

AMG HealthWise

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FAMILY PRACTICE

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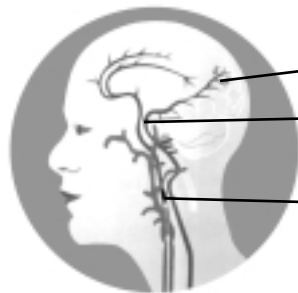
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What is a Stroke?

A stroke (also called a "brain attack") happens when something suddenly decreases the flow of the blood to the brain. A stroke can lead to a serious loss of brain function.



Tiny blood vessels blocked

Blockage in cerebral artery can be caused by a fragment of a blood clot

Carotid artery develops blood clot

Learn to Recognize the Symptoms: The warning signs for a stroke are different from those of a heart attack. Recognizing the warning signs and getting immediate medical attention are crucial in helping your chances of recovery.

Call Your Doctor or an Ambulance Immediately If You Experience Any of These Symptoms:

- Sudden numbness or weakness in your face, an arm or a leg, or on one side of your body.
- Sudden dimness or loss of vision, particularly in one eye.
- Loss of speech, or difficulty talking or understanding speech.
- Sudden, severe headache with no apparent cause.
- Dizziness, unsteadiness, or a sudden fall, especially along with any of the above symptoms.

There are two possible causes for the interruption of blood flow to the brain:

A rupture or break in a blood vessel or a block or clot in a blood vessel in the brain.

Risk Factors for stroke: • High blood pressure • Irregular heartbeat (atrial fibrillation)
• Heart failure • Heavy alcohol use • Being overweight • High cholesterol • Smoking

If you have an irregular heart beat, you might have a dangerous condition known as atrial fibrillation. With this condition the risk of a stroke is increased five times. When the heart does not pump well, blood may pool in the heart. Clots can form in the pool of blood and then may be pumped from the heart and possibly get to the brain, causing a stroke.

Symptoms of Atrial Fibrillation are:

- Racing or pounding heart • Fluttering in your chest • Feeling faint or dizzy at the same time you feel any of these signs.

People who have atrial fibrillation can be treated with a blood thinner to keep clots from forming. Blood-thinning medication (Coumadin-warfarin) may be prescribed. When blood-thinning medication is prescribed, a Prothombin Time (PT) test will be done to ensure the blood is clotting at a safe and effective level. Too much blood thinner can cause unusual bleeding and bruising.

Stroke Prevention: Stroke is this nation's third leading cause of death and the chief cause of disability in the United States. Americans experience more than 700,000 strokes each year. The major risk factors for stroke are well known and prevention with aggressive strategies for management of patients at risk for stroke can reduce the incidence of this debilitating disease.

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Athens Medical Group
is now accepting
NEW PATIENTS
SAME DAY
APPOINTMENTS
are usually available
for acute illnesses.

Athens Medical Group . . .

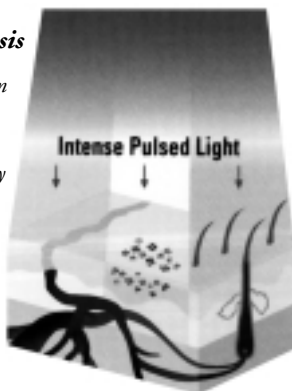
Laser and Skin Therapy Center

Athens Medical Group now has the latest technology in skin therapy treatment. Would you like to eliminate spider veins, birthmarks, sunspots, freckles or unwanted hair? Let us introduce you to our new Laser and Skin Therapy Center, at 1031 West Madison Avenue.

Our new Laser and Skin Therapy Center introduces its new VascuLight System which is an intense pulsed laser and light method that offers a comprehensive solution for the cosmetic treatment of leg veins, age spots, tattoos, and hair reduction. PhotoDerm intense pulsed light technology has been cleared for marketing by the U.S. Food and Drug Administration as a non-invasive light

Selective Photothermolysis

The broad spectrum intense pulsed light penetrates the skin and is preferentially absorbed by vessels, pigment clusters or hair follicles, based on the selected wavelength.



therapy system used to treat various skin conditions safely and effectively.

Treatments are in office procedures that are easy, quick, convenient, and let you return quickly to your daily routine.

Another effective treatment offered at our Laser and Skin Therapy Center is microdermabrasion. Microdermabrasion treatment stimulates epidermal cellular turnover and the production of new, healthy skin cells.

Our laser treatments called "photo facials" may be used in conjunction with microdermabrasion. Photo rejuvenation of the skin using laser treatments stimulates collagen at the cellular level.

Enlarged pores, dull complexions and other facial imperfections or abnormalities can detract from your well-being and appearance. Intense Pulse Light (IPL-VascuLight) technology improves both the superficial and deeper skin layers and rejuvenates the skin while at the same time delivering beneficial thermal energy to deep tissue.

