

March 2019

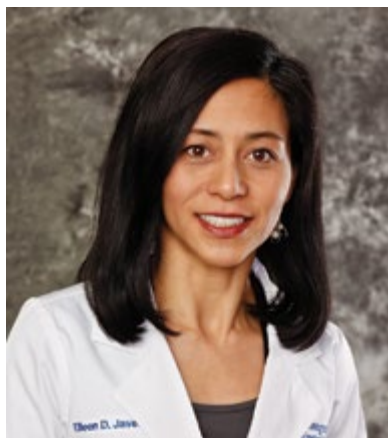
FROM THE DESK OF...



Robert Richard, MD



Miguel del Mazo, MD



Eileen Javellana, MD

Spring is a time of year many associate with renewal and fresh starts. It comes just a few months after the new year, an occasion many associate with resolutions such as weight loss. But for millions of Americans, losing a few pounds is just a small dent in where they need to go to improve their health, and for many, to save their lives.

Defined as a BMI over 30, obesity is a serious health issue that millions in this country face. It's a disease that affects nearly 40 percent of all Americans according to the Centers for Disease Control and Prevention.

Type 2 diabetes, heart disease, stroke and certain cancers are among the leading causes of preventable and premature death, and all can be associated with or exacerbated by obesity.

By treating obesity as a disease, we have the ability to improve or in some cases reverse other chronic conditions such as diabetes, high blood pressure, sleep apnea or acid reflux, among others.

Over the years we've had the privilege to work with thousands of people to help them achieve their weight loss goals which also can provide improved quality of life and even life expectancy. Our patients are

looking for safe, effective weight loss. We can provide that through a variety of methods, including both surgical and nonsurgical interventions.

Surgical procedures include the gastric sleeve, gastric bypass and duodenal switch. Each procedure comes with its own set of requirements, risks and benefits. We also offer nonsurgical outpatient intragastric balloon procedures, as well as a medical weight loss program that combines dietary adjustments and lifestyle changes to help people achieve their weight loss goals.

People who seek help through the Center for Weight Management will come to understand, if they don't already, that what we are offering is not cosmetic surgery, nor is it a quick fix. With a properly performed weight loss procedure, we can extend lives 10 to 20 years versus not doing anything at all. Those are results that show up beyond the scale – they show up in the school plays and ball games attended, the weddings witnessed, and the joys of grandchildren.

We encourage anyone considering surgical or nonsurgical options visit our website to learn more. While there you can even watch an online seminar that explains the procedures as well as what to expect. Or come see us for a consultation.

Call us at 770-534-0110 or visit longstreetclinic.com to learn more.

LONGSTREET BEAT

AROUND THE CLINIC

Longstreet Clinic is proud to once again serve as presenting sponsor and host for this year's the 2019 Hall March for Babies, set for April 27. Thank you to our own Dr. Cynthia Cabrera (neonatologist); Jeanine Jackson, CNNP; Emmett Forrester, CFO & this year's March for Babies Chair; Loren Funk, COO; past chair Pam

Patterson; and organizer extraordinaire Renee Ward for participating in the annual kickoff lunch on Feb. 19.

Longstreet Clinic staff who attended are pictured with former Atlanta Falcons running back Jerious Norwood and his infant son, who spent time in the NICU in Gainesville after his birth in January.



Longstreet Clinic's Cheryl Williams, RN, CDE, recently was recognized by the American Association of Diabetes Educators for 27 years of service.



February was American Heart Month and Feb. 1 was Wear Red Day, an opportunity to raise awareness about cardiovascular disease and save lives. Longstreet Clinic was pleased to once again sponsored the American Heart Association's Northeast Georgia Go Red for Women Luncheon and Wellness Expo.



Longstreet Clinic pediatrician Saima Hussain, M.D., presented a program on vaccine beliefs and misinformation as part of the Brenau University Learning and Leisure Institute (BULLI) series "Oh, My Goodness! Is that Really True?"



Thank you to all of our Advanced Practice Providers and staff who attended our winter APP dinner. A special thank you to radiologist Scott Kellermeyer, M.D., who provided an update on new imaging technology available at Longstreet Clinic, and to our Vascular & Vein department, who provided an informative program on DVT and the services they provide.



Longstreet Clinic sponsored a table at the 10th Annual Junior Achievement of Northeast Georgia Business Hall of Fame which highlights the careers and public service of some of the area's most outstanding citizens.



It was a privilege to once again serve as presenting sponsor for the United Way of Hall County Read & Run Half Marathon & 5K on March 2. Thanks to all who came out and showed their support. Multiple Longstreet Clinic employees even took home awards in their age groups. Way to go!

SERVICE SPOTLIGHT

NEW AESTHETICS TECHNOLOGY NOW AVAILABLE

Longstreet Clinic is excited to announce the addition of new technology to its Aesthetic services that promises unparalleled results while decreasing treatment time, decreasing downtime and increasing the number of treatments offered.

The M22 and NuEra tight, both by Lumenis, feature cutting-edge laser and radio-wave science, respectively, that provide pain-free solutions to skin and hair conditions in a quick and precise manner.

“These machines offer the absolute most advanced options in aesthetic care and will allow our patients to see obvious results in a short amount of time,” Longstreet Clinic Family Medicine physician Andrew B. Reisman, M.D., said. “And they do this while minimizing pain, eliminating invasiveness, and making long recoveries a thing of the past.”

M22 LASER

The M22 Laser utilizes a mixture of technologies, including intense pulsed light and laser, to help cure a wide-range of skin and hair follicle conditions, including cellulite, skin laxity, acne scars, stretch marks, rosacea, uneven skin tone and leg veins, among other uses. The M22 can



also aid in laser hair removal while also offering personalized skin care solutions, including skin resurfacing.

Patients can also rest assured that the M22 requires only a small topical application in order to provide the kind of treatment once reserved for more invasive procedures. That includes a non-ablative fractional skin rejuvenation, in which the laser actually creates channels in the skin — rather than removing larger layers of skin. This allows for a quicker healing time while creating the appearance of younger-looking skin in a minimum number of sessions.

NUERA TIGHT

Decreased office visits and state-of-the-art health solutions are also a standard feature of the NuEra tight. The NuEra utilizes very different technology from the M22, aiding patients via radio waves instead of laser, but it is equally ground-breaking in its treatment.

This process allows the NuEra tight to treat cellulite, literally bursting the fat cells in a pain-free manner, while also tightening and smoothing treated skin on virtually any part of the body, including areas like the jawline, under the eyes, hips, thighs, stomach and buttocks — where stubborn cellulite gathers. The heat created by the NuEra tight is easily tolerated by patients, feeling somewhat like a hot-stone massage.

While M22 and NuEra tight are new offerings at our Oakwood office, Longstreet Clinic offers a variety of Aesthetics services at locations across Northeast Georgia. All services are delivered in a physician-supervised environment by trained professionals including physicians, nurse practitioners, physician assistants and licensed estheticians. *Visit www.longstreetclinic.com/service/laser-aesthetics to learn more*

DATES TO KNOW

3.28

Chamber Chase

4.27

March for Babies

5.4

Gainesville / Hall
Dragon Boat Challenge

WE WANT TO
HEAR FROM YOU

If you have ideas, brags or service updates for our next edition of the Longstreet Beat, please submit those to prmarketing@longstreetclinic.com.

IN THE NEWS

GLIDDEN, HAYES HONORED WITH HEALTHY HALL AWARDS

Two Longstreet Clinic employees were honored Feb. 27, at the second annual Healthy Hall Awards of Excellence luncheon presented by the Greater Hall Chamber of Commerce.

Theresa Glidden, LPN, received the “Nurse of the Year (LPN)” award. She is an employee in the Obstetrics & Gynecology department and has been employed by Longstreet Clinic since 2016.

Heather Hayes, FNP-C, who also works in Obstetrics & Gynecology, was named “Outstanding Healthcare Administrator” for her work as executive director of the

Edmondson Telford Child Advocacy Center. Heather has been with Longstreet Clinic for more than 15 years.

The Healthy Hall program spotlights those in the healthcare industry making a significant impact on quality of life through excellence in health and wellness.

Additional 2019 finalists included:

- Mimi Collins, CEO
- Dr. Betsy Grunch (neurosurgery)
- Dr. Buddy Langston (retired pediatrician)
- Dr. Fatimah Manzoor (internal medicine)
- Abigail Reeves, LPN (pediatrics)



REISMAN APPOINTED TO STATE MEDICAL BOARD



Dr. Andrew Reisman is pictured at the Georgia Capitol accepting a Senate resolution recognizing Doctor's Day.

Congratulations to Andrew Reisman, M.D., a family physician in our Oakwood office, who was sworn in as a member of the Georgia Composite Medical Board on Feb. 7. Dr. Reisman was appointed to the position by former Gov. Nathan Deal and referred for Georgia

Senate confirmation by current Gov. Brian Kemp. The Georgia Composite Medical Board ensures quality health care for all Georgians by licensing and monitoring physicians and other medical professionals. Dr. Reisman also is president-elect of

the Medical Association of Georgia (MAG). In addition to practicing as a family physician, he also provides laser and aesthetics services. Thank you Dr. Reisman for your service to the state and your patients!

A large advertisement featuring a smiling man in a grey sweatshirt. The text "Lose BIG Gain MORE" is overlaid on the image. The Longstreet Clinic logo and name are in the bottom right corner.

Lose **BIG** Gain **MORE**

LONGSTREET CLINIC
Center for Weight Management