



# Healthy U

*A publication of University Health Care System*

AUG/SEPT 2008

**SEE PAGES 6 AND 8 FOR INFORMATION ABOUT UNIVERSITY'S  
COMMUNITY EDUCATION AND FREE PROSTATE SCREENINGS**



## Learning Curve

*Education key to understanding prostate cancer and screening process*

There's no delicate way to discuss the two-fold prostate screening process.

On the one hand, there's the simple prostate-specific antigen (PSA) blood test.

On the other hand, there's the digital rectal exam (DRE) – three words that people are usually uncomfortable discussing.

But more and more men are coming to realize and understand the importance of early screenings, according to Benjamin Kay, M.D., a urologist who practices at University Hospital.

“We are now seeing the benefits of all the hard work of those physicians and health care providers who helped establish the trend of prostate cancer screening,” Dr. Kay said. “Men seem to realize the importance of these tests once physicians explain the benefit of screening.”

Early screening, which must include both the PSA blood test and a DRE, is so vital when it comes to prostate cancer because there often are no symptoms in the early stages. A quicker diagnosis can lead to earlier treatment, which can improve survival.

Dr. Kay said cases that are delayed are often at a higher risk for a radical prostatectomy, which is the surgical removal of the entire prostate as well as some additional tissue.

University Hospital now offers robotic-assisted laparoscopic radical prostatectomy with the da Vinci system.



“Men seem to realize the importance of these tests once physicians explain the benefit of screening”

- Benjamin Kay, M.D., Urologist

The da Vinci robotic surgical system allows physicians to perform more precise surgical procedures, and it also offers many added benefits to patients including:

- Shorter hospital stay
- Less pain
- Less blood loss and transfusions
- Smaller scars
- Faster recovery
- Quicker return to normal activities

Dr. Kay warned, however, that not every patient is a candidate for the da Vinci system.

“There are a number of options available for the treatment of prostate cancer, but not every man is a candidate for every option,” he said.

If you’ve been diagnosed with prostate cancer, talk with your physician to see which treatment is best for you. If you fall within the prostate cancer screening guidelines (see box for details), contact your physician to schedule a DRE and stop by one of University Hospital’s free PSA screenings at area Lowe’s home improvement stores Saturdays in September. See the back page of *Healthy U* for the PSA screening schedule. ❖

**For more information about prostate cancer, call University’s Cancer Answer Line at 706/828-2522 or toll free at 866/869-2522.**

## *Prostate Screening Guidelines*

- Digital rectal examination (DRE) and prostate-specific antigen test (PSA) annually starting at age 50.
- Men at high risk should begin testing at age 45 (African-American men and men with a father or brother diagnosed with prostate cancer at an early age).

**For more information about prostate cancer symptoms and risk factors, log on to [www.universityhealth.org/healthyu](http://www.universityhealth.org/healthyu).**

## *Prostate Cancer Symptoms*

These symptoms could be caused by prostate cancer. Other conditions may cause the same symptoms, but a physician should be consulted if any of the following problems occur:

- Weak or interrupted flow of urine
- Frequent urination (especially at night)
- Trouble urinating
- Pain or burning during urination
- Blood in the urine or semen
- A pain in the back, hips or pelvis that doesn’t go away
- Painful ejaculation

Source: National Cancer Institute

# Up and At 'Em

*Children's health begins at the breakfast table*

Alan Getts, M.D., doesn't pull any punches when it comes to nutrition and children.

"American kids eat horribly!" he said.

Dr. Getts, a pediatrician who practices at University Hospital, laments the proliferation of salt, sugar and fat that inundate a lot of the processed foods found at restaurants and grocery stores.

Getting children to eat healthy takes patience, perseverance and most importantly – planning. Whether it's eating a nutritious breakfast to start the day or having healthy snacks available for after school, healthy eating starts in the grocery aisle.

Dr. Getts promotes fresh fruits and vegetables, which might require more frequent shopping

## *Breakfast and Snack Attack*

**Try some of these ideas to help you and your family eat breakfast:**

- Plan for breakfast the night before – set out cereal or instant oatmeal with bowls and spoons
- Have fruit already cut up and ready to eat
- Keep whole fruit readily available to grab as you leave the house
- Keep cheese sticks and crackers available
- Boil some eggs for a quick protein source



*"Plan your daily diet and shop accordingly to keep your kids from falling into the fast food trap."*

*- Alan Getts, M.D., Pediatrician*

trips, but he said the benefits vastly outweigh the inconvenience.

Fast food and canned sodas are on Dr. Getts' hit list when it comes to childhood nutrition. The main reason?

These foods and drinks have a high glycemic index and are high in starches and sugars that cause the blood sugar to spike. These types of carbohydrates, which are quickly absorbed by the body, cause the body to respond with insulin to bring the blood sugar back into normal ranges. The surge and drop in blood sugar helps to create a grumpy and fidgety child.

Other symptoms of low blood sugar are headaches or stomachaches, Dr. Getts said. When they feel bad from low blood sugar, many reach for yet another sugary, starchy snack – starting the whole process over.

Foods low on the glycemic index, such as unprocessed fruits, vegetables and whole grains, are absorbed by the body more slowly, helping children avoid the rapid peaks and valleys of uncontrolled blood sugar.

"When you think about it, this type of eating is so natural and healthy, I don't know how we ever got away from it in exchange for sugary, heart-clogging snacks in the first place," Dr. Getts said. ❖

**For more information about snack and breakfast ideas, log on to [www.universityhealth.org/healthyu](http://www.universityhealth.org/healthyu).**



## University Continues to Build the Future of Healthcare

**If you've travelled down St. Sebastian Way** in downtown Augusta lately, you just might have noticed a lot of construction taking place at University Hospital.

What you've seen is the last step in University's \$93 million renovation and expansion project.

The project began in 2006 and has already seen the completion of University's Outpatient Center, which opened in July 2007, and the redesigned, enhanced and expanded Surgery Care Center, which opened in June. This new unit includes expansive operating rooms to accommodate

robotics and other emerging technologies, and a pre-op area with 18 private rooms. Also included in the renovation are a dedicated surgical waiting room for family members, updated space for University's Volunteer Board and the creation of a brand new hair salon.

The crown jewel of this massive project is the construction of the 186,000-square-foot Heart and Vascular Institute, which will consolidate all state-of-the-art cardiovascular diagnostic and treatment services together under one roof. This world-class facility is scheduled to open in early 2009. ❖

**To see a time-lapse movie of the construction of the new Heart and Vascular Institute, log on to [www.universityhealth.org/renovationexpansion](http://www.universityhealth.org/renovationexpansion).**



## Baby U Discipline

David Allen, M.D., Pediatrician  
 Tuesday, Aug. 5 • 6:30-8 p.m.  
 University Hospital Cafeteria  
 Dining Rooms 4-6  
 1350 Walton Way  
**Free. Dinner will be served, and reservations are required. Call 706/774-2825.**



## Baby U First Six Weeks of Infant Care

Tuesday, Sept. 9 • 6:30-8 p.m.  
 University Hospital Cafeteria  
 Dining Rooms 1-3  
 1350 Walton Way  
**Free. Dinner will be served, and reservations are required. Call 706/774-2825.**

## Understanding Rheumatoid Arthritis

Michael Cohen, M.D., Rheumatologist  
 Thursday, Sept. 11 • 5:30-6:30 p.m.  
 University Hospital Cafeteria  
 Dining Rooms 1-3  
 1350 Walton Way  
 For people who suffer from  
 rheumatoid arthritis.

**Free. Dinner will be served, and reservations are required. Call 706/828-2502 or toll free 866/591-2502.**

## Getting Technical: Robotic Options for Treating Prostate Cancer

Benjamin Kay, M.D., Urologist  
 Tuesday, Sept. 16 • 6-7:30 p.m.  
 Savannah Rapids Pavilion, Grand  
 Rapids Ballroom  
 3300 Evans to Locks Road, Martinez

**Free. Dinner will be served, and reservations are required. Call 706/828-2502 or toll free 866/591-2502.**

**NOTE:** Community education programs have limited seating, and registration will close the Friday before the scheduled event.

## WOMEN'S SERVICES

The following classes are held at University Hospital, 1350 Walton Way, in the Women's Center classroom on the third floor unless otherwise stated. **All classes require registration. Call 706/774-2825 for information or to register.**

### Childbirth Preparation Class

(4-week series)  
 Tuesdays: Aug. 5, 12, 19, 26  
 Mondays: Sept. 8, 15, 22, 29  
 Wednesdays: Sept. 10, 17, 24, Oct. 1  
 Tuesdays: Sept. 23, 30, Oct. 7, 14  
 7-9:30 p.m.

### Mom-To-Be Tea

Sunday, Sept. 14 • 2-4 p.m.

### Weekender Childbirth Preparation Class

Friday & Saturday, Aug. 8, 9 or  
 Sept. 12, 13  
 6:30-9:30 p.m. Friday  
 9 a.m. to 5:30 p.m. Saturday

### Refresher Childbirth Preparation Class

Monday, Aug. 11 • 7-9:30 p.m.

### Women's Center Tour

Thursday, Aug. 14 and Sept. 11  
 7-9:30 p.m.

### Mommy & Me Support Group

Tuesday, Aug. 12 and Sept. 9  
 10-11:30 a.m.  
 Babies R Us, Mullins Crossing  
 4225 Washington Road, Evans  
 For new moms and infants

### Sibling Birthday Party

Tuesday, Aug. 26 and Sept. 23  
 3-4 p.m.  
 University Hospital Cafeteria

### Breast-feeding Class

Thursday, Aug. 21 and Sept. 18  
 7-9 p.m.  
 Babies R Us, Mullins Crossing  
 4225 Washington Road, Evans

### Introduction to Infant CPR

Thursday, Aug. 28 and Sept. 25  
 7-8:30 p.m.

