

CMN Celebration slated for June 6



More than 100 volunteers work the phone bank each year during the local Children's Miracle Network Celebration. Donations, sponsorships and pledges brought in \$880,440 in funds in 2009 to support the services and programs at the MCGHealth Children's Medical Center. For more information or to make a donation before the event begins, call 706-721-3957.

The CMN Celebration will broadcast live from the MCGHealth Children's Medical Center lobby from 11 a.m. to 6 p.m. on Sunday, June 6, on WRDW-News Ch.12. The event celebrates the culmination of funds raised by sponsors and donors to benefit programs and services at the MCGHealth Children's Medical Center. Special to the broadcast this year will be snapshots of pediatric care over the past 100 years that portray the unique history of the South's first children's

hospital, The Wilhenford Children's Hospital, which is the precursor to this area's only children's hospital – the MCGHealth Children's Medical Center.

for us. We are commemorating a century of delivering quality pediatric care, which began at The Wilhenford. In addition, 2010 marks the 25th year of our local Children's Miracle Network Celebration," said Dr. Bernard Maria, Medical Director of the MCGHealth Children's Medical Center and Chairman of Pediatrics at MCG.

"We encourage the community to watch the local broadcast, learn more about the hospital that's right here in the CSRA, and support our efforts

so we can continue to deliver specialized care to children," said Barbara Meeks, Vice President of Pediatric Patient Care Services at MCGHealth.

"This is a banner year

The broadcast also will include video tours of the hospital, conversations with patients, donors and staff and recognition of committed sponsors. And, as is the tradition, families will have the opportunity to share their personal experiences at the MCGHealth Children's

Medical Center.

Among those is 13-year-old Chalmers Carr, the oldest of three Miracle Kids to be featured during the Celebration.

Chalmers suffered severe trauma while riding his ATV without a helmet on his family's South Carolina peach farm. "We think he was thrown off, and that the rim of a tire hit him in the head behind his right ear," explained his mom, Lori Anne. He was airlifted to the MCGHealth Children's Medical Center.

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Chalmers is fully recovered and is back to golfing and shooting sporting clays.

“He had two skull fractures and was a blunt and unstable trauma,” explained Dr. Tony Pearson-Shaver, Chief of Pediatric Critical Care Medicine. “His responses were not what we wanted them to be.”

CT scans showed the extent of the boy’s injuries.

“They were severe enough that we knew he might not survive,” said Dr. Pearson-Shaver. “We were poised to do everything humanly possible, but given this kind of injury, sometimes children just don’t survive. We were straightforward about it.”

Surgeons closed up the back of Chalmers’ cranial bone with the help of four titanium plates, and reattached his ear.

When drainage failed to manage Chalmers’ intracranial pressure, doctors put the young boy into a medically induced coma to suppress

metabolic brain activity and speed healing.

After a few days, the team attempted to remove the ventilator, but Chalmers crashed.

“That was one of the amazing times I saw Dr. Pearson-Shaver go into

action,” remembered Lori Anne. “I had asked him to treat Chalmers as if he was his own child, and I never had any doubt that’s what he did.”

Chalmers remained in a coma for 17 days before doctors slowly weaned him from medication. Listening to his iPod in his good ear seemed to help.

“It was amazing. If the playlist ended or the earphone fell from his ear, his intracranial pressure would rise,” said his mom. “Kenny Chesney and Taylor Swift aided in his recovery.”



The boy flat-lined a couple of times before the helicopter arrived, but ambulance workers were able to revive him.

Gradually, Chalmers improved and the medical team was able to back off on some of the medicines.

After 23 days, Chalmers left the hospital, entering a rehab center in Atlanta where he had to work hard for six weeks to re-learn basic skills like walking, talking and eating.

“We treat three to four seriously injured ATV accident victims each summer,” said Dr. Pearson-Shaver, “and twice as many who are not as badly injured.”

Chalmers, now an advocate for helmet-wearing, is fully recovered and in the seventh grade. He is back to golfing and shooting sporting clays.

The Celebration will also feature the stories of 5-year-old Jacob Rodriguez of Grovetown, who suffers from a heart condition, and 3-year-old leukemia patient Molly Johnson, one of last year’s Miracle Kids.

The MCGHealth Children’s Medical Center has been a beneficiary of the Children’s Miracle Network since 1986. Money raised has helped fund the many resources needed to enhance and maintain the quality of care children receive. ♦

NeSmith appointed to Board of Directors



William "Dink" H. NeSmith, Jr., President and Co-owner of Athens-based Community Newspapers, Inc., has been appointed to serve a three-year term on the Board of Directors of MCG Health, Inc. NeSmith, who oversees several dozen newspapers in the Southeast, was appointed by Governor Sonny Perdue in 2008 to the

Board of Regents of the University System of Georgia to represent the 10th Congressional District.

