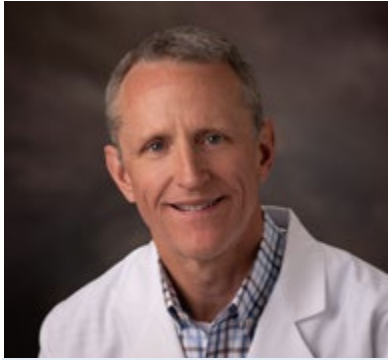




FROM THE DESK OF...



Holmes Marchman, M.D.
*Physical Medicine
& Rehabilitation*

While many adults and children participate in sports year-round, Fall tends to signal the return of sports, especially in the football-obsessed South. Whether you're a weekend warrior on the golf course or pickleball court, or a parent with children

competing in youth sports, chances are you or a loved one has suffered some sort of sports-related injury.

Here at Longstreet Clinic, we're proud to be experts when it comes to treating and rehabbing musculoskeletal injuries in people of all ages. Our team includes orthopedic surgeons, physiatrists, neurosurgeons, nurse practitioners, physician assistants, physical therapists and athletic trainers who share a common goal – diagnose and treat injuries and conditions in our patients so they can get back to the activities they enjoy.

It's a level of expertise that's unmatched in our area. From concussion treatment and management to broken bones or

injuries to ligaments and joints, you can trust your care to our specialists. And that care doesn't stop once your playing days are over. Whether it's through assessing balance in older adults to prevent dangerous falls or replacing an arthritic hip or knee after years of wear and tear, our goal is to keep you doing the things you love for as long as we can.

In this edition of Longstreet Beat, we provide helpful information about how to prevent sports injuries and falls, introduce you to some of Longstreet's newest physicians and share news about exciting new technology available at Longstreet Clinic that will aid in the early detection of breast cancer.

Thanks for reading!



Pickleball player **Linda Keck** suffered an injury during an early September tournament. **Dr. Barry Munn**, orthopedic surgeon with Longstreet Clinic, treated her injury and then delivered her winner's medal to her bedside!

Photo credit: Northeast Georgia Medical Center

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MYCHART: YOUR HEALTH AT YOUR FINGERTIPS

Providing the best patient experience is always a priority for Longstreet Clinic. To that end, with our recent implementation of EPIC, our patients now have access to MyChart.

MyChart provides a secure and easily accessible portal for all Longstreet patients, one that lets you connect with your doctor or provider to help manage your health. It's free, easy to use, and provides 24-hour connectivity via your computer or mobile device.

By utilizing a single, uniform record, EPIC allows Longstreet Clinic to better coordinate your care between our doctors here, as well as with fellow care providers that also use EPIC – some of these entities

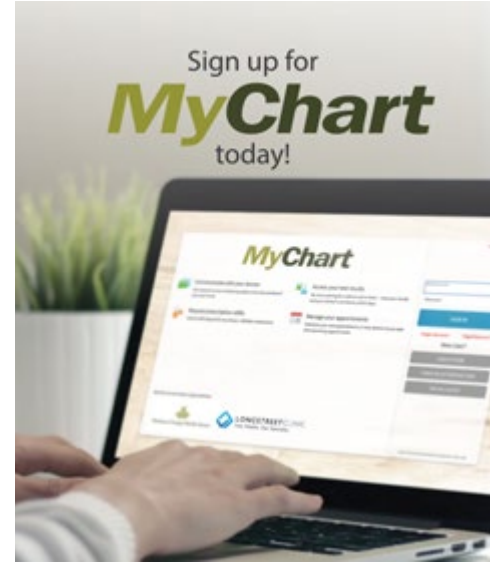
include Northeast Georgia Medical Center (NGMC), The Heart Center at NGMC, Northeast Georgia Physicians Group and Children's Healthcare of Atlanta.

And MyChart is the tool that puts your health at your fingertips. By registering and logging in to MyChart, you may also:

- **Manage appointments**
- **Obtain test and lab results**
- **Stay in touch with providers**
- **Access family medical records**
- **Manage medications and request refills**
- **Pay bills**

If you are already a MyChart user, you should see our physicians and health information automatically load into

your MyChart account. If you are not, registration is easy. Visit longstreetclinic.com/mychart and get started today.



