



LONGSTREETCLINIC
Your Health. Our Specialty.



Winter 2020 - Community Edition

FROM THE DESK OF...



Holmes Marchman, M.D.
Physical Medicine & Rehabilitation

leader across all healthcare fields – one recognized in northeast Georgia and far beyond our region.

Since then Longstreet Clinic has grown to include approximately 200 providers across 18 specialties in 11 cities – combining to cover the full spectrum of healthcare needs of an ever-evolving and growing group of communities.

Among our achievements and firsts in northeast Georgia was recruiting our area's first neonatologist and working with Northeast Georgia Medical Center to establish a NICU in Gainesville. Since then we've added additional specialties such as perinatology, oncology, neurosurgery, bariatrics, vascular surgery, orthopedics and more. In addition, we were early adopters of electronic health record (EHR) technology in 2001, and have been recognized for our innovation in that area through the years.

Through all of the growth, one thing has remained the same: Our commitment to the patient. And we continue to show that by providing not only leading-edge healthcare services but doing so with a dedication to service and personal attention that has helped set us apart from the beginning.

The foundations of Longstreet Clinic began with the merger of three groups (Northeast Georgia OB/GYN, Gainesville OB/GYN and Northeast Georgia Pediatric Group) in addition to eight single specialty practices. Our founders blazed a visionary trail that has turned our Clinic into a trusted

By joining forces 25 years ago, the providers at Longstreet Clinic gave themselves an improved method of staying at the forefront of developments in medicine. Spreading the costs of new technologies across more providers allowed – then as now – Longstreet Clinic to undertake

advances quicker than individual providers ever could.

All of these goals and ideals, combined with strong leadership and commitment, caught our attention more than two decades ago, and it is why we are proud to represent Longstreet Clinic as physician leaders who continue practicing today.

But we are nowhere near finished. In fact, Longstreet continues to innovate and expand in order to best serve the needs of you, the patient. This is reflected in the recent implementation of EPIC and addition of new specialties like endocrinology, and innovative technology such as Automated Breast Ultrasound (ABUS) and 3D mammography. We also continue to win awards and acknowledgements, like "Best of Hall" reader's choice and a silver medal for website design (in a competition against providers worldwide).

In the end, it is all comes down to you, our patients, and our dedicated team of employees and providers. **Thank you for a successful first 25 years; we look forward to serving you in the decades to come.**

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LONGSTREET BEAT

Need a provider? Visit our website at longstreetclinic.com/providers, or call 770-718-1122.

WINDER WOMAN WALKING AGAIN AFTER 11 YEARS

For 11 long years, Mary Maddox suffered indignities and frustrations few can truly understand – or would ever want to.

“I was just at work one day, and I couldn’t clock out, literally. I could not move to do it. My legs just would not do what I asked them to do,” said Maddox, who was in her 40s at the time.

The frightening experience touched off a frenzied series of physician exams – none of which provided Maddox with a clear answer as to why her body betrayed her. Years spent searching for answers left her with just one certainty: Maddox could move about only with the aid of a motorized wheelchair.

That all changed when the now 56-year-old Maddox met Longstreet Clinic Vascular & Vein surgeon Charles B. Moomey, M.D.

“I had been to a back doctor, a hip doctor, all kinds of doctors. All they could tell me was that my body forgot what to do. Over the years I had just about given up, and my whole

life had gone up in smoke,” said Maddox, who knew that circulatory and heart problems ran in her family.

That knowledge proved enlightening for Dr. Moomey, who determined that Mary’s ills were, in fact, all circulatory related.

“I met Mary for the first time and was immediately struck by the fact that she was only 50-something years old and had not walked for 11 years,” said Dr. Moomey, who ordered a CT scan that identified that Maddox was suffering from an aortic occlusion. “Yes, she had other medical problems, but there’s no way she should be confined to a motorized wheelchair. I kind of feel like she was overlooked by modern medicine, and I felt compelled to help her.”

Dr. Moomey and his staff performed endovascular therapy at Longstreet Clinic’s Gwinnett County offices in Lawrenceville, including an angioplasty and the placement of six aortic stints. It was a procedure that, in 2019, allowed Mary to take her first steps in



11 years.

“I love Dr. Moomey to death; he gave me part of my life back,” Maddox said.

Dr. Moomey, too, drew immense satisfaction from Mary’s progress.

“We come to work to do these things, but Mary will always be special for me, and it’s really gratifying to see her get better and be freed from her prison,” Dr. Moomey said.

Visit longstreetclinic.com/mary to read & watch Mary’s entire story.
Contact Dr. Moomey and Longstreet Clinic Vascular & Vein at 678-207-4000

LONGSTREET PRACTICES VOTED ‘BEST OF HALL’

We are honored to once again be acknowledged by our patients and our community through The Times’ annual “Best of Hall Reader’s Choice” awards. **For 2020 we have been voted best in:**

- Imaging
- Immediate/Urgent Care
- Neurosurgery
- Orthopedic Surgery
- Pediatrics
- Weight Loss Clinic
- Women’s Health

Thank you to everyone who not only voted, but who trusts us with their medical care. We are honored to have the opportunity to continue serving our community each day!



PARTNERSHIP AIMS TO HELP HALL EAT WELL

Longstreet Clinic is partnering with United Way and the Vision 2030 Health Consortium to distribute almost 4,000 free cookbooks designed to empower residents throughout northeast Georgia.

Titled “Good and Cheap: Eat Well on \$4 a Day,” this New York Times bestseller will boost the budget and tickle the taste buds, as author Leanne Brown reveals secrets to mouth-watering, affordable and healthy meals.

Longstreet Clinic will distribute the books – donated to the United Way by Brown and Workman Publishing – directly to Longstreet patients and employees as well as provide several thousand to community partners such as Good News Clinics, Georgia Mountain Food Bank, The Hub at Gainesville City/Hall County Schools and Lanier Tech.



“We are proud to offer valuable resources to our patients, as well as residents throughout the community, in any way we can,” Longstreet Clinic CEO Mimi Collins said.

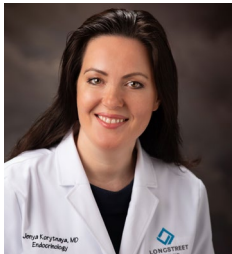
This distribution is part of Longstreet’s partnership with the Reach Out and Read program, funded by United Way of Hall County, in which Longstreet doctors present books to families – all with the stated goal of increasing childhood literacy. Reach Out and Read encourages the importance of early

literacy from birth by having a pediatrician offer a language- and age-appropriate book during every child’s well visit from age 6 months to 5 years in its Hall County pediatric offices.

Since beginning the program in 2017, Longstreet’s pediatricians have provided over 20,000 books to families, along with a “prescription” to parents and guardians that they read aloud with their infants, toddlers and preschoolers every day. This is especially important when you consider that, according to studies, 95 percent of a child’s brain is formed before the school-age years.

To that end, each cookbook will include a bookmark reminding parents and guardians that, “the best super foods for the mind is a book. Take 15 minutes a day to read to a child and help them learn and grow.”

MEET OUR NEWEST PHYSICIANS



EVGENIA “JENYA” KORYTNAYA, MD
Endocrinology

Medical Degree

Novosibirsk State Medical Academy, Russia

Residency

Internal Medicine, Albert Einstein Medical Center, Philadelphia, PA

Fellowship

Endocrinology, University of Michigan, Ann Arbor, MI

Certification

American Board of Internal Medicine - Internal Medicine; Endocrinology, Diabetes & Metabolism

About

Dr. Korytnaya joined Longstreet Clinic in December 2019 with nearly 10 years of experience. Her interests include in general endocrinology as well as the treatment of pituitary diseases, thyroid disorders, adrenal diseases, bone and calcium disorders and diabetes. She is welcoming new patients in Gainesville. **Call 770-297-2238.**



BRETT C. AUDIN, MD
Radiology

Medical Degree

University of Florida College of Medicine

Residency

Diagnostic Radiology, Emory University College of Medicine

Fellowship

Neuroradiology, Emory University College of Medicine

Certification

American Board of Radiology - Diagnostic Radiology & Neuroradiology

About

Dr. Audin joined Longstreet Clinic in January 2020 after more than 22 years as a practicing radiologist in Georgia. He reads imaging studies from our offices in Gainesville.