A 1970 graduate of The University of Georgia (UGA), NeSmith is past Chairman of the University's Fanning Institute for Leadership, and several years ago, co-authored a biography of the Institute's founder, Dr. J.W. Fanning. He is past president of UGA's National Alumni Association and Chairman of the Richard B. Russell Foundation.

Gov. Perdue appointed NeSmith to the 20-member Commission for a New Georgia, which he has served for the past eight years. He also serves on

the Board of Directors of Athens First Bank and Trust, Southern Mutual Insurance Company, Pattillo Construction Company and the Georgia Chapter of The Nature Conservancy.

NeSmith is Past President of the Georgia Press Association and former Chairman of Leadership Georgia (1986). He is an emeritus member of the UGA Athletic Association's Board of Directors and the UGA Foundation's Board of Trustees. As Chairman of Athens 96 for the four years leading up to the 1996 Summer Olympic Games, NeSmith led Athens' involvement in the games' soccer, volleyball and rhythmic gymnastics events. ♦

A little Seuss goes a long way

Kohl's Cares for Kids® program is currently offering five faves from Dr. Seuss for \$5 each. Corresponding plushes complement the Dr. Seuss tales and sell for an additional \$5 each. Eighty-three percent of the net profits benefit the MCGHealth Children's Medical Center.

In 36 pages of fun, "The Foot Book" lets readers experience classic Dr. Seuss rhyming techniques, such as, "Up feet. Down feet. Here come clown feet."

"Oh, the Thinks You Can Think!" is a 42-page hardcover

book that encourages your child's imagination.

"If I Ran the Circus" is a 64-page hardcover book your whole family will enjoy. Readers experience the wild and wonderful Circus McGurkus with Willy Waloos, Grizzly Ghastlys and 500 gallons of lemonade.

In the 72-page hardcover book, "The Lorax," readers encounter the cautionary tale of the Lorax, the Once-ler and the Truffala Trees.

In addition to these items, you can get "The Green Book"

for \$5. The 224-page book includes:

- Hints, tips and solutions that encourage energy conservation and pollution reduction.
- Justin Timberlake, Ellen DeGeneres, Will Ferrell, Jennifer Aniston, Faith Hill, Tim McGraw, Martha Stewart and other celebrities offering insight into green living.

You can buy the merchandise at the store in Evans, 4227 Washington Road, or online at kohls.com. ♦

Help us celebrate the centennial

We are celebrating 100 years of providing excellence in health care to children. It all began in 1910 with The Wilhenford Children's Hospital, the first children's hospital in the South, and the precursor to the MCGHealth Children's Medical Center.

You are invited to become a "100-year-old kid." Go to the website at mcghealth.org/kids100. After watching the video, take a fun quiz about the children's hospital then and now. You will then



become kid certified as our newest "100-year-old kid." As a bonus, you'll receive a couple of cool surprises.

Space permitting, we will congratulate those who have become kid certified by publishing their names in *News of Excellence*. We look forward to seeing your name next month.

Also, we are looking for photographs and anecdotes related to pediatric health care over the years. Please contact Kim Marlatt at 706-721-5736 or kmarlatt@mcg.edu if you can contribute to the celebration. ♦

Higby named Nurse Manager



Pamela Higby, RN, BSN, CMSRN, has been named Nurse Manager for the 6 North and Coronary Care Units.

Before joining MCGHealth, Higby was the manager of several medical units at Aiken Regional Medical Centers, including renal, pulmonary,

telemetry, cardiac step-down and chemotherapy. She also served as a clinical supervisor and a medical-surgical nurse at Aiken Regional. Prior to that, Higby was a medical malpractice consultant for an Augusta law firm.

Higby received both her associate and Bachelor of Science degrees in nursing from University of South Carolina Aiken. She is a member of Sigma Theta Tau honor society and the Academy of Medical-Surgical Nurses. Higby received her certification as a medical-surgical nurse (CMSRN) in 2008. ♦

Encore performance: Diabetes Lunch and Learn

Karen Shouse, RN, MN, FNP-C, will present "Diabetes, It is Preventable," on May 27 from 11:30 a.m. to 12:30 p.m. in the Magnolia and Dogwood Rooms of Terrace Dining. Space is limited.

