven performance and outstanding value, don't look for just sales and service people, choose a true hearing healthcare professional- an audiologist- and establish a long term, trusting relationship.

You Told Us So, Again

For the past three years when the Athens Banner-Herald surveyed its readers, people voted Georgia Hearing Center as having the best hearing professionals. Our sincerest thanks to everyone for letting your community know where to go for their hearing health.

Which hearing aid is right for you? It's your call. Georgia Hearing Center is open Monday through Friday, 8:30am - 5:00pm. We invite you to consult our website at www.georgiahearingcenter.com. Call us when you are ready! We are always here for you.

(Quoted by Huey Lewis compliments of Oticon Hearing Systems, Inc.)

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ONE MAN'S STORY

Fighting Cancer Takes A Village And Good Insurance

When Robert, 51, learned last year he had colon cancer after a routine colonoscopy, he told his family and only a few close friends. He detests pity, so he kept his feelings to himself. (He now admits that was wrong.)

First he went to the Internet to learn answers to questions he didn't know he should ask. Armed with cyber-knowledge, CDs of his scans and slides of his cells, he sought a second opinion. Other doctors confirmed his diagnosis and treatment recommendations. They commented about how well his local doctors were coordinating his care. His prognosis was good because the colonoscopy found the tumor early.

Since his cancer journey began, there's been no shortage of friends to drive Robert to treatments, help with chores, listen when he needs to talk and share hugs. A former tough guy who always joked through emotional or physical pain, Robert has become sensitive, gentle and appreciative. He often tells family and friends, "I love you." He says he never realized what true wealth was about until his "village" encircled him.

Robert has learned another important lesson: Fighting cancer is hard enough; a patient shouldn't have to fight his insurance company, too.

He thought he had good health insurance. Instead, he learned the insurer – not the physician -- determines who can treat him and what is "medically necessary." For example, three days of anti-nausea medicine that prevents vomiting after chemotherapy was not covered if he received the drug intravenously prior to treatment. And some of his cancer doctors who were in his insurance network last year, are out of it now.

"I fear we are returning to the dark days of 20 years ago in treating cancer," says Carolyn Briscoe, clinical coordinator for Northeast Georgia Cancer Care in Athens. "The IV anti-nausea drug only helps for a few hours. If a patient can't pay for a prescription, he may have to endure three or four days of being terribly sick after the treatment."

Robert buys his expensive anti-nausea pills and credits them with preventing even a twinge of queasiness. He refused to change doctors in the middle of his treatment. Despite his mounting debt, he says switching doctors now would threaten his survival.

The time to understand what health insurance covers and what it doesn't is when you're healthy. If there's a choice of benefits plans, many people quickly choose the least expensive with the most limits. But cancer doesn't discriminate between insurance plans. Spending a little extra for a PPO or indemnity plan may tighten the family budget. It also provides the most choices if serious illness or an accident occurs. This can be a life-saving difference.

As soon as his employer has open enrollment again, Robert plans to change his insurance. In the meantime, he will continue to dispense and receive hugs and pay down his debt while he looks forward to sharing the rest of his life with his village family.

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When Time Is Muscle:

Every Second Counts When Dealing With Emergent Cardiac Conditions

Late on Saturday, September 9, 2006, Winterville resident Ronnie Rose came to Athens Regional Medical Center's (ARMC) Emergency Department. He wasn't in pain, but had experienced "tightness" in his throat that just wouldn't go away and was "feeling swimmy headed." An EKG performed immediately confirmed that Ronnie was experiencing a heart attack. Within seventy-nine minutes after that, the blockage causing his heart attack had been opened with a balloon and stent.

"I remember just telling the ED folks how I was feeling and the next thing I know I was hooked up to an EKG machine and on my way to the Cardiac Cath Lab," Rose recalled.

This frightening scenario is more common than you might think. Each year, thousands of people experience heart attack symptoms, some without really knowing it. The danger in not recognizing these early warning signs is that "time is muscle" when it comes to heart attacks.

Ronnie Rose's experience is a prime example of why time is so important. His heart attack was the result of a complete blockage in a coronary artery. When a heart attack occurs, the heart muscle that has lost blood supply begins to die. The amount of damage to the heart muscle depends on the size of the area supplied by the blocked artery and the time between the first signs of a heart attack and treatment.

Emergency angioplasty is a minimally invasive surgical procedure designed to open coronary artery blockages that impede proper blood flow to the heart. During angioplasty, a cardiologist inserts a catheter into a patient's coronary artery, and uses a balloon-like device at the end of the catheter, sometimes carrying a stent as in Ronnie's case, to relieve the blockage, opening the artery and restoring blood flow. In recent studies, angioplasty has been shown to be the superior strategy for treating certain types of heart attacks.

The American College of Cardiology (ACC) recommends door-to-balloon (D2B) time, which is the time it takes from when a patient arrives at the Emergency Department doors with an emergent cardiac condition to the time when lifesaving angioplasty is performed, be it at or below 90 minutes. The ACC reports that national mortality rates decreased from 7.4% to 3.0% as treatment time decreased from greater than 150 minutes to less than 90 minutes.

"Having the technology and the expertise to perform emergency angioplasty is a great benefit to our area," said Dr. Daniel H. Magill, III, Medical Director of the Cardiac Catheterization Center at ARMC. "There have been multiple studies over the last few years, demonstrating that the best way to treat STEMI (ST - Segment Elevation Myocardial Infarction) is to mechanically open up the vessel instead of giving thrombolytic drugs. The mortality rates are decreased and you can preserve more heart muscle."

Having the technology and the expertise to perform angioplasty is only part of the lifesaving equation. Understanding the correlation between door-to-balloon times and mortality, Athens Regional emergency physicians, cardiologists and staff formed a multidisciplinary group to design care processes to consistently deliver timely angioplasty to heart attack patients. The

D2B times at Athens Regional now average less than 70 minutes.

"The D2B program at Athens Regional has been a resounding success. When dealing with emergent cardiac conditions, time is crucial," said Dr. Carolann Eisenhart, Medical Director of Athens Regional Medical Center's Emergency Services. "Minutes can literally mean the difference between life and death or between a good functional outcome and a bad functional outcome."

The hospital continues to do its part to ensure heart attack patients receive timely care. However, one cannot underestimate the important role played by the patient. The greatest loss of time from the onset of a heart attack to treatment typically occurs prior to arriving at the hospital.

Most Common Heart Attack Warning Signs

- *Discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back.*

It can feel like uncomfortable pressure, squeezing, fullness or pain.

- *Pain or discomfort in one or both arms, the back, neck, jaw or stomach*

- *Shortness of breath with or without chest discomfort*
 - *Breaking out in a cold sweat, nausea or lightheadedness*

Being able to recognize the common signs and symptoms of a heart attack is vital. Some heart attacks are sudden and intense, leaving little doubt as to what is happening. Most heart attacks start slow with mild pain or discomfort in the chest that last more than a few minutes or that goes away and comes back. Discomfort in other areas of the upper body, like pain in one or both arms, the back, neck, jaw or stomach are other symptoms of a cardiac event. Shortness of breath, with or without chest discomfort, breaking out in a cold sweat, nausea or lightheadedness may also indicate the onset of a heart attack.

Kurt Horst, an emergency physician with Athens Regional's Emergency Medical Services, warns that if you feel you are experiencing heart attack symptoms, your first reaction should be to call 9-1-1.

"When the ambulance arrives, highly trained EMTs and paramedics perform an assessment and begin treatment, providing immediate access to the health care system," Dr. Horst said. "They will also rapidly identify and treat life-threatening arrhythmias and cardiac arrest, both complications of heart attack, which often occur without warning."

Ronnie and his wife Anne are looking forward to celebrating their 38th anniversary this year, a momentous occasion that Anne says would not have been possible without the physicians and nurses at Athens Regional.

"From day one, they didn't know if he'd make. We are grateful to the surgeons, doctors, nurses and everyone else at the hospital that helped get Ronnie through this. Without them, he wouldn't be here right now."

by Mike Pilcher

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NEWS

St. Mary's Cardiac Services Grow Again

St. Mary's proudly announces the continued expansion of its cardiac services.



John Layher, M.D.

On April 17, St. Mary's teamed up with long-time Athens cardiologists John Layher, M.D., and Steven Lowman, M.D., to create the Oconee Heart and Vascular

Center. This new cardiology practice, based at St. Mary's Hospital, offers patients a wide range of heart and blood vessel care.

"We are very proud that Dr. Layher and Dr. Lowman have strengthened their ties to the St. Mary's family of services," said St. Mary's President and CEO Tom Fitz. "St. Mary's continues to raise the bar for cardiac care in North-east Georgia."



Steven Lowman, M.D.

The creation of Oconee Heart and

Vascular Center is the latest of many innovations from St. Mary's:

- In 2007, St. Mary's was named one of the first 25 centers for heart failure care in the United States. This certification was awarded by the nation's most prestigious authority on hospital quality: the Joint Commission on the Accreditation of Healthcare Organizations.

Heart failure is a progressive, debilitating condition in which the heart cannot pump enough blood to meet the body's needs. With state-of-the-art facilities and experienced, caring staff, St. Mary's helps hundreds of heart failure patients lead more active, meaningful lives.

- Also in 2007, St. Mary's created Athens Cardiac Arrhythmia Center, Athens' first and only "one stop shop" for the care and treatment of irregular heart rhythms. Today, cardiac electrophysiologist Amit Shah, M.D., Ph.D., provides a continuum of arrhythmia care, from diagnosis to treatment to device implantation and health monitoring.



Amit Shah, M.D., Ph.D.

"Cardiac arrhythmia is a serious medical problem," Dr. Shah explains. "Effective treatment not only can save lives, but can vastly improve the quality of life for most

patients with irregular heartbeat disorders."

Other recent innovations from St. Mary's include:

- New Cardiac Catheterization / Electrophysiology Lab
- Early detection
- Emergency care
- Echocardiogram/Stress Lab
- Coumadin Clinic
- Wellness Center



For more information call (706) 389-3000 or visit St. Mary's website at www.stmarysathens.org. Athens Cardiac Arrhythmia Center (706-389-7800) and Oconee Heart and Vascular Center (706-389-3440) are accepting new patients; talk to your primary care physician for a referral.



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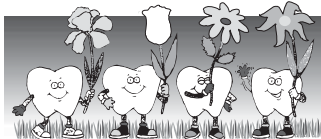
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Permanent tooth -

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CDC Recommends Flu Shots For All Kids

A Centers for Disease Control advisory committee has recently voted to expand the recommended ages for annual influenza vaccination of children to include all children from 6 months to 18 years of age.

