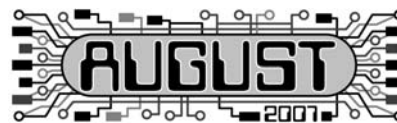


American Heart Association
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Aorta Reporter

The Mended Hearts, Inc. Atlanta Chapter #81
Founded 1951 Chartered 1973
It's Great to be Alive—and to Help Others

Dedicated to the Memory of Dr. Paul Ambery

ANNUAL DAY MEETING & DUTCH TREAT LUNCH

Tuesday, August 21, 2007

11:30 a.m.



The Spaghetti Warehouse

2475 Delk Road SE – Marietta (Two blocks east of I-75)

The Spaghetti Warehouse offers many lunch specialties served with sourdough bread and their famous tossed salad bowl.

There will also be a very short meeting.

*Call Cathy Schmit at 770-517-6201
to reserve your space for this popular event!*

Look for the Spaghetti Warehouse coupon in your Entertainer Book!

Remember — If you're reading this, you're invited!!!
(and we do it all for you; please come, learn and meet many other MENDED HEARTS)

PRESIDENT'S NOTES

IS THERE SOMETHING OUT THERE REALLY BIG THAT I AM MISSING?

On December 17, 1903, Orville and Wilbur Wright made history. On their fifth attempt, in Kitty Hawk, N.C., with Orville at the controls, they flew for 12 seconds. In their excitement they telegraphed their sister, Katherine, saying, "Flew for 12 seconds. Will be home for Christmas." Their sister contacted the local paper with the news of her brothers' flight and told the editor that they were coming home for Christmas and would be glad to sit down with him for an interview. The editor thanked her and told her he would put something in the paper about the boys. On December 19, on page 6, the paper ran the headline, "Wright Brothers Coming Home for Christmas." One of the biggest stories of the century, and the editor totally missed it!

I can't believe that after this article, I will only have to submit three more articles. You will be electing a new president and slate of officers this December. When I came across this article, I wondered too, is there something out there really big that I missed telling you? Did not I remind you to sign up as volunteers to visit heart patients or be careful about your diet? Did I forget to tell you to watch your medications?

I see where the state test scores came out, and some of our local elementary schools need some help in reading. Why don't you go up to the local school and see if you can help out. As we all know, another major election is around the corner; why don't you call the election office and see if you can help out. It's a lot of fun.

I guess I am at the age of forgetting to remember what I told you, but there is one real thing I remember. That is—Sara and I want to thank you all in serving you; it has been a great trip. God bless!

Doug and Sara Steingraber

CHAPTER NOTES

Our one-month vacation was gone in the wink of an eye or so it seems; and here we go...back to putting together another issue. Can you imagine within days of reading this, the kiddies will be going back to school? The way the year is flying by, in no time we'll be staring at December's issue. The other day I was looking at some back issues, and lo and behold, discovered I've been the editor now for 10 years (as of the June Aorta). Actually I've been involved in some way or another as fill-in editor, or writing columns, or helping in production for over 20 years. This volunteering has turned into another career!

You know our chapter lives on only with the help and dedication of volunteers. Why not step forward and help

out by serving as a chapter officer? Seriously, we need you to call one of the nominating committee members to see how you can be of service. The phone numbers for Cathy Schmit, Wally Beard, and me are on page 8 of this issue. We're the ones to call (don't be shy). As a heart survivor, I hope you will be inspired to respond—especially after you read the next couple of paragraphs about a great volunteer.

Sadly, I have to report now and then in this column on the death of a dear member of our chapter. Long-time member Jerry Gilbert died on June 1. Jerry wasn't just a member or even an active member; he was involved in so many different ways. He served many years on the board of directors, emceed at the holiday dinners (including bringing a bunch of gifts for door prizes), loved to tell jokes, and helped out at and often manned the grill at our picnics. Over the years, Jerry and Henrietta were often among our group of volunteers stuffing at the American Heart Association. They were faithful helpers at the annual Atlanta American Heart Association Heart Walk, and Jerry joined others of our chapter as a volunteer at the AHA's annual golf tournament. I'm sure there's much more there than I'm aware of. In summation, Jerry was a guy who made you feel good just being around him, always upbeat, loved to tell jokes and stories. He was, plain and simply, a wonderful person. Thanks for all you gave; you will be missed. Our sincerest sympathy to Henrietta and family.

Entertainment Books: Buyers Wanted! Support your chapter and buy a bunch for yourself and friends. It's a real bargain and great gift at \$10 each. Details are on page 5.

Also in this issue is "Looking Ahead," upcoming events and dates to remember and put on your calendar. This brings to mind a question I need to ask you. Why don't more of you come out to our meetings? You're missing a lot of great people who give of their time to come and speak to us, not the least of which is that you're also missing the fun socials after the meeting and getting to know a great group of heart survivors. How about it?

It's about time to close, but first a few from my favorite South Jersey Devil (with their permission, of course).

If anyone speaks badly of you, live so that no one will believe it.

One thing that you can give and still keep...is your word.

Puns: Poets keep writing for better or verse and crashers at the boat party just barge in.

And finally, a woman was married four times. First, to a millionaire, second to an actor, third to a hairstylist, and fourth to a mortician. She said it was, "One for the money, two for the show, three to get ready, and four to go."

