Letter from the Chairman

It’s the people of this community and their commitment to our children that have made it possible for Augusta to have provided the best pediatric care for more than 100 years.

In 1897, ten-year-old Sadie Campbell was so motivated by a fellow child’s need for medical care that she collected dimes at her own birthday party. Her $1.20 donation would become the first of many to help establish a children’s ward at the local hospital.

Though we’re celebrating 100 years of pediatric care in Augusta, it’s really the people and our community we are honoring.

Collectively, we have made it possible for our children to live better lives and to survive diseases such as leukemia – a disease that 50 years ago would have been a death sentence. We have overcome low-birth rates and helped thousands of babies live when they faced their own mortality. We’ve witnessed our children benefit from immunizations and watched as they receive advanced therapies for the most challenging disorders. All of these are advances made possible by the discoveries of visionary scientists.

For those reasons and more, we celebrate the outstanding pediatricians and the teams behind the area’s best pediatric care. We celebrate individuals like Betty Pace, a physician-scientist and leading expert in sickle cell anemia; Ted Johnson, a physician-scientist conducting ground-breaking immunology research on tumors; and pediatrician Caroline DiBattisto, an expert in neurobehavioral disorders such as autism and attention deficit hyperactivity disorder.

It takes devoted people like this, and a community such as ours, to ensure that tomorrow we’ll continue advancing pediatric care and research for our children.

Sincerely,

Bernard L. Maria, MD/MBA
Pediatrician-in-Chief,
MCHealth Children’s Medical Center
Ellington Charles Hawes Professor
Chairman, Department of Pediatrics
Medical College of Georgia

Centennial Chiefs’ Corner

A Season of Change

We’re almost a third of the way through this academic year and we are moving steadily along toward our goals. Looming on the immediate horizon is the interview season for the 2011-2012 residency candidates. This is an exciting time to be at MCHealth Children’s Medical Center, as we put our best foot forward and welcome these stellar applicants.

We are also preparing our residents to comply with the new duty hours that go into effect for all programs in July 2011. Our residents have shown incredible fortitude and flexibility as we work through these scheduling intricacies. We are committed to providing quality care to our patients and an efficient environment for our residents.

Additionally, our curriculum for resident education continues to improve. We have begun a noon conference curriculum that incorporates resident self-study as well as didactic learning from specialists in pediatrics. We feel that if this curriculum is followed, our residents will be better educated on the variety of diseases that affect children and will provide evidence-based care to our patients. We know that this will also better prepare our residents to become board-certified pediatricians.

Finally, with all the changes that are going on at MCG, we are excited about the facility improvements and upgrades that will take place in the Children’s Medical Center. This center is a jewel to our community and our state. We will continue to shine even brighter with our updates and the excellent care that we provide to children throughout the state of Georgia.

Joshua Smith, MD
Co-Chief Resident

Nancy Wood, MD
Co-Chief Resident
From Behind the Desk

November is a great time of year. Nature slows down, leaves change, a chill is in the air, and children of all ages are anxiously awaiting the month of December and all the holiday festivities. However, before we jump into the busy holiday season, we should take a moment to pause and give thanks for family, friends and blessings.

As we reflect on this season of thanksgiving, we want to take this opportunity to say thank you for all the successes you have shared with us at MCGHealth Children’s Medical Center this past year. We have provided care to more children and have strengthened relationships within our own community while developing new relationships across the state. We thank our team of pediatric professionals, our patients, families, donors, volunteers, and all those committed to children and to the improvement of children’s health.

As we gather this month to visit with family and reminisce about the past, we also gather with our community, patients, staff and families to tell our story and celebrate exceptional care. Your children and families have invited us into their lives during challenges, tragedies, struggles, developments, healings and successes. We have been there with you to cry, comfort, laugh, rejoice, and celebrate the many miracles that happen each day in our children’s hospital and clinics.

We appreciate the patients and families we have served through the years and we look forward to continuing the exceptional care we provide to children each day for the next 100 years.

Jim Mumford, MHSA, FACHE
Administrative Director of Pediatrics Ambulatory and Network Services

Kimberly Basso, RN
Nurse Manager
PICU, Pediatric Transport/ECMO/Vascular Access Teams
Clinical Duties of VP of Pediatric Patient Care Services

We’d Like Your Help! Submit Your Ideas Online at mcghealth.org/100ways

To celebrate 100 years of caring for children, we want to collect 100 ways to make a difference in the lives of kids.

COMING IN DECEMBER
Cares for Kids Radiothon: December 9 - 11

During the three-day event, our patients share their stories of hope on 104.3 WBBQ and 96.3 Kiss as they broadcast live from the hospital lobby. Please call in and pledge to support your local Children’s Miracle Network hospital. Without the help of the community, our ongoing mission to provide the highest level of care to children and families would not be possible.