Studies have shown that healthy children bear a significant burden from influenza disease and are at increased risk of needing influenza-related medical care. In addition, there is evidence showing that reducing influenza transmission among children has the potential to reduce influenza among their household contacts and within the community.

"This new recommendation should reduce the risk of influenza infections among children of all ages, and their consequent need for medical visits and missed time from school," says Dr. Anne Schuchat, director of CDC's National Center for Immunization and Respiratory Diseases.

The committee continues to recommend vaccination of all children who have certain chronic medical conditions, such as asthma, diabetes, kidney disease or weakened immune systems. In addition, vaccinating children younger than 5 years old should



continue to be a priority because they are at higher risk for more severe influenza complications compared to older children. Household contacts of children younger than 6 months old should be vaccinated because children younger than 6 months cannot be given influenza vaccine, but they are the pediatric group at highest risk of influenza complications.

Source: Centers for Disease Control, www.cdc.gov

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Protect Kids From Summer Sun

It's never too early to save your skin — or your children's — from the sun. Medical experts agree that too much exposure to the sun in childhood or adolescence is a major cause of skin cancer and premature skin aging later in life. Health experts also believe that ultraviolet rays may weaken the immune system.

You can take steps early and often to minimize the sun's harmful effects. Using sunscreens and sun-protective clothing can reduce your children's risk of skin damage later in life. It's important to understand the labeling information on sun protection products and shop carefully before heading to the beach, the tennis court or park. The Federal Trade Commission (FTC) carefully monitors this information to help you make wise purchasing decisions.

Sunscreens provide some protection by blocking the sun's rays on the skin. They are labeled with a sun protection factor (SPF). The higher the SPF, the greater the protection against harmful sun rays. Even people wearing high SPF sunscreens get some exposure. To minimize the damage:

- Use water-resistant sunscreens that help protect skin from both UVA and UVB rays and that have SPF numbers of at least 15.
- Apply sunscreen liberally (at least one large handful) about 30 minutes before going outside. No matter what sunscreen product is used, reapply it after swimming, toweling, or any vigorous activity that causes heavy perspiration. Toweling off can remove even water-resistant sunscreen.
- Remember to apply sunscreen to children's skin even when they are under a beach umbrella. The sun's rays can reflect off surrounding concrete or sand.

Source: The Federal Trade Commission, www.ftc.gov

Protecting Kids

- Remember the sun is strongest from 10 a.m. to 3 p.m. Schedule children's outdoor activities accordingly.
- Dress children for maximum protection. Hats with brims and tightly woven, long-sleeved shirts and pants offer the best defense. Look for the Ultraviolet Protection Factor (UPF) to ensure sufficient protection.
- Select sunglasses that help screen out both UVA and UVB rays. UV rays may contribute to the development of cataracts. Sunglasses that are close-fitting and have big lenses offer more protection.
- Keep babies younger than six months out of the sun. Sunscreens may irritate baby skin, and an infant's developing eyes are especially vulnerable to sunlight.
- Teen-agers who work outside as lifeguards, gardeners or construction workers may be at special risk for skin damage and need adequate protection before going out in the sun. Try to discourage teens from going to tanning parlors. Like the sun, tanning devices can damage the skin and eyes.

Source: The Federal Trade Commission, www.ftc.gov

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Athens Regional Medical Center Community Calendar

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Breast Cancer Networking Group

2nd Thursdays
7 to 8:30 p.m.
(706)475-4900

Coming To Grips With Chronic Illness

2nd Tuesdays
11 a.m. to noon
(706)475-4900

Facing Cancer With Love and Laughter

3rd Wednesdays
11:30 to 1 p.m.
(706)475-4900

Laryngectomy Support Group

Second Sundays
2:30 to 4 p.m.
(706)354-3511

Living With Diabetes Support Group

First Mondays
This group meets in the ARMC
Medical Services Building.
(706)475-5600

Lupus Support Group

2nd Tuesdays
7 p.m.
(706)475-4900

Ovarian Cancer Chat Group

2nd Tuesdays
1 to 2:30 p.m.
(706)475-4900

Ostomy Support Group

2nd Sundays
2 to 3:30 p.m.
(706)475-4900

Prostate Cancer Support Group

4th Tuesdays
7 p.m.
(706)543-0402; (706)543-5602

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St. Mary's Healthcare System Community Calendar

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(706)389-3389

Breastfeeding 101

2nd Mondays
7 to 9 p.m.
\$10

Bundles of Joy

Mondays
1 p.m.
(706)389-3389

Family Birth Center Tours

1st Sundays
2 p.m.
(706)389-3389
Free

Introduction to St. Mary's Women's Center

2nd Tuesdays
5:30 to 6:30 p.m.
(706)389-3389
Free

Siblings Class: Baby & Me!

1st Mondays
6:30 to 7:30 p.m.
\$5

Breast Cancer Support Group

Last Thursday of each month
6:30 to 8 p.m.
(706)389-3389

Childbirth Education

10-hour course, \$50
4-hour course, \$40

Diabetes Education

Call (706)389-2150 for dates and information.

Diabetes Support Group

First Tuesdays
10 to 11 a.m.
(706)389-2150

Defensive Driving

Call (706)389-3389 for dates, times and cost.

Joint Support Club

4th Mondays
11:30 a.m. to 12:30 p.m.
(706)389-2900

Stroke Support Group

1st Tuesdays
9 to 10 a.m.
(706)389-3389

Toddle Time

Fridays
10 a.m. to noon
(706)389-3389

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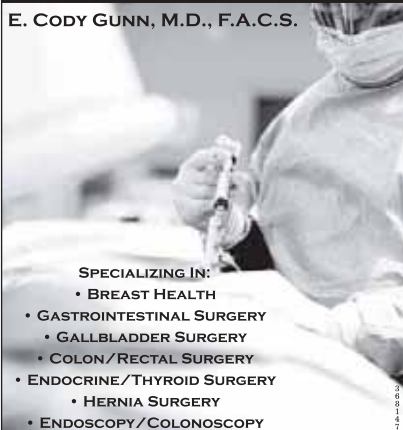


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Dr. Jing Dong opened the Clear View Surgery Center in January 2007. This fully accredited ambulatory surgery center has passed a series of rigorous and nationally recognized standards for the provision of quality health care, set by the Accreditation Association for Ambulatory Health Care, Inc. "Accreditation underscores our long-standing commitment to providing the highest possible levels of quality care to the community we serve," said Dr. Dong.

Ambulatory health care organizations seeking accreditation undergo an extensive on-site, peer-based survey of its facilities and services. Not all ambulatory health care organizations seek accreditation; not all undergoing the on-site survey are granted accreditation.

In the Clear View Surgery Center, Dr. Dong performs cataract surgery, lid surgeries and ophthalmic laser surgery. Not only does the center provide the patient with the best possible technology, it also provides a comfortable setting for patients to help alleviate their pre-surgery anxiety at a cost below conventional surgery settings.

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Buying Meds Online Comes With Risks

The Food and Drug Administration cannot warn people enough about the possible dangers of buying medications online. Some Web sites sell medicine, such as prescription and over-the-counter drugs, that may not be safe to use and could put people's health at risk. The current system of federal and state safeguards for protecting consumers from using inappropriate or unsafe drugs has generally served the country well. But FDA says that the best way consumers can protect themselves is to become educated about safe online shopping.

SET YOUR SITES HIGH

Buying such prescription and over-the-counter drugs online from a company you don't know means you may not know exactly what you're getting. While many Web sites are operating legally and offering convenience, privacy, and the safeguards of traditional procedures for dispensing drugs, consumers must be wary of "rogue Web sites" that aren't operating within the law. A Web site can look very sophisticated and legitimate but actually be an illegal operation.

These sites often sell unapproved drugs, or if they market approved drugs, they often sidestep required practices meant to protect consumers. Some Web sites sell counterfeit drugs. Although counterfeit drugs may look exactly like real FDA-approved drugs, they are not legitimate and are of unknown quality and safety. If you're considering buying medicine over the Internet, look for Web sites with practices that protect you. If there is no way to contact the Web site pharmacy by phone, if prices are dramatically lower than the competition, or if no prescription from your doctor is required, you should be especially wary.

Safe Web sites should:

- Be located in the United States.
- Be licensed by the state board of pharmacy where the Web site is

operating (visit www.nabp.info for a list of state boards of pharmacy).

- Have a licensed pharmacist available to answer your questions.
- Require a prescription from your doctor or other health care professional who is licensed to prescribe medicines.
- Provide contact information and allow you to talk to a person if you have problems or questions.
- The National Association of Boards of Pharmacy's (NABP) Verified Internet Pharmacy Practice Sites™ Seal, also known as VIPPS® Seal, gives a seal of approval to Internet pharmacy sites that apply and meet state licensure requirements and other VIPPS® criteria.
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Unsafe Web sites:

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Source: U.S. Food and Drug Administration, www.fda.gov



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Take Control of Diabetes

by Mike Pilcher



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Over 20 million adults and children, or about 7 percent of the population, in the U.S. have diabetes. Diabetes is associated with an increased risk for a number of serious, sometimes life threatening complications like heart disease and stroke. The US Centers for Disease Control and Prevention reports that heart disease and stroke account for about 65 percent of deaths in people with diabetes. Furthermore, adults with diabetes are two to four times more likely to die of heart disease than adults without diabetes, and the risk for stroke is 2 to 4 times higher among people with diabetes.

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. When there is not enough insulin in the body to break down sugars, over time high sugar levels change the consistency of blood, making it viscous and less free flowing. As a result, particles in the blood vessels tend to mass together more easily causing plaque and contributing to high blood pressure and abnormal lipid levels.

“That process starts even before noticeably high blood sugars are sometimes detected—people don’t have to have blood sugars in the 200s, 300s and 400s for that to happen,” said Melanie Cassity, Athens Regional’s Diabetes Education Services Program Manager. “When blood sugars become elevated, that process starts and people’s risk for damage to their blood vessels occurs very early, often before diabetes has been diagnosed.”

Too many times, patients are diagnosed with diabetes only after they have been admitted to the hospital with some catastrophic event like a heart attack or a stroke because that process has been going on before they even knew they had blood sugar problems.

Cassity explains there is a whole syndrome of things that happen when people have high blood sugar levels that can contribute to vascular disease. As blood vessels connect to every part of your body, when they are damaged, literally every part of your body is at risk.

