Cholesterol test aids thousands

Christine Deriso

Thousands of people converged on Augusta's Regency Mall Nov. 4-7 with more than shopping on their minds.

They were seeking good health - or at least increased awareness of it - by having their cholesterol levels checked. The service was offered free by the Medical College of Georgia Wellness Consortium, Eastman Kodak, Eckerd Drugs, Regency Mall and WJBF Channel 6 in Augusta.

"It was a huge success," said Dr. Warren B. Karp, chairman of the consortium. "Everybody in Augusta was talking about cholesterol that week. It's really increased awareness."

Approximately 3,685 people were tested, Dr. Karp said. "At one point, the line stretched the entire length of Regency Mall - from Belk's to Montgomery Ward," he said. More than 160 volunteers, most affiliated with MCG, kept things running smoothly.

The consortium is evaluating results, and a sample of 456 indicates: 34 percent have cholesterol levels below 200 milligrams; the recommended limit; 27 percent have elevated levels of 200 to 239; and 27 percent have danger levels of 240 or above. Nationally, 25 percent are at the danger level.

"This clearly demonstrates why cardiovascular disease is the leading cause of death in the CSRA," Dr. Karp said, emphasizing that those with elevated levels should be rechecked by a physician.

The results reaffirmed the fact that cholesterol levels are largely hereditary, he said, noting two sisters whose levels were too high to be measured by the machine. "It was obvious from the crowd that you can't judge cholesterol levels from looking at weight," Dr. Karp said.

Nevertheless, levels can be reduced by about 25 percent through diet alone, he said, encouraging low-fat, low-cholesterol meals and snacks.

The consortium will offer two follow-up programs to further help reduce the levels. The group will visit Kroger Food Stores for a week in January, volunteering to check shopping carts for high-cholesterol foods. They also will help customers read labels and answer questions about nutrition.

In February, the consortium will offer three cholesterol-reduction seminars which will include cooking tips and testimonials from MCG faculty who have had cardiovascular disease.

New MCG center enlivens anatomy

Toni Baker

Anatomy has taken on new life at the Medical College of Georgia.

The newly established MCG Center for Clinical Anatomy offers a fresh approach to teaching human anatomy to freshman medical students and invites more advanced students, residents and even the practicing physician back to study the human form.

"Technology is just running ahead of education," said Dr. Gene Colborn, associate professor of anatomy and director of the center.

"If I were to teach just old-fashioned, classic gross anatomy, a student would be nothing but tired, frustrated and perhaps insulted when he walked across the street to the hospital and the real world and everyone was expecting him to make a diagnosis based on images generated by some equipment and he didn't even know what the image was."

This center comes from years of fine-tuning freshman anatomy classes to keep pace with the dynamic field of medicine.

It also comes from the realization that a doctor's need to understand the workings of the human body does not stop with freshman anatomy. It only begins there.

The center apparently is the first such formalized program in the United States, although some of its basic elements have been used at MCG and other medical schools. Dr. Colborn paints a typical scenario of how the center serves
Implant longevity researched

Gwen Corinth

The technology of dental implants dates to ancient Egyptian times, but a Medical College of Georgia scientist is researching ways to improve their longevity in patients' mouths.

Dental implants are metal or ceramic devices used to attach man-made teeth to bone and gum tissues in the mouth. Evidence of attempted implants has been found in early Egyptian mummies, but modern technology has developed primarily since World War II. Implants can be long-lasting, attractive alternatives to removable dentures. But the key to longevity is ensuring a good biological seal between the implant and surrounding tissues, says Dr. Ralph McKinney, chairman of the Department of Oral Pathology in the MCG School of Dentistry.

Dr. McKinney, who has been involved in implant research for 14 years, will discuss his work in a lecture titled "Dental Implant Tissue Interface - the Biologist's Point of View" at 4 p.m. Nov. 24 in Room 108 of the MCG Library. The lecture is the third in MCG Research Reports, a series sponsored by the MCG School of Graduate Studies and open to the public.

A dental implant must exist in two environments: the mouth and bone and connective tissue. Dr. McKinney said. The boundary between the two areas is called the biological seal.

"If we don't have that seal, then plaque and bacteria will invade the tissues and set up inflammation," Dr. McKinney said. The boundary between the two areas is called the biological seal.

"If we don't have that seal, then plaque and bacteria will invade the tissues and set up inflammation around teeth," he said.

Dr. McKinney's research aims to understand what makes the implant compatible with its surrounding environments. Through studies involving both animals and humans, he plans to keep the implant in place longer before removing it.

BEEPER

Division of Institutional Relations
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Directors meet

Dr. Judson Hickey, acting president of the Medical College of Georgia, presented certificates to James Blissett (above) and Dr. Lon Hodge for serving on the board of directors of the MCG Research Institute Inc. Dr. Hickey is the board's secretary. The 8th annual board of directors meeting was held Oct. 30. Mr. Blissett, a charter member of the board, served until June 30. Dr. Hodge, professor of cell and molecular biology, served from July 1985 until June 30.