DEANNA DEL MAZO, MD
Internal Medicine / Medical Weight Loss

Medical Degree

Emory University School of Medicine, Atlanta

Residency

Jackson Memorial Hospital/University of Miami School of Medicine, Miami

Certification

American Board of Internal Medicine

About

Dr. Del Mazo joined Longstreet Clinic in February 2020 with more than 12 years’ experience as a practicing physician. She is an internist with Longstreet Clinic Internal Medicine in Braselton and has special interest in medically-supervised weight loss. **Call 678-207-4050 for appointments.**

105 POUNDS DOWN... AND COUNTING!

You may remember Christine Price. We featured her weight loss story in the Spring 2019 edition of the Longstreet Beat. Well, Christine's story is far from finished. In fact, she is set for another big step on her weight loss journey.

Just over a year ago, the thought of running anywhere seemed near impossible for Christine. So, when Christine toes the starting line of her first 5K in spring, it will represent one of the most rewarding moments of her life.



In October of 2018, Christine opted for gastric sleeve surgery at the Longstreet Clinic's Center for Weight Management – following years of battling weight issues, yo-yo diets and, ultimately, disappointment.

Just over 15 months removed from the procedure – performed by Longstreet Clinic physician Dr. Miguel del Mazo – Christine has already lost 105 pounds. And where running was once a pipe dream, it is now Christine's passion. In fact, she hits the treadmill or the road almost every day.

Christine's developments are far from a "miracle," or "shortcut to better health," however. In fact, they stem from her full involvement and commitment to total health. That includes devotion to a strict post-operation dietary regimen, which sees her consume one cup of food three times a day, along with plenty of water and vitamin supplements.

During in-depth meetings with Dr. del Mazo and the Longstreet Clinic staff, Christine selected a gastric sleeve procedure to not only help her lose stubborn weight, but also keep it off for good.

"With a gastric sleeve, patients generally lose two-thirds of their excess weight within

a year," Dr. del Mazo said. "But bariatric surgery is not a one-and-done process. The entirety of our practice is medically improving people's health through weight management. Christine has done quite well; she's enthusiastic and wants to be a lifelong learner, and that's a big deal in this kind of medicine."

It's certainly been a big deal for Christine.

"I'm a completely new person. I'm living a better life, and I would encourage anyone else who finds themselves in the situation I was in to go for it," she said.



To watch the latest steps of Christine's journey, visit longstreetclinic.com/Christine

MYCHART: CONNECTING PATIENTS TO PROVIDERS

When Longstreet Clinic selected and subsequently implemented a new information system and EMR last year called EPIC, it was after much research and planning. EPIC allows your providers access to a uniform record of your complete health history – improving the healthcare process for both patient and provider.

One of the many exciting features this platform has to offer is a tool called MyChart. MyChart allows you to connect with your doctor or care provider

electronically in order to better help manage your health. It's free, easy to use and is available 24 hours a day via your computer or mobile device.

Since EPIC and MyChart are also utilized by Northeast Georgia Health System your MyChart allows us to better coordinate your care in our community between your doctors as we are using one consistent medical record.

It also allows you additional ways to

communicate with your provider's office to:

- Manage appointments
- Obtain test and lab results
- Access your family's records
- Manage medications and request refills
- Pay bills

MyChart registration is simple. Visit longstreetclinic.com/mychart and get started today.

WHAT IS ENDOCRINOLOGY?

Longstreet Clinic recently added Endocrinology to its list of medical specialties when Dr. Jenya Korytnaya joined our growing team (Learn more about her on page 3). So what exactly does an endocrinologist do?

If you are referred to see an endocrinologist, your primary care doctor may suspect an issue with your endocrine system, a collection of glands that controls hormones in the body. When something goes wrong these unique glands, hormonal imbalances occur.

Hormonal imbalances can cause a wide variety of health issues, including cancer, diabetes, osteoporosis, infertility and a number of other diseases and ailments.

Humans have over 50 different hormones that serve as chemical messengers in the body and help control everything from hunger and thirst to sleep and sex drive. Glands even control the amount of calcium in the body and blood sugar levels.