The outpatient Diabetes Education Service program at Athens Regional provides individual and group education to help prevent and control diabetes, also aiding in the fight against cardiovascular disease. The specialty certified staff provides comprehensive self-management education and is recognized by the American Diabetes Association for meeting all of the national standards for diabetes self-management education.

“We want to see patients before they ever develop full-scale diabetes because we may be able to help them prevent Type II

diabetes. It may also be possible to reduce further risks of developing vascular diseases that can result in a heart attack or stroke. We can help them make necessary changes in their lifestyle, such as adopting a regular exercise routine, eating healthy and losing weight,” says Cassity.

The team of diabetes education specialists at Athens Regional employ a campaign designed by the American College of Cardiology, the American Diabetes Association and the American Association of Clinical Endocrinologists aimed at educating people on the target numbers related to blood glucose, blood pressure and cholesterol. The ABCs program helps patients take control of their diabetes, while lowering their risks for other life threatening diseases.

A-1-C

The hemoglobin A-1-C test shows what a person’s average glucose has been over the past 2 to 3 months. The American Diabetes Association (ADA) recommends that people aim for an A-1-C score below 7.

Blood pressure

Blood pressure causes the heart to work harder than it should. The ADA recommends that patients with diabetes keep their blood pressure below 130/80 mm/Hg.

Cholesterol

Cholesterol numbers indicate the amount of fat in your blood. There are two forms of cholesterol. HDL cholesterol helps protect your heart. LDL cholesterol can clog your blood vessels and lead to heart disease. Triglycerides are another kind of blood fat that raises your risk for heart disease.

LDL cholesterol	Below 100 mg/dl
HDL cholesterol for men	Above 40 mg/dl
HDL cholesterol for women	Above 50 mg/dl
Triglycerides	Below 150 mg/dl

“We encourage people with diabetes to be very active participants in their disease management. It is important that patients with diabetes work with their healthcare team, and it is critical that patients take charge of their own diabetes management. Patients who are educated and active participants in their self-management have better outcomes than patients who do not know what they need to do. Just taking the medication is not enough.

When you have a chronic disease like diabetes, you need to know what a healthy meal plan is, how to get started on a regular exercise program, where you can go for help to stop smoking and we provide all of those services at Athens Regional.”

For more information on managing your diabetes or for support groups and educational resources, contact Athens Regional Medical Center’s Diabetes Education Services at 706-475-5600 or log on to www.armc.org.



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Strokes Spike Among Middle-Aged Women

Middle-aged women's waists aren't the only thing that increased in the last decade. So did their chance of stroke. In a new study reported at the American Stroke Association's International Stroke Conference 2008, rising obesity rates have been linked to more strokes among women aged 35 to 54.

A previous analysis of stroke prevalence rates in the United States from 1999 to 2004 revealed that women in their midlife years were more than twice as likely as men of similar age to report having had a stroke, said Amytis Towfighi, M.D., an assistant professor in the Neurology Department at the University of Southern California in Los Angeles, Ca.

To determine if this was a new phenomenon and to explore the potential contributions of vascular risk factors to stroke prevalence rates, researchers analyzed data from the National Health and Nutrition Surveys 1988–1994 (NHANES III) and 1999–2004. Researchers found that while 1.79 percent of women ages 35 to 54 who participated in NHANES reported having stroke, only 0.63 percent of women the same ages who participated in the earlier survey (NHANES III), reported stroke.

The researchers concluded that although key traditional risk factors, such as high blood pressure, may not be higher today than in the '90s, obesity and blood sugar markers are on the increase. "Abdominal obesity is a known predictor of stroke in women and may be a key factor in the midlife stroke surge in women," Towfighi said. "This study highlights the need to intensify efforts in curbing the obesity epidemic in the United States."

Source: www.strokeassociation.org

Recognize The Signs Of A Stroke

If you have any of the following symptoms, call for emergency help immediately. The sooner you get help, the more doctors can do to prevent permanent damage.

- Sudden weakness or numbness of the face, arm or leg on one side of the body.
- Sudden dimness or loss of vision, particularly in one eye.
- Loss of speech, trouble talking or understanding what others are saying.
- Sudden severe headache with no known cause.
- Unexplained dizziness, unstable walking or falling, especially in conjunction with any of the other symptoms.

Source: www.familydoctor.org, www.strokeassociation.org

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Get Moving In The Fight Against Type 2 Diabetes

Type 2 diabetes results when the body no longer processes sugar properly. Insulin, a hormone created in the pancreas, moves sugar from the blood into the cells, where it can be used for energy or stored for future use. Without insulin, the body cannot use the sugar.

In people with type 2 diabetes, their bodies don't properly respond to insulin, so their cells don't get enough sugar — or glucose. Instead, glucose builds up in their blood. Over time, high blood glucose levels can seriously damage the eyes, kidneys, nerves and heart.

Type 2 is the most common form of diabetes, and it occurs in people of all ages and races. As many as 90 percent of all people with diabetes have type 2.

Exercise helps the body use glucose for energy, keeping blood sugar at healthy levels. Exercise also helps people maintain their weight so they don't become obese, which puts them at risk for developing type 2 diabetes.

According to the experts at FightType2.com, there is no escape from exercise, which is a critical part of the fight against type 2 diabetes.

"Exercise will help you raise your metabolism, increase muscle mass, and help keep blood sugars down. There are no magic pills that can help you avoid exercise," says FightType2.com.

In addition, physical activity helps insulin

work better, improves your blood circulation, and keeps your joints flexible. If you're trying to lose weight, a combination of physical activity and wise food choices can help you reach your target weight and maintain it.

Here are some tips from the American Diabetes Association on how to get started on a regimen of physical activity that will help you manage your diabetes:

- Find out which activities will be safe for you. Talk to your health care team about which activities will be safe for you. Your health care provider's advice will depend on the condition of your heart, blood vessels, eyes, kidneys, feet, and nervous system. They may recommend that you have an exercise stress test to see how your heart reacts to exercise. If the tests show signs of disease, ask what physical activities will help you without making your conditions worse.

- Choose what you'll do and make detailed plans. Think about what activities are realistic for you and choose the ones you think you can do. Start slowly. Your activity should be somewhat challenging but not overly difficult. Write down exactly what you'll do, where and when you'll do it, how often, and for how long. Allow yourself to get into a routine. Be flexible and don't get discouraged. For example, I'll get off the bus one stop earlier. Don't be too hard on yourself if you can't. For example, if it's raining, you may not want to walk outside so

you can choose a different activity. It's more important to reach your long-term goal than to follow the plan from day to day. Plan how you'll reward yourself for your efforts. For example, some people treat themselves to a movie when they meet their goal for the week.

- Learn your blood glucose response to exercise. Everyone's blood glucose response to exercise is different. Checking your blood glucose before and after exercise can show you the benefits of activity. You also can use the results of your blood glucose checks to prevent low blood glucose or high blood glucose.

- If your blood glucose is high before you exercise (above 300), physical activity can make it go even higher, so be cautious about doing something active. For those with type 1 diabetes, if your fasting glucose level is above 250 and you have ketones in your urine, it's best to avoid physical activity.

- Learn how to avoid low blood glucose (hypoglycemia).

- Plan to have water and snacks handy during activity.

- Wear a medical identification bracelet, necklace, or a medical ID tag to protect yourself in case of emergency.

For More Information, go to www.diabetes.org.

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Tips For Healthy Weight Loss

• Check with your doctor. Make sure that your health status allows lowering your caloric intake and increasing your physical activity.

• Follow a calorie-reduced, but balanced diet that provides for as little as one or two pounds of weight loss a week. Be sure to include at least five servings a day of fruits and vegetables, along with whole grains, lean meat and low-fat dairy products. It may not produce headlines, but it can reduce waistlines. It's not "miracle" science — just common sense. Most important, it's prudent and healthy.

• Make time in your day for some form of physical activity. Start by taking the stairs at work, walking up or down an escalator, parking at the far end of a lot instead of cruising around for the

closest spot. Then, assuming your physician gives the okay, gradually add some form of regular physical activity that you enjoy. Walking is an excellent form of physical activity that almost everyone can do.

• Consider the benefits of moderate weight loss. There's scientific evidence that losing five to 10 percent of your weight and keeping it off can benefit your health — lower your blood pressure, for example. If you are 5 feet 6 inches tall and weigh 180 pounds, and your goal weight is 150, losing five to 10 percent (nine to 18 pounds) is beneficial. When it comes to successful weight loss and weight management, steady and slow can be the way to go.

www.consumer.gov


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- **FACT:** Products and programs that promise quick and easy weight loss are bogus. To lose weight, you have to lower your intake of calories and increase your physical activity.
- **FACT:** The faster you lose weight, the more likely you'll gain it back. Experts recommend a goal of about a pound a week.
- **FACT:** To maintain weight loss, health experts suggest that you eat nutritious foods, cut your intake of calories and exercise more. Be skeptical about products that claim they will keep weight off you permanently.

For more information on avoiding bogus weight loss programs and ensuring healthy weight loss, see <http://www.ftc.gov/bcp/conline/edcams/wa/istline/index.html>.

Source: U.S. Federal Trade Commission



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HOME INSTEAD SENIOR CARE

Currently, America is being confronted with a dilemma on how to care for our elderly. Caught between the jaws of an economic reality and a moral imperative, Americans are struggling on a personal level with the complexities posed by senior care. As never before, it appears crucial that our competitive, fast-paced, forward thinking society slow down to carefully reflect and reassess the manner in which we value the hard work of past generations by the choices we make in caring for those who are now our elderly. Fortunately, there are compassionate companies and organizations like Home Instead Senior Care who are designed to resolve this troubling issue.

Home Instead Senior Care is an international company founded in the heartland of America in Omaha, NE that provides a thoughtful and trusted non-medical resource for the elderly and any others who require additional support. With a network of more than 650 independently operated offices in the United States, Canada, Japan, Portugal, Australia, Ireland, New Zealand, Taiwan, Spain, the United Kingdom and Switzerland, Home Instead Senior Care is the world's largest and America's most trusted source of non-medical companionship and home care for the elderly. Our independently owned and locally operated Home Instead Senior Care franchise office located here in Bogart has been providing essential personal care, companionship and home care services since December 1998 and is available to the 10 counties of Northeast Georgia. Our assistance presents the opportunity for seniors to be cared for while in their homes or at independent senior living communities, assisted living facilities, group homes, skilled nursing facilities (nursing homes), hospitals, acute care facilities, rehabilitation facilities, or hospice care facilities. Our services, which are specifically tailored to the individual's needs and are accompanied by a personalized, written care plan, allow our clients to maintain their independence while receiving the consideration they deserve.