Seminars to explore donation of organs

A seminar designed to update health care personnel on organ and tissue donation and recent changes in the laws governing those areas will be held twice during December at the Medical College of Georgia.

The seminar will be held from 11:30 a.m. to 3 p.m. Dec. 8 and Dec. 10 in the radiology classroom on the second floor of MCG Hospital and Clinics.

Topics include recent amendments to the Georgia Anatomical Gift Act.

Also, hospital requirements and guidelines for meeting standards of the Georgia law, federal legislation, requirements of the Joint Commission on the Accreditation of Health Care Organizations and the recommendations of the American Hospital Association.

Seminar participants also will learn about general medical criteria, evaluation and management of the organ and tissue donor.

Determination and documentation of brain death and a sensitive and effective manner for discussing donation with the grieving family also will be covered.

Health care personnel involved with organ and tissue donation and implementing new policies and procedures regarding donation should benefit, according to Mary Anne House, administrator of the organ procurement program at MCG.

A series of recent changes at the state and national level designed to increase organ and tissue donation also have increased the involvement of every hospital in this effort, Ms. House said.

The seminar should help personnel involved in organ and tissue donation sort through the changes, understand the impact on their particular institution as well as determine steps that must be taken to be in compliance with the new regulations.

Registration for non-MCG personnel may be made by calling the MCG Office of Continuing Education at ext. 3967. MCG personnel may register by calling Staff Development at ext. 2281.

Procurement program awarded

The Medical College of Georgia Organ Procurement Program won second place in the category of educational exhibits at the annual Exchange Club of Augusta Fair.

The program is responsible for coordinating vital organ and tissue donation in 82 Georgia counties.

Parents of children with cancer might assume that no one could possibly understand the heartache. No one, that is, except those in the same situation.

Health care workers at the Medical College of Georgia Department of Health Care Personnel on organ and tissue donation and recent changes in the laws governing those areas will be held twice during December at the Medical College of Georgia.

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New MCG center enlivens field of anatomy

cont'd from p. 1

practicing physicians:
A plastic surgeon has to perform
major surgery to remove a large
tumor from a patient's face. The pa-
tient will lose much of his own tissue
in the process.

"You want to re-cover the area of
injury with tissue that will stay there,
that will have good a cosmetic appearance as possible and will
assist the person in getting back into
normal life," Dr. Colborn said.

The surgeon elects to use a flap of
skin with underlying muscle for
fullness. He wants to take that flap
from one of the superficial muscles
in the back and rotate it upward to
cover the damaged area. An impor-
tant issue is how the flap gets its
blood supply.

"He would come over to the
lab..oratory and actually dissect that
area of the cadavers and identify the
vessels in the region," Dr. Colborn
said. "Oftentimes, we could help by
showing them where the vessels are
going to be and telling them the
possibilities. Also, since blood
vessels in people often have varia-
tions in size and position and so on,
we could acquaint them with the
variations they might anticipate.

"He actually does the procedure
in the laboratory and then goes back
to the operating room to do this," Dr. Colborn said.

MCG's Department of Anatomy
has long worked with the clinical
faculty to offer this assistance. But
the center formalizes the offering
and expands on it.

"It is through the center that we
will be able to offer organized pro-
grams for residents or clinical facul-
ty or community physicians or
physicians throughout the state," Dr.
Colborn said.

"My hope for the next several
years is to develop clinical programs
that attract physicians and residents
and clinical faculty from other in-
titutions in other states."

MCG anatomy classes already
have been affected.

"There will be a basic block of
information that never changes," Dr.
Colborn explained. "(For example), we have a heart that has
a certain number of chambers and that
has certain vessels coming out.

That doesn't change. Our
understanding of it changes."

One major goal to enliven the
study of anatomy has been the in-
troduction of images produced by
the latest in equipment such as the
magnetic resonance imaging.

Students learn to view anatomy
through these machines long before
they ever set foot in the hospital.

Cadavers are X-rayed before be-
ing dissected in the anatomy
laboratory. Sometimes, it is possible
to obtain copies of X-rays and tests
before death. The support of the
MCG Department of Radiology has
been essential to expand the course
this way, Dr. Colborn said.

"The whole thing, hopefully, will
lead the student not only to an in-
tellectual grasp of human anatomy,
but an understanding of the whole
living person," he said.

Also, the Department of
Anatomy is working with radiology
residents for a month to review
anatomy intensely, particularly as it
pertains to radiology.

Dr. Malcolm Luxenberg, chair-
man of the Department of
Ophthalmology, originated the idea
of a formalized program for
residents several years ago when he
asked that some of his residents do
an advanced study of the eye.

Dr. Colborn would like to get
other residency programs involved
in a similar relationship with the
Center for Clinical Anatomy.

"We can also offer advanced
elective courses to senior medical
students, for instance, and tailor
them to the seniors' needs.

"Suppose they are going into
ear, nose and throat (otolaryngology). They come in,
most typically, for a spring elective
offering in which they will study in-
tensely the head and neck in terms of
its basic anatomy, clinical ap-
lications of that anatomy and even
sometimes practice procedures re-
levant to their specialties," Dr. Col-
born said.

