



NEW FACILITY IS HOME TO SOUTH GEORGIA'S ONLY DEDICATED DIGESTIVE HEALTH CENTER

Join us for a
Grand Opening Ceremony
of

 **PHOEBE**
DIGESTIVE HEALTH CENTER

Sunday,
October 28, 2012
2 - 5 p.m.

TWO MEREDYTH PLACE
2740 RAY KNIGHT WAY, SUITE 100
ALBANY, GEORGIA

On October 28, Phoebe Digestive Health Center, a new state-of-the-art complex, will celebrate its opening with a Sunday afternoon ceremony complete with tours. The facility – and all the medical professionals who care for patients there – are dedicated to the treatment of virtually any gastrointestinal disorder. The ultimate goal, as reflected in the Center's name, is to improve the health of Southwest Georgians through efficient delivery of cutting edge technologies and high quality care.

“Digestive disorders are an important area of care for our region,” said Joel Wernick, Phoebe president/CEO.

“We have brought together a team of physician and medical experts to provide the highest quality and safest care possible. The new facility gives them

the tools and technology to practice their field of expertise. Patient and family comfort was a crucial component of the design for the building.”

The new facility allows us to treat patients in a high-tech, highly-efficient environment.

SECOND MEREDYTH STRUCTURE STRENGTHENS DIGESTIVE HEALTH SPECIALTY

The Digestive Health Center is the second major medical building on the Meredyth Drive campus. The \$35 million complex houses Phoebe Gastroenterology Associates, an eight-physician practice that is one of the largest and busiest in South Georgia. The endoscopy area on the second floor has eight procedure rooms and 26 prep/recovery rooms providing the latest technologies, including high definition endoscopes and high resolution monitors.

The Center improves access to care by allowing an increased number of patients to seek care more rapidly from gastroenterologists and mid-level providers. In fact, appointment wait times have been reduced from four months to under two weeks.

Continued inside...

Continued from front page...

Phoebe Gastroenterology had 45,000 patient visits last year. With the new Center, providers will be able to increase those numbers by 15 percent.

“Our region mirrors the rest of America in the growing incidence of digestive disorders and being able to accommodate more patients with shorter access times is an important component of quality care,” said Matthew Grundfast, DO, medical director of Phoebe Gastroenterology. “Rapid access and advanced diagnostic technologies can help improve patient outcomes. The new facility allows us to treat patients in a high-tech, highly-efficient environment. Digestive diseases can range in severity from common to life-threatening, including disorders of the esophagus, stomach, liver, pancreas, colon and rectum.”

Conveniently located at the Meredyth destination, the Center offers patients and families easy access to gastroenterology services in a comfortable, convenient patient setting.

“Designers and architects were charged with several important goals,” said Wernick. “The medical and technological aspects are the obvious pieces, but we also wanted to create a special environment for patients and families through a setting that is convenient, comfortable and promotes healing.”



CONVENIENT ACCESS, PRIVATE ROOMS, DISCREET EXITS – PART OF THE HEALING ENVIRONMENT

To that end, the complex provides private pre-operative and recovery rooms where family members can also wait in privacy while their loved ones are cared for. There is a terrace overlooking a courtyard, and wi-fi hot spots will be available both in the building and in outside green areas. An additional mile of new nature trails and sidewalks have also been added to the campus.

Patients will be able to pull up to the front of the building for parking or exit vehicles under a covered area with attendant assistance as needed. Registration and pre-operative testing are all self-contained in the facility. Patients have discreet exits as well so they may leave after a procedure without walking through public waiting areas.

The Center will also offer other new services, including on-site consultations with a dietitian and disease management with mid-level practitioners who will help navigate care for patients with complex diseases.

“Phoebe is focused on meeting the healthcare needs of the citizens we serve, regardless of the complexity,” said Wernick. “This center is a major step in strengthening our physicians’ and providers’ ability to improve digestive health for all Southwest Georgians.”

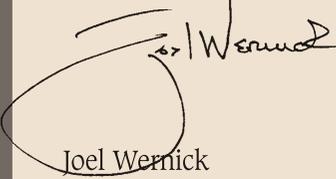


When a health system grows, new facilities are one of the first outward signs. So it is with Phoebe’s new Digestive Health Center opening in October at the Meredyth campus, a state-of-the-art \$35 million facility with one single purpose – to improve the health of Southwest Georgians.

...the best possible arsenal of weapons to help patients battle some of the most complex digestive diseases.

