Sailing for Life
Gary Jobson Races Like a Champion Against Leukemia and Lymphoma

It’s Not the Heat
It’s the Activity
Children Who Train for Sports in the Summer Must Be Aware of Heat Illness

Writing & Breathing Free
Bestseller Mary Kay Andrews Believes Writing has Great Benefits for Mind and Spirit
A Word from the President and CEO

Since summer in Savannah really lasts until September or longer, sailors and boating lovers can ride the waves through the first days of fall. Nobody knows the freedom of open water better than Gary Jobson, a sailing champion who has used his expertise not only to promote his sport but also to raise awareness about leukemia and lymphoma. Learn the ironic twist to his incredible story in this issue.

Summer is also the time when students must get back in to shape for school sports. With performance foremost in the mind of young players, it’s up to the parents and coaches to watch out for heat illness during summer training. Learn the signs and symptoms of an overheated body to be informed on the field this summer.

The Spyglass Spyscope may sound like one of James Bond’s newest gadgets, but it’s simply a camera that gastroenterologists use to view bile ducts and pancreas ducts directly. That doesn’t make this new technology any less exciting. Learn why Dr. Gregory Borak calls the Spyscope “revolutionary” in this issue.

Please enjoy this edition of Smart Living, and feel free to share any suggestions or comments you have with us.

Live Life Smart

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Children Who Train for Sports in the Summer Must Be Aware of Heat Illness

X-Ray Vision is No Match for Spyglass Spyscope

New Technology Gives Gastroenterologists Direct Visualization of Suspected Tumors

With pancreatic and bile duct cancers, physicians often face the clinical dilemma of determining whether to commit a patient to a surgical intervention or chemotherapy based on limited imaging tests. But a new technology called Spyglass Spyscope is giving doctors in this region a clearer vision of what treatment method is best.

“We use the Spyscope when we suspect that there is a tumor,” says Gregory D. Borak, MD. “If there’s a potential of a tumor based on CT scans, the patient’s clinical presentation, or their laboratory values, we would use Spyglass in order to achieve an even more accurate diagnosis.”

The Spyglass Spyscope is a camera that allows gastroenterologists to view bile ducts and pancreas ducts directly, as well as to find conditions that aren’t as easily identified with CT scans or other imaging. The camera is an adjunct to a procedure called Endoscopic Retrograde Cholangiopancreatography, or ERCP. During an ERCP, the physician reaches the pancreas ducts and the bile ducts with a scope.

“We had been using only X-rays in conjunction with the scope,” Borak says. “We still use X-rays, but now with the Spyglass technology we can view any abnormalities with direct visualization, in real time.”

But the technology literally goes even further.

“One of the revolutionary things about the Spyscope is that it also has a microscopic channel that allows a biopsy forcep to pass through it,” Borak says. “We can take tissue samples of pancreas cancers or tumors of the bile duct where previously we had to rely on what’s called brushing.”

Brushing is a type of biopsy in which cells are obtained by manipulating tiny brushes against the tissue. Borak calls brushing an “imperfect science” with accuracy in the 50 to 60 percent range. He credits the Spyscope with giving him better accuracy in a more timely fashion, and is excited about the benefits that this new tool can provide to patients.

“People coming in with suspicious findings on other tests are the ones best served by the Spyglass technology,” he says.
“The biggest compliment I can get is if someone tells me I’ve inspired them to try sailing,” says Gary Jobson, sailing expert and member of the America’s Cup Hall of Fame. “That’s my mission.”

It’s a mission that’s kept Jobson, 59, a busy man. Besides winning several championship races through the years, Jobson’s love and knowledge of sailing has placed him in the role of coach, lecturer, book and magazine author, television commentator, and National Chairman of the Leukemia & Lymphoma Society’s sailing event, the Leukemia Cup Regatta. Jobson could sail or talk about sailing for the rest of his life and that longevity is one of the things that attracted him to the sport as a child.