MEET OUR NEW PHYSICIANS

BRITTA A. OKYERE, MD



Specialty
Physical Medicine & Rehabilitation
Location
Gainesville
Certification
Board-eligible, American Board of Physical Medicine and Rehabilitation
Training
Residency, Emory University; Fellowship, Cornell University

About Dr. Okyere
Dr. Okyere joined Longstreet Clinic PM&R in September 2019. She has particular interest in neurorehabilitation (concussion, including stroke, spinal cord and brain injuries), musculoskeletal medicine and spasticity management.

BIANCA M. MOSLEY, MD



Specialty
Obstetrics & Gynecology
Location
Gainesville (primary), Braselton & Baldwin
Certification
Board-eligible, American Board of Obstetrics & Gynecology
Training
Kaiser Permanente at Santa Clara

About Dr. Mosley
Dr. Mosley joined Longstreet Clinic in September 2019. Before moving to California for her residency, Dr. Mosley earned her medical degree at Morehouse School of Medicine in Atlanta.

ERUM FAROOQI, MD



Specialty
Internal Medicine
Location
Gainesville
Certification
American Board of Internal Medicine
Training
Texas Tech University Health Sciences Center

About Dr. Farooqi
Dr. Farooqi joined Longstreet Clinic in July 2019. A board-certified physician, Dr. Farooqi comes to us with almost 10 years experience in the field of Internal Medicine.

MEENA DEMETRIOS, MD



Specialty
Obstetrics & Gynecology
Location
Gainesville (primary); Braselton & Baldwin
Certification
Board-eligible, American Board of Obstetrics & Gynecology
Training
Oakwood Hospital and Medical Center, Dearborn, Mich.

About Dr. Demetrios
Dr. Demetrios joined Longstreet Clinic in July 2019. He previously practiced as a physician in Michigan and Georgia, and has worked as an Adjunct Clinical Assistant Professor at Mercer University.

ANY SPORT.

ANY AGE.

Fall means the return of sports – and not just football on television. In fact, there’s a good chance that you or someone you love is in the midst of, or set to begin, playing some sort of competitive sport.

Unfortunately, that also means the return of sports-related injuries.

Should you find yourself sidelined, know that Longstreet Clinic’s sports medicine team is here to help so that you can get back to doing the activities you enjoy.

Beyond bumps and bruises, there are many common sports-related injuries to be aware of:

CONCUSSIONS

A serious injury that cannot be taken lightly. If you or loved one even think you have a concussion you should seek immediate medical attention. Anyone suffering concussion symptoms should NOT return to competition until cleared by a health care professional. Our Physical Medicine & Rehabilitation specialists are experienced in the diagnosis and treatment of concussions.

MUSCLE STRAINS/TEARS

Some are mild, while others can be severe. Regardless, all require some level of therapy in order to attain full recovery, even if that means rest and ice. Therapeutic techniques can also provide speedier relief, along with a stretching and strengthening program following the reduction of swelling.

KNEE AND ANKLE LIGAMENT TEARS/SPRAINS

It is often difficult to determine the severity and effects of a knee or ankle injury. Don’t rely only on the amount of “pops” you hear, or pain experienced as an indication of your



condition. If swelling or discomfort lingers, it’s time to get it checked.

SHIN SPLINTS

Presenting along the shin bone (or tibia), this can be incredibly painful and frustrating condition. Treatment often includes ice and rest before a gradual return to activity.

TENNIS OR GOLF ELBOW

There are a number of remedies available beyond rest and a round of anti-inflammatories for this overuse injury. Braces, as well as stretching and specific exercises, can also provide relief.

SHOULDER INJURIES

One of the weakest joints in the body, the shoulder is susceptible to injury because of what many athletes ask of it. Any pain that lasts longer than two weeks warrants medical attention.

Whatever sports-related injuries you or your loved ones endure, Longstreet’s sports medicine experts include board-certified orthopedists and physiatrists. Let us help get you off the sideline and back to doing what you love. [Call 678-207-4500.](tel:678-207-4500)

AVOIDING SPORTS INJURIES

Longstreet Clinic Orthopedics’ Harry Ferran, M.D., has seen his share of musculoskeletal injuries in his three decades of practice. He even wrote a book with retired general surgeon Greg DeLong, M.D., titled “Understanding Sports Injury: What coaches and athletes need to know.”

“Unfortunately, there is no magic formula to completely prevent injury, but there are plenty of strategies to make sure you are in position to avoid damaging yourself,” Dr. Ferran said.

It starts with flexibility. “A flexible body is stronger, more stable and balanced, and thus able to withstand more physical stress,” he said.

That means stretching and strength training (though every athlete should seek advice on the proper types of strength training for their age and individual ability).

Proper warm-up and cool-down techniques also help the body to adapt to exercise and recover following stress. Athletes should adhere to an active/dynamic stretching and warm-up routine prior to activity, and follow that activity with a cool down stretch to help the body recover.

Proper rest (good sleep is a must!), hydration (drink lots of water, not sugary sports drinks or sodas), and a balanced diet (adding a multivitamin and protein supplement are never a bad idea) are also key in helping the body to recover between exercise and even make gains.



PROTECT YOURSELF AGAINST FALLS

Falling, and the health risks it presents, is probably not something you think much about – until it happens to you or a loved one.

One in four older adults will fall each year. And suffering even one fall doubles the chance of falling again.

The health dangers associated with falls are obvious, and the damage inflicted can range from simple bruises to broken bones and concussions or worse. Falling is also expensive – the total cost associated with falls in 2015 was \$50 billion.

Holmes Marchman, M.D., Britta Okyere, M.D., and the Longstreet Clinic Balance

Tips for fall prevention:

- **Get your vision checked** – Poor eyesight can lead to a multitude of dangers.
- **Remove throw rugs** – They are a trip hazard.
- **Install grab bars in your bathroom** – Showers, tubs and toilets can all present fall risks.
- **Install brighter light bulbs** – What you can't see can hurt you.
- **Take your vitamins** – A vitamin D deficiency can add to your fall risk.
- **Get physical** – Try a light exercise and strengthening program. Tai Chi is a great option due to its focus on balance and self-awareness.

Longstreet Clinic Balance Center

We moved!

Now located in **Suite B at
655 Jesse Jewell Pkwy, SE**
in Gainesville (Entrance C)
Call 770-297-2228

Center team are experienced in helping at-risk patients to avoid the dangers of falling.

“We assess risk factors and recommend strategies to improve strength and balance,” said Dr. Marchman. “There is no reason for anyone to fear their own body or home.”

Did You Know?

Longstreet Clinic is pleased to offer comprehensive workers' compensation and occupational health services to companies across North Georgia. In addition to primary care, our multi-specialty workers' compensation services include:

- Orthopedics
- Physical Medicine & Rehabilitation
- Neurosurgery
- Neurology
- General Surgery
- Vascular Surgery
- Urgent Care open 7 days a week

Our dedicated Workers' Compensation coordinators assist as liaisons between physicians, employers and insurance carriers. Please call **770-533-4717** to learn more about how we can help.

**EXPERT
CARE** *any sport.
any age.*

**2019
BEST OF HALL
READERS' CHOICE**

LONGSTREETCLINIC
Orthopedics

COMPLETE JOINT CARE, CLOSE TO HOME

A few years ago, Tony Herdener, Northeast Georgia Health System's (NGHS) former chief financial officer, thought he'd pulled a muscle in his leg. But in typical Tony fashion, the self-proclaimed handyman tried to work through it and keep going. He soon learned the pain he was having was a symptom of hip arthritis – a much larger problem that wouldn't fix itself.

Osteoarthritis affects an estimated 27 million Americans. Your physician may recommend joint replacement surgery, also known as arthroplasty, as a treatment option when less invasive therapies do not alleviate severe joint pain or dysfunction.

Total joint replacement is a surgical



“There is no reason to go anywhere else, especially with this level of expertise right here in our back yard.”

PHYSICAL THERAPY AT LONGSTREET CLINIC

Longstreet Clinic is pleased to offer Physical Therapy services to our patients. Our goal is to help people return to a healthy and functional lifestyle by offering a variety of customized plans. We take pride in getting each patient moving again, in addition to alleviating both chronic and acute pain through a variety of therapies.

Our experienced therapists have earned doctorate degrees in physical therapy. We also have certified athletic trainers on staff to meet the needs of patients recovering from injury. For more information about our services, visit longstreetclinic.com.

procedure in which an orthopedic surgeon replaces parts of an arthritic or damaged joint with a prosthesis (metal, plastic or ceramic devices) that is designed to replicate the movement of a healthy joint. Hip and knee replacements are the most common types of joint replacements, but surgery can be performed on other joints, including the shoulder.