For more information call 706-721-3957 or visit mcghealth.org/radiothon.

Molly Johnson
2009 Miracle Child
Feature Story

Celebrating 100 Years of Exceptional Care

The Wilhenford Children’s Hospital opened its doors on October 26, 1910. One hundred years later, nearly to the day, MCGHealth Children’s Medical Center marked a century of exceptional pediatric care. October 29 was a day full of festivities, including a community forum and centennial celebration featuring many representatives from across the region and state. These key players in the wellbeing of children — including the president of the Georgia chapter of the American Academy of Pediatrics, the president of the American Academy of Pediatrics, the district health director, the president/CEO of the Augusta Metro Chamber of Commerce, the superintendent of Richmond County Schools, and leaders from Albany, Columbus and Savannah, as well as Augusta and Savannah mayor’s offices — met to discuss child health priorities and how the region will best address them in the future.

“This milestone event celebrated our community and its efforts to establish this hospital a century ago, and what we’ve accomplished in caring for children throughout the years,” says Dr. Bernie Maria, chief pediatrician of the Children’s Medical Center. “Along with celebrating the past, it also represents what our hospital will do for children in the future.”

A faculty retreat to identify immediate priorities for the hospital during the next year, as well as a faculty dinner with hospital historian Dr. Lois Ellison presenting “Why History Matters,” rounded out the day of celebration.

The hospital has celebrated throughout the year with programs including a fun invite to “Be a 100-year-old Kid,” with a special certification, and “100 Ways to Better Days for Kids,” an online suggestion box that asks members of the community to share ideas. A new online video, “100 Years of Caring for Children” is a glimpse of all the community has accomplished in pediatric health over the last century.

Starting with the Wilhenford becoming the South’s first dedicated children’s hospital, there have been many “firsts,” “onlys” and “one-of-a-kinds.”
The milestones we’ve reached include:

...providing care to children in every county in the state of Georgia,

...being the only children’s hospital outside of Atlanta with CT surgery and cardiology support, pediatric renal transplantation, and more than 30 satellite subspecialty clinics,

...having the first hybrid cath lab in the area, the first extra corporeal membrane oxygenation (ECMO) program in the state, and now having the only ECMO program outside of Atlanta,

...being the only hospital outside of Atlanta with pediatric subspecialty fellowship training, a nationally accredited and funded cystic fibrosis (CF) center, and the largest grouping of pediatric medical and surgical subspecialists,

...having the first sickle cell disease center in the state and the only one outside of Atlanta,

...being the first and only hospital outside of Atlanta with pediatric intensive care transport capability,

...being the only hospital in Georgia where moms and babies with congenital anomalies can stay under the same roof for care,

...and being the only hospital outside of Atlanta with dedicated operating rooms for children.

As pediatric care has developed in Augusta, it has expanded and overflowed to serve children in other parts of the state, allowing the hospital to form important alliances — in Albany, where the Medical College of Georgia has a new campus; in Columbus, where telehealth enables critical care; in Athens, through a new partnership with UGA; and in Savannah, where ongoing collaborations with local institutions continue to improve pediatric care.

“These last 100 years have set the bar for the best pediatric care for our children,” explains Dr. Peter Buckley, interim dean of the MCG School of Medicine. “It’s a standard of excellence that we will continue to raise year after year.”

“This birthday celebrates what’s happened in the past but, more importantly, recognizes current and future partnerships that are needed to improve the health of children across the state,” concludes Dr. Maria. “We are excited about the milestones that lay ahead.”
Health First

How to Live a Long, Healthy Life

In this edition of Georgia Kids First, we are celebrating the 100th anniversary of the Wilhenford Children’s Hospital. What is the likelihood of any one of us living to be 100? The average life expectancy of a baby born in 2006 is 75.1 years for a boy and 80.2 years for a girl.

What factors contribute to longevity, or a long life? Never starting to smoke or quitting the habit is critical. On average, smokers die 13 to 14 years earlier than nonsmokers. In addition, for every smoker who dies, 20 other smokers suffer from a serious illness related to smoking. Secondhand smoke from the burning end of a cigarette and the smoke exhaled by smokers is dangerous as well. Nonsmokers who breathe secondhand smoke increase their chances of getting lung cancer by 20 to 30 percent. There are about 3,400 lung cancer deaths among nonsmokers each year. Thirdhand smoke refers to the chemicals left on hair, clothing and upholstery after the smoke has cleared. There is increasing concern that it poses a danger to everyone, especially young children. Don’t allow smoking in your house or your car and ask smokers to change their clothing after they’ve smoked.