For example, hormones produced by the thyroid affect your body's ability to burn calories properly and even your heart rate. Some of the main functions of the body that the endocrine system helps regulate include:

- **Metabolism**
- **Growth and development**
- **Mood**
- **Sexual Function**
- **Reproduction**

- **Cardiovascular health**
- **Bone health**
- **Appetite**
- **Sensory Perception**
- **Mobility**

Endocrinologists specialize in diagnosing and treating various conditions with a goal of restoring the body's hormonal balance. At Longstreet Clinic Endocrinology, our job is to examine your symptoms, diagnose the problem and determine the proper course of treatment.

If you suspect you may need to see an endocrinologist, talk with your primary care provider or give us a call at 770-297-2238.

TIPS TO PREVENT THE FLU & OTHER VIRUSES

Even with Spring just around the corner, the flu and other seasonal viruses are still prevalent in our community. And at the time of this writing, the novel coronavirus has been dominating headlines, even though it is not yet widespread in Georgia. Viruses like the flu are easily transmittable and can be especially dangerous to vulnerable populations. While there's no one foolproof method to avoiding illness, there are things you can do to prevent infections and increase your chances of staying well.

** If you have traveled abroad recently and are experiencing symptoms such as fever, respiratory issues or shortness of breath, please contact your physician's office before showing up in-person.*



Get your flu shot



Avoid contact/handshakes with infected people



Wash your hands



Disinfect oft-touched surfaces

If you are unlucky enough to become sick, avoid spreading the infection by:

1. **Stay home and rest**
2. **Seek professional medical care***
3. **Consume LOTS of fluids**
4. **Cough/sneeze into your elbow or sleeve**
5. **Wear facemasks**

Remember, if you do get sick with the flu or a number of other viruses prevalent this time of year, Longstreet Clinic Urgent Care is open at convenient hours, 7 days a week. Call **678-207-HERE (4373)**, or visit our website for more information.

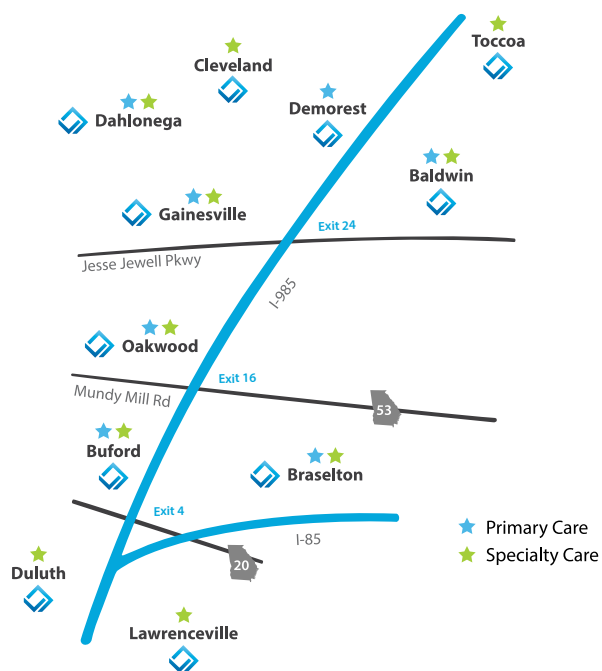
OUR SPECIALTIES

Bariatrics
Endocrinology
Family Medicine
General Surgery
Inpatient Medicine
Internal Medicine
Neonatology

Neurosurgery
Obstetrics
& Gynecology
Oncology
& Hematology
Orthopedics
Pediatric Inpatient
Medicine

Pediatrics
Perinatology
Physical Medicine
& Rehabilitation
Radiology
Urgent Care
Vascular & Vein

Prsrt Std
US Postage
PAID
Gainesville, GA
Permit #82



**200 PROVIDERS | 18 SPECIALTIES | 11 LOCATIONS
ONE PRACTICE**

LONGSTREETBEAT

Health news *just for you.*

You can now schedule your mammogram
at Longstreet Clinic via MyChart!

Northeast Georgia's only home for both
3D Mammography & Breast Ultrasound



LONGSTREETCLINIC
BREAST CENTER