For Tony, eventually his joint pain became too noticeable to ignore. “Once I began having trouble with simple, everyday tasks, like getting in and out of the car, I knew it was time to take the next step.”

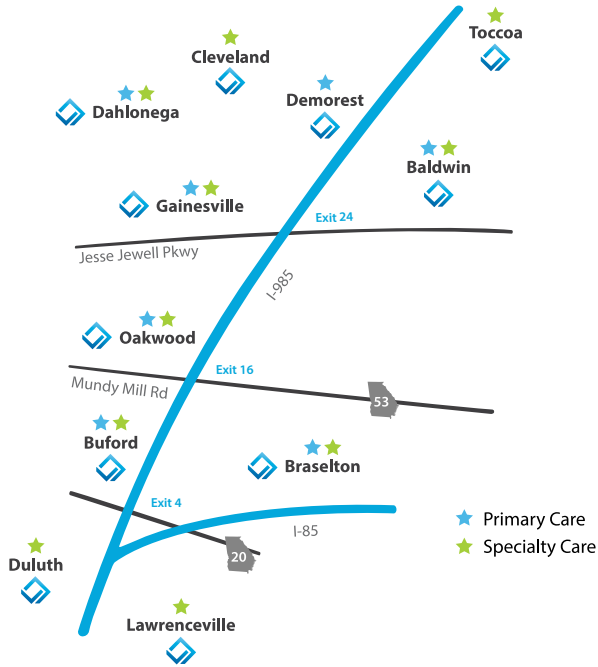
Tony had anterior approach hip replacement with Longstreet Clinic Orthopedics at Northeast Georgia Medical Center. At Longstreet, our surgeons specialize in both total and partial joint replacement with less invasive, faster recovery techniques including

anterior approach.

Up walking the same day as surgery, Tony says his family had to remind him to take it easy and not do too much. Just months after surgery, Tony could be found golfing, traveling and just being active in general.

“Over the past several years, I’ve heard people talk about traveling outside of Hall County for joint replacement surgery, but I am living proof that a drive like that isn’t necessary,” Tony says. “There is no reason to go anywhere else, especially with this level of expertise right here in our back yard.”

Joint pain slowing you down? **Contact our experts today for a consultation by calling 678-207-4500.**



OUR SPECIALTIES

Bariatrics	Obstetrics & Gynecology	Pediatrics
Family Medicine	Oncology & Hematology	Perinatology
General Surgery	Orthopedics	Physical Medicine & Rehabilitation
Inpatient Medicine	Pediatric Inpatient Medicine	Radiology
Internal Medicine		Urgent Care
Neonatology		Vascular & Vein
Neurosurgery		

**200 PROVIDERS | 17 SPECIALTIES | 11 LOCATIONS
ONE PRACTICE**

LONGSTREET BEAT Health news just for you.

LEADING THE WAY IN EARLY DETECTION



October is Breast Cancer Awareness Month. And while the color pink will wash over a number of aspects of our lives it is important to remember that awareness is about far more than showing solidarity with those battling disease. For women around the nation it is a visual reminder of the vigilance required in order to maintain good health.

When it comes to breast cancer, early detection is still the best form of defense, and Longstreet Clinic’s Breast Center is here to help you maintain that vigilance – both in technology and availability.

Longstreet is proud to now offer 3D mammography and 3D Automated Breast Ultrasound (ABUS) in our Gainesville office.

Earlier this summer, Longstreet added Senographe Pristina 3D, technology that has transformed the mammography experience. This screening device enhances comfort for the patient while also providing more clarity and superior diagnostic accuracy for providers.

In 2018 Longstreet Clinic became the first in our area to add ABUS, another screening tool that improves cancer detection by 35 percent over normal mammography alone for women with dense breast tissue (estimated at 40 percent of the female population). The 3D ultrasound technology examines dense tissue differently, allowing providers to locate tumors that may have otherwise gone unnoticed.

They are powerful tools for patients and providers alike, helping us to take another big step forward in the battle against breast cancer.

“This is an exciting addition because it means we are the only practice now offering 3D mammography and 3D breast ultrasound (ABUS) services in our community.”

- Dr. David Kimball

The Breast Center offers extended daily hours – from 7 a.m. to 6 p.m. on weekdays – as well as select Saturday hours in order to adhere to your busy work and family schedule. **Call 770-533-4700 for more information.**