“The nice thing about sailing is that it’s a sport you can do your entire life,” he says. “It gets you to places in the world that you would otherwise never have a chance to see. It helps you connect with nature and it gives you a sense of freedom.”

Jobson first got a taste of that freedom in New Jersey when he was six years old, and by age twelve he was sailing year-round. By the time he graduated from Maritime College in New York, Jobson’s sharpened skills twice earned him the title of College Sailor of the Year. His growing collection of accolades got the attention of Atlanta Braves owner and burgeoning cable TV mogul Ted Turner. In 1977, with Turner as the skipper, Jobson helped successfully defend the America’s Cup for the United States on the yacht Courageous.

Jobson and Turner went on to win the 1979 Fastnet race, but had to face much more than strong competitors.

“A hurricane blew through.” Jobson recalls of the storm that overcame several boats and killed fifteen sailors. “It was harsh, scary, and wild. Probably the roughest ocean race on record.”

Jobson has excelled not only on ocean waves but on the waves of broadcast television as well. He has been ESPN’s sailing commentator since 1985 and won an Emmy for both his coverage of the 1988 Olympic Games in South Korea for NBC and the 2006 Volvo Ocean Race on PBS. In between races and shows, Jobson has authored several books and magazine columns on sailing. But the media spotlight is not where he finds the motivation to take on all this work.

“The coolness of being in the public eye becomes secondary to promoting the sport of sailing,” he says. “That’s really what’s important.”

But perhaps what’s even more important is how Jobson has used his enthusiasm for sailing to help raise awareness about blood cancers such as leukemia and lymphoma. In 1993, he was asked to volunteer on a committee for an event in his current home base of Annapolis, MD, to raise money for leukemia. He did, and the next year he suggested making the event national.

“The coolness of being in the public eye becomes secondary to promoting the sport of sailing,” he says. “That’s really what’s important.”

“I’m a big believer that every yacht club or any organization like that should try to do at least one charity event a year for any kind of worthy cause,” he says. “The Savannah Yacht Club and St. Joseph’s/Candler have really done a great job with the Leukemia Cup Regatta, and it does my heart good.”

2009 St. Joseph’s/Candler Leukemia Cup Regatta

The 2009 St. Joseph’s/Candler Leukemia Cup Regatta will be held on Saturday, September 19. But there are several more exciting events going on the week of the Regatta. To find out more, visit www.lls.org/ga/regatta or contact Dana Whitfield at 912-433-4344 or dana.whitfield@lls.org.

Each sailor who raises $8500 for the event qualifies to join Gary Jobson on a “fantasy sail.” In 2008, Savannah’s event was the second-highest fundraiser in the United States.
Short Needles with a Long History

A 4000 year-old Practice from China is Helping People in Savannah Today

The island of Tasmania is halfway around the world from Savannah, and Grace Walter wanted to be there. “You know how people have bucket lists?” she asks. “This trip was on our list. We’d been planning it for about eight months before my knee started giving me grief.”

The grief was pain and swelling, something she had experienced multiple times in the past. A knee replacement was considered, but Grace wanted to avoid surgery. It appeared that hiking in Tasmania was off the bucket list, until Grace learned about acupuncture.

“Acupuncture is a part of traditional Chinese medicine,” says Karen Turner, DO, the medical director of St. Joseph’s/Candler’s Center for WellBeing. “It has been used for thousands of years to prevent, diagnose, and treat disease.”

Grace Walter shows a photo from her trip in Tasmania with acupuncturist Joanie Stewart.

The procedure is based on the Chinese belief in an energy known as Qi (pronounced “chee”) that flows throughout the body.

“If there’s a condition of pain, it’s the result of a stagnation of Qi,” says Joanie Stewart, a licensed acupuncturist for St. Joseph’s/Candler. “Acupuncture needles help to break up the blockage and get that energy flowing again.”

In acupuncture, disposable needles—as fine as hair—are inserted in specific points on the body along energy channels called meridians. Once these points are stimulated, energy is rebalanced and the body engages its natural healing ability. Grace was surprised by how well the treatments worked for her.

“I’ve been almost pain-free,” she says. “I didn’t really expect the results to be so dramatic.”

Though she couldn’t hike the rugged terrain, Grace was able to see the exotic land of Tasmania with her own two eyes and on her own two feet. She continues her acupuncture treatments about once a month and still hopes to avoid surgery.

“I have two friends who’ve also had very successful outcomes with acupuncture,” she says. She argues that those who are “freaked out” by the idea of being stuck with a needle are thinking about acupuncture in the wrong way.

“They’re associating the pain of an injection with acupuncture needles,” she says. “But these are tiny. For me, it’s painless.”

For more information on acupuncture and other integrative approaches to medicine offered at St. Joseph’s/Candler’s Center for WellBeing, visit www.sjchs.org

The healthy carbohydrates that Antoinette looks for at the grocery store are best in their natural form, such as:

- Fruits and vegetables
- Whole-grain rice, breads, and cereals

She and her doctor try to avoid refined carbs like:

- Candy, soda, table sugar, and polished rice

“Refined” Is Not A Compliment*

The basic idea of the diet is to replace refined carbohydrates with healthy ones, along with lean sources of protein and better fats. The program also stresses exercise, which Antoinette was more than willing to try when she saw how well the diet was working.

“She was inspired by her success to actually do the exercise,” Dr. Almeida says. He notes that studies have shown how a low-calorie, low carbohydrate diet, enhanced with exercise, has a positive impact on people suffering from such illnesses as high blood pressure and diabetes.

Antoinette faced an early test of her resolve when her family invited her to eat out at a buffet restaurant. Her first move was to skip the bread for a salad.

“You re-learn the way you need to eat,” she says. “When you go out, you know what to get.”

“It’s an education,” Almeida agrees. “It’s ongoing. This diet is a lifestyle.”

Antoinette exercises four times a week and is still able to eat the foods she loves, just in moderation. But is there anything for which she can go back for seconds?

“Vegetables,” Antoinette says. “Lettuce will become your friend.”

“I do not want a pill to lose a pound, I want a change of lifestyle.” That’s what Antoinette Burrell told her doctor, Joenie T. Almeida, MD, less than a year ago. Dr. Almeida saw the determination in her eyes and told her about the South Beach diet. He believed success was possible with this diet because it had already worked for him.

“I was on the South Beach diet, and am still on it from time to time,” Almeida says. “I tell patients, ‘I practice what I preach. I know what you’re going through.’”

Dr. Almeida lost four inches from his waist during his initial phase of the diet. Antoinette has already gone from a size 18W to a size 10.

“I am loving myself,” she says. “I am so happy.”

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- Fruits and vegetables
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She and her doctor try to avoid refined carbs like:

- Candy, soda, table sugar, and polished rice

*Source: Health Encyclopedia at www.sjchs.org
The crack of a bat before the dash to first base. A soccer ball flying down the field with a perfect spin. The cheers from the sidelines when a football makes it into your hands.

**It’s Not the Heat - It’s the Activity**

Children Who Train for Sports in the Summer Must Be Aware of Heat Illness

Young athletes won’t experience these exciting moments if their body breaks down from dehydration. Unfortunately, the thrill of playing well in an outdoor sport can distract children from what their body needs. In the South, hot and humid days are an unavoidable fact for everyone who goes outside to play. But with vigilance, parents and coaches can prevent young players from succumbing to a heat illness.

“It starts with dehydration,” says Joe Winburn, Manager of Sports Medicine at St. Joseph’s/Candler. “When children train for sports or even just play around in the heat, they can’t avoid sweating. Those lost body fluids must be replaced to keep a child feeling healthy and happy and to prevent a more serious heat illness.”

A dehydrated child will not only experience such obvious symptoms as thirst and dry mouth, but also fatigue and irritability. Children may wonder why they aren’t playing as well as they were, but coaches should readily identify the culprit. A shaded area and lots of fluids to drink are the best defense against dehydration. Even once the child feels better enough to play again, he or she should be monitored closely.

The mildest of the heat illnesses is a heat cramp, though your child may not find it so mild when his muscles start to spasm. “Heat cramps occur most often in children who sweat profusely or have a high concentration of salt in their sweat,” Winburn says. Sports drinks will help replace the sodium, and light stretching or relaxation of the cramped muscles may help alleviate the pain more quickly.

Heat exhaustion is a more serious condition in which dehydration and muscle cramps are only a portion of symptoms that also include dizziness, nausea, or even fainting. Symptoms should improve quickly once the child is moved to a shaded or air-conditioned area and has removed any extra clothing or equipment. Use fans or cold towels to cool their body directly, and provide cool water or sports drink if they are not too nauseated. Heat exhaustion will likely put your child on the sidelines until at least the next day. The timeout could be longer if the condition is more severe or a doctor’s visit is required.

“The most severe heat illness is what’s called the exertional heat stroke,” Winburn says. This occurs when the strain of exercising in hot weather causes the body to create more heat than it can release.

If not treated, heat stroke can lead to permanent disability or even death.

Beyond the symptoms of heat exhaustion, a heat stroke sufferer may experience confusion, emotional instability, or seizures. Emergency medical personnel are needed for heat stroke, although parents and coaches can treat the child the same as they would for heat exhaustion while they wait for the ambulance.

“The bottom line is that coaches need to make sure that players can gradually get used to the heat and humidity,” says Winburn. Parents can help by scoring some sports drinks and cold towels for after the game. With proper protection from heat illness, your children can concentrate on scoring goals.

Parents and coaches can prevent young players from succumbing to a heat illness.

Joe Winburn brings a young athlete inside to cool off
Bestseller Mary Kay Andrews Believes Writing Has Great Benefits for Mind and Spirit

To learn more about Mary Kay Andrew's latest release, visit 819-3340.

St. Joseph’s/Candler • Summer 2009

New York Times bestseller and part-time Tybee Island resident Mary Kay Andrews will speak at the 7th Annual Smart Women Luncheon and Expo. This exciting event benefits St. Joseph’s/Candler’s Mary Telfair Women’s Hospital.

Andrews also encourages others to try their hand at writing, if only for themselves.

Writing has Great Benefits for Mind and Spirit

Writing is a great outlet, even if you never intend for anybody else to read what you’ve written,” she says. “It’s hard at first, but once you make a habit of it, it’s very freeing, very liberating.”

An allergy reaction to pollen, also known as hay fever, is most likely caused by:
A. Tiny, hard-to-see pollens.
B. Large, visible pollen.
C. Damp, rainy days.
D. Growing up on a farm.

Andres also encourages others to try their hand at writing, if only for themselves.

Writing in a great outlet, even if you never intend for anybody else to read what you’ve written,” she says. “It’s hard at first, but once you make a habit of it, it’s very freeing, very liberating.”

Mental illness can make a perfect storm of allergies in one region. As the season of blooms alcanets close to and the grass allergies peak, these two begin to erupt. That time is optimal for focusing on hay fever.

When the following is not a common allergen:
A. Pollen
B. Small scales of animal skin that have been shed
C. Allergic rhinitis
D. Pollen from dandelions

Quiz: Allergies Are Absolutely A’ Pollen

An allergy reaction to pollen, also known as hay fever, is most likely caused by:
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Which of the following is not a common allergen:
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B. Small scales of animal skin that have been shed
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D. Pollen from dandelions

Despite being a busy and busy, Andrews finds time to read what she’s written,” she says. “It’s hard at first, but once you make a habit of it, it’s very freeing, very liberating.”

Andrews also encourages others to try their hand at writing, if only for themselves.

Writing is a great outlet, even if you never intend for anybody else to read what you’ve written.”

Rubbing your eyes can provide relief if an allergy reaction has made them itch.
A. True
B. False

Pilates®

SmokeStoppers

SmokeStoppers

SmokeStoppers

SmokeStoppers

The situation worse. Discomfort can be relieved by applying cool compresses to the eyes or taking antihistamines.

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### August

#### 2
- **Tea & Tour of The Telfair Women’s Hospital**
  - Date: Sunday
  - Time: 11:00 AM - 1:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 3
- **Infant and Child CPR Safety in the Home Class**
  - Date: Sunday
  - Time: 10:30 AM - 12:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 4
- **Community Health Forums: “Influenza - It’s Just Around the Corner!”**
  - Date: Monday
  - Time: 7:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 5
- **Cancer Support Group**
  - Date: Tuesday
  - Time: 6:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 6
- **Parkinson’s Disease Support Group**
  - Date: Wednesday
  - Time: 10:00 AM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 7
- **Tai Chi**
  - Date: Wednesday
  - Time: 12:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 8
- **Free Skin Cancer Screening**
  - Date: Thursday
  - Time: 10:00 AM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 9
- **Pilates® Group**
  - Date: Thursday
  - Time: 6:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 10
- **Blood Pressure Screening**
  - Date: Friday
  - Time: 8:00 AM - 10:00 AM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 11
- **Reflex Sympathetic Dystrophy Support Group**
  - Date: Friday
  - Time: 10:00 AM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 12
- **“Man to Man” Prostate Cancer Support Group**
  - Date: Friday
  - Time: 12:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 13
- **Fibromyalgia Support Group**
  - Date: Friday
  - Time: 3:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 14
- **Tai Chi**
  - Date: Friday
  - Time: 6:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 15
- **Tai Chi**
  - Date: Friday
  - Time: 7:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 16
- **Infant and Child CPR Safety in the Home Class**
  - Date: Saturday
  - Time: 10:00 AM - 12:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 17
- **Blood Pressure Screening**
  - Date: Saturday
  - Time: 8:00 AM - 10:00 AM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 18
- **Reflex Sympathetic Dystrophy Support Group**
  - Date: Saturday
  - Time: 10:00 AM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 19
- **Tai Chi**
  - Date: Saturday
  - Time: 12:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 20
- **Tai Chi**
  - Date: Saturday
  - Time: 6:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 21
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  - Date: Saturday
  - Time: 7:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 22
- **Tai Chi**
  - Date: Saturday
  - Time: 8:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 23
- **Blood Pressure Screening**
  - Date: Sunday
  - Time: 8:00 AM - 10:00 AM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 24
- **Tai Chi**
  - Date: Sunday
  - Time: 12:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 25
- **Tai Chi**
  - Date: Sunday
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  - Host: The Telfair Women’s Hospital

#### 26
- **Tai Chi**
  - Date: Sunday
  - Time: 7:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 27
- **Tai Chi**
  - Date: Sunday
  - Time: 8:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 28
- **“The Weekender” for Expectant Couples**
  - Date: Sunday
  - Time: 10:00 AM - 12:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 29
- **Tai Chi**
  - Date: Sunday
  - Time: 12:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 30
- **Tai Chi**
  - Date: Sunday
  - Time: 6:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

#### 31
- **Tai Chi**
  - Date: Sunday
  - Time: 7:00 PM
  - Location: The Telfair Women’s Hospital
  - Host: The Telfair Women’s Hospital

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**Smart Living**

#### Acupuncture & Massage Therapy
- **St. Joseph’s/Candler’s Center for WellBeing offers Acupuncture and Massage Therapy sessions**
- **Monday through Friday from 9:00 a.m. to 1:00 p.m. in the Candler Heart & Lung Building, Ste. 120, 5356 Reynolds St. For more information, call 819-6463.**

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**Magnet Recognition Program®**

St. Joseph’s/Candler is the recipient of the national Magnet Award for Nursing Excellence.

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**Smart Living**

New events are added every day. Please visit www.scjh.org and click “calendars” on the top menu bar to check for other events and additional information.

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**For more information, call St. Joseph’s/Candler CareCall at (912) 819-3360 or (800) 622-6877**

St. Joseph’s/Candler is the recipient of the national Magnet Award for Nursing Excellence.