Our CAREGivers® provide help at home that includes personal care assistance with the Activities of Daily Living, medication reminders, meal preparation, light housekeeping, shopping, errands, incidental transportation to religious services, social events and medical appointments. Home Instead Senior Care values the rapport that is established between our CAREGivers®, clients and their family members or caregivers in order to have a successful relationship. All of our CAREGivers® are competency-evaluated Personal Care Assistants or Certified Nursing Assistants. In addition to conducting industry-standard criminal background checks, which include motor vehicle reports, we elevate the hiring standard by verifying a minimum of 6 references in addition to our stringent interview process. Our CAREGivers® are thoroughly screened, bonded, insured, and continuously trained throughout their employment with our exclusive on-going training program. In 2001 and 2004, our Home Instead Senior Care franchise office received the Outstanding Employer of Older Workers Award because our hiring practices include the recruiting and employment of recently retired individuals in the Athens Clarke-County area.

We understand the challenges that individuals and their families face when a transition is required. We offer free, no-obligation consultations in the home, the hospital, or the appropriate care facility where you or your loved ones reside. We also offer complimentary CAREGiver® introductions to provide you the opportunity to interview the person who will be working with you or your loved one prior to their placement with our valued clients.

Please take a moment to visit our website at
www.homeinstead.com/245
or give us a call at
(706) 613-2224
to learn more about how we can become a
dependable resource of care for you and your
loved ones.

Springtime Is Tough On Allergies, Asthma

As winter-weary Americans burst outdoors to exercise, play and dig into yard work, and student athletes' training transitions back out to fresh air, millions of people may be at risk for flare-ups of lung disease due to high pollen levels and/or outdoor air pollution that can reach unhealthy levels any day. Scientific updates from the American Lung Association's Lung Disease Data Report confirm that our increase in outdoor activity can pose health problems for some if they aren't prepared.

More than 35 million Americans have chronic lung disease, including 20 million with asthma. Asthma ranks among the top 10 most

prevalent conditions causing limitation of activity; one survey found that 48 percent of people with asthma say that the disease limits their ability to take part in sports and recreation.

Asthma attacks can be triggered by several factors, which may include allergic reactions to pollen, mold, and other allergens; exercise; particle pollution; and smog.

For some children and adults, their asthma is triggered by exercise, which can impact anyone from a toddler running through a playground to a world-class athlete. Physically, children are more vulnerable to air pollution than adults because they breathe more

rapidly, taking in more pollution per pound of body weight.

Source: *The American Lung Association*

Healthy Lung Checklist

- Know the pollen level. Take prescribed medications to minimize allergy symptoms.
- Check local air pollution levels online at www.epa.gov/airnow. Follow specific health warnings.
- Bring your rescue inhaler with you.
- Take your rescue inhaler before exercising, if your doctor has prescribed that you do so.
- Pay close attention to children! Be sure that they take breaks and drink plenty of liquids, and that children with asthma are not experiencing symptoms of an asthma attack.
- Limit outdoor exercise during Orange and Red air pollution days on the Air Quality Index, www.epa.gov/airnow.

Personal Care During Radiation Treatment

Get plenty of rest.

Many patients experience fatigue during radiation therapy, so it is important to make sure you are well rested. If possible, ask friends and family to help out during treatment, by running errands and preparing meals. This will help you get the rest you need to focus on fighting your cancer.

Follow doctor's orders.

In many cases, your doctor will ask you to call if you develop a fever of 101° or higher. Be sure to read your instructions as far as caring for yourself during treatment.

Eat a balanced, nutritious diet.

A nutritionist, nurse or doctor may work with you to make sure you are eating the right foods to get the vitamins and minerals you need. With certain types of radiation, you may need to change your diet to

minimize side effects. You should not attempt to lose weight during radiation therapy since you need more calories due to your cancer and treatment.

Treat the skin that is exposed to radiation with extra care.

• The skin in the area receiving treatment may become red and sensitive, similar to getting a sunburn. Your radiation oncology nurse will review specific instructions for caring for your skin with you. Some guidelines include:

• Clean the skin daily with warm water and a mild soap recommended by your nurse.

• Avoid using any lotions, perfumes, deodorants or powders in the treatment area unless approved by your doctor or nurse. Try not to use products containing alcohol and perfumes.

• Avoid putting anything hot

or cold on the treated skin. This includes heating pads and ice packs.

• Stay out of the sun. If you must spend time outdoors, wear a hat or clothing to protect your skin. After treatment, use sunscreen with an SPF of at least 15.

Seek out support.

There are many emotional demands that you must cope with during your cancer diagnosis and treatment. It is common to feel anxious, depressed, afraid or hopeless. It may help to talk about your feelings with a close friend, family member, nurse, social worker or psychologist. To find a support group in your area, ask your radiation oncology nurse. There are many support groups that meet in person, over the phone or on the Internet.

Physicians Listings

Provided by Athens Regional Medical Center and St. Mary's Health Care System

Allergy & Immunology

Allergy, Asthma & Arthritis Center 330 Hawthorne Ln, Athens	706-546-8518
Anthony J. Deutsch, MD, Loren W. Hunt Jr., MD, Joe B. Linker III, MD	
Allergy & Asthma Associates of Gainesville 950 S. Enota Dr., NE, Ste. A, Gainesville	770-536-0470
Ronald G. Beebe, MD	
Allergy Partners of Georgia 3320 Old Jefferson Rd Bldg. 200 Ste. B, Athens	706-613-8500
Dean E. Firschein, MD	

Anesthesiology

Anesthesia Consultants of Athens 1230 Baxter St., Athens	706-389-2140
Warren Horn, MD, Robert Leffert, MD, George Lingenfelter, MD, Shawn O'Rear, MD, Linda B. Ritter, MD, Albert Sanfora, MD, Justin Scott, MD, Jack W. Paschal, MD	
ARMC Anesthesia Dept 1199 Prince Ave., Athens	706-475-7643
Peter C. Kelley, MD, Richard C. McCormick, DQ, Gregory M. McNamara, MD, Rosemary L. Richards, MD, Karl J. Sennowitz, MD, George S. Young II, MD, G. Scott Crowell, MD, J. Patrick Leville, MD, David M. Arehart, MD, Liviu D. Radu, MD	

Ellis Pain Management

1765 Old West Broad St., Bldg. 1, Ste. 200, Athens	706-208-0451
Mark A. Ellis, MD	
928 Franklin Springs St., Royston	706-208-0451

Cardiology

Athens Cardiology Group 700 Oglethorpe Ave., Athens	706-546-8510
Jared T. Griffin, MD, John W. Layher, Jr., MD, L. Steven Lowman, MD, D. Hamilton Magill III, MD, James S. Miller, MD, Thomas J. Murphy, MD, Robert D. Sinyard, MD, David A. Woodward, MD	
Athens Heart Center 2005 Prince Ave., Athens	706-208-9700
Subodh K. Agrawal, MD, Deepak Das, MD	
Athens Cardiac Arrhythmia Center 1230 Baxter St., Athens	706-389-7800
Moe H. Bishara, MD, Amit D. Shah, MD	

Commerce Cardiology

170 Cardiology Place, Commerce	706-335-2000
Dr. Neel Agarw, MD	

Classic City Cardiology

1500 Oglethorpe Ave., Ste. 300-B, Athens	706-543-8444
Susan K. Kreher, MD	

Northeast Cardiology

700 Sunset Dr., Ste. 302, Athens	706-548-9111
Paul Beltran, MD, Rohith Tingia, MD	

The Emory Clinic

1365 Clifton Rd., Bldg A, Atlanta	404-778-5299
S. Tanveer Rab, MD	

Masih Uddin, MD

3385 Hawthorne Ln, Ste. 300, Athens	706-369-1959
Masih Uddin, MD	

Dental (General)

Athens Dental Associates 1020 Hawthorne Ave., Athens	706-546-7390
Lane Barker, DMD, Mark H. Blankenship, DMD	
Athens Family Dental Center 3380 Old Jefferson Rd., Athens	706-548-3279
Billy C. Bentley, DMD, Larry Browning, DMD, Leigh A. Cummings, DMD, Cile M. French, DMD, David Miller, DMD, Deck E. Neisler, DDS, Robert A. Pate, DMD, Martin J. Simmons, DDS	

Charles M. Chambers, DMD 2281 Hog Mountain Rd., Watkinsville	706-769-2454
Charles M. Chambers, Jr., DMD, Rhonda M. Chambers, DMD, Ronnie Mobley, DMD	

Dr. Rosanna V. Masciardi 1175 Oglethorpe Ave.	706-227-2502
Fluent in Spanish, Italian & Portuguese	

East Athens Family Dentistry 348 Oak St., Athens	706-543-6527
Claude T. DuBoise, DDS	

R. Lawrence George, DMD 1520 Jennings Mill Rd., Ste. A, Bogart	706-353-1958
R. Lawrence George, DMD, James Jordan, MD	

Thomas M. Henson, DDS 700 Oglethorpe Ave., Ste. A5, Athens	706-549-3110
Thomas M. Henson, DDS	

Thomas R. McDonald, DMD 1010 Prince Ave. Ste. 104-East, Athens	706-543-8208
Thomas R. McDonald, DMD	

Matthew McRae, Jr., DMD 995 Baxter St., Athens	706-546-8480
Matthew McRae, Jr., DMD, Venitress R. Bryant, DDS, Terilyn J. Reynolds, DDS	

Oconee Dental 1590 Mars Hill Rd., Ste. 1, Watkinsville	706-769-1659
DeAnn Harmon-Smith, DMD	

Oral & Maxillofacial Surgery Associates 2000 Prince Ave., Athens	706-543-8377
Stanley D. Satterfield, DMD	

Terry E. Parkman, DMD 700 Sunset Dr., Ste. 401, Athens	706-546-7149
Terry E. Parkman, DMD	

J. Benjamin Patrick, DMD 1155 Cedar Shoals Dr., Athens	706-546-8720
J. Benjamin Patrick, DMD	

William G. Rice, DDS 140 Hawthorne Park, Athens	706-543-4060
William G. Rice, DDS	

Billy J. Goldman, DDS 1010 Prince Ave., Ste. 286, Athens	706-546-7362
Billy J. Goldman, DDS	