"We would be derelict in our
duties if we didn't prepare the stu-
dent adequately for modern
medicine," he said. "What they
should be able to do increases, not
only as imaging modalities increase,
but as all kinds of new instrumenta-
tions increases."

At this point, Dr. Colborn sees no
limits to the interaction the center
can have with students, residents
and practicing physicians.

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A Medical College of Georgia faculty member recently presented two scientific papers at an international meeting on echocardiography.

Dr. Ivan A. D'Cruz, professor of medicine at MCG and cardiologist in charge of the echocardiography laboratory at the Veterans Administration Medical Center, discussed the use of ultrasound to diagnose cardiac tamponade at the Nov. 11-14 meeting of the Asian-Pacific Conference on Echocardiography. The meeting was held in San Diego, Calif.

Cardiac tamponade is a potentially life-threatening condition characterized by compression of the heart. Cardiac tamponade can occur at any age and has many causes, including infection of the sac and spread of cancer to the pericardium.

Dr. D'Cruz is the principal author on the two papers presented. He presented "Echocardiographic Features of Atrial Compression in Patients with Pericardial Effusion Causing Tamponade." Other contributors include Dr. Andrew Dick, instructor, MCG; Dr. Ganesh Pai, associate professor, MCG; Dr. Vinayak Kamath, assistant professor, MCG; and R. Chris Hand, research assistant, VAMC.

Dr. D'Cruz also presented "Large Pericardial Effusions Following Cardiac Surgery: Role of Echocardiography in Their Assessment and Management." Other authors include Dr. William Callaghan, instructor, MCG; Dr. Fred Arensman, associate professor, MCG; Dr. Charles Gross, associate professor, MCG; and Dr. D'Cruz has been selected as one of 10 doctors in the country to present a paper at a national symposium in pericardial research Nov. 15. The symposium preceded the annual scientific session of the American Heart Association in Anaheim, Calif.

That paper is titled "Echocardiographic Visualization of Atrial Abnormalities in Tamponade: A Reappraisal."

Christmas decoration rules outlined

Medical College of Georgia Christmas decorations must conform to the following guidelines, according to Public Safety:

Artificial Christmas trees are not permitted inside buildings, except a single live/cut tree in the first-floor hospital lobby, with appropriate fire safety control measures approved by Hospital Safety.

Artificial trees are permitted only if placed, lighting, decoration and monitoring requirements are followed.

Artificial trees should not be placed on corridors or restrict exits.

Decoration may not block exit doors or obstruct exit signs from any point in a corridor or access way.

Flameproof garlands may hang on walls or ledges, but not across corridors.

Candles and open flames are not permitted in any area.

All artificial trees, lighting and decorations must be safety approved by a certified testing laboratory and maintained in good condition.

Light strings cannot be positioned on metallic trees because of the conductivity hazard.

Extension cords must be three-wire cord type or fused box type and in good repair. Light strings and extension cords cannot be positioned to create a trip hazard.

Lights and extension cords to lights must be unplugged when areas are unsupervised.

Christmas decorations should be removed by Dec. 31.

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  - **1972 VW Super Beetle**, needs some work. $1,000. Peter Stager, 736-6210.
  - **1985 Nissan Sentra Wagon**, 40,000 miles, 40 mpg, air, AM/FM cassette, excellent condition. $5,100. 736-6210.
  - **1983 Pontiac Bonneville**, one owner, V-8 engine, low miles, fully loaded, with ceder trunk or chest, canoe, electric trolling motor and piano. 279-6585.

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Journals combined

The National Cancer Institute is combining its two scientific journals into one, the "Journal of the National Cancer Institute," in early 1988. The new biweekly journal, featuring a fast turnaround time on manuscripts, will cover the spectrum of cancer research. It will include a news and comment section and a calendar of upcoming meetings.

Research applications

Biomedical Research Support Grant applications are available from the Research and Education Services Office (Wanda Moore, CB 1B7, ext. 3938). Completed applications must be received in that office by 4 p.m. Jan. 15.

Implant longevity researched

Dr. McKinney and his collaborators are finding that metal and ceramic materials attached to a living tooth, but an implant is inert material which requires some type of molecular adhesion, Dr. McKinney said.

The most successful biomaterials so far are very hard ceramics (equivalent to the hardness of sapphire) and titanium, an elemental metal. The researchers have experimented with porous ceramic but found that the pores admit bacteria which cause infection. Carbon also fails because it either deteriorates or causes an immune reaction.

Some clinical studies show improved adhesion, Dr. McKinney said.

Cancer program unites families

The degree of help depends largely on the parents involved. "With some, it's frequent contact, and some don't feel the need for that," Dr. Mabe said.

He noted that the contact is therapeutic for both the helpers and those being helped.

"Parents who participate seem to really derive a lot of benefits in terms of coping skills," he said. "That's not the reason we started it, but I feel it's a very likely byproduct."

A couple of participants have even continued with the program after the death of their child, he said.

Dr. Davis said the program is indicative of MCG's commitment to the whole family of a patient with a disease. "This is a family problem, and they have to cope with it as a family if they're victorious in the end," he said.

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