After a series of treatments, you can see a significant reduction of unwanted pigmentation and the appearance of smoother, revitalized skin. The same treatments may be used effectively on the neck, chest and hands.



Depending on the number of conditions you are treating, and the severity of the individual problem, a series of five or six treatment sessions may be recommended. These procedures provides gradual improvement with very low risk—and with "no downtime" to keep patients out of work.

Another component of our Skin Therapy Center is the promotion of maintaining healthy skin. *In office procedures* are not enough. We offer a new product, GLYTONE, which is a three (3) step skin care regimen with high levels of glycolic acid and may only be purchased in a physicians office after consultation from the newest member of our team, Susan Kirksey, RN. Susan is our Laser and Skin Therapy director and consultant.

Without question, Americans today are looking for better ways to look good and feel good. Imagine removing unwanted hair, spider veins, birthmarks, age spots and other unsightly imperfections.

***Let our Laser and
Skin Therapy Center
make a change in your
looks.....and your life!***

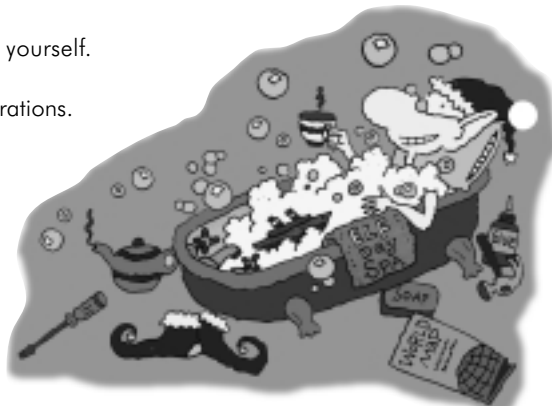
Holiday Depression and Stress

Although the holidays are supposed to be a time full of joy, good cheer and optimistic hopes for a new year, many people experience seasonal "blues." The holiday season is a time full of parties and family gatherings, but for many people, it is also a time of self-evaluation, loneliness, reflection on past "failures" and anxiety about an uncertain future.

The "holiday blues" can be caused by many factors: increased stress and fatigue, unrealistic expectations, over-commercialization and the inability to be with one's family. The increased demands of shopping, parties, family reunions and house guests also contribute to these feelings of tension.

- Keep expectations for the holiday season manageable. Try to set realistic goals for yourself.
- Organize your time. Be realistic about what you can and cannot do.
- Enjoy holiday activities that are free such as driving around to look at Christmas decorations.
- Do something for someone else.
- Don't drink too much. Excessive drinking will only make you more depressed.
- Celebrate the holidays in a way you have not done before.
- Spend time with people who are supportive and care about you.
- Contact someone you have lost touch with.
- Find time for yourself!

Let go of the past! Don't be disappointed if your holidays are not like they used to be. Life brings changes. Each holiday season is different and can be enjoyed in its own way. You set yourself up for sadness if everything has to be just like the "good old days." Look toward the future.



The Mental Health Association

Athens Medical Group

is proud to announce its newest team member,

Susan J. Kirksey, R.N.

for our Laser and Skin Therapy Center



Susan is a registered nurse with over six years of clinical and advanced nursing experience in various healthcare settings.

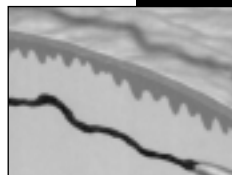
She received her Bachelor of Nursing Degree from Middle Tennessee State University. Susan will direct the operations of our new Laser and Skin Therapy Center located in the Athens Medical Group Building, 1031 W. Madison Avenue.

How the VascuLight System Works



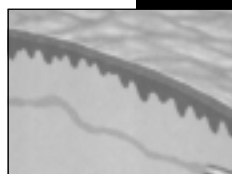
DURING TREATMENT

intense pulsed light penetrates the skin and is absorbed by the blood. Depending on the size and depth of the target, a delay time between pulses is selected to allow for sufficient cooling of the epidermis and thermal relaxation of the vessel.



IMMEDIATELY AFTER TREATMENT

the temperature within the treated blood vessel has been raised high enough to cause it to collapse and break down with virtually no purpura effect.



AFTER TREATMENT and over time, the blood vessel has almost entirely disappeared.



A more beautiful Holiday for you and your friends...

Glytone® Skin Care

In a charming velvet bag

"The GLYTONE Skin Rejuvenation System is a 3-stage system involving an Initial Consultation of your skin type and condition, an In-Office Peel regimen implemented through a series of In-Office Peels with glycolic acid and an At-Home Skin Care Regimen to be implemented by you on a daily basis between your In-Office Peels. This system will give you smoother, younger looking revitalized skin. Studies have shown that glycolic acid can modify fine facial wrinkles, eliminate rough, dry skin and get rid of age spots. One recent study indicated that glycolic acid can stimulate collagen production in the skin. GLYTONE will make you skin very soft, smooth, rejuvenated and revitalized."