Why focus on digestive diseases? Growth with purpose in healthcare systems must always be focused on and responsive to the needs of the population we serve. Over the past several decades, dramatic changes occurred in the incidence, prevalence, and overall impact of digestive diseases in the United States. South Georgia is no exception. The burden of digestive disease has been called “staggering,” and national studies have urged continued investment in prevention, diagnosis and treatments aimed at improving digestive health. Some 65 million Americans are impacted by digestive disease at a cost of \$150 billion annually.

The opening of the Phoebe Digestive Health Center, takes another major step in strengthening the depth of Phoebe’s specialty capabilities in treating active disease and disorders and, as important, in raising the public’s awareness of prevention and treatment. This state-of-the-art facility aids our expert physicians and medical professionals by giving them the best possible arsenal of weapons to help patients battle some of the most complex digestive diseases. The Digestive Health Center was designed with quality and safety in mind. Moreover, the location of this facility is planned for access to care with convenience and privacy as top priorities. We have placed emphasis on convenient front, pull-up covered parking, attendant assistance, on-site registration and pre-operative testing. Phoebe’s Meredyth campus continues to grow as a medical destination and also as a place of wellness with expanded nature trails and peaceful respite areas. We are proud of this new addition and at the same time humbled by the trust our patients place in Phoebe every day. Be assured we pledge a continued commitment to world-class medicine right here at home.


Joel Wernick
President/CEO
Phoebe Putney Health System

ONE

MEREDYTH PLACE



FIRST FLOOR

Berg Eye Center, P.C.
 Berg Optical Center
 Carlton Breast Health Center
 Phoebe Outpatient Services
 Phoebe Imaging Center
 Starbucks Coffee
 • proceeds benefit Phoebe Community Visions

SECOND FLOOR

Meredyth Eye Surgery Center, P.C.
 Phoebe Neurology Associates
 Southern Vitreoretinal Associates, P.A.

THIRD FLOOR

Albany Dermatology, P.A.
 Phoebe Neurodiagnostics
 Phoebe Sleep Disorders Center
 Tower Medical Group

FOURTH FLOOR

Phoebe Orthopaedic Specialty Group



TWO

MEREDYTH PLACE

FIRST FLOOR

Phoebe Gastroenterology Associates
 • 30 exam rooms (exam rooms are arranged into 8 pods)
 • 10 Triage rooms
 • 3 Clinical Trials rooms
 • 10 physician offices
 • Lab
 • Capsule Lab (capsule endoscopy)

SECOND FLOOR

Phoebe Endoscopy Center
 • 26 Prep/Recovery bays (adaptable depending on volume)
 • 8 Procedure Rooms
 • Self check-in kiosks
 • Instrument processing/decontamination
 • Olympus HD scope technology
 • Digital, high-resolution monitors
 • Automated medication distribution
 • IV pumps (anesthesia)

THIRD FLOOR

• Reserved for future expansion

ALSO...

- 592 new parking spaces
- The building is designed for energy efficiency
- Second floor terrace overlooks courtyard
- Free wi-fi hot spot



Phoebe Gastroenterology Associates

A MEMBER OF
PHOEBE
PHYSICIAN GROUP, INC.

Colon cancer survivor, Travis McDonald of Leesburg, credits “simple” colonoscopy procedure’s early detection as a lifesaver.



Phoebe Gastroenterology Associates is located on the first floor of the Digestive Health Center. This highly respected group of physicians and medical professionals provide quality care in a world-class facility designed specifically for patients with digestive disorders. They specialize in a wide range of gastrointestinal diseases, including inflammatory bowel disease, hepatitis, irritable bowel syndrome, celiac disease, pancreatitis, disorders of the esophagus and more. They have expertise in all diagnostic and therapeutic procedures, such as colonoscopy, endoscopy, and ultrasound and the Center provides patients with the latest technologies for screening, diagnosis and treatment.

Our physicians have also been instrumental in the success of a colonoscopy screening program aimed at increasing the number of Southwest Georgians who are able to access this important procedure. Physicians also have partnered with the South Georgia Cancer Coalition in a national study to detect genetic markers that may be present in stool samples associated with adenomas and early cancers. It is one of 91 sites participating in the study.

A COLON CANCER SURVIVOR’S STORY...

Travis McDonald has an odd way of breaking the ice with everyone she meets. Give her a few minutes and she will invariably ask you if you’ve had your colonoscopy.

In 2003, while visiting a doctor for minor medical reasons, it was suggested to her that she schedule one. After grudgingly agreeing, and then later canceling the appointment, she finally gave in.