Dental (Pediatrics) Athens Dentistry For Children 2470 Daniels Bridge Rd. Suite 231, Athens	706-355-3109
Michelle S. Harmon, DM	

E. Jayni Bradley, DMD 1020 Mars Hill Rd., Ste. 101, Watkinsville	706-769-1994
E. Jayni Bradley, DMD	

Healthy Smiles 1010 Prince Ave., Ste. 202-East, Athens	706-548-7373
Eric Wells, DMD, Jennifer C. Wells, DMD	

Dental (Orthodontics) Classic City Orthodontics PC 600 Oglethorpe Ave., Athens	706-549-4748
Tradd C. Harter, DMD	

1091 Park Dr., Watkinsville	706-769-6116
Waugh & Allen	

1500 Oglethorpe Ave., Ste. 100, Athens	706-353-3500
Robert L. Waugh, Jr., DMD, William E. Allen, DDS	

1075 Gaines School Rd., Ste. A, Athens	706-543-1438
2261 Hog Mountain Rd., Watkinsville	

359 East Broad Street, Winder	770-867-6868
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Physicians Listings

Provided by Athens Regional Medical Center and St. Mary's Health Care System

Dental (Periodontics)

James B. Moncrief, Jr., DDS 700 Oglethorpe Ave., Ste. A3, Athens.....	706-549-5604
<i>James B. Moncrief, Jr., DDS</i>	
F. Neal Pylant, DMD 375 Hawthorne Ln., Athens.....	706-543-0026
<i>F. Neal Pylant, DMD</i>	

Dental (Specialists)

Dental Sleep Medicine of Georgia 1500 Oglethorpe Ave., Ste. 2300, Athens.....	706-546-8407
<i>Robert B. Ward, Jr., DDS</i>	

Dermatology

Athens Dermatology Group 1050 Thomas Ave., Watkinsville.....	706-769-1550
<i>Karen E. Maffei, MD</i>	
Athens-Oconee Skin Cancer & Dermatology, LLC 1582 Mars Hill Rd., Ste A, Watkinsville.....	706-769-7546
314 N Broad St., Barrow Hospital, Winder <i>Stella M. Bulengo, MD, FAAD</i>	
GA Skincancer & Aesthetic Dermatology 1500 Oglethorpe Ave., Ste. 3700, Athens.....	706-543-5858
<i>Ross M. Cambelli, MD</i>	
Joy Chastain, MD 1500 Oglethorpe Ave., Ste. 3000, Athens.....	706-543-1335
<i>Joy Chastain, MD</i>	
Dermatology of Athens 2000 Prince Ave., Athens.....	706-353-8220
<i>Jonathan B. Fass, MD, David M. Greeson, MD</i>	

Family Dermatology

1010 Prince Ave. Ste 186-North, Athens	706-549-7108
<i>George Miller, MD</i>	
David S. Lockman, MD 728 Cobb St., Athens.....	706-548-3019
<i>David S. Lockman, MD</i>	
Joyce Thomas, MD 700 Sunset Dr., Ste. 105, Athens.....	706-543-3400
<i>Joyce Thomas, MD</i>	

Endocrinology

Athens Diabetes & Endocrinology 3320 Old Jefferson Rd., Bldg 600, Athens.....	706-549-4155
<i>Peter F. Van Dyck, MD</i>	

Family Practice

Adams Primary Care 25 Nomora Dr., Danielsville.....	706-795-9588
<i>Kevin S. Adams, MD</i>	
Athens Area Family Medicine 1351 Stonebridge Pkwy., Bldg 104, Watkinsville.....	706-769-4141
<i>Cathleen Quillian-Carr, DO</i>	
Athens Associates in Family Practice 300 Hawthorne Ln., Athens.....	706-353-7648
<i>Alvin Wilson, MD</i>	
Athens Neighborhood Health Center 402 McKinley Dr., Athens.....	706-543-1145
<i>Gail L. Hurley, MD</i>	
675 College Ave., Athens.....	706-546-5526
<i>Diane E. Dunston, MD, Gary Fleming, MD, Suzanne Lester, MD</i>	

Athens Primary Care 700 Sunset Dr., Ste. 101, Athens.....	706-548-6088
<i>Mary Bond, MD, Samuel C. Griffin, MD, Mary Kim, MD, Kim Park, MD, Mark E. Ebell, MD</i>	
Dennis G. Bullock, MD 1500 Oglethorpe Ave., Ste. 200-A, Athens.....	706-353-0101
<i>Dennis G. Bullock, MD, T. Andrew McElhannon, MD</i>	
Clarke Oconee Family Practice 1010 Prince Ave., Ste. 182-North, Athens.....	706-353-7747
<i>Jonathan M. Cook, DO</i>	
Crawford Lexington Medical Center 774 Athens Rd., Lexington.....	706-743-8183
<i>Linda M. Hueseman, MD, William D. Tumlain, MD</i>	
Henry L. Dewitt, MD & Lee G. Chisolm, MD 1500 Oglethorpe Ave., Ste 3300, Athens.....	706-208-1406
<i>Henry L. Dewitt, MD, Lee G. Chisolm, MD</i>	
Family Practice Center of Athens 610 Oglethorpe Ave., Stes. C & D, Athens.....	706-546-9838
<i>Andre E. Bell, MD, Kevin A. O'Neal, MD, Vandana N. Setia, MD</i>	
Greater Athens Physicians 1450-B Barnett Shoals Rd., Athens.....	706-543-6443
<i>H. Philip Morris, Jr., MD</i>	
2205 Barnett Shoals Rd., Athens.....	706-548-1555
<i>Paul D. Haver, MD, J. Michael Shiver, MD</i>	
1500 Mars Hill Rd., Watkinsville.....	706-769-6469
<i>Raymond L. Gilbert, Jr., MD, G. Trippie Jones, MD</i>	
Farris Johnson, MD & Vasu Murthy, MD 610 Oglethorpe Ave., Ste. B, Athens.....	706-548-5833
<i>Farris T. Johnson, MD, Vasu N. Murthy, MD</i>	
Medical Center Clinic Commerce, Ga.....	706-335-5155
<i>Robert P. Marshburn, MD</i>	
Medlink Colbert 11 Charlie Morris Rd., Colbert.....	706-788-2127
<i>Nakeisha Brown, MD, Ronald Hart, MD</i>	
Medlink Oglethorpe 247 Union Point St., Lexington.....	706-743-8171
<i>John Mitchell, MD</i>	
North Broad Family Medicine 295 N. Broad St., Winder.....	707-307-0661
<i>Stephen W. Orr, DO</i>	
Prince Avenue Primary Care 892 Prince Ave., Athens.....	706-227-2027
<i>Timothy B. Gibson, MD</i>	
Vista Care Hospice 150 Ben Burton Rd., Bogart.....	706-369-9888
<i>Jaideep Patel, Lee Chisolm</i>	
Joanna Suarez, MD, Adolph Suarez, MD 687 Hospital Rd, Comer.....	706-335-7909
<i>Joanna Suarez, MD, Adolph Suarez, MD</i>	
Eric Wilson, MD 700 Sunset Dr., Ste. 400A, Athens.....	706-549-5832
<i>Eric Wilson, MD</i>	
Windridge Family Medicine 1612 Mars Hill Rd., Ste. B, Watkinsville.....	706-310-9883
<i>Mark A. Earhart, MD</i>	
Willy E. Zuniga, MD Hwy 98 W and Irwin Kirk Rd., Danielsville.....	706-795-3301
<i>Wiley E. Zuniga, MD</i>	
Gastroenterology	
Athens Gastroenterology 21 Jefferson Pl. Ste. 1, Athens.....	706-548-0058
<i>Gregory S. Smith, MD</i>	
Athens General & Colorectal Surgeons 740 Prince Ave. Bldg 15, Athens.....	706-548-5488
<i>Sergio T. Mejias, MD</i>	

Physicians Listings

Provided by Athens Regional Medical Center and St. Mary's Health Care System

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Gregory A. DeLaurier, MD

Digestive Diseases Clinic
170 Hawthorne Park, Athens 706-549-1222
Ranjit C. Mathew, MD

Claudia S. Kretzschmar, MD
700 Oglethorpe Ave., Athens 706-549-9537
Claudia S. Kretzschmar, MD

Northeast Georgia Gastroenterology Associates
1500 Oglethorpe Ave., Bldg. 500, Ste. A, Athens 706-613-1625
Jeffrey M. Williams, MD

J. Michael West, MD
740 Prince Ave. Bldg 1-B, Athens 706-548-0008
J. Michael West, MD

Stephen W. Wilde, MD
700 Sunset Dr., Ste. 501A, Athens 706-208-0065
Stephen W. Wilde, MD

Geriatrics

Wayne S. Morris, MD
270 Hawthorne Ave., Athens 706-546-5700
Wayne S. Morris, MD

Athens Geriatrics & Internal Medicine
1500 Oglethorpe Avenue, Ste 3200, Athens 706-549-8931
Mary Luz F. Bullecer, MD

Tri-County Medical Center
132 Franklin Springs St., Royston 706-245-7371
Ram K. Reddy, MD, Ashok K. Kancharla, MD

Rose Ann R. Weaver, MD
172 N. Main St., Madison 706-342-4106
Rose Ann R. Weaver, MD

Hematology

Georgia Cancer Specialists
1000 Hawthorne Ave, Suite J, Athens 706-369-4478
Cheryl Jones, MD, Richard Loyd, DO, Laura Weakland, MD

Northeast Georgia Cancer Care
3320 Old Jefferson Rd., Bldg 700, Athens 706-353-2990
Neal N. Marrano, MD, James E. Spilchal, MD, Jeffrey A. Thomas, MD, Mark Vrana, MD, R. Glen Wiggins, MD

Hospitalist

Athens Hospitalist Services
1230 Baxter St., Athens 706-389-3410
Toby M. Bond, MD, Lisa F. Fowlkes, MD, Christopher D. Hall, MD, Bruce F. Middendorf, MD, John Morgan, MD, Jaideep K. Patel, MD, Adam E. Trail, DO

Infectious Diseases

Gwinnett Infectious Diseases
575 Professional Drive Ste. 370, Lawrenceville 770-995-0466
Paul D. Martin, MD, Elliot G. Raizes MD, Tzvetan V. Vassilev MD

Northeast Internal Medicine
333 Alcovia St., Ste 8, Monroe, GA 706-267-9485
Marijany Digamon-Beltran, MD