Many of our patients have benefited from using The Glytone Skin Rejuvenation System this year. Now you can share their skin care secrets by giving Glytone this holiday. The Glytone Holiday Skin Care Kit combines everything you need to achieve that beautiful holiday glow.



Only \$58.00
while supplies last

The Glytone Holiday Kit includes:

Step 1 Normal Skin Regimen

- Mild Gel Wash Cleanser (60 mL)
- Day Cream for Normal Skin 1 (15g)
- Overnight Facial Fluid 1 (33 mL)

Deep Cleansing Masque (85 g)

Hydrating Eye Cream (15 g)

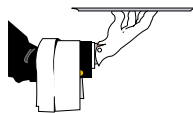
All in a charming velvet bag.



Athens Medical Group is offering a holiday special! With the purchase of our Glytone Holiday Kit, an "In-Office" Chemical peel will be given FREE! (A \$50.00 value)



Heart-Healthy Recipes



Mixed Fruit Trifle

- 1 (1-ounce) package sugar-free vanilla pudding mix sweetened with aspartame
- 2 cups skim milk
- 12 ladyfingers
- 3 tablespoons no-sugar-added strawberry spread, melted
- 1 cup halved fresh strawberries
- 1 cup diced fresh pineapple
- 1/2 cup halved seedless green grapes
- 1/2 cup halved seedless red grapes
- 1 fresh strawberry, sliced (optional)
- Fresh mint sprig (optional)



1. Prepare vanilla pudding according to package directions, using two cups of skim milk. Cover and chill thoroughly.
2. Tear ladyfingers into bite-size pieces. Place half the torn ladyfingers in a 1 1/2-quart trifle bowl; brush with melted strawberry spread.
3. Combine strawberries, pineapple, and grapes in a medium bowl. Place half the fruit mixture over ladyfingers. Top with half of pudding. Repeat procedure with remaining ladyfingers, fruit mixture, and pudding. Cover and chill. If desired, garnish with strawberry slices and a mint sprig.

Yield: 8 servings; Exchanges per serving: 1 starch, 1 fruit; Per serving: Calories 132, Carbohydrate 28.3g, Protein 4.3g, Fat 1.2g, Cholesterol 27mg, Fiber 1.4g, Sodium 366mg

Athens Medical Group would like to introduce you to the **AMG HealthWise** Newsletter. This publication is to advise you, of the latest news and information within our office. You can find it each month in our lobbies and in our patient rooms.

AMG HealthWise

Patsy C. Sharp,
BS, CMPM

Practice Administrator,
Editor

Did You Know....

TURKEY ROASTING RULES

Turkey's Net Weight (pounds):	Cooking Time (Hours):	
	Unstuffed	Stuffed
4 to 6 (breast only)	1 1/2 to 2 1/4	- n/a
6 to 8 (whole)	2 1/4 to 3 1/4	- 3 to 3 1/2
8 to 12	3 1/4 to 4	- 3 1/2 to 4 1/2
12 to 16	4 to 4 1/2	- 4 1/2 to 5 1/2
16 to 20	4 1/2 to 5	- 5 1/2 to 6 1/2
20 to 24	5 to 5 1/2	- 6 1/2 to 7
24 to 28	5 1/2 to 6	- 7 to 8 1/2

- Buy a fresh turkey no more than two days in advance and store it promptly in the refrigerator at 40° F.
- Defrost frozen turkeys in the refrigerator — 24 hours for every 5 pounds — or in cold water that is changed every half hour.
- Place the fully defrosted turkey breast-up on a rack in a shallow roasting pan. Insert a meat thermometer in the thigh. Do not add water.
- Cook the turkey immediately after defrosting, using a meat thermometer to ensure an internal temperature of 180° F in the thigh. (The oven temperature should be set to 325° F).
- Remove foil 20 to 30 minutes before roasting is complete.
- Stuffing should reach an internal temperature of 165° F, whether it is cooked inside or outside the turkey. Stuffing cooked inside the turkey should be loosely packed to ensure even heating.
- Never defrost a turkey on the kitchen counter!
- Refrigerate leftovers within two hours of cooking, and do not store them for more than a week. Refrigerate turkey and stuffing for a maximum of three to four days before discarding. Do not reuse gravy for more than two days after cooking.
- You can freeze cooked turkey up to 4 months.



For more information about food safety, go to www.fsis.usda.gov, or call the USDA's Meat and Poultry Hotline at 1(800) 535-4555.



"Between the time spent going to school and doing my homework it's hard to spend quality time with my doll."

Reflections



Give! Give the love you have received to those around you. You must love with your time, your hands and your heart. You need to share all that you have.

— Mother Teresa



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