She scheduled an appointment with

Dr. Gandhiji Y’Chili, of Albany Gastroenterology, now Phoebe Gastroenterology Associates. Looking forward to a vacation with her family became her focus, thinking that nothing would change their plans.

Unfortunately, she was wrong.

McDonald’s first memory after waking up from the procedure was Dr. Y’Chili standing next to her recovery bed, telling her that she needed a surgeon. She was then told the news that would change her life.

“You’ve got a mass,” Dr. Y’Chili said. “It’s up near the waistline in the ascending colon.”

McDonald responded by asking, “What do you think this is?”

“You’ve got cancer,” was the immediate response. “But we are going to take care of it,” he assured her.

And he did.

Dr. Gandhiji Y’Chili, and a team of local surgeons and oncologists, were able get McDonald on the road to a full recovery, after removing 18 inches of her colon, followed by 26 weeks of chemotherapy.

She eventually regained her strength and now lives a normal healthy life, gardening, baking and spending time with her family, including a great granddaughter Daelyn.

During her most recent colonoscopy, she was told that she had no polyps for the first time in nearly 10 years.

Now McDonald is an advocate for regular colonoscopies, encouraging everyone she meets, from her family members to the man working on the air conditioner at her home, to have the procedure done.

“I insist that they go,” she says. “Because it is such a simple, simple procedure.”

And she believes that the procedure can save lives, especially if the problem is caught early.

“It’s so much easier than going through surgery and losing 18 inches of your colon, plus having to work yourself back up for weeks after having the surgery. It’s just so simple.”

And of the doctors she holds responsible for saving her life, she doesn’t hold back from showering them with praises. Especially the doctor who honestly told her that she had cancer and who took the time to follow up with a personal phone call to make sure that she was okay.

“I wouldn’t trade Dr. Y’Chili for anything,” she says. “I love him. I think the world of him. I couldn’t have asked for anyone to be more caring and gentle. He is just a wonderful man.”

Although the rate of new colorectal cancer cases and deaths is decreasing in this country, more than **141,210** new cases were diagnosed and more than **49,000** people died from this disease in 2011.

Regular screening, beginning at age **50**, is the key to preventing colorectal cancer.

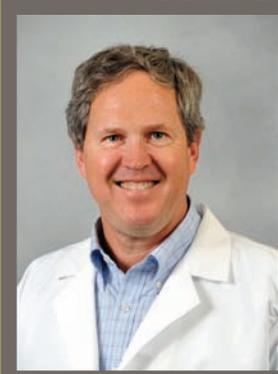
Call 229-312-0698 today, and schedule your appointment to discuss what tests to have, the benefits and risks, and how often to schedule screenings.

OUR PHYSICIANS

Our board-certified physicians have different backgrounds and bring a wide variety of expertise to the patients they serve. However, they all share one thing in common – they believe in providing only the highest quality patient care.

CONTACT US
To schedule an
appointment call
229-312-0698.

www.phoebeputney.com



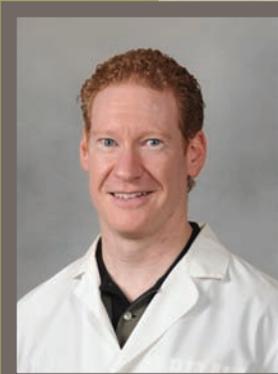
JAMES GRIFFITH, MD
GASTROENTEROLOGIST

Dr. Griffith serves as hospitalist treating our patients admitted to the hospital for digestive illnesses and diseases. He earned his medical degree from the University of Alabama School of Medicine at Birmingham. He completed his internship and residency at Carraway Methodist Medical Center in Birmingham and his fellowship in Gastroenterology at the University of Alabama in Birmingham.



RUTH MONTALVO, MD
GASTROENTEROLOGIST

Dr. Montalvo earned her medical degree from the University of Puerto Rico School of Medicine. She completed her internal medicine and gastroenterology residency programs at the University of Texas Health Sciences Center in San Antonio, Texas. She also completed a fellowship in ERCP and liver transplantation at the University of Texas Health Sciences Center.



MATTHEW B. GRUNDFAST, DO, FACP
GASTROENTEROLOGIST

Dr. Grundfast is the medical director at Phoebe Gastroenterology and a clinical instructor with the Southwest Georgia Family Medicine Residency Program. He earned a Doctor of Osteopathic Medicine from New York College of Osteopathic Medicine and a bachelor's degree in biology from Binghamton University.



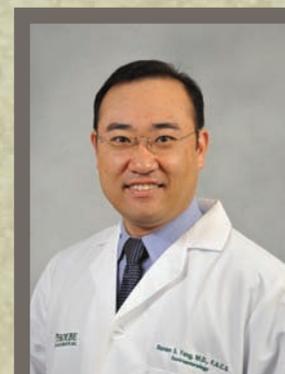
MICHAEL WALTER SZPAK, MD
GASTROENTEROLOGIST

Dr. Szpak earned his medical degree from the University of Cincinnati College of Medicine. He earned his undergraduate degree from Ohio University in Athens, Oh. He completed a fellowship at Wilford Hall Medicine Center Lackland Air Force Base in San Antonio, Tx., and a residency and internship in Internal Medicine at Akron General Medical Center in Akron, Oh. Dr. Szpak also serves as a clinical faculty member with the Southwest Georgia Family Medicine Residency Program in Albany.



IRA G. KNEPP, MD
GASTROENTEROLOGIST

Dr. Knepp earned his medical degree from the Medical College of Virginia in Richmond, Va., and completed his undergraduate studies at Lord Fairfax Community College in Middletown, Va., and Virginia Commonwealth University in Richmond. Dr. Knepp completed a fellowship in Gastroenterology at the National Navy Hospital in Bethesda, Md. He completed his residency in Internal Medicine at Portsmouth Naval Hospital in Portsmouth and an internship in Family Practice at Union University, Albany Medical Center, in Albany, N.Y.



STEVEN YANG, MD, FACP
GASTROENTEROLOGIST

Dr. Yang earned his medical degree at State University of New York at Stony Brook School of Medicine of Long Island, N.Y., where he achieved clinical honors in Internal Medicine and Primary Care. He completed his medical training at University of Medicine and Dentistry of New Jersey in Newark. Dr. Yang was an instructor for training gastroenterologists at North Shore University Hospital in Long Island, N.Y.



VITHAL KUSUMA, MD
GASTROENTEROLOGIST

Dr. Kusuma earned his medical degree from Osmania University, Hyderabad, India. He completed residency in Internal Medicine at Osmania University, Hyderabad, Booth Memorial Hospital, N.Y. and Bergen County Hospital, N.J. He completed a fellowship in Gastroenterology at Loyola University and Louis Memorial Hospital, Chicago, Ill. He has particular interest in general and therapeutic endoscopies including ERCP.



GANDHIJI YALAMANCHILI, MD
GASTROENTEROLOGIST

Dr. Y'Chili, as he is known by his patients, earned his medical degree at Gandhi Medical College, Osmania University in Hyderabad, India, where he completed a rotating internship. He completed an Internal Medicine residency and a fellowship in Gastroenterology at Prince George's General Hospital in Cheverly, Maryland.

PHOEBE ENDOSCOPY CENTER

A new Endoscopy Center, located on the second floor of the building, is completely dedicated to endoscopic procedures. The center offers the latest medical diagnostic technology in a comfortable, patient and family-friendly setting. With eight full-service procedure

rooms, private prep rooms, a spacious recovery area and inviting waiting room, the center's level of care is unmatched in South Georgia.

The Phoebe Endoscopy Center also features the most sophisticated equipment of any gastroenterology practice in the region. The center is equipped with the latest high-definition scope technology including digital, high-resolution monitors.

DIGESTIVE & LIVER DISORDER EXPERTS

In addition to early detection of colorectal cancer and polyps, our GI experts provide evaluation and treatment of many common digestive disorders including, but not limited to:

- Irritable Bowel Syndrome (IBS)
- Barrett's esophagus
- Constipation
- Hepatitis
- Crohn's disease
- Gallstones
- Gastroesophageal reflux disease (GERD)
- Heartburn
- Lactose intolerance
- Celiac disease
- Pancreatitis
- Swallowing disorders
- Ulcerative colitis
- Ulcers of the stomach
- Diverticulosis

Designed with patient and family comfort in mind, the Phoebe Digestive Health Center offers private pre-operative and recovery rooms with wi-fi, television, and view of the campus.

FOOD MATTERS...

WHEN IT COMES TO COLON HEALTH

The old saying goes, "You are what you eat."

And while the saying is more metaphorical than literal, the food a person puts into their body can have a huge impact on their digestive health. Adjusting one's diet before digestive problems arise can help decrease the likelihood of future health issues, from heartburn to some cancers.

Specifically, colon cancer is one of many diseases that can be positively or negatively affected by a person's diet. GERD, or gastroesophageal reflux disease, is a condition in which the contents of the stomach leak backwards into the esophagus, causing heartburn and other symptoms. Food choices can increase — or decrease — those symptoms.

Jan Hadrill, an oncological dietitian at Phoebe, says that whole foods, like whole grains and fruits and vegetables have a protective effect on any type of cancer, colon cancer in particular. The fiber content is the reason that these foods are so important. Hadrill also suggests beans

and peas should also be included in a healthy diet.

Fruits and vegetables can be beneficial for GERD patients, though certain types should be eaten in moderation and others, like lemon or oranges with high acidity should be avoided.

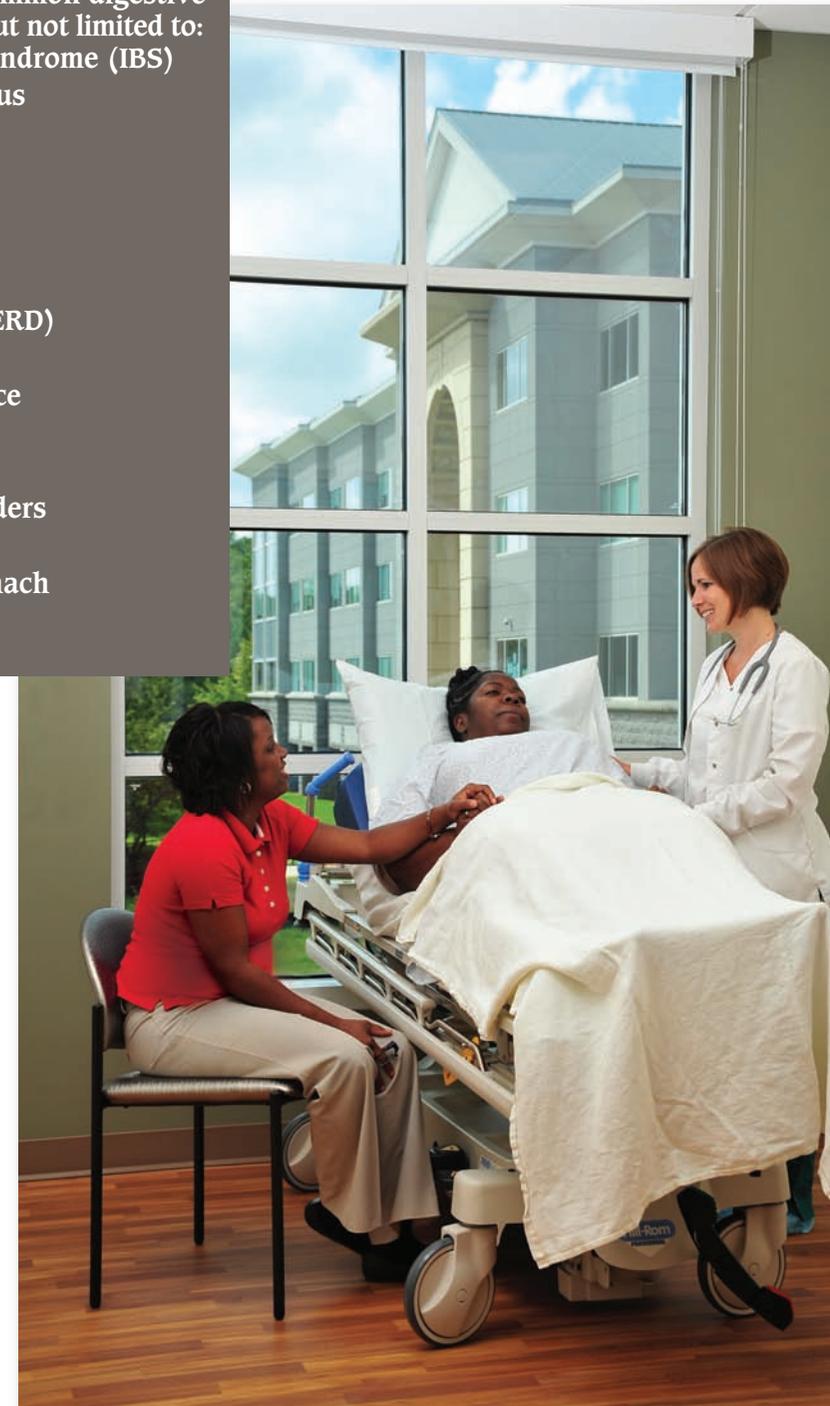
But just as fruits and vegetables can help prevent cancer, there are foods that studies prove can cause cancer.

"Red meat, particularly in large quantities, greatly increases your risk of colon cancer," Hadrill says. The news is even worse for grilled meat. Studies have shown that when fat hits the heating element of a grill, the smoke that hits the food contains cancer-causing components. Marinades can block out some of the smoke and dangerous elements, so Hadrill says that marinades are encouraged when food is being grilled.

Processed red meat, including sausage, hot dogs and lunch meat are also shown to increase a person's risk of colon cancer and can negatively affect GERD patients.

Doctors and dietitians are attempting to emphasize a healthy, balanced diet as more than just a tool for weight loss. It can impact a person's overall health, especially when it comes to disorders and diseases of the digestive system.

A healthy,
balanced diet
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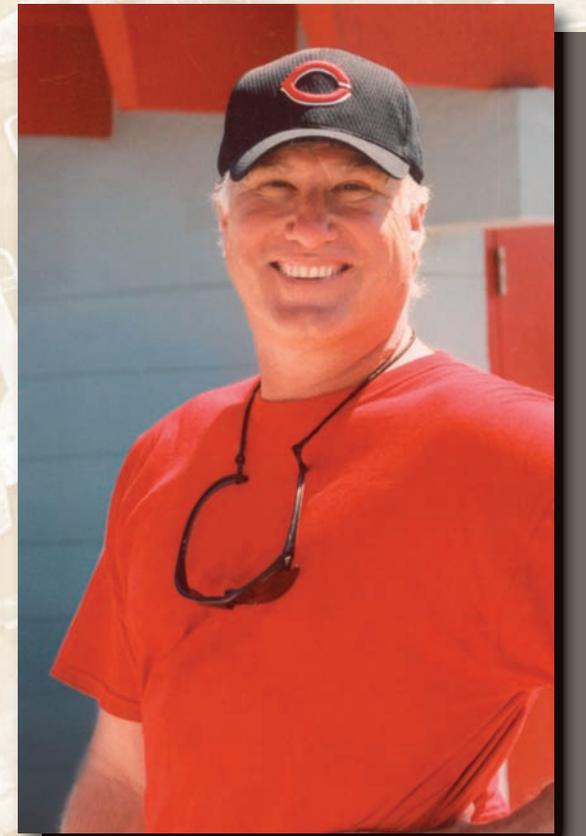


IN APPRECIATION

In recognition of their long-term support for the Phoebe mission, two outstanding individuals are being honored with street dedications at Meredyth Place Healthcare Campus. We thank both Ray Knight and Nancy Lopez for more than two decades of commitment and support to Phoebe and to our community.

RAY KNIGHT

Albany native Ray Knight is a two-time Major League Baseball All-Star with a top-notch hitting record making the Top 10 leader board in batting three times. An infielder for the Cincinnati Reds, Houston Astros, New York Mets, Baltimore Orioles and Detroit Tigers, Knight triumphantly led the New York Mets to a World Championship in 1986 and scored the winning run of Game 6 in the World Series, earning the MVP title for the series. In his stellar career he posted 84 homeruns and 595 RBIs. Knight retired from baseball in 1989 to join ESPN. In 1993, he returned to the Major Leagues to coach Cincinnati and was manager of the team until 1997. He again returned to broadcasting and is a successful sports analyst for the game he has played and loves so well.



NANCY LOPEZ

Hall of Fame Professional Golfer Nancy Lopez was the first female superstar golfer, and with her first LPGA tour, she graced the cover of Sports Illustrated and won LPGA Rookie of the Year, Associated Press Female Athlete of the Year and Player of the Year, an award bestowed four times during her career. Nancy Lopez is recognized as one of the greats in the history of women's golf and is the first female recipient of the Frances Ouimet Award for Lifelong Contributions to golf. Since 1986, her namesake Lopez Golf Tournament has generated significant funding for Albany Community Hospice. Phoebe Putney Memorial Hospital remains eternally grateful for Nancy's continued support of the hospital's mission and the citizens of Southwest Georgia.

PHOEBE PUTNEY MEMORIAL HOSPITAL
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“Building this facility at this site creates a non-institutional-like approach to healthcare. The Health System is expanding healthcare services at a consumer-friendly site that will include the future expansion of nature trails around the facility.”

– Joel Wernick,
President/CEO
Phoebe Putney Health System