November 18 is the Great American Smokeout, a day dedicated to helping smokers quit for a day, sponsored by the American Cancer Society. For more details, visit www.cancer.org or call 800-ACS-2345. If a person can quit for one day, then it is possible to quit the remaining 364 days of the year.

In addition to not smoking, keeping a healthy weight is crucial to living a long life. Being overweight or obese can lead to heart disease, diabetes, high blood pressure and stroke. Are you or your child overweight or obese? Visit mcghealth.org to determine your Body Mass Index (BMI), a calculation based on height and weight. A BMI greater than 25 but less than 30 indicates an overweight condition, and a BMI greater than 30 indicates obesity.

Obesity occurs when there is an imbalance between the amount of calories taken in and the amount of physical activity put out.

Follow these guidelines for the desired health effect:

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<th>30 minutes of moderate-intensity exercise 5+ days per week</th>
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<td>To reduce the risk of</td>
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<tr>
<td>To prevent gradual</td>
<td>60 minutes of moderate-intensity exercise 5+ days per week</td>
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<td>To lose weight</td>
<td>60-90 minutes of daily moderate-intensity exercise</td>
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In order to lose weight with an increase in activity, it is important not to increase food intake. In other words, don’t go out for ice cream after an intense workout.

In general, eat a well-balanced diet, with plenty of fresh fruits and vegetables. Avoid foods high in saturated fats and cholesterol, decrease the amount of salt in the diet and increase the amount of fiber.

Most people know these general rules of healthy living. One day, we may be able to take a pill containing a protein that increases our life span. Until that day occurs, it is time for most of us to make at least a small change now to ensure better health tomorrow.

Alice Little Caldwell, MD
Assistant Professor of Pediatrics
News from the Child Health Discovery Institute

Get Up, Get Out, Get Healthy!

Healthy Savannah, a partnership to promote healthy lifestyles in Savannah through community programs, is expanding to Augusta.

Launched in 2007 by Savannah’s Mayor Otis Johnson, the five-year Healthy Savannah initiative aims to make Savannah a healthier place to live by the year 2012. Through programs for families, schools, businesses and faith-based organizations, Healthy Savannah increases opportunities for citizens to be physically active and eat nutritiously. Its slogan is “Get Up, Get Out, Get Healthy!”

Following in its footsteps is the Healthy Augusta initiative. “Healthy Augusta is just starting and will have a formal launch in the near future,” says Dr. Martha Tingen, co-director of the Child Health Discovery Institute (CHDI). Like Healthy Savannah, Healthy Augusta will create and maintain environments that help local citizens make healthier choices.

“We’re going to start with programs in elementary schools, to improve health with an emphasis on overweight/obese kids,” says Amanda McDougald, chair of the task force for Healthy Augusta and a clinical researcher in the Georgia Prevention Institute. “The Savannah-based initiative gives us a wonderful paradigm to work from. Instead of reinventing the wheel, we’ll work together.”

The CHDI is providing the core leadership for the Augusta initiative, working closely and collaboratively with Dr. Kathryn Martin, MCG School of Medicine’s assistant dean at the Savannah campus. Dr. Martin worked with Mayor Johnson in developing Healthy Savannah, and introduced the idea to the CHDI.

“A healthy Savannah reached out to us to help measure the outcomes of some of their programs, and we’re delighted to be able to bolster what they’re doing as well as be a part of expanding this initiative to Augusta,” says Dr. Bernie Maria, co-director of the CHDI. “This has served as a catalyst to build more connections between the two cities, and to improve the health of numerous families and children.”

Bernard L. Maria, MD/MBA
Pediatrician-in-Chief,
MCGHealth Children’s Medical Center
Ellington Charles Hawes Professor
Chairman, Department of Pediatrics
Medical College of Georgia

Martha S. Tingen, RN, PhD
Co-Director
Child Health Discovery Institute

Amanda McDougald
Chair, Healthy Augusta
Georgia Prevention Institute
Historical Reflections: Celebrating 100 Years of Caring for Kids

The MCGHealth Children’s Medical CenterOpens

After the Wilhenford Children’s Hospital closed in 1941, children were moved to University Hospital. In 1956, the Eugene Talmadge Memorial Hospital opened with a children’s department. This unit quickly became renowned in the fields of neonatal care and pediatric cardiology. During the next few decades, the pediatric program evolved, adding new specialists, facilities and technology.

In 1984, MCG began working on a master expansion plan that included a stand-alone, children’s hospital. In 1993, the Georgia General Assembly approved $41 million for the construction of a new children’s hospital, which opened in 1998 just a few hundred feet from the site of the old Wilhenford Hospital. In its lobby lies the stone placed at the dedication of that institution in 1910.

Thanks to the efforts of caring physicians and nurses and involved citizens, Augusta has remained a center for children’s health for 100 years.

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