I'll look forward to seeing you here again next month, God willing. In the meantime, take good care of your heart so it can take good care of you.

George Waterhouse

WELCOME NEW MEMBERS

To receive the most benefit from your membership, make it *YOUR* Mended Hearts chapter.

- **Marvin & Becky McDaniel*
- **Pat & Marty McGreevy*
- **Anne Milani*
- **Rosalind Newman*
- **Mary L. Faulkner (Southside)*
- **Frank & Alice Langello (Southside)*
- **Ola F. O'Neal (Southside)*
- **George A. Phillips (Southside)*

HOSPITAL VISITING REPORT

During the months of May and June 2007, we recorded 306 hospital and telephone visits at Emory University Hospital, Crawford Long Hospital, Saint Joseph's Hospital, Atlanta Medical Center, Piedmont Hospital, Grady Hospital, and WellStar Kennestone Hospital.

JULY CARDIO-VERSARIES

- | | |
|------|------------------|
| 1986 | Adrian Fowler |
| 1995 | James Wilson |
| | James Fier |
| 2001 | Joan Krahl |
| 2005 | Wesley Starling |
| | Charles Shockley |
| | Wallace Beard |
| 2006 | Ed Henderson |

AUGUST CARDIO-VERSARIES

- | | |
|------|----------------------|
| 1982 | Marvin Brown |
| 1985 | Fred Nichols |
| 1986 | W.B. Schwartz |
| 1991 | Robert Fisher |
| 1992 | Lula Parker |
| 1998 | Charles McClain, Sr. |
| | Eric Holmes |
| | Smith Smallwood |
| 2001 | Joe Slykerman |
| | Arthur French |
| | Pauline Fitzpatrick |
| 2002 | Rick Fisher |
| 2003 | Effie Musser |

LET'S VISIT AWHILE

It's a hot, hazy summer, but the visitors keep on visiting!!

Randy Evans is helping us out at Crawford Long on his break from nursing school.

That's all, folks!

Herb Jardine

SOUTHSIDE SEPTEMBER MEETING

Dr. Kitty Deering, Professor of Psychology, will speak about the healing effects of a positive attitude before, during, and after a cardiac event.

Any questions, call Lewis Harris at 678-618-9945.



LOOKING AHEAD...

September 8

Picnic at Terrell Mill Park in Marietta
See Page 5 for directions and reservation form.

December 5

Holiday Dinner at Hilton Suites
Mark your calendars and watch for more information!

SATELLITE MEETING INFO.....

Marietta Satellite

First Tuesday of the month – 7 p.m.
Kennestone Hospital Rehab Center (behind the hospital)
Call Doug Steingraber at 770-926-0157

Piedmont Satellite

First Thursday of the month – 5:30 p.m.
Call Erin Driscoll at 404-605-3176

WellStar Cobb Hospital — Rehab Center

First Thursday of the month – 7 p.m.
Call Marie Thomas-Stanley at 770-732-4129

Southern Regional Medical Center — Riverdale

Second Tuesday – Odd Months Only – 7 p.m.
Education Building – Room A
Call Jan or Lewis Harris at 770-473-4725

AMERICAN HEART ASSOCIATION CONNECTIONS

DIETS RICH IN OMEGA-3 FATTY ACIDS MAY LOWER BLOOD PRESSURE

American Heart Association rapid access journal report

DALLAS, June 5 – People who eat diets containing fish, nuts, seeds and vegetable oils that contain omega-3 fatty acids tend to have lower blood pressure, according to a report in *Hypertension: Journal of the American Heart Association*.

“A large percentage of people between ages 20 and 60 have a rise in blood pressure, and by middle age many have high blood pressure. We’re looking at dietary factors that may help prevent that rise, and omega-3 fatty acids are a small, but important piece of the action,” said Jeremiah Stamler, M.D., co-author of the study and professor emeritus of preventive medicine at the Feinberg School of Medicine at Northwestern University in Chicago.

INTERMAP is a large study of lifestyle factors, particularly diet habits and nutrients in foods, and their influence on blood pressure in 4,680 men and women, ages 40–59, living in 17 different areas of Japan, the People’s Republic of China, the United Kingdom and the United States. All participants completed four in-depth 24-hour dietary recalls and two timed 24-hour urine collections, supplied information on their use of alcohol, dietary supplements and medications, and had their blood pressure measured twice at each of four study visits.

“The participants were ethnically diverse, from a variety of socioeconomic backgrounds, and had diverse nutritional experiences,” Stamler said.

Previous analyses from INTERMAP documented lower blood pressure in people who ate more vegetable protein, beyond the already-known benefits of consuming less salt and alcohol, consuming more potassium and avoiding obesity.

In this study, the researchers analyzed the impact of omega-3 fatty acids. Short-term studies had already indicated that taking dietary supplements of omega-3 polyunsaturated fatty acids (PFA) could lower blood pressure in people with high blood pressure. The impact of omega-3 PFAs in food and in people without high blood pressure was previously unknown.

Researchers calculated the amount of omega-3 PFAs in the diet for all 4,680 participants, and found that omega-3 PFA intake averaged about 2.0 grