

Do it for someone  
**you love.**



According to the American Cancer Society there will be 234,460 new cases of prostate cancer in the United States in 2006. Prostate cancer is the third leading cause of cancer death in men, after lung cancer and colorectal cancer. While one man in 6 will get prostate cancer during his lifetime, only one man in 34 will die of this disease. African American men over the age of 45 are at higher risk.

Our 9th Annual Prostate Screening will be Saturday, September 23, 10:00am-3:00pm at Henry Medical Center.

The screening will include

- a blood test (PSA)
- a brief exam by a qualified physician
- education on prostate cancer
- free giveaways

**Free Prostate Cancer Screening**  
**Saturday, September 23**  
10 am-3 pm - Registration required

Who needs a screening?

- Men 50 and older
- African American men over 45
- Men over the age of 45 with a family history of prostate cancer

Call Henry Medical Center's Community Education Department at 770-389-2143 to register.

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# Health for Life

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September/October 2006 [www.henrymedical.com](http://www.henrymedical.com)

Featuring:

**Breast Cancer**

What to look for, what you can do

**Prostate Cancer**

Getting back to a full and healthy life

**Community Education**

Programs, classes and support groups  
to make your life healthy and happy



Life is  
**Sweet!**

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Health for Life

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Visit us at www.henrymedical.com

On the cover:

Christina Parker of Locust Grove has a taste for all that life has to offer

Live.  
Laugh.  
Love.

## Saying “no” to cancer and “yes” to life

“I was 30 years old and thought I was invincible,” says Locust Grove resident Christina Parker, a franchisee and VP of Operations for Bruster’s Real Ice Cream. “My mom, as well as her two sisters, all had cancer. But I never thought it would happen to me.” Within a year, Parker’s mindset had changed.

After her mother passed away from breast cancer in March 2003, Parker became vigilant about checking her own breast health. She had an exam with an Oncologist in April 2003 despite her young age.

“The doctor said I had fibrocystic, dense tissue,” Parker says. “We felt a tiny lump near the top of my right breast, but didn’t think much of it. I did self-breast exams very infrequently, so didn’t know it was something abnormal.”

The lump grew larger, and Parker knew she should get it checked again. But, like many women do, she put it off. By August it was golf-ball size and very painful.

In the middle of the night on August 3, Parker bolted awake with the thought of “Go get checked out – do it now!” screaming in her mind. She woke her husband Greg and told him she had to get tested immediately and arranged for an ultrasound.

Christina Parker finds **life is sweet** after breast cancer

“If you know in your heart that something’s not right, don’t stop until you get some answers.”

Christina Parker, Locust Grove

Two days later, she had an excisional biopsy. “All the pathology reports were bad,” she says. “I asked about my prognosis, whether I would see our boys go to their middle school dances or see them graduate. The doctor said ‘Probably not.’”

Parker wasn’t satisfied with that answer. “I said no. That kind of diagnosis is not acceptable.”

She found another doctor to get a second opinion. That physician performed another biopsy and also checked Parker’s lymph nodes. The cancer had not spread to the nodes, but the lump itself had to be dealt with.

“The cancer was so aggressive that I didn’t have time to have surgery and recover before starting chemotherapy,” Parker says. Instead, her physician decided to reverse the approach. Parker had chemotherapy treatments every two weeks from August 2003 until February 2004, then had a bilateral mastectomy and reconstructive surgery. Today she remains cancer free, although she still has check-ups every few weeks.



Christina is a dynamic advocate for breast cancer awareness. She speaks often at conferences, health fairs and has appeared on national television shows such as FOX News with Shepard Smith. “Having cancer changed my perspective on life. You’ve got to live for a reason.”

## Keep the Right Mindset

“Nothing is completely proven to prevent breast cancer, but focusing on early detection is a very good strategy for dealing with it,” says Jorge Spinolo, M.D., of Georgia Cancer Specialists in Stockbridge. “Early detection dramatically increases the chance of a cure.”

Because more than 200,000 American women are diagnosed with breast cancer each year, every woman is at risk. “Women cannot assume that it might not happen to them,” Dr. Spinolo says. “And they must be extra careful if they have a family history of breast cancer.”

The American Cancer Society recommends that women have a baseline mammogram at age 35, then begin yearly mammograms at age 40. “You may need to have your first mammogram earlier if a first-degree relative – your mother or sister – had breast cancer,” Dr. Spinolo explains. “Every woman should also perform monthly self-breast exams and have a yearly breast exam by a healthcare practitioner.”



## Get Much-Needed Support

Women who discover breast cancer have a range of treatment options, depending on their individual case. Some women need a lumpectomy or mastectomy; others are treated primarily with chemotherapy or radiation.

Dr. Spinolo also stresses the importance of finding support during and after treatment and recovery. “When we talk about health, we’re not just talking about physical components,” he says. “There are also emotional effects to consider. It’s very important to find a support group and to find another woman who has had breast cancer that you can relate to.”

“Having cancer affects your entire support system,” Parker agrees. “Find those people who can help you through it. There are no guarantees in life, but if I can do it anyone can.”

“Early detection is our best way to fight breast cancer. The sooner you detect it, the better your chance is to cure it.”

Jorge Spinola, M.D.  
Georgia Cancer Specialists  
678-289-0549

**MAMMOGRAPHY:** Although mammograms are mostly used for screening, they can also be used if there is reason to think you might have breast cancer. These are called diagnostic mammograms. This kind of mammogram might show that everything is OK and you can return to having yearly mammograms. Or it might show that a biopsy should be done. Even if the mammogram doesn’t show a tumor, if you or your doctor can feel a lump you may need a biopsy. The exception would be if ultrasound shows that the lump is a cyst.

A mammogram cannot show for sure whether cancer is present or not. If your mammogram points to a possible problem, a sample of breast tissue is removed and looked at under a microscope. This is called a biopsy.

(Source: The American Cancer Society, [www.cancer.org](http://www.cancer.org))



Go for it

# Curtis Scott finds life is a ball after prostate cancer

## Insistence Pays Off

A few years ago, Kris Scott, of McDonough, began insisting that her husband Curtis schedule an appointment during the hospital's annual prostate cancer screening. That insistence paid off when the physician found something suspicious during last year's exam.

"The doctor felt something that he thought was a calcium deposit," Scott says. "He didn't think much about it, but said I should have a biopsy anyway."

Blood test results from Scott's exam showed a very slight PSA elevation (or prostate specific antigen) of 0.857. Many physicians aren't overly concerned until a patient's PSA level is 4.0 or higher.

"I wasn't having any problems or other symptoms, and don't have a family history of prostate cancer," Scott says. "So I put off having the biopsy."

A few months later, Scott's son – who is an anesthesiologist – mentioned it again. After their conversation Scott decided to get things checked. This time his PSA was 2.2, but his physician still wasn't concerned – until the biopsy results came back as cancerous.

A follow-up CT and bone scans were clear, showing that the cancer had not spread. In May, Scott had radiation seed implant surgery.

“Placing seed implants and treating the patient with external beam radiation is the most common way to treat most prostate cancers,” says James V. Eaton, M.D. of Urology of Greater Atlanta. “But, you have to decide what’s best for each patient.”

With the implants, a surgeon strategically places tiny “seeds” within the patient’s prostate. Follow-up radiation treatments (five days a week for five to seven weeks) target these seeds to attack any cancer cells that might be present.

“There’s no definitive answer on what’s the best treatment,” Dr. Eaton says. “But we have a 75-80 percent cure rate – or more – if we catch it early.”

The best way to detect prostate problems early is to have a yearly physical exam and blood test. “There are free screenings all over the city,” Dr. Eaton says. “Some patients watch for those and have two exams a year – one by their own doctor and one at a free screening.”

## When do you check?

The American Urology Association recommends that men without a family history or symptoms (such as urination problems or blood in the urine) begin annual tests at age 50. But some physicians, such as Dr. James Eaton, say beginning at age 45 – or possibly even earlier – is acceptable. He recommends:

### Caucasian Men

with a family history	age 45
without a family history	age 50

### African-American Men

with a family history	age 40
without a family history	age 45



James V. Eaton, M.D.  
Urology of Greater Atlanta  
770-474-5281

“Get your screenings as early as you can. Starting at age 45 is really fine.”

“You need to be diligent about having it done every year,” Scott says. “Even if your PSA and family history are clear, you must have a digital exam too. It might be the barometer your doctor is waiting on.” ⚡



“The whole thing is that a simple test can save a person’s life.”

Curtis Scott, McDonough



“The pictures and statistics they share in class are enough to make you quit if you care anything about your health.”

Patty Moss, Jackson

Henry Medical Center is one of the best places you can go for excellent healthcare, but it's also one of the best places to go for healthcare education. Henry Medical Center's physicians and employees work all year to bring you education classes, support groups, screenings and more – and taking part in them can make a big difference in life.

Jeanette Fisk, of Hampton, has had osteoarthritis in her knees and hips for about 10 years. She read about Henry Medical Center's arthritis self-help class in the local newspaper and decided to give it a try.

“I was still able to do everything, but it was very painful at times,” she says. “The medicine my doctor prescribed helped, but I didn't like taking too much medication.”

Fisk came to the class hoping to learn some new ways to live with arthritis. She found that – and more – during the six classes.

“I learned a lot about myself,” she says. “My eating habits could be better, so I'm

trying to change those. And exercising regularly really is the best thing. Now I try to walk every day.”

Patty Moss, of Jackson, also learned a lot about herself when she decided to stop smoking. She had been through a cycle of smoking and stopping since her teenage years. “I have strong willpower, but had never been through classes before,” she says. “I didn't want it bad enough.”

Two changes in Moss' life finally motivated her to stop smoking for good: the birth of her granddaughter, Autumn Grace, and the state's new policy that she had to pay additional insurance fees each month because she was a smoker.

“I started calculating the amount I was spending on cigarettes,” she says. “I thought, ‘I can use that money for something else and be a lot healthier.’”

Moss signed up for the Fresh Start class in May, and hasn't looked back. “There are all kinds of classes and books to help you stop smoking, but you're not going to quit if you don't really want it. I want to watch my grandchild grow up.” ⚡

## Prostate Cancer Screening

Henry Medical Center will hold its Ninth Annual Prostate Cancer Screening on:

**Saturday, Sept. 23 from 10 a.m. until 3 p.m.**

The screening includes a PSA blood test, brief physician exam and education.

You must register for an appointment. Call 770-389-2143 to schedule a time.

## Breast Health Workshop

Henry Medical Center's Annual Breast Health Workshop will be:

**Tuesday, Oct. 24 from 7 until 9 p.m.**

Scott Timbert, M.D., of Southern Crescent Breast Specialists will talk about breast cancer, risk factors, prevention, treatments and the importance of screenings and support groups.

Women ages 35 and older who attend will receive a certificate for a free screening mammogram.

For more information and to register call 770-389-2143.

## The Henry Medical Center 3rd Annual Pacemaker 5000 kicks into high speed



Jeff Cooper, vice president of Development and executive director of Henry Medical Center Foundation is pictured with some of the race participants.

The Henry Medical Center Foundation will hold its 3rd annual Pacemaker 5000, a 5k and 1k Fun Run at Atlanta Motor Speedway on Saturday, Oct. 14th. Wachovia Bank has signed on as the presenting sponsor for the third year. "Our race is a wonderful family event, we have a great time and we are raising money so that we can continue to provide the best possible care for our growing community," says Jeff Cooper, vice president of Development and executive director of the Henry Medical Center Foundation.

Bruce Dickerson with Edward Jones Investments serves as the Pacemaker 5000 Chairman. Bruce adds "I enjoy being a part of this event because it is a great way to invest in Henry Medical Center." Race registration begins at 4:00 p.m. with a race start of 5:00 p.m. All race participants will receive a free race t-shirt. For information about the race or to participate as a corporate sponsor, please call 678-289-7900 or log on to [www.pacemaker5k.org](http://www.pacemaker5k.org).

## Henry Medical Center Annual Memorial Service Set for October 15th at McDonough Presbyterian Church

The Henry Medical Center Foundation's annual Living Memorial Service will be held on Sunday, Oct. 15th at the McDonough Presbyterian Church at 3:00 p.m. The service will include a candle lighting ceremony to honor and celebrate the lives of those who have been remembered through gifts and donations to the Henry Medical Center Foundation. All family and friends are invited.

For more information about the Living Memorial Service, please call the Foundation Office at 678-289-7900.

## Henry Medical Center Teen Volunteers Attend Conference



Five Henry Medical Center Teen Volunteers recently attended the 2006 Youth Volunteer Conference held at Camp Pine Eden in Hamilton, GA. The teens who represented Henry Medical Center were Kimberly Love, Elizabeth Sherrer, Daphne Vincent, Neal Patel and Nirav Patel. Henry Medical Center Auxiliary members who attended the event with the teens were Betty and Joel Brown and Fran Jones. Henry Medical Center's Teen Volunteer Program is open to teens from 14-18 years old. The goal is to foster a sense of volunteerism, offer students the opportunity to be exposed to the many different medical careers available and encourage those interested in pursuing a career in medicine.

For more information on how to get involved with the Teen Volunteer Program, please call Mary Ann Hills at 770-389-2194.

# Find the cancer cell in this photo.

A cancer cell the size of a pinpoint is often missed by a breast self examination. This year an estimated 212,920 cases of breast cancer will be diagnosed. Of those, about 40,970 deaths are anticipated from breast cancer. Early detection could save many of these lives. To help in the fight against breast cancer, Henry Medical Center is providing free screening mammograms.

**We invite you to a free Breast Health Workshop, Tuesday, Oct. 24**

**from 7 p.m. to 9 p.m.** Women over 35 will receive a certificate for a free screening mammogram and information about breast cancer, risk factors and more.

For more information and to register call 770-389-2143.

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