



**The past three years have brought larger donations and GHSU's largest-ever capital campaign, to build a College of Dental Medicine building. The Council for Advancement and Support of Education and WealthEngine awarded GHSU a Circle of Excellence Award for Overall Improvement in Educational Fundraising.**

## Fundraising growth wins Circle of Excellence award

By Sharron Walls

Committed donors and alumni. Larger gifts. Stronger programs, including our institution's largest-ever campaign to help construct a College of Dental Medicine building.

The Council for Advancement and Support of Education and WealthEngine recently recognized the Division of Advancement and Community Relations at Georgia Health Sciences University for significant fundraising growth over the past three years through a 2010 Circle of Excellence Award for Overall Improvement in Educational Fundraising.

According to CASE, "Membership in the Circle of Excellence is

bestowed on a highly select group of educational institutions whose overall fundraising results and creative programming demonstrate exemplary performance or significant improvement. We congratulate your institutional advancement staff, volunteer leaders and donors for notable achievement in advancing the mission of your institution."

"Successful fundraising is both a science and an art, and it relies on committed leadership, experienced staff, dedicated volunteers and engaged donors," said Betty Meehan, Interim Vice President for the newly reorganized

**See Award, page 14**

## Hsu publishes green tea book internationally

By Paula Hinely

As a youth, Dr. Stephen Hsu found only misery in green tea. For six and a half years, he spent up to 18 hours a day working in a remote farmland, harvesting tea leaves and growing other produce in a Chinese labor camp for children from the "capitalist class."

Now, decades later, the world-renowned green tea researcher has published a book about the beverage's benefits on health and lifestyle.

The book, *Green Tea and Beyond*, written by Hsu, a Molecular and Cell Biologist in the Georgia Health Sciences University College of Dental Medicine, with Christine Hurley Deriso, GHSU Editorial Manager, was published by Nova Publishing and is available in the United States, Europe and Japan.

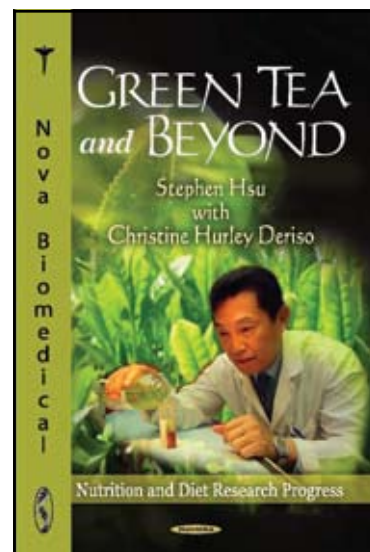
"In the labor camp, I never dreamed I'd spend my life researching and writing about

benefits of the tea plant I was being forced to grow," Hsu said.

The book explains the health benefits of green tea based on his 10 years of research. Along with his findings of green tea's effects on cancer, skin disorders, obesity, autoimmune diseases and other conditions, the book discusses the origins of tea and how to easily incorporate it and other related products into the diet to prevent or lower the risks of many illnesses.

Hsu noted that countries with a tradition of consuming high quantities of green tea, such as China and Japan, have lower rates of certain cancers, diabetes, obesity and cardiovascular disease than the United States. With the adoption of a Western lifestyle, this tradition weakens and these diseases became more prevalent, despite the modernization of health care, Hsu said. He hypothesized that the correlation is not one to be ignored.

**See Hsu, page 9**



**Dr. Stephen Hsu's new book explains the health benefits of green tea based on his 10 years of research.**

## Trivia winners glean QEP's long-term impact

By Christine Hurley Deriso

Congratulations to the winners of the 10th and 11th QEP trivia contests.

The contests are designed to increase awareness of GHSU's Quality Enhancement Plan, an accreditation requirement of the Southern Association of Colleges and Schools-Commission on Colleges. The plan is intended to enhance education campuswide far into the future.

GHSU's plan, *Healthy Perspectives*, emphasizes cultural competency.

Contests will be held periodically leading up to the SACS-COC On-Site Review March 29-31. Prizes are awarded to the first 20 people who reply to the trivia email with a correct response. Winners receive a small prize and will be eligible for a grand-prize iPad drawing in March.

**See QEP, page 15**

## Issue X-Ray

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Pet Gazette • 16**

**GHSU is a tobacco-free campus**

# Briefs...

## News, events and more

### Open forum

GHSU President Ricardo Azziz will host an open forum March 15 at noon in the Lee Auditorium. He will provide updates and answer questions. Refreshments will be served. Visit [georgiahealth.edu/openforum](http://georgiahealth.edu/openforum) for more information.

### Stack 'em up

March 1, IHOP will celebrate National Pancake Day. Receive one free short stack of pancakes. Donations will be accepted to support the Children's Miracle Network, which benefits MCGHealth Children's Medical Center. Call 706-721-4004 for information.

### Call for posters

The Education Discovery Institute will host Education Day March 25 in the Health Sciences Building. Sessions run from 8 a.m. to 3 p.m. Faculty may submit a poster of work in progress or work previously accepted. Submit posters by March 1 to Janelle Davis, [rdavis@georgiahealth.edu](mailto:rdavis@georgiahealth.edu) or Chris White, [cwhite@georgiahealth.edu](mailto:cwhite@georgiahealth.edu). For more information, visit [georgiahealth.edu/som/discovery/edi/educationday](http://georgiahealth.edu/som/discovery/edi/educationday).

### Life with lupus

MCGHealth will host the Living with Lupus Symposium March 5 from 9 a.m. to noon in Lee Auditorium. The event is free. Call 770-333-5930 or visit [lupusga.org](http://lupusga.org).

### Heart run

The Fifth Annual Heart & Sole 5K Run/Walk will be March 5. Registration will run 7-8:30 a.m. Event begins at 9 a.m. Registration is \$28. Proceeds benefit Camp Strong Hearts and pediatric cardiology at MCGHealth Children's Medical Center. Call Stacey Haskins at 404-641-6422 or Catherine Stewart at 706-721-4004.

### Sole night

The Fifth Annual Heart & Sole Evening Benefit will be March 5 at 7 p.m. Tickets are \$50, including food, drinks and music. Proceeds benefit Camp Strong Hearts and pediatric cardiology at MCGHealth Children's Medical Center. Call Stacey Haskins at 404-641-6422 or Catherine Stewart at 706-721-4004.

### Flex muscles

The Wellness Center will offer instructional programs March 7-May 6 including belly dance, self-defense and yoga. Register by March 7 at the Wellness Center front desk. Call 706-721-6800.

### Ride for kids

The Ninth Annual Kelsi Long Memorial Ride will be March 19 at 10 a.m. at Augusta Harley-Davidson, 4200 Belair Frontage Road, from 8-9:45 a.m. The ride will benefit MCGHealth Children's Medical Center. Registration is \$25 per bike and \$5 per spare rider. Visit [kelfoundation.org](http://kelfoundation.org).

### Family dance-off

Through March 19, upload a 30-second video of your family's best dance moves to [familydanceoff.com](http://familydanceoff.com) and compete to win a \$5,000 cash prize and a \$30,000 donation to MCGHealth Children's Medical Center. Share the video and encourage friends and family to vote. Fourteen finalists will win a FLIP camcorder. Contact 706-721-4004 or [castewart@georgiahealth.edu](mailto:castewart@georgiahealth.edu).

### For the kids

Health Center Credit Union is selling T-shirts designed by patient Dalton Miller to raise money for MCGHealth Children's Medical Center. T-shirts are \$10 for sizes small to extra large, and \$12 for sizes 2X-3X, and are available at HCCU locations. Contact Catherine Stewart at 706-721-4004 or [castewart@georgiahealth.edu](mailto:castewart@georgiahealth.edu).

### Sporty

The GHSU Wellness Center is accepting intramural registrations. Register for softball by today and soccer by March 16. Call 706-721-6800 or visit [imleagues.com](http://imleagues.com).

### Care conference

Submit abstracts, posters and presentations for the 5th Annual Patient Family Centered Care Conference scheduled for March 9-10 in Lee Auditorium. The conference theme is "Building Bridges in Patient Family Centered Care: Transitions." Contact Diana Barnes at 706-721-6838 or [dbarnes@georgiahealth.edu](mailto:dbarnes@georgiahealth.edu).

### Retirement counseling

Teachers Retirement System of Georgia will offer retirement counseling in rooms 1103 and 1109A of the Annex March 29 from 1-4 p.m., March 30 from 8 a.m. to 4 p.m. and March 21 from 8 a.m. to noon. Visit [trsga.com](http://trsga.com) and click on Workshops and Counseling to register.

### Lunch and Learn

The Departmental Administrative Support Staff Training Team will present lunch and learn sessions for business managers and administrative staff. All sessions will run from 11 a.m. to 1 p.m., with lunch

provided. The team will cover topics in human resources March 1 in room 1222 of the Health Sciences Building; finance April 26 in room 1222 of the Health Sciences Building and May 10 in a location to be determined; budget and purchasing July 26 and Sept. 13 in locations to be determined and research administration Nov. 8 and Dec. 6 in locations to be determined. Call 706-721-0343 for more information.

### Banner shutdown

Banner 7 will be offline from 5 p.m. March 4 to 7 a.m. March 14. Students will be unable to access Pulse. Employees will be able to view, but not update, information in Banner. This applies to admission information, academic records, financial aid and accounts receivable. The shutdown will also impact DegreeWorks, Crystal Reports, Xtender and document imaging. Work for projects with March 4-14 deadlines should be completed in advance. For more information visit [georgiahealth.edu/students/registrar](http://georgiahealth.edu/students/registrar).

### Retirement advice

TIAA-CREF will offer financial counseling sessions on campus March 15-16 and April 12-13. Call 800-732-8353 to schedule an appointment.

### Training

Visit [georgiahealth.edu/hr/training/](http://georgiahealth.edu/hr/training/) to view Human Resources' March training and education opportunities. Call 706-721-0343 for more information.

### We all scream

Purchase a Frosty key tag for \$1 at participating area Wendy's restaurants and receive a free Junior Frosty when you show the key tag during follow-up visits through May 31. Proceeds benefit the MCGHealth Children's Medical Center.

### Free flu shots

MCGHealth Occupational Health Services offers free influenza vaccines for campus employees. No appointment is necessary, but employees must show their employee badge. Hours of operation are weekdays from 6:30 a.m. to 5:30 p.m. at 1515 Pope Ave., next to the MCGHealth Human Resources office. Call 706-721-3418.

### Medical educators

The Medical College of Georgia Academy of Medical Educators is accepting applications. The academy promotes educational excellence, innovation and

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[www.georgiahealth.edu/beeper](http://www.georgiahealth.edu/beeper)

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## DEADLINES

for March 9 issue - March 1 at noon

for March 23 issue - March 15 at noon

**Georgia Health Sciences University**

**Dr. Ricardo Azziz, President**

**Deb Barshafsky, Vice President for Strategic Support**

**Jack Evans, Director of University Communications**

**Damon Cline, Publications Manager**

**EMPLOYEE ADDRESS CHANGES & CORRECTIONS** should be made to Human Resources through department managers.

*The mission of Georgia Health Sciences University is to discover, disseminate, and apply knowledge to improve health and reduce the burden of illness on society. In realizing its mission, Georgia Health Sciences University is committed to serving the people of Georgia, the nation and the world by:*

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- Providing exceptional, innovative, patient-centered health care services;
- Contributing to the economic development and well-being of the State of Georgia through integrated programs in education, research and clinical care.

AS 12-177009





Phil Jones photo

**The Augusta Multiple Sclerosis Center's psychological services are unique to MS clinics in the nation. Dr. Lara Stepleman (from left), Rhonda Casillas, Michael Rollock and Dr. Mitzi Williams offer mental health screenings and counseling within regular clinical visits.**

# Grants fund mental health services for MS patients

By Stacey Hudson

Patients expect a physical check up when they arrive for regular clinical visits at the Augusta Multiple Sclerosis Center. But thanks to grants from the Multiple Sclerosis Foundation and the Clinton Anderson Hospital Foundation, they have also been offered mental health screenings and counseling.

Offering such psychological services as part of a clinic visit is a novel idea made possible by the two organizations during the past five years.

"This doesn't happen in most clinics," said Dr. Lara M. Stepleman, Director of Multiple Sclerosis and HIV Psychological Services and Co-Director of the Education Discovery Institute.

Multiple sclerosis is an autoimmune disease that affects the central nervous system. The disease can affect patients' abilities to walk, talk, see and think. It may hamper or completely alter careers and life plans. Episodes are unpredictable in onset, duration and severity. And the disease has no cure.

It's not surprising that depression and anxiety is common in individuals with MS. In fact, the suicide rate for individuals with MS is seven times higher than that of the general population.

The disease can be devastating to young lives, as the onset of symptoms and then diagnosis often occurs before the age of 40.

"That's right when patients are making life decisions - what am

I going to do with my life?" said Mitzi J. Williams, Medical Director of the Augusta Multiple Sclerosis Center and Medical Director of Adult Rehabilitation Services.

Williams says that loss of personal control contributes to the emotional difficulties many patients face. But their own anxieties may also feed back into their disease.

For example, fearing relapse of MS symptoms, some patients may find themselves irritable and unable to sleep. Lack of sleep and mental preoccupation may result in heightened forgetfulness or decreased fine motor control, which mimics some symptoms of MS. The patient may then assume the symptoms are caused by a relapse. Counseling may reduce a patient's anxiety or depression, thereby lessening the symptoms and heading off further stress.

Despite the fact that depression and anxiety are highly treatable conditions, many MS patients go untreated.

"There is a stigma attached to mental health services," Williams said. In addition, about 50 percent of MS patients have mobility issues that make it difficult to attend appointments.

Co-locating the psychological services with the medical clinic cuts through issues of mobility, unfamiliarity with a new treatment location or providers, and anxiety associated with cobbling together different services to treat one multidimensional problem. Integrated services also facilitates adherence to treatment recommendations.

With the grant money provided by the two foundations, the Augusta MS Center is staffed with postdoctoral fellows and doctoral psychology residents, who work under the supervision of Stepleman and Williams. To the 1,500 patients of the center, they provide psychological consultations, cognitive assessments, brief counseling sessions and crisis intervention.

For example, a mother with MS may find that the usual difficulties in parenting teenagers are increased. Counseling may offer her new techniques for communicating with her children that lessen that additional stressor.

Similarly, a couples may face challenges to their relationship as their roles transform to meet the changing limitations of MS. Counseling can improve communication help preserve and strengthen a relationship.

Stepleman says that any patient who accepts the offer of assistance receives a 15-30 minute consultation addressing self-reported or provider-identified problems, triaging for further services and up to five sessions of solution-focused therapy like behavioral interventions for mood and stress management.

They're services that Stepleman and Williams hope will both improve and save lives.

To date, the Multiple Sclerosis Foundation has provided more than \$140,000 and the Clinton Anderson Hospital Foundation has supported the services with \$17,500 in grants.

## EAC Suggestion Box

The Employee Advisory Council is your voice and we need to hear from you!

We know you have ideas to improve employee campus life.

The EAC is your way to share ideas, suggestions and concerns with GHSU administration. Use this form, e-mail your representative or send a comment to [www.georgiahealth/EAC/](http://www.georgiahealth/EAC/).

*My idea, suggestion or concern is:*

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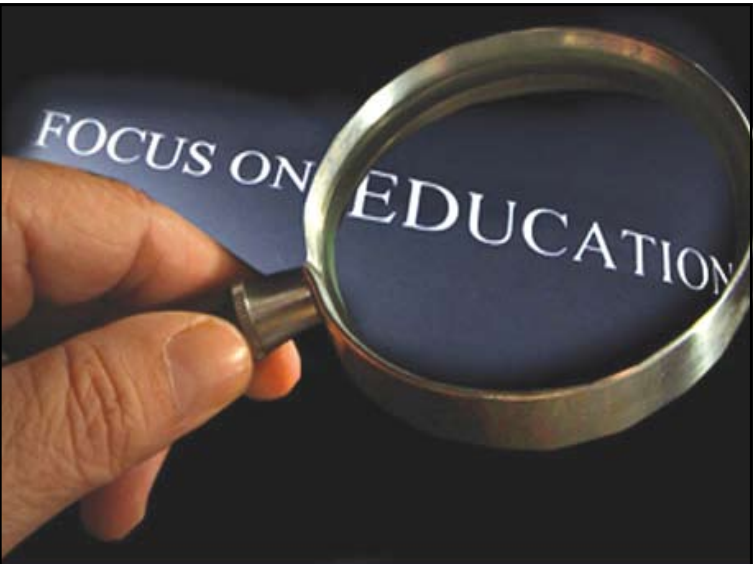
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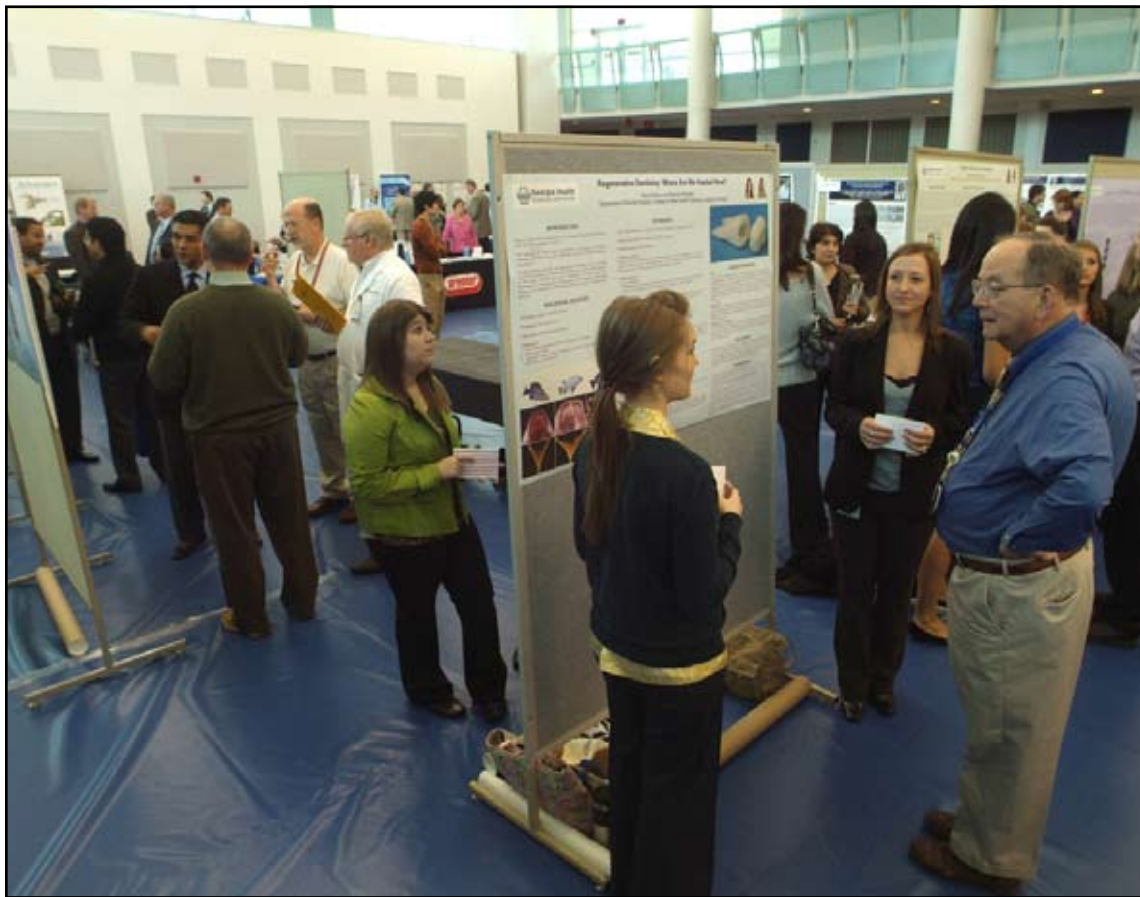
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Phil Jones photo

Georgia Health Sciences University College of Dental Medicine's 22nd Annual Poster Presentations on Feb. 16 featured research from GHSU dental and dental hygiene students, residents and faculty.

# Dental research presented at annual poster event

By Paula Hinely

Dental research on topics including early detection of oral cancer, improving bond strength in dental restorations and bone regeneration around implants was presented during the Georgia Health Sciences University College of Dental Medicine's 22nd Annual Poster Presentations Feb. 16.

The event, featuring research from GHSU dental and dental hygiene students, residents and faculty, was organized by the Georgia Chapter of the American Association of Dental Research in conjunction with the college's Student Research Group and the American Student Dental Association.

"This was a great opportunity for the College of Dental Medicine to showcase all the interesting and innovative research that the students, residents and faculty are involved in and to share their work with the rest of the GHSU community," said Dr. Ranjitha Krishna, Assistant Professor of Periodontics and President of the Georgia Chapter of the American Association of

Dental Research.

Junior Shivani Patel's poster, "DSPP-silencing in oral cancer cells suppresses SIBLING-partnering MMPs and VEGF," received the American Dental Association/DENTSPLY Award. Patel will represent the college in the 2011 Student Clinician Research Program, presenting her research at the American Dental Association's annual meeting in Las Vegas in October.

The winning presenters were:

College of Allied Health Sciences Department of Dental Hygiene students:

- First place, Glory Perkins and Rachele Rainaldo, "Regenerative Dentistry: Where are we headed now?"

- Second place, Brittany Humphreys and Brooke Johnson, "Caries Detection: Laser Fluorescence vs. Traditional Methods"

- Third place, Elizabeth Dindoffer and Bhumika Patel, "Treatment intervention for cleft lip and cleft palate"

College of Dental Medicine students:

- First place, Shivani Patel,

"DSPP-silencing in oral cancer cells suppresses SIBLING-partnering MMPs and VEGF"

- Second place, Arjun Patel, "Initial composite increment conversion enhancement by exposure through second increment"

- Third place, James Yoon, "Proliferative cell populations during periodontal/peri-implant regeneration in a canine model"

College of Dental Medicine residents:

- First place, Dr. Brent Wenzel and Dr. Tiago Fiorini, "Soft tissue and bone healing at platform shift abutment in one-stage implants: a radiographic, histologic and histometric study in dogs"

- Second place, Dr. Eduardo Britton-Vidal, "Torque accuracy of as-received implant wrenches"

- Third place, Dr. Jaebum Lee, "Study on recombinant human bone morphogenetic protein-2 (rh-BMP-2) in dogs: bone formation by E.coli-derived compared with CHO cell-derived rhBMP-2", and Dr. Travis Fiegle, "Class III surgical-orthodontic treatment: a case report."

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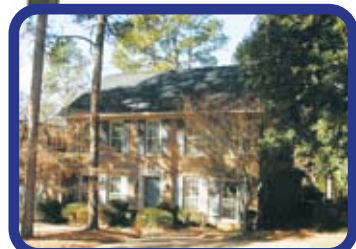
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MedWar racers orienteer with only a compass to guide them through difficult terrain.

# Competitors win race, save lives

By Stacey Hudson

The patient was unconscious. The medical team had found him after he had been missing for several days from his campsite. They were waiting for a helicopter to evacuate him when the unthinkable happened: The chopper crashed.

“What started out as a very simple plan ended up being markedly complex,” said Dr. Michael Caudell, Associate Professor of Emergency Medicine and the Medical Director for Wilderness Medicine and Survival Medicine in the GHSU Center of Operational Medicine.

Helping students, residents and practicing physicians deal with the variables in a simulated situation like this is the purpose of MedWar, an orienteering race begun by Caudell and former GHSU Professor of Emergency Medicine David Ledrick in 2001. The annual race combines adventure racing with wilderness medicine to test academic and practical knowledge.

Teams of four run, canoe and bicycle through a course at Fort Gordon, stopping at stations for medical exercises. Organizers hit them with anything related to wilderness medicine –fractures, cuts, infections, animal attacks, exposure to

elements, food and water contamination, lightning strikes and even avalanches. Anything that can occur in the wilderness is fair game.

Rachel Nix, a second-year medical student who is helping to organize this year’s race, remembers a year when racers had to perform an emergency cricotomy using pig tracheas. A first-year medical student may have had no previous exposure to surgical techniques, so mistakes can abound.

“It’s exciting because whether you’re racing or volunteering, you’re going to learn a lot. The attendings are wonderful about teaching – it’s what they love to do. Even if you don’t necessarily know what to do when you approach a medical situation, you’ll be instructed in a respectful way. And it’s great to get outside, and in a learning situation that is hands-on, rather than in the classroom,” she said.

For example, racers evaluating a missing camper have a number of decisions to make. Upon “finding” him, they can construct a litter (an impromptu stretcher) or wait for the rescue chopper’s long spine board. They can carry him up the hill to the clearing, or wait until he can be

See Race, page 18



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Students at the GHSU/UGA Medical Partnership will host a fundraising golf tournament March 27.

# Student-organized golf tourney planned

By Jennifer Hilliard Scott

Students at the Georgia Health Sciences University/University of Georgia Medical Partnership are teeing it up to raise money for their student-run clinic and expenses they encounter during their academic work.

The first Student Government Association Golf Tournament is planned for 1 p.m., Sunday, March 27 at the UGA Golf Course, 2600 Riverbend Road in Athens.

"The funds we raise will help support operations at the student-run clinic and will help with things

that we encounter as students like travel expenses for conferences and hosting speakers," said Nitya Nair, a first-year student and Student Government Association President at the Partnership campus.

There is space for 20 four-person teams and the cost is \$90 per individual or \$320 per team. Greens fees, beverages, lunch and snacks are provided with the registration fee. Awards will be given for "Closest to the Pin," "Longest Drive," winning player and team.

To register, call Alison McCullick at the Partnership campus, 706-369-5923.

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Barbara Carter



Loretta Humes



Marjorie Shaw Phillips



Billie Zimmerman



Peg Kovalchuck



Marieta Hobbs

# Award honors employees

By Stacey Hudson

Seven MCGHealth employees were recently recognized for work that goes above and beyond the span of their positions with the new Golden Pen Awards. Barbara Carter, Loretta Humes, Marjorie Shaw Phillips, Billie Zimmerman, Marieta Hobbs, Margaret Kovalchuck and Bertran Pack were awarded engraved golden pens for their accomplishments.

“We want to continue to recognize our many high achievers with this special award for consistently going above and beyond the scope of their job, and for their outstanding performance and dedication,” said Derek Carissimi, MCGHealth

Vice President of Human Resources. The Golden Pen Award honors employees who have demonstrated extraordinary accomplishment and leadership through publication in a professional journal, or through a speaking engagement at a professional conference.

Carter had two protocols published, and presented at the Society of Otolaryngology Head - Neck Nurses, Inc. Humes presented at the Society for the Advancement of Blood Management conference. Phillips was published twice and presented at three conferences or meetings. Zimmerman’s work was accepted to two publications. Hobbs and Kovalchuck presented at the BE Centricity Business National Users’

Conference and Pack presented at the Cerner Health Conference.

“There are so many employees with MCGHealth who are speaking at conferences all over the country and internationally, writing and publishing articles, and doing things that are outside of the realm of their jobs,” said Diane Hodge, Director of Human Resource Communications and Retention Programs.

Nominations for the Golden Pen Award are accepted at any time for published articles or speaking engagements. Employees may nominate themselves or others. For more information, contact Diana Hodge at 706-721-6663 or visit [hi.mcg.edu/intranet/HR/CommunicationsandEmployeeEngagement](http://hi.mcg.edu/intranet/HR/CommunicationsandEmployeeEngagement).

## HSU...from page 1

“The more I learned, the more I found there was to learn,” Hsu said. “This book is a way to share those research results with anyone who wants to improve their health and prevent illness without spending too much money or taking excessive medications.” He believes there are natural ways to prevent, delay and lower the risks of many illnesses.

“While research is in its infancy

as to how green tea impacts specific diseases, its general health benefits are indisputable,” he said. For example, green tea contains a unique group of polyphenols, powerful antioxidants proven to help eliminate free radicals, which can cause genes to mutate.

The book is available at [www.novapublishers.com/catalog/product\\_info.php?products\\_id=14467](http://www.novapublishers.com/catalog/product_info.php?products_id=14467).

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AS05-478614

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## Azziz continues open forums



What's in a name? "Everything," said Dr. Ricardo Azziz, Georgia Health Sciences University President, during the open forums on Feb. 11 and 12 aimed at addressing clinical concerns and questions about the health system. Azziz explained that despite criticism about the price tag, at least two-thirds of the funds to support the name change were already in the budget. He also answered questions about parking, growth, compliance, global health, attendance policies, the tobacco-free initiative and diversity. He commended employees for their hard work and loyalty while at the same time reminding everyone that tough times are ahead in this "new normal" of economic woes and reductions in state appropriations.

## Clinic Day mixes dental fun and fundamentals



Students in the College of Dental Medicine competed in games and contests on Dental Clinic Day. The event included relay races and completing procedures while blindfolded. Jose Navarro (holding microphone) won the Justin Bieber karaoke contest.

## Chili cook-off winners warm up campus



Tracy Smith (from left), Alan Watts and Dwight Bowling judge entries for the annual Relay for Life Chili Cook-off that warmed up the MCGHealth Cancer Center.



Winners hold bragging rights for the rest of the year. Nicole Caldwell (from left) took second place; Lorraine Stephens took first place and Robin Guiney took third place in the competition.



# Kids smile after day of dental care



Students from the GHSU Colleges of Allied Health Sciences and Dental Medicine provided free treatment to elementary school students on Feb. 4 as part of national Give Kids a Smile Day. Approximately 120 first- and second-graders from Jenkins White Elementary Charter School were bused to the GHSU School of Dentistry for various treatments. GHSU's event is one of nearly 1,700 nationwide sponsored by the American Dental Association that highlights the importance of access to dental care for low-income children.



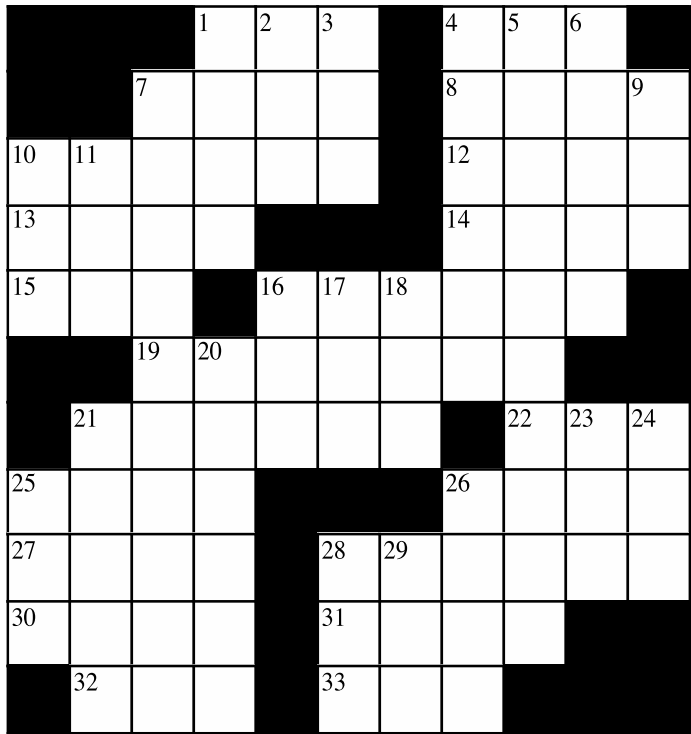
Eighteen community leaders recently became the eighth graduating class of the CSRA in Scrubs experience at MCGHealth, including (front row, from left): Betts Murdison, Ronald McDonald House; Lee Ann Meyer, Red Oak Manor; Joyce Jones, Augusta State University; Kate Metts, Augusta Magazine; Jenny Stanley, The Stanley Group; Lynda Suarez, CSRA Economic Opportunity Authority; Christie Maund, community leader; Debbie Layman, Layman Nurseries; Kim Overstreet, Sacred Heart Cultural Center; Natalie Schweers, SunTrust Bank; (back row, from left) Kelley Mobley, First Citizens Bank; Paul Simon, Augusta Riverfront; Walter Sprouse, Development Authority of Richmond County; Kathi Dimmock, Westobou Festival; Sandra Self, Symphony Orchestra Augusta; Robert Moore, Blanchard and Calhoun Insurance; Charles Nagle, Columbia County School System and Gerald Woods, FSB Fisher Broyles, LLP.

## Citizens scrub in for health care



Cardiac Charge Nurse Michael Myers reads the echocardiogram for "volunteer patient" Paul Simon as Walter Sprouse, Gerald Woods and Nurse Manager Pam Higby listen.

# beeper buzzles



- CROSSWORD 221
- ACROSS
1. Location of the anconeus

4. Lou Gehrig's disease, for short

7. Podagra

8. Prefix with "phone" that means "wood"

10. Where foraminotomies are performed

12. Second-largest birds

13. \_\_\_ nasi; outer nostril walls

14. Graf \_\_\_; famed WWII German warship

15. Isr.'s neighbor

16. Palin and others

19. Tooth layer: var.

21. Named, as a book

22. Word with gangrene or pleurisy

25. Rachel's sister

26. Portrayer of TV's Lilith

27. To be in old Rome

28. Most common disorder of the blood

30. Recipe direction

31. Vena \_\_\_

32. Draft board, for short

33. Attempt
- DOWN
1. Top-notch

2. Have regrets

3. Whitney and McKinley: abbr.

4. \_\_\_ employee; hands out a pink slip

5. Side effect of breast cancer treatment, often

6. Turns sharply; veers

7. Infection of the small intestine caused by protozoa

9. Carbohydrate's ending

10. Copenhagen Airport arrival

11. Wood layer

16. NBC weekend fare

17. Broke a fast

18. \_\_\_ of; free from

20. Early inhalational anesthetics

21. MRIs and PET scans

23. Diamond stat.

24. Certain vote

25. Bordeaux article

26. Group of quail

28. Performance

29. VP Rockefeller's monogram

## MEDICAL WORD SEARCH

N	N	O	I	T	A	R	D	Y	H	E	D
D	O	P	R	E	V	A	C	I	D	S	G
I	E	I	A	R	T	E	R	Y	E	S	S
A	F	A	T	L	U	N	G	R	I	H	I
B	F	M	X	A	A	G	O	S	S	S	S
E	E	A	C	E	P	S	A	A	R	G	S
T	X	T	V	G	R	I	R	A	G	A	U
E	O	E	A	E	R	B	T	O	D	E	T
S	R	R	K	O	G	D	E	S	D	N	R
S	G	N	S	N	I	E	V	L	N	R	E
A	A	P	H	A	R	Y	N	X	E	O	P
C	P	E	L	B	I	D	N	A	M	C	C

Can you find and circle in the grid above the terms listed below?

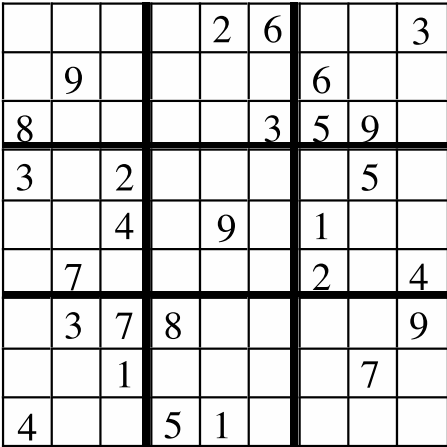
- |              |             |           |
|--------------|-------------|-----------|
| Canker sores | Veins       | Artery    |
| Psoriasis    | Dehydration | Lung      |
| Cornea       | Prevacid    | Pertussis |
| Tarsi        | Pia mater   | Mandible  |
| Constipation | Sac         | Dorsal    |
| Celebrex     | Diabetes    | CVA       |
| Pharynx      | Effexor     | Rash      |

## SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.  
Each column of 9 numbers must include all digits 1 through 9 in any order.  
Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.





# Newsmakers



Dr. David Berry

**Dr. Ricardo Azziz**, President of Georgia Health Sciences University, has been named to the Augusta Metro Chamber of Commerce Board of Directors.

**Dr. David Berry**, Director of Radiology at MCGHealth, has been appointed to a three-year term on the Diagnostic Imaging Council for Novation, a supply contracting company for University HealthSystem Consortium member organizations.

**Monty Philpot** has been appointed GHSU's Director of Government Relations. Philpot will advance GHSU's mission and initiatives statewide and nationally by expanding and enhancing engagement with Congress and federal agencies while supporting GHSU faculty and staff.



Monty Philpot

**StJohn Sturton**, Senior Manager for Materials Management at MCG Health, Inc., has received a 2010 Robert "Bob" Majors Scholarship from Novation, a supply contracting company for University HealthSystem Consortium member organizations. The \$2,500 scholarship will fund continuing education fees in materials management. Sturton, one of only two scholarship recipients in the nation, was selected based on his educational pursuits, service group involvement and his knowledge and dedication to his field.

**Dr. Deborah Young-Hyman**, Pediatric Psychologist Prevention Institute, will be one of 12 researchers featured in the next issue of *Forefront Magazine*. The magazine, published by the American Diabetes Association, highlights discoveries for the association's Research



StJohn Sturton

Foundation and prospective major donors.

**Dr. Jay Hegde**, Professor of Ophthalmology, received a \$507,000 three-year grant from the Department of the Army. The grant will fund research using functional MRI on the neural mechanisms humans use to recognize camouflaged objects.



Dr. Deborah Young-Hyman

**Obituaries**  
*The MCG Community extends condolences to the friends and family of:*

**Dr. Russell Wigh**, retired Professor of Radiology, died Jan. 26.  
**James Rasmusson**, retired Department Manager of Obstetrics/Gynecology, died Jan. 21.



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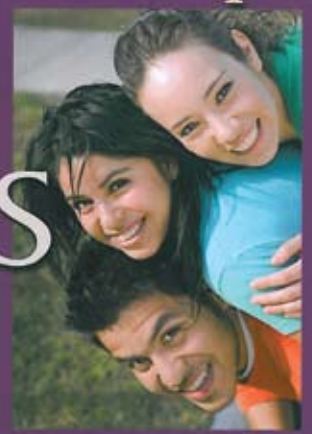
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## AWARD...from page 1

Division of Advancement and Community Relations at GHSU, which raises funds for the university as well as clinical services. "In this new year, we're fortunate to continue to benefit from this happy combination. With support from institutional leadership, our new division is poised to achieve ever higher goals. And we look forward to continuing to engage our volunteers and donors in GHSU's leading edge education, research and clinical care."

The CASE WealthEngine Awards recognize overall performance and overall improvement in educational fundraising programs based on data submitted to the Council for Aid to Education's Voluntary Support of Education survey. Judges select winners based on a number of factors, including:

- the pattern of growth in total support (or adjusted total support if appropriate)
- evaluation of what contributed to the total support figure
- overall breadth in program areas
- pattern of growth in each program area
- pattern of donor growth among graduates who are donors and other individual donors
- impact of the 12 largest gifts on total support
- total support in relation to the graduate base
- type of institution

In selecting award winners, judges use the factors to find significant program growth across three years of data. Institutions are evaluated within appropriate peer groups, using different size and type classifications.

Over fiscal year 2008 to fiscal year 2010, Georgia Health Sciences University saw an eight percent increase in overall giving.

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Dipak Kumar Ghosh

STAFF

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Joshua S. White

Medical College  
of Georgia  
Amany Mohamed Tawfik  
Joshua Amir Williams  
Katherine Harrison Guinan  
Mohammad Naime

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Jessica Ann'toinette Hill

Environmental Services  
Priscilla Denise Elam  
Gerald Bradford Wright  
Eli Bernard Becton Jr.

Georgia Correctional  
Health Care  
Jacquelyn T. Brooks  
Vanessa Ifunanya Udom  
Irene Mary Harp  
Terry Bart Bowden  
Karen E. Olsson  
Pamela K. Covington  
Joshua L. Cutshall

Georgia War Veterans  
Nursing Home  
Yvonne Reeves

GHSU Cancer Center  
Jermaine Lavos Winfrey  
Leonel Jose Plathottathil  
Lambert Chinonye Maduako  
Ngoka

Human Resources  
Katrina N. Cobb  
Information Technology  
& Support  
Rudolph Davis Falana II

Public Safety  
Jonathan Grady Ready  
Joseph Lee Hawkins Jr.

University Development  
Mary Elizabeth Gable

QEP...from page 1

Watch the Beeper and the Web site (www.georgiahealth.edu/sacs) for more information.

The 10th set of prize winners, noting that the plan will enhance education on campus far into the future, are:

- Sue Ellen Abney Roberts
- Mary Andrews
- Dana Blackwelder
- Kasey Bragg
- Crystal Corey
- Julie Davis
- Raj Garrepally
- Cristal Hannah
- Irene (Renee) Hopkins
- Rashanda Jimperson

- Lisa Kedigh
- Kathy Kline
- Andrew Klosson
- Kathy Leopard
- Jacqueline Miller
- Hevil Shah
- Greg Slavens
- Gail Smith
- Tiffany Smith
- Linda Wise

The 11th set of prize winners, noting that the SACSCOC On-Site Review will take place in March, are:

- Cecilia Bailey
- Joy Benson
- Marie Brush

- RaShonda Chinn
- Golie Davis
- Tranika Eaton
- Quita Gibson
- Jonathan Goolsby
- Richard Jones
- Les Lamb
- Angel Lovett
- Cheryl Nichols
- Andrew Smith
- Britani Stratton
- Edwina Terrell
- Bonnie Troiano
- Angel Truesdale
- Wilsha Walden
- Melissa Walker
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# Pet Gazette



Megan Gibson and her husband, Nick, have always been "mutt people." But adopting their dog, Audrey, has hooked them on Boston terriers.

The 3-year-old dog rules their lives, happily playing at doggie daycare during the day and snuggling into bed with them at night. If a blanket is out in the house, you'll find Audrey under it.

"She is a pistol to say the least, and will talk back if you tell her 'no' and she does not agree," said Gibson, a Research Associate in the Department of Family Medicine.

At heart, Audrey's a momma's girl and stays close to Gibson when she can. But she does go with dad to the park. The canine cannonball is named after the Broadway show "Little Shop of Horrors." One day, the Gibsons hope to rescue or adopt a male Boston terrier and will name him Seymour.

Send photos and stories about your pets to  
Stacey Hudson at [beeper@georgiahealth.edu](mailto:beeper@georgiahealth.edu).

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Ricardo Azziz:

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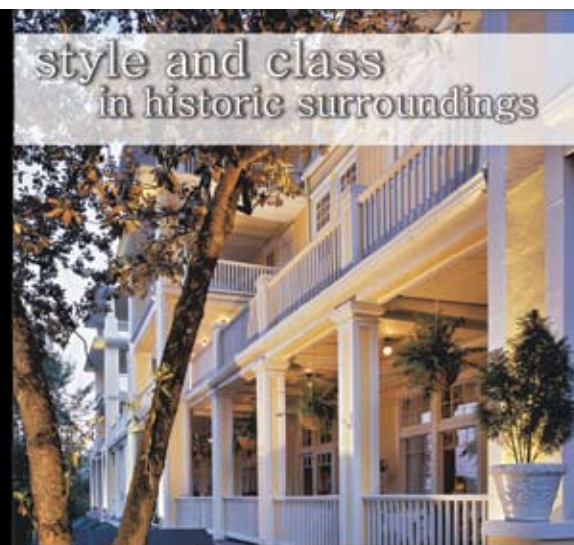


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- 1-2 tbsp of butter/margarine
- 2 cups Cheddar Cheese
- 1-8 oz Hormel Real Bacon Pieces

- 1/4 cup of chopped chives
- 1 cup of Ranch Dressing or Sour Cream (*Your choice*)

Cook potatoes until fork tender. Drain well and add to your casserole dish. Season the potatoes with salt/pepper and butter (or to your taste). Mix in your choice of ranch or sour cream into the potatoes, pour in your casserole dish. Sprinkle with cheese, chives and bacon pieces. Place in a 350 preheated oven for 10-15 minutes until cheese is melted.

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## BRIEFS...from page 2

scholarship; serves faculty with career interests in medical education; and works to improve medical education through faculty development, mentoring and educational leadership. Visit [georgiahealth.edu/som/ames/index.html](http://georgiahealth.edu/som/ames/index.html).

## Join EDI

The Medical College of Georgia Education Discovery Institute meets at noon on the second Wednesday of each month in the Terrace Dining Dogwood Room to discuss health professions education and educational research. The institute provides refreshments, and participants may bring their lunch. Contact [EDI@georgiahealth.edu](mailto:EDI@georgiahealth.edu).

## News to us

Send announcements or story suggestions for The Beeper to editor Stacey Hudson at [beeper@georgiahealth.edu](mailto:beeper@georgiahealth.edu), 706-721-4410 or FI-1042.

## So swell

Submit your nominations for the S.W.E.L.L. Award: Saluting the Work, Excellence, Leadership and Lives of our GHSU employees. Contact Beeper editor Stacey Hudson at [smcgowen@georgiahealth.edu](mailto:smcgowen@georgiahealth.edu) or 706-721-4410.

## Pet set

Submit your pets' photos and stories for the Pet Gazette. Contact Beeper editor Stacey Hudson at [smcgowen@georgiahealth.edu](mailto:smcgowen@georgiahealth.edu) or 706-721-4410.

## RACE...from page 7

winched. Each decision has immediate consequences that affect the fictional patient and the ability of team members to finish the grueling race.

"They've got to figure out what's going on. If they do get through the scenario and do it properly, that's great. But if not, we immediately give them feedback," Caudell said.

There is more than one way to approach a situation, and the intricacy of wilderness medicine often inspires innovation and improvisation that teaches something new to the volunteers and experienced medical professionals who oversee it.

"You think you know what the best options are, but then you see someone stabilize a c-spine in a way that I never would have thought of," Caudell said.

Nix said that they try to make the medical scenarios as fun as possible – but it's best when the participant playing the role of the injured per-

## Health study

Adults age 21-40 are needed for a GHSU study. Participants will have body scans, non-invasive measurements and fluids collected and will perform an exercise test. Participants will be compensated. Contact Candice Yates at 706-721-1195 or Gloria Sloan at 706-721-1103.

## Knee pain study

Adults age 18-40 who have had anterior knee pain for at least four weeks are needed for a GHSU study. Participants will take part in free, supervised 30-minute rehabilitation sessions up to three times a week for six weeks. Contact Dr. Lori Bolgla at 706-721-1517 or [lbolgla@georgiahealth.edu](mailto:lbolgla@georgiahealth.edu).

## HPV study

Females age 12 to 26 who have received a three-dose regimen of a specific HPV vaccine are needed for a study that may develop vaccines that protect against additional types of HPV. Call 706-721-8944.

## Vein study

The Georgia Prevention Institute's Laboratory of Integrated Vascular and Exercise Physiology seeks volunteers for a study about arterial health in women. Participants must be women who have been post-menopausal either less than three years or more than 10 years. Contact Dr. Ryan Harris at 706-721-5998.

## Lung study

Healthy adults and adults with

chronic obstructive lung disease are needed for a GHSU study to determine why lung disease often damages both the blood vessels and the heart. Participants will provide blood samples, have non-invasive arterial health measurements and will participate in a study protocol of their choice. Participants will be paid. Contact Dr. Ryan Harris at 706-721-5998.

## Hypertension study

Adults age 55 and older with high blood pressure are needed for a GHSU study. Participants will have blood pressure readings and fluid samples. Participants will be compensated and receive free blood pressure medication. Contact Heather Anderson at 706-721-9684 or Charlene Weathers at 706-721-9683.

## Confidential assistance

GHSU's Employee/Faculty Assistance Program offers up to six free, confidential counseling sessions to employees and their immediate family. The sessions may cover any personal or work-related area of concern. Call 706-721-2599.

## Give blood

The need is constant. The gratification is instant. Every day, someone needs someone like you to offer a second chance. Help give the gift of life. Call ext. 706-721-3695 for an appointment or drop by the Blood Donor Room, Room 1200 of the Sydenstricker Wing.

## GHSU's 24-Hour Compliance Hotline

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**110**  
*Help Wanted  
Miscellaneous*


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## HIDDEN NAME CONTEST

We hide the names of randomly chosen students & employees -  
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THE RULES: 1 Find the name of a randomly chosen GHSU student or employee hidden within one of the ads  
in this issue. 2. IF THE NAME YOU FIND IS YOURS, e-mail us; ([beepercontests@aikenstandard.com](mailto:beepercontests@aikenstandard.com))  
before noon on Friday, the day after the Beeper issue date, to claim your winnings. 3. IF THE NAME YOU  
FIND IS NOT YOURS, please do not enter. 4. All hidden name winners must be enrolled at or employed by  
GHSU at the time of winning. 5. Neither the publisher nor any other party is responsible for printing errors  
which make the hidden name illegible, or for mail or other newspaper delivery delays. 6. In the event more  
than one person has the same name, the first person to claim the prize is the winner. 7. Prize awarded to  
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## Crossword Solution

			A	R	M			A	L	S	
		G	O	U	T			X	Y	L	O
S	P	I	N	E	S			E	M	U	S
A	L	A	E					S	P	E	E
S	Y	R		S	A	R	A	H	S		
		D	E	N	T	I	N	E			
	T	I	T	L	E	D			D	R	Y
L	E	A	H					B	E	B	E
E	S	S	E				A	N	E	M	I
S	T	I	R				C	A	V	A	
	S	S	S				T	R	Y		

## Sudoku Solution

1	4	5	9	2	6	7	8	3
7	9	3	1	8	5	6	4	2
8	2	6	7	4	3	5	9	1
3	1	2	6	7	4	9	5	8
6	5	4	2	9	8	1	3	7
9	7	8	3	5	1	2	6	4
5	3	7	8	6	2	4	1	9
2	6	1	4	3	9	8	7	5
4	8	9	5	1	7	3	2	6

## Word Search Solution

N	N	O	I	T	A	R	D	Y	H	E	D
D	O	P	R	E	V	A	C	I	D	S	G
I	E	I	A	R	T	E	R	Y	E	S	S
A	F	A	T	L	U	N	G	R	I	H	
B	F	M	X	A	A	G	O	S	S	S	S
E	E	A	C	E	P	S	A	A	R	G	S
T	X	T	V	G	B	I	R	A	G	A	U
E	O	E	A	E	P	B	T	O	D	E	T
S	R	B	K	O	G	D	E	S	D	N	R
S	G	N	S	N	I	E	V	L	N	R	E
A	A	P	H	A	R	Y	N	X	E	O	P
C	P	E	L	B	I	D	N	A	M	C	C



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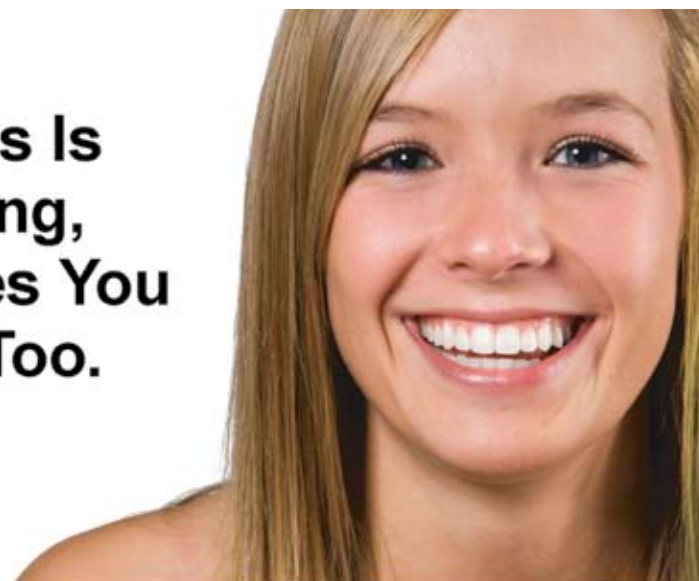
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