Internal Medicine

Emad U. Ahmed, MD
385 Hawthorne Ln., Ste. 200, Athens 706-543-3130
Emad U. Ahmed, MD

Athens Adult & Pediatric Medicine
1500 Oglethorpe Ave., Ste. 600-E, Athens 706-613-6080
Tara Merritt, MD

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A. Patrick Brooks, MD, Mark R. Firth, MD, Elizabeth Smith, MD, Lisa D. Smith, MD
Barrow County Internal Medicine, LLC
206 E. Broad St., Winder 770-307-5944
Guy V. Teach, MD

George Cleland, MD
1010 Prince Ave, Ste 101, Athens 706-549-86826
George Cleland, MD

James L. Brown, Jr, MD
2090 Prince Ave., Ste. A, Athens 706-548-3478
James L. Brown, Jr, MD

Zaigham A. Butt, MD
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Zaigham A. Butt, MD

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J. Steven Chesser, MD

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170 Hawthorne Park, Athens 706-549-1222
Ranjit C. Mathew, MD

Evan Fliegel, MD
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Evan Fliegel, MD

Greater Athens Physicians
129 Main St., Bogart 770-725-7420
J. Michael Cobb, MD

Hawthorne Medical Associates
120 Hawthorne Park, Athens 706-353-8700
Jane A. Feagle, MD, R. Patrick Lucas, MD, Thomas W. Wells, MD,

A. Frederick Young, MD
1351 Stonebridge Parkway Bldg 105, Watkinsville 706-769-3331
Robert K. Ahrens, MD, Amanda J. Downs, MD, Felicia S. Lacksen, MD, William F. Rigby, MD

Hill Medical Group
935-A Homer Rd., Commerce 706-335-9600
J. Clark Hill, III, MD

6064 Hwy 4415, Homer 706-677-2250
Thomas N. Kias, MD

1010 Prince Ave., Ste. 151-South, Athens 706-546-0832
Mary Bess Jarrard, MD, Thomas N. Kias, MD

Wayne S. Morris, MD
270 Hawthorne Ave., Athens 706-546-5700
Wayne S. Morris, MD

Nelson, Baker & Martin
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Matthew B. Baker, MD, Melissa K. Martin, MD, Michael E. Nelson, MD

Northeast Internal Medicine
333 Alcovia St., Ste. 8, Monroe 770-267-9485
Paul Beltran, MD, May Luz F. Bullecer, MD, Mark Paradela, MD, Rohit Tongia, MD

North Georgia Nephrology Consultant, LLC
700 Oglethorpe Ave., Ste. 4B, Athens 706-227-4075
Abid Bashir, MD

Oconee Medical Group
1440 N. Chase St., Athens 706-227-2110
Rene B. Mackay, MD

PrimeDoc of Athens Hospitalist Program
1199 Prince Ave., Athens 706-475-5076
Michael S. Biswas, MD, Christopher R. Edwards, MD, Cynthia Ham, MD,

Miguel Jurado, MD, David S. Lee, MD, A. Geoffrey Marx, MD, Dan Moldoveanu, MD, Diana N. Moldoveanu, MD, Ken Park, MD, Syed A. Rizvi, MD, Geena Singh, MD

UGA University Health Center
** services are only for UGA students and dependents
370 River Rd., Athens 706-542-8666
Paul H. Petzet, MD

Physicians Listings

Provided by Athens Regional Medical Center and St. Mary's Health Care System

Neonatology

ARMC Special Care Nursery	
1199 Prince Ave., Athens	706-475-3324
Maria E. Faase, MD, Zeba D. Najak, MD, John H. Bartley, MD, Nicole E. Cohen-Addad, MD, Beth H. Lee, MD	
Victor A. Morales, MD	
1230 Baxter St., Athens	706-389-3430
Victor A. Morales, MD	

Nephrology

Athens Nephrology Associates	
2047 Prince Ave., Athens	706-546-0083
Gautam M. Dasgupta, MD, William Lyttolis, MD, Sriakshmi Rebala, MD	
Emad U. Ahmed, MD	
385 Hawthorne Ln., Ste. 200, Athens	706-543-3130
Emad U. Ahmed, MD	
Internal Medicine & Nephrology	
121-A Gordon St., Washington	706-678.1538
Paul D. Martin, MD, Elliot G. Raizes MD, Tzvetan V. Vassilev MD, Beeki N. Kuppuswamy MD	
Kaleem Ahmed, MD	
641 Hospital Rd., Ste. 2, Commerce	706-335-4212
Kaleem Ahmed, MD	
Northeast Georgia Nephrology & Hypertension Clinic	
1270 Prince Ave., Ste. 306, Athens	706-546-9911
Geoffrey H. Golembewski, MD	
North Georgia Nephrology Consultant	
700 Oglethorpe Ave., Ste. 4B, Athens	706-227-4075
Abid Bashir, MD, Kirit K. Joshi, MD	
Oconee Medical Group	
1440 N. Chase St., Athens	706-227-3697
Azubueze A. Adogu, MD, Rene B. Mackay, MD, Michael Moffatt, MD	

Neurology

Athens Neurological Associates	
1086 ½ Baxter St., Athens	706-353-0606
James A. Elmore, MD, Martha Trieschmann McGraw, MD, Brian W. Mitchell, MD, C. Van Morris, MD, Edward S. Nowey, MD, Eric M. Pitts, MD, Jon S. Poling, MD, Ph.D., H. McCord Smith, MD, Terry L. Wimpey, MD, Ph.D.	
Antonio T. DaCunha, MD	
740 Prince Ave., Bldg 9, Athens	706-369-5084
Antonio T. DaCunha, MD	

Obstetrics/Gynecology

ARMC - Midwifery Clinic	
1199 Prince Ave., Athens	706-475-5700
James Richard Baik, MD, Ruby G. Cheves, MD, David P. Spielvogal, MD, Kenneth M. Sussman, MD, Barry M. Wolk, MD	
Clinton B. Ashford, MD	
1750 S. Lumpkin St., Athens	706-353-2550
Clinton B. Ashford, MD, Rebecca Ashford, MD	
Athens Gynecology	
1270 Prince Ave., Ste. 202, Athens	706-548-4424
Robert E. Kelley, Jr., MD	
Athens Healthcare for Women	
1270 Prince Ave., Ste. 308, Athens	706-552-1600
Joshua G. Sepesi, MD	
Athens Maternal-Fetal Medicine	
1270 Prince Ave., Ste. 304, Athens	706-549-0087
Richard L. Rosemond, MD	
Athens OB/GYN	
740 Prince Ave., Bldg 3, Athens	706-548-4272
Ruth M. Cline, MD, Andrew H. Herrin, MD, E. Van Herrin, MD, Walter A. Jarrett, MD, Gary K. Person, MD, Rachel F. Murthy, MD	

Athens Women's Clinic	
1270 Prince Ave., Athens	706-548-1388
Cynthia A. Mercer, MD, Cary A. Perry, MD, Gregory D. Perry, MD, J. Leon Smith, MD	
Classic City OB/GYN	
740 Prince Ave., Ste. 2, Athens	706-549-1111
Leah D. Lowman, MD, Ouanza Puplampou, MD, Dayna Smith, MD	
Rajiv D. Desai, MD	
1000 Hawthorne Ave., Ste. P, Athens	706-369-9375
Rajiv D. Desai, MD	
John F. Elder, MD	
700 Sunset Dr., Ste. 601, Athens	706-548-4754
John F. Elder, MD	
Thomas W. Goggin, MD	
700 Sunset Dr., Ste. 602, Athens	706-353-0711
Thomas W. Goggin, MD	
Shelnuft Obstetrics and Gynecology	
1500 Oglethorpe Ave., Ste. 200B, Athens	706-227-1164
J. Judson Shelnuft, MD	
UGA University Health Center	
370 River Rd., Athens	706-542-8697
Margaret K. Cramer, MD	
Women's Center of Athens	
830 King Ave., Athens	706-227-8999
Melissa M. Anderson, MD, Melissa M. Halbach, MD, L. Michael Thompson, MD, Camille A. McPherson, MD	
Women's Comprehensive Health Care Center	
1000 Hawthorne Ave., Ste. M, Athens	706-548-8010
Kausik S. Shah, MD	
Women's Healthcare Associates	
1000 Hawthorne Ave., Ste. G, Athens	706-369-0019
Stephanie A. Allen, MD, Andrew H. Leach, MD, Cassie N. Campbell, MD, Sarah Middendorf Carey, PA	
Women's Center for Health and Fitness	
965 Hawthorne Park Ste. 100, Athens	706-369-1200
Peter C. Johnson, MD	

Occupational Medicine

St. Mary's Industrial Medicine	
1500 Oglethorpe Ave., Ste. 300-A, Athens	706-389-2222
Stephen A. Schacher, MD	

Oncology

Northeast Georgia Cancer Care	
3320 Old Jefferson Rd., Bldg. 700, Athens	706-353-2290
Neal N. Marrano, MD, Jeffrey A. Thomas, MD, Mark Vrana, MD, R. Glen Wiggins, MD, James E. Spilchal, MD	
220 Hawthorne Park, Athens 706-548-0500	

Ophthalmology

Athens Retina Center	
700 Oglethorpe Ave., Ste. A2, Athens	706.543.3200
Mohan N. Iyer, MD	
Blue Laser Group	
651 S. Milledge Ave., Athens	706-546-9290
Richard H. Blue, MD, Jing Dong, MD	
Victor A. Crosby, MD	
140 Trinity Pl., Bldg. B, Athens	706-546-0170
Victor A. Crosby II, MD	
Keller, Cymes & DeMarco	
1010 Prince Ave., Ste. 110-South, Athens	706-549-9993
Brent M. Cymes, MD, Alexander P. Keller, III, MD, Anthony L. DeMarco, MD	
Oconee Medical Group	
1440 N. Chase St., Athens	706-227-2110
Martine P. Adogu, MD, Rene McKay, MD	

Physicians Listings

Provided by Athens Regional Medical Center and St. Mary's Health Care System

Athens Eye Associates
957 Baxter St., Athens 706-549-7047
Silas C. Read, Jr., MD, Michael S. Jacobs, MD

Oral & Maxillofacial Surgery

Athens Family Dental Center
3380 Old Jefferson Rd., Athens 706-548-3279
David C. Miller, DDS
Athens Oral & Maxillofacial Surgery
2000 Prince Ave., Athens 706-543-8377
Stanley D. Satterfield, DMD
Stephen S. Fennell, DDS
600 Oglethorpe Ave., Ste. 4, Athens 706-549-5033
Stephen S. Fennell, DDS
James McDonald, DMD & Richard Manus, DMD
1010 Prince Ave., Ste. 103-South, Athens 706-548-0604
James McDonald, DMD, Richard Manus, DMD