To reserve your seat, contact Maureen Nguku at 706-721-2281 or mnguku@mcg.edu. ♦

Is stress making you fat?



Roxane Patterson

stress can make you fat,” confirmed Roxane Patterson, RN, Director of Occupational Health.

Stress affects weight gain through body chemistry as well as human behavior. Those who are stress-eaters tend to favor high-fat, high-sugar and high-carbohydrate comfort foods. Bouts of unhealthy eating are worsened by the chemical reactions that stress triggers in the body. Stress causes an increase in cortisol levels. Cortisol causes the liver to release glucose into the blood stream. Increased glucose stimulates insulin production. Excessive insulin signals the body to store unused glucose as fat. If gaining weight causes additional stress – and we all know that it frequently does – this can become a really vicious cycle. The more stressed you are, the more you eat; the more you eat, the more weight you gain; the more weight you gain,

“If you are over-eating or eating unhealthy foods to satisfy an emotional need, then

need, then

the more you are stressed; and so on.

What is stress? Stress is any change to your life – good or bad. Birth can cause stress as well as death. A job promotion can cause stress as well as job loss. “Stress doesn’t inherently cause anything,” Patterson pointed out. “What causes stress is how you handle the changes – great and small – that occur in your life. You can never totally rid your life of stress, but you sure can learn to manage it.” Stress management is one of the goals of the HealthWise program.

“One very important way to manage stress is to follow a healthy diet, get regular exercise, make time for recreation, practice relaxation techniques such as yoga or meditation and get adequate amounts of

sleep. Another way is to hone your problem-solving skills. A final way to help manage your stress is to get the type of encouragement and support you need from friends and family members or from your HealthWise coach,” Patterson said.

Government reports indicate that 70 to 90 percent of all doctor visits are for stress-related or induced illnesses. The symptoms of stress can start out as headaches or susceptibility to colds. When faced with chronic stress, you can be faced with anger, dizziness, depression, diabetes, diarrhea or constipation, fatigue, fever, hair loss, heart disease, hives, hyperthyroidism, increased blood pressure, insomnia, muscle pain, obesity, obsessive-compulsive

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Need to walk it out?

The MCG Wellness Center will help you “Beat the Heat” with their June membership special. For only \$50, you can enjoy



MCG Wellness Center

indoor, air-conditioned workouts from June 1 to July 31. The offer is valid only for MCG Health, Inc. and MCG employees. For further information, call 706-721-6800 or visit mcg.edu/wellness. Or, stop by for a tour. ♦

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or anxiety disorder, sexual dysfunction, tooth and gum disease, ulcers and others.

“You need to manage your stress and not the other way

around. If you are experiencing stress, let us help you.

Join the HealthWise program when you have your next annual employee health screening,” she advised. ♦

Need to talk it out?



Give EAP Counselor Linda Fensler a call at 706-721-0757. She is available to provide free confidential assistance to help employees address issues impacting job performance as well as confidential counseling support to family members.

Linda Fensler

“Long-term stress will lead to anxiety and depression. So, by taking a proactive approach, you will save yourself from the potential heart-break and financial struggles caused by a serious depression,” Fensler advised. ♦

Sleep apnea support group meets

The MCGHealth A.W.A.K.E. (Alert, Well, And Keeping Energetic) Support Group meeting is scheduled for May 27 from 7 p.m. to 9 p.m. in the Resource Library of the MCGHealth Children’s Medical Center. The meeting is free and open to anyone diagnosed with or interested in sleep apnea. Light refreshments are provided.

Speaker Joni Greene of Southeast Homecare and Respiratory Services will address “The Health Consequences of Untreated Sleep Apnea.”

To reserve your space, contact Penny Mehaffey at 706-721-0793 or pmehaffey@mcg.edu. ♦

Harris named outstanding employee



Tammy Harris, RN, has been selected as Family Medicine’s “Employee of the Quarter.” According to Administrative

Director Kenny Echols, she is a very positive role model. “Her attitude and leadership skills make her an outstanding employee. She is very caring and always has time to talk with patients, staff and physicians. Tammy is an outstanding individual.”

Harris has been employed here for 17 years and spent the last 10 in Family Medicine. ♦

2010 holiday schedule

Memorial Day

May 31, 2010

Independence Day

July 5, 2010

Labor Day

Sept. 6, 2010

Thanksgiving Day

Nov. 25, 2010

Day after Thanksgiving

Nov. 26, 2010

Christmas Eve

Dec. 23, 2010

Christmas Day

Dec. 24, 2010 ♦