Here for Your Heart
Our New Premier Cardiac Cath Lab

More Than Medicine
The Spiritual Side of Healing

What Is a Hospitalist?
The Answer’s Inside

Gordon Hospital
Dear Readers,

This is my first issue of Whole Health as the new President and CEO of Gordon Hospital. My family and I are so pleased to be in Calhoun. As I begin my time here, I look forward to getting to know as many patients, families and community members as possible.

In this issue, we are covering several important topics that relate to our care of you and your family and your spiritual health. If you or a loved one experiences heart problems, you need care that is fast and comprehensive. At Gordon Hospital, we have recently enhanced the level of cardiac care to include a diagnostic Cardiac Catheterization Laboratory—our feature topic for this issue. Using advanced technology, this lab allows physicians to detect blockages in the heart’s arteries, which could indicate the need for lifesaving surgery. At Gordon Hospital, our goal is to save as much heart muscle as possible, and the Cardiac Catheterization Lab allows us to do just that in a location close to your home and loved ones.

In addition to the new lab, we also highlight our hospitalist program. For Gordon Hospital inpatients, this means they have access to a physician at all times—helping them to have questions and concerns addressed faster than ever. On page 3, we tell you exactly what a hospitalist is, and how they work with your primary care physician to offer the best care.

While we are proud to provide new services, there is one aspect of Gordon Hospital that will never change—our emphasis on spirituality and healing the body, mind, and spirit. Current medical research shows strong statistical evidence that prayer and a spiritual environment promote healing (to learn more, turn to page 6).

I am proud to be a part of such an environment at Gordon Hospital, and we know that you will notice this is what makes our hospital exceptional.

In Christ’s Love,

Pete Weber
President and CEO

Our Mission: We are a family of professional caregivers motivated by Christian values to provide the highest quality physical, mental, emotional, and spiritual health care, while extending the healing love of Christ to all we serve.

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W H O L E 2009
HEALTH

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ABOUT THE COVER:
Gordon Hospital’s new diagnostic Cardiac Catheterization Lab features the lowest radiation dose in North Georgia. Pictured left to right are Harbin Clinic cardiologists staffing the lab: G. Hunter Myers, MD; Hector Picon, MD; J. Christopher Merritt, MD; J. Michael Ware, MD; Gwynne D. Floyd, MD; and Frank D. Stegall, MD.
Extending Our Spectrum of Care

Imagine being admitted to the hospital, and instead of having to wait for your primary care physician (PCP) to check on you each day, you have around-the-clock access to a physician who partners with your PCP to provide care. This vision is now a reality thanks to a new program at Gordon Hospital.

On May 4, Gordon Hospital launched its hospitalist program, which ensures that an internal medicine physician specially trained in the care of inpatients is continually available to provide care.

“Hospitalists are physicians who work as a team to care for patients who are admitted to the hospital,” says Brent Box, MD, chief hospitalist and medical director of the hospitalist program at Gordon Hospital. “This service is especially beneficial to patients admitted to the hospital who do not have a PCP because they automatically have an in-hospital physician to care for them.”

Defining a Hospitalist
Some physicians have been practicing hospital medicine since the 1970s, but the practice—and the term “hospitalist”—didn’t become widespread until the mid-1990s. According to a 2007 survey conducted by the American Hospital Association, more than half of American hospitals possess hospital medicine programs, and more than 23,000 hospitalists practice medicine today.

Hospitalists come from a variety of different medical training backgrounds, though most specialize in internal medicine. Others, however, may have studied critical care or pulmonary medicine.

Providing Continuous Inpatient Care
“I think this program will ensure strong communication between patients and physicians because there’s a physician nearby at all times,” says Sam Huenergardt, chief operating officer at Gordon Hospital. “If a patient has a sudden problem or complication, a physician is no more than a couple of minutes away. This type of access to physicians can only strengthen our patient care.”

The decision to utilize a hospitalist is made by each patient and his or her PCP. While some PCPs in the community may wish to maintain an office and a hospital practice, others have welcomed the opportunity to partner with a physician that remains in the hospital full-time.

“When a PCP has a patient that needs to be admitted to Gordon Hospital, the PCP will contact the hospitalist team, and the team will communicate with the PCP at the time of admission, throughout the patient’s stay, and at discharge,” says Dr. Box. “For patients, the hospitalist program represents the latest advancement in medicine that provides a seamless continuum of care.”

To find a physician at Gordon Hospital, visit www.gordonhospital.com and select “Find a Doctor.”
When your heart is in trouble, Gordon Hospital is here to protect your health. With the addition of its new high-tech diagnostic Cardiac Catheterization Laboratory (Cath Lab), you can receive quality cardiac care close to home—when you need it most.

"Patients no longer have to travel outside of Gordon County to visit their cardiologist," says Sam Huenergardt, chief operating officer at Gordon Hospital. "By offering diagnostic cardiac catheterization at Gordon Hospital, patients have access to state-of-the-art technology for rapid diagnosis of heart disease and no longer have to travel out of town to receive care."

Gordon’s Cath Lab uses the latest technology and advanced clinical procedures to diagnose blockages and the narrowing of arteries; evaluate the pumping ability of the heart and the function of heart valves; and measure internal pressures within the heart.

Coronary angiogram or cardiac catheterization is an X-ray test used to determine the condition of the heart and the coronary arteries. A cardiologist performs this test using a small catheter, which is inserted through an artery—usually the femoral artery in the groin—and is advanced through the blood vessels and into the heart. A dye is then injected through the catheter to help the cardiologist visualize a moving picture of blood flow through the coronary arteries while taking X-rays.

“This procedure enables physicians to find possible blockages from blood clots or plaque buildup, which can cause a heart attack,” says Raina Sanford, director of radiology at Gordon Hospital. “Results from cardiac catheterization help cardiologists determine whether treatment with bypass surgery or another type of intervention is necessary.”

A Look Inside the Cath Lab
To make this and other catheterization procedures as beneficial as possible, new technology has been implemented at Gordon Hospital. An integral component of the Cath Lab is having the latest interventional X-ray technology—Siemens Artis Zee®. In fact, Gordon Hospital is the first hospital in North Georgia to offer patients access to this state-of-the-art equipment.

“Our new X-ray system offers an array of benefits for patients as well as physicians,” says Sanford. “The advanced image quality for
“Our investment in the new diagnostic Cardiac Catheterization Laboratory supports our commitment to providing excellent cardiac care to the community. We have a talented team of experienced physicians, and the availability of the most advanced technology plays a crucial role in our ability to accurately and efficiently diagnose patients with cardiac conditions, close to home.”

Sam Huenergardt, chief operating officer at Gordon Hospital

cardiac procedures allows physicians to get a faster, clearer picture than ever before so they can diagnose and treat their patients promptly with greater confidence.”

In addition, the patient’s experience during the procedure is more comfortable because the X-ray equipment features a Tempur-Pedic® mattress top—comparable to what you might find in a five-star hotel.

Leading-Edge Care

While older equipment unnecessarily exposed patients to radiation during X-ray tests, this equipment is radiation-free during positioning.

“One of the goals of this advanced technology is to continue to limit the necessary dose of X-ray exposure,” says Sanford. “Our machine has the lowest dose of X-ray exposure in North Georgia, which ensures we are offering patients the highest level of safety.”

As the technology for cardiac care continues to advance, the equipment within the Cath Lab can easily be updated to meet the needs of patients.

“The system’s modular design makes upgrades easy and affordable,” says Sanford. “This means that Gordon Hospital can remain on the cutting edge of the technology curve due to the expansive upgrade path of this system. The community we serve can be confident in our commitment to remain on the forefront of cardiac medicine.”

For more information about the services offered at Gordon Hospital’s diagnostic Cardiac Catheterization Laboratory, call (706) 879-4742.

Heart Disease: What You Should Know

While certain risk factors—including age, gender, and race—can impact how likely you are to develop heart disease, heart attacks don’t discriminate.

In order to get the help you need in an emergency situation—or to ensure a loved one receives the care he or she needs—it’s vitally important to understand the symptoms of a cardiac episode, which include:

• chest discomfort, pain, or pressure
• cold sweat and nausea
• discomfort in the arms, jaw, or stomach
• shortness of breath

If you or someone you know experiences any of these symptoms, immediately call 9-1-1.
Chaplain-Health Educator, Dave Smith, MDiv-MSPH, prizes his partnership role with Gordon Hospital physicians who sometimes marvel with him at the medical interventions of God.

As a member of Adventist Health System, Gordon Hospital cares for a patient’s body, mind, and spirit. Approaching health care in a spiritual manner in addition to using modern medical techniques has received recent attention from researchers who found patients who identified themselves as spiritual experienced better outcomes than those who did not.

These findings come as no surprise to Smith. “Psychoneuroimmunology is a very long name for a new science that investigates the interaction of a person’s faith with their physical and mental health,” says Smith. “The statistics point to the fact that being spiritual does indeed improve your health, and it is a vital component to our care here at Gordon Hospital.”

The statistics that Smith refers to are startling. Recent studies found that:

- Daily Bible reading reduced diastolic blood pressure (and risk of stroke) 40 percent in a study of 400. [Dr. Koenig, Duke]
- Prayed-for cardiac patients required less antibiotics and diuretics, suffered much less pulmonary edema, had fewer air tubes inserted, had less pneumonia, and had fewer cardiac arrests. [Dr. R.C. Byrd, San Francisco General]
- Retirees attending church frequently had stronger immune systems and were only half as likely to have high Interleuken-6 levels associated with osteoporosis, Alzheimer’s disease, diabetes, certain forms of cancer, and AIDS. [Duke]
- A 2-year study in New Haven, Connecticut, showed that the more-religious had half the mortality rate of the less-religious. [Drs. Zukerman, Kasl, Ostfeld]

“Most pastors serve churches,” explains Smith, who with the help of six volunteer chaplains provided more than 11,000 spiritual visits last year alone, “I pastor a hospital instead. But, the best pastoral care is listening to and hurting with anxious and grieving people more than programs,” says Smith. “Being sensitive to the personal beliefs, fears, and joys of people from every faith background is our goal. That way the Lord, Who wishes every one of His children to experience physical-mental-spiritual health, will be taking care of people through us.”

To learn more about spiritual care services at Gordon Hospital, visit www.gordonhospital.com
Dr. Khajavi is married, has five children, and is an avid runner. She is board certified by the American Board of Internal Medicine.

In addition, her background includes an assistant professorship at Emory University School of Medicine and medical director of the Hospital Medicine Unit at Cartersville Medical Center. She also has served as a hospitalist at various hospitals in the Atlanta area including: Northside Hospital—Cherokee, Emory University School of Medicine, Crawford Long Hospital, and Kennestone Hospital.

Dr. Khajavi received her medical degree from George Washington University School of Medicine and Health Sciences. She completed her residency at Emory University School of Medicine and Yale University Department of Medicine, Division of Primary Care.

She is board certified by the American Board of Internal Medicine. Dr. Khajavi is married, has five children, and is an avid runner.

Gordon Hospital is pleased to welcome Mahsheed Khajavi, MD, to its active medical staff. She will serve as a hospitalist in the new Hospitalist Services program.

Prior to joining Gordon’s staff, Dr. Khajavi, who has been a hospitalist since 1997, served as the medical director at Hospitaliststartup, LLC, and the medical director of Inpatient Hospital Medicine at Sumter Regional Hospital in Americus, Ga.

Information and registration for all of Gordon Hospital’s classes and seminars can now be found online at www.gordonhospital.com. Just click on the link to register for a class or event!

**CLASSES & SUPPORT GROUPS**

**Breastfeeding Class**
- Cost: Free
- Date: Offered Monthly
- Location: New Beginnings
- Maternity Center

A International Certified Lactation Consultant teaches this class. For more information, including a class schedule, call (706) 879-4737.

**Breathe Free**
- Cost: Free
- Dates: Nine sessions, begins September 26
- Time: 6:30 to 8:30 p.m.
- Location: Gordon Hospital

Breathe Free has a 10-year track record of helping individuals break free from tobacco. Pre-registration is required. Call (706) 879-4718.

**Caregiver Support Group**
- Cost: Free
- Date: Third Tuesday of each month
- Time: 2 p.m.
- Location: Regal at Morning Pointe

The Caregiver Support Group is designed for families of people with Alzheimer’s disease or a related disorder. For more information, call (706) 275-0819.

**Childbirth Classes**
- Cost: Free
- Location: New Beginnings
- Maternity Center

For more information about the class schedule and registration, please call (706) 879-4737.

**Diabetes Education Class**
- Cost: Free
- Date: Third Tuesday of each month
- Time: 9 a.m. to noon
- Location: Gordon Hospital Conference Room A

Register by calling (706) 879-4722.

**Grief Recovery Group**
- Cost: Free
- Date: Fourth Tuesday of each month
- Time: 7 p.m.
- Location: Gordon Hospital Chapel of Hope

If you have experienced the loss of a loved one and would like support through your grief, you and your family are welcome to join us. For more information, please call (706) 879-4718.

**Seminars, Screenings, & Special Events**

**Look Good, Feel Better**
- Cost: Free
- Date: July 13 and September 14
- Location: Gordon Cancer Resource Center at Gordon Hospital
- Time: 11 a.m.

A program of the American Cancer Society, this class is hosted by the Cancer Resource Center. This class teaches female cancer patients beauty techniques to restore their appearance and self-image during chemotherapy and radiation treatments. Women learn about makeup techniques, skincare, nail care, and options related to hair loss such as wigs, turbans and scarves. To register, please call (706) 879-4746.

**Prostate Cancer Screening**
- Cost: Free
- Date: September 15 and 17
- Location: Gordon Hospital Outpatient Registration
- Time: 5 to 6:30 p.m. both days

Free Prostate Specific Antigen (PSA) test and Digital Rectal Exam (DRE) for men over the age of 40. Services are free, but registration is required, please call (706) 879-4732, ext. 3.

**Why Thrive? Informational Meeting**
- Cost: Free
- Date: July 14
- Location: Gordon Hospital Conference Room E
- Time: 7 p.m.

Free information meeting to discuss the Thrive Weight Loss Program. Program instructors will describe the structure, duration and costs. You will also have an opportunity to ask questions of the Thrive instructors. Please register by calling (706) 879-4732, ext. 3.

**Breastfeeding Class**
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Now Open Weekends!

From 10 a.m. until 8 p.m.
and Monday through Thursday
from 8 a.m. until 6 p.m.
and Friday 8 a.m. until 5 p.m.

WE’VE MOVED

Great new location on the Campus of Gordon Hospital
100 Hospital Court (old Calhoun OB/GYN building)

Call or come see us today!
(706) 602-8200