Oral Surgery Associates & Dental Implants
740 Prince Ave., Bldg. 1-A, Athens 706-549-9711
Brett Gray, DMD, MD, Steven D. Pollack, DDS, Gordon L. Brady, DMD, Robert E. Go-
gins, DDS, Steven P. King, DDS, Fulton D. Lewis III, DMD, Richard S. Singer, DDS

Otolaryngology

David G. Dillard, MD
1000 Hawthorne Ave., Ste. O, Athens 706-353-009
David G. Dillard, MD
Georgia Hearing Center
1010 Prince Ave., Ste. 282, Athens 706-546-7908
J. Edward Dempsey, MD, Charles M. Mixson, MD, Philip A. Sheffield, MD
Robert F. Gomez, MD
1270 Prince Ave., Athens 706-549-3047
Robert F. Gomez, MD
Northeast Georgia ENT Head/Neck Surgery
700 Sunset Dr., Ste. 103, Athens 706-546-0144
John R. Simpson, MD

Pain Management

Spine Care & Pain Management
1620 Prince Ave., Athens 706-549-8114
Richard D. Campbell, MD, D. Janene Holladay, MD, Reginald Strotter, MD
Ellis Pain Management
1765 Old W. Broad St., Bldg. 1, Ste. 200, Athens 706-208-0451
Mark A. Ellis, MD, Terrance L. Hughes, MD
3018 Falls Rd., Toccoa 706-297-2001
Mark A. Ellis, MD, Terrance L. Hughes, MD
Athens Spine Center
830 King Ave., Ste A, Athens 706-425-2400
William H. Megdal, MD

Pathology

ARMC Pathology Associates
1199 Prince Ave., Athens 706-475-3398
Stephen L. Aleshire, MD, Sven A. Swanson, Daniel W. Tench, MD, Virginia L.
Tranovich, MD
Path & Lab Consultants of Athens
1230 Baxter St., Athens 706-389-2425
Joseph J. Gaines, Jr., MD, Zane K. Wade, MD, Robert L. Leffert, MD

Pediatric Cardiology

Sibley Heart Center Cardiology
740 Prince Ave., Bldg. 11, Athens 706-548-2777
Gillian A. Carpenter, MD, Gregory L. Johnson, MD
60 Executive Park Dr. South, Ste. 100, Atlanta 404-252-5933
James L. Sutherland, MD

Pediatric & Adolescent Surgical Associates
5455 Meridian Mark Rd., Ste. 570, Atlanta 404-256-2593
Denver Saltee, III, MD

MCG - Department of Pediatrics
1446 Harper St., Augusta 706-721-2336
Henry B. Wiles, MD
Pediatric Cardiology Services
500 Medical Center Blvd., Ste. 340, Lawrenceville 770-995-6684
Shiva Sharma, MD, Neill Videlefsky, MD

Pediatric Endocrinology

MCG Department of Pediatrics
1446 Harper St., Augusta 706-721-2336
Andrew B.S. Muir, MD

Pediatric Gastroenterology

Children's Center for Digestive Healthcare
993-D Johnson Ferry Rd., Ste. 44, Atlanta 404-257-0799
Larry M. Saripkin, MD, Edith S. Pilzer, MD

Pediatric Genetics

MCG Department of Pediatrics
1446 Harper St., Augusta 706-721.2694
David B. Flannery, MD

Pediatric Hematology & Oncology

MCG Department of Pediatrics
1446 Harper St., Augusta 706-721.2694
Roger A. Vega, MD

Pediatric Nephrology

MCG Department of Pediatrics
1446 Harper St., Augusta 706-721.2694
Coral D. Hanevold, MD

Pediatric Ophthalmology

Keller, Crymes & DeMarco
1010 Prince Ave., Ste. 110, Athens 706-549-9993
George B. Hubbard, III, MD

Pediatric Pulmonology

MCG Department of Pediatrics
1446 Harper St., Augusta 706-721-2635
Margaret F. Guill, MD

Pediatric Rheumatology

MCG Department of Pediatrics
1446 Harper St., Augusta 706-721-2336
Rita S. Jerath, MD

Pediatric Surgery

MCG Children's Medical Center
1446 Harper St., Augusta 706-721.3941
Charles G. Howell Jr., MD
Pediatric & Adolescent Surgical Associates
5455 Meridian Mark Rd., Ste. 570, Atlanta 404-252-3353
George R. Raschbaum, MD

Physicians Listings

Provided by Athens Regional Medical Center and St. Mary's Health Care System

Pediatrics

Athens Adult & Pediatric Medicine

1500 Oglethorpe Ave., Ste. 600-E, Athens 706-613-6080
Charles L. Braucher, Jr., MD, Tara Merritt, MD

Athens Area Pediatrics

225 Hawthorne Park, Athens 706-613-6136

Nancy C. Hendrix, MD, Rajiv K. Setia, MD

Athens Children's Clinic

1500 Oglethorpe Ave., Ste. 600-B, Athens 706-549-3426

Holly H. Aldridge, MD, Henry G. Garrard, IV, MD

Athens Kids Specialists

650 Oglethorpe Ave., Ste. 4, Athens 706-543-9899

Josephine V. Ticsay-Lopez, MD

Athens Neighborhood Health Center

402 McKinley Dr., Athens 706-543-1145

Diane E. Dunston, MD, Gary Fleming, MD, Gail Hurley, MD

Athens Pediatrics at Resource Medical

1500 Oglethorpe Ave., Ste. 600-C, Athens 706-546-5191

Kristina St. Clair, MD, James R. Swails, MD, Jon Udvardi, MD

Matthew B. Baker, MD & Michael E. Nelson, MD

1500 Oglethorpe Ave., Ste. 2200, Athens 706-543-0471

Matthew B. Baker, MD, Melissa Martin, MD, Michael E. Nelson, MD

Children's Center for Digestive Health Care

993-D Johnson Ferry Rd., Ste 44, Atlanta 404-257-0799

Jeffery D. Lewis, MD, Larry M. Sanjkin, MD

Bo Edwards, MD

1030 Woodlands Rd., Watkinsonville 706-769-7911

Buford O. Edwards, Jr., MD

Lisa F. Fowlkes, MD

1230 Baxter St., Athens 706-389-3410

Lisa F. Fowlkes, MD

Georgia Asthma & Allergy Partners

3320 Old Jefferson Rd., Bldg. 200, Ste. B, Athens 706-613-8500

Dean E. Firschein, MD

Alan D. Glassman, MD

700 Sunset Dr., Ste. 504, Athens 706-549-3943

Alan D. Glassman, MD

Jefferson Pediatrics

2610 US Hwy 129 N, Jefferson 706-367-1010

Tammy G. Smith, MD

Kids 1st

1618 Mars Hill Rd., Ste. B 706-769-8155

Miriam A. Blum, DD, Gena D. Alexander-Albert, MD

MedLink Colbert

11 Charlie Morris Rd., Colbert 706-788-2127

Nakesha L. Brown, MD

J. Patrick Morrison, MD

1010 Prince Ave., Ste. 105-East, Bogart 706-549-2615

J. Patrick Morrison, MD

V.N. Murthy, MD

555 Research Dr., Athens 706-353-3100

V.N. Murthy, MD

Oconee Pediatrics Associates

1020 Twelve Oaks Pl., Ste. A, Watkinsonville 706-769-7743

David Sprayberry, MD, Shani Howard, NP

Victor E. Payton, MD

700 Oglethorpe Ave., Ste. 6-B, Athens 706-548-3196

Victor E. Payton, MD

Pediatric Cardiology Services

500 Medical Center Blvd., 340, Lawrenceville 770-995-6684

Shiva Sharma, MD, Neill Videlefsky, MD

Pediatric Partners

1520-B Jennings Mill Rd., Bogart 706-548-1216

Van S. McCorkle, MD, Ingrid R. Newman, MD

Sibley Heart Center Cardiology

60 Executive Park Dr. South, Ste. 100, Atlanta 404-256-2593

James L. Sutherland, MD

Narayan S. Shetty, MD
716 Hospital Rd., Commerce 706-335-2108

Narayan S. Shetty, MD

Sunshine Pediatrics

146 W. Athens St., Windsor 678-425-0605

Dana J. Hogan, MD

Physical Medicine & Rehabilitation

Athens Adult & Pediatric Medicine
1500 Oglethorpe Ave., Bldg 600, Ste. E, Athens 706-613-6080

Charles L. Braucher, Jr., MD, Tara Merritt, MD

Ellis Pain

1765 Old West Broad, Athens 706-208-0451

Terrance L. Hughes, MD

Plastic Surgery

Athens Plastic Surgery Center

2325 Prince Ave., Athens 706-546-0280

John E. Hurteau, MD, Stephen B. Lober, MD

Moore Center for Plastic Surgery

489 N. Milledge Ave., Athens 706-613-6650

Cesar Gumucio, MD, James L. Moore, MD

Plastic Surgery of Athens

3320 Old Jefferson Rd., Bldg. 100, Athens 706-353-3600

James A. Parker, MD, C. Edwin Pittman, MD

Podiatric Medicine & Surgery

Absolute Foot & Ankle Center

2575 Snapfinger Rd., Ste D, Decatur 770-981-6940

Howard Bryant, DPM

Allied Ankle & Foot Care Centers

650 Oglethorpe Ave., Ste 5, Athens 706-548-2740

James L. Bouchard, DPM, Courtney Bordenkecher, DPM, Anastasia Thomas, DPM

Athens Podiatry

298 Prince Ave., Athens 706-546-7417

Maura A. Rossi, DPM

Family Footcare Center

679 Hospital Rd., Commerce 706-335-4884

Jon T. Middleton, DPM

Five County Foot Care

2003 Prince Ave., Athens 706-354-1540

Frank J. DiPalma, DPM

Anthony R. Gordon, DPM

798 Prince Ave., Athens 706-208-9977

Anthony R. Gordon, DPM

Mostafa Niknafs, DPM

1010 Prince Ave., Ste. 180, Athens 706-548-2544

Mostafa Niknafs, DPM, Elijah L. Davis, DPM

Psychiatry

Advantage Behavioral Health Systems

195 Miles St., Athens 800-357-9774 or 706-369-5745

Robin Johnson, MD

ARMC - Psychiatry Department

1199 Prince Ave., Athens 706-475-3661

Sharon M. Esposito, MD, Robert G. Stephens, III, MD, Khizar Khan, MD

Steven M. Hines, MD

610 Oglethorpe Ste. C, Athens 706-549-2087

Steven M. Hines, MD

David B. Jarrett, MD

1721 Prince Ave., Athens 706-543-8088

David B. Jarrett, MD

Mind Body Institute (ARMC)

1199 Prince Ave., Athens 706-475-7330

Richard A. Panico, MD

Physicians Listings

Provided by Athens Regional Medical Center and St. Mary's Health Care System

Pulmonary Disease

Athens Pulmonary
3320 Old Jefferson Rd., Bldg. 200, Ste. A, Athens 706-549-5560
Dale E. Green, MD, F. Hugh Jenkins, MD, John P. Lazenby, MD,
Stephen K. Lucas, MD, Wayne F. Middendorf, MD, Jane M. Parks, MD, Joe
Clements, MD, Milos Tucakovic, MD

Radiology

ARMC Radiology Dept - Athens Radiology Associates
1199 Prince Ave., Athens 706-475-3676
John W. Barton, III, MD, Steven G. Bramlett, MD, Patrick W. Cherry, MD, Joel
P. Cook, MD, Jon J. DeWitte, MD, Bridgid M. Gerety, MD, Andrew J. Green-
shields, MD, William T. Herington, MD, Shane P. Kudela, Daniel L. Measel,
MD, Robert A. Rhodes, III, MD, C. Randall Smith, MD, Jerry O. Smith, MD,
Bobby M. Thomas, MD, Philip G. Van Dyck, MD, Ronald C. Walpert II, MD,
Clare A. Colombo, MD

ARMC - Breast Health Center
1199 Prince Ave., Athens 706-475-3269
Gayle L. Abramson, MD, Pamela H. Boland, MD, Joel P. Cook, MD, Dean V.
Moesch, MD, Cynthia C. Youree, MD, Elizabeth Macedo, MD

Gwinnett Medical Center Radiology Department
1000 Medical Center Blvd., Lawrenceville 678-442-2400
Stuart M. Jacobson, MD, Val M. Phillips, MD

Radiology Oncology

Northeast Georgia Cancer Care
220 Hawthorne Park, Athens 706-548-0500
Narendra K. Shah, MD, Ronald M. Terry, MD, Gordon O. Schoenfeld, MD
Radiotherapy Clinics of Georgia
2349 Lawrenceville Hwy., Decatur 404-320-1550
James B. Benton, MD, Dr. Stillwagon, MD

Rheumatology

Allergy, Asthma & Arthritis Center of Athens
330 Hawthorne Ln., Athens 706-546-8518
Joe B. Linker, III, MD

Sleep Disorders

Athens Neurological Associates
1086 ½ Baxter St., Athens 706-353-0606
Terry L. Wimpey, MD, Ph.D

Athens Pulmonary
3320 Old Jefferson Rd., Bldg. 200, Ste. A, Athens 706-549-5560
John P. Lazenby, MD, Milos Tucakovic, MD

Kidney Clinic of Athens
385 Hawthorne Ln., Ste. 200, Athens 706-543-3130
Emad Ahmed, MD

Surgery (Cardiovascular)

Athens Cardiovascular & Thoracic Surgery
195 King Ave., Athens 706-208-1144
Vincent J. Maffei, MD, Ulfer T. Gudjonsson, MD

Surgery (Colon & Rectal)

Athens General & Colorectal Surgeons
740 Prince Ave. Bldg 15, Athens 706-548-5488
Sergio T. Mejias, MD
Gregory A. DeLaurier, MD
1500 Oglethorpe Ave. Ste 3600, Athens 706-546-7646
Gregory A. DeLaurier, MD

Surgery (General)

Athens Area Surgical Associates
700 Sunset Dr. Ste. 503, Athens 706-613-1040
Robert M. Cannon II, MD

Athens Surgical Group
740 Prince Ave. Bldg 8-A, Athens 706-353-1630
Thomas H. Hawk, Jr., MD, Whitney L. Webb, MD

E. W. Cody Gunn, III, MD
740 Prince Ave. Bldg 8-B, Athens 706-549-5554
E. W. Cody Gunn, III, MD

Northeast Georgia Surgical Consultants
1270 Prince Ave. Ste. 102, Athens 706-543-5873
Rembert M. McElhannon, MD, Steve M. Shirley, MD

Mohammed H. Obeidin, MD
740 Prince Ave. Bldg. 14, Athens 706-548-0991
Mohammed H. Obeidin, MD

Surgery (Neurological)

Athens Spine & Neurological Surgery
1270 Prince Ave., Ste. 303, Athens 706-543-8172
John V. Coon, MD, Timothy W. Phillips, MD

Georgia Neurological Surgery
1765 Old W. Broad St., Bldg 2, Ste. 300, Athens 706-548-6881
Bryan B. Barnes, MD, John V. Cuff, MD, John V. Coon, MD,
Kimberly P. Walpert, MD

Surgery (Orthopedic)

Athens Bone & Joint Orthopedic Clinic
1010 Prince Ave., Athens 706-583-9020
Dr. John R. Dorris, MD

Athens Orthopedic Associates
2319 Prince Ave., Athens 706-354-1625
Larry L. Medders, MD

Athens Orthopedic Clinic
1765 Old W. Broad St., Bldg. 2, Ste 200, Athens 706-549-1663
Robert E. Hancock, MD, Joseph T. Johnson, MD, Ormonde M. Mahoney,
MD, Daniel D. Moyer, MD, R. Mixon Robinson, MD, Alonzo T. Sexton, II, MD,
John Manfredi, MD, John R. Dorris III, MD

Hawthorne Orthopedics
1000 Hawthorne Ave., Ste. 5, Athens 706-548-1386
David W. Bacastow, MD, Leon R. Hubrich, Jr., MD, Fayette M. McElhannon, Jr, MD

MCG - Orthopedic Surgery
1120 15th St., Augusta 706-721-2849
S. Leslie Bertrand, MD

Surgery (Vascular)

Victory Vascular & General Surgery of Georgia
435 Hawthorne Ave., Ste. 600, Athens 706-227-0871
Azeez P. Adeduntan, MD

Athens Vascular Surgery
195 King Ave., Athens 706-549-8306
Mark J. Costantino, MD, David M. Sailors, MD, Jonathan Woody, MD

Urology

Athens Urological Associates
740 Prince Ave., Bldg. 12, Athens 706-549-4999
Mark A. Adams, MD

The Urology Clinic
120 Trinity Pl., Athens 706-543-2718
David C. Allen, MD, Robert R. Byrne, MD, Mark F. Ellison, MD, Gary R. Wal-
ton, MD, Matthew Young, MD

Athens Urology Associates
1500 Oglethorpe Ave., Ste. 2000, Athens 706-543-6261
John C. Blankenship, MD, Thomas H. Oliver, MD

Urology of Athens
195 King Ave., Athens 706-543-3429
J. Michael Gregory, MD

How the Wound Center saved Mr. Inoko's great smile

What seemed like relatively ordinary surgery for an impacted tooth, could have been quite dangerous for local restaurant owner, Yosuke Inoko. Because of intensive radiation treatment that he received in 1987 for a lymphoma near his jaw, he would now be at a high risk for necrosis of the jaw (and the possibility of losing it completely) if surgery was performed in the area of the previous radiation treatment.

The solution was the use of **Hyperbaric Oxygen Therapy** – a medical treatment available at Athens Regional's Comprehensive Wound Center (CWC) in which the patient is placed in a chamber and breathes 100% oxygen at increased atmospheric pressures.

"This treatment greatly increases the amount of oxygen levels in the affected or injured body tissue, which promotes healing," says Dexter Joyner of the CWC. "With a dedicated program of Hyperbaric Oxygen Therapy both before and after surgery, Mr. Inoko was able to handle his oral surgery with great success."

"I was quite nervous on my first visit because I was unfamiliar with the process," adds Mr. Inoko. "But everyone at ARMC was very warm and comforting. I could not have asked for better care."

As the leader in the treatment of chronic wounds, our staff of highly trained and dedicated wound care specialists combines state of the art technology, compassionate expertise and excellent clinical care to promote wound healing.

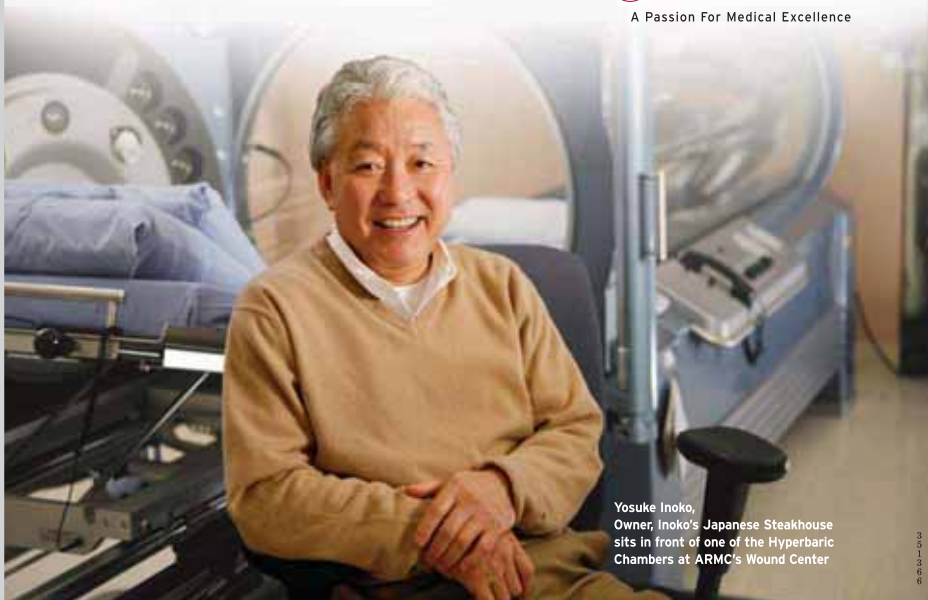
The Comprehensive Wound Center at Athens Regional . . . a place of healing.



Athens Regional

COMPREHENSIVE WOUND CENTER

A Passion For Medical Excellence



Yosuke Inoko,
Owner, Inoko's Japanese Steakhouse
sits in front of one of the Hyperbaric
Chambers at ARMC's Wound Center

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