## SUPPORT GROUPS

**NOTE:** All support groups, classes and screenings are free unless otherwise noted.

**Insulin Pump Support Group**

Thursday, Sept. 25 • 6 p.m.  
 University Hospital Cafeteria  
 Dining Room 1  
 1350 Walton Way  
**Call 706/868-3226 for more information.**

**Parents Healing Together**

Monday, Aug. 4 and Sept. 8 • 7 p.m.  
 University Hospital Cafeteria  
 Dining Room 6  
 1350 Walton Way  
 For parents, families and friends who have lost infants through miscarriage, death, ectopic pregnancy or stillbirth.  
**Call 706/774-2751 or 706/774-5802 for more information.**

**Arthritis Support Group**

Last Monday of each month  
 Aug. 25 and Sept. 29 • 5 p.m.  
 University Hospital Cafeteria  
 Dining Room 1  
 1350 Walton Way  
**For more information, call 706/774-2760.**

**CANCER SERVICES**

**Focus on Healing**

Every Tuesday, 6 p.m.  
 An exercise class for women with breast cancer  
 Walton Rehabilitation Hospital  
 1355 Independence Drive  
**Registration required. Call 706/823-5294.**

**FREE Fresh Start Smoking Cessation Program**

Sponsored by the American Cancer Society, with University Hospital instructors  
 Aug. 5, 12, 19, 26 • 6-7 p.m.  
 Sept. 4, 11, 18, 25 • 7:30-8:30 a.m.  
 Sept. 9, 16, 23, 30 • 6-7 p.m.  
 University Hospital Cafeteria  
 Dining Room 6  
 1350 Walton Way  
**Registration required. Call 706/774-8900.**

**Mobile Mammography**

**AUGUST**

- Aug. 11  
University Hospital
- Aug. 13  
Richmond County Health Dept.
- Aug. 14  
Jenkins County Hospital
- Aug. 15  
Dillard's, Aiken
- Aug. 18  
Columbia County Health Dept.
- Aug. 19  
Wills Memorial Hospital
- Aug. 20  
SRS, A area
- Aug. 21  
Augusta Chronicle
- Aug. 22  
Lamar Medical Center
- Aug. 25  
Edgefield Medical Center
- Aug. 27  
Lincoln County Health Dept.
- Aug. 28  
Belle Terrace Health & Wellness Center

- Aug. 29  
Internal Medicine Partners  
3121 Peach Orchard Road

**SEPTEMBER**

- Sept. 2  
Barney's Pharmacy
- Sept. 3  
Warren County Health Dept.
- Sept. 4  
Internal Medicine Partners  
3121 Peach Orchard Road
- Sept. 5, 24  
University Hospital
- Sept. 6  
Dillard's, Augusta Mall
- Sept. 9, 23  
Wills Memorial Hospital
- Sept. 10  
SRS, H area
- Sept. 11  
Jenkins County Hospital
- Sept. 15  
Edgefield Medical Center
- Sept. 17  
Richmond County Health Dept.
- Sept. 25  
Lamar Medical Center
- Sept. 29  
Lincoln County Health Dept.
- Sept. 30  
SRS, F area

Yearly mammograms are covered by Medicare and most insurance companies. Open to the public for women over 40. **Appointments required. Call 706/774-4149 or toll free 866/774-4141.**



### FREE PROSTATE SCREENINGS

University Health Care System will be offering the prostate-specific antigen (PSA) blood test to men in the community free of charge at area Lowe's stores in September.

#### **Lowe's of North Augusta**

1220 Knox Ave.

Saturday, Sept. 13 • 8 a.m. to 1 p.m.

#### **Lowe's of Evans**

4305 Washington Road

Saturday, Sept. 20 • 8 a.m. to 1 p.m.

#### **Lowe's of South Augusta**

3206 Peach Orchard Road

Saturday, Sept. 27 • 8 a.m. to 1 p.m.

No registration is required. Every man should be screened every year starting at age 50. If you are African-American or have a father or brother who had prostate cancer at a young age, you should begin screenings at age 45. Participants at each store will be entered into a drawing for a grill valued at \$99. **For more information, call University's Cancer Answer Line at 706/828-2522 or toll free at 866/869-2522.**

## UNIVERSITY HOSPITAL'S BACK-TO-SCHOOL FESTIVAL

Saturday, Aug. 2 • 10 a.m. to 2 p.m.

NEW LOCATION – Evans Middle School  
4785 Hereford Farm Road

This festival, which is designed for elementary and middle school students and their parents, will offer:

- Three-point screenings (hearing, sight and dental) and printed immunization requirements
- Drug, alcohol and safety awareness tips
- Information on before- and after-school programs
- New school zoning information
- Registration for dance classes, sports and other recreational programs
- School calendars and bus schedules
- Parent workshops on internet safety, support for transition years, graduation requirements and college education planning
- Fun activities for kids

*Sponsored by University Hospital, Columbia County Board of Education and Columbia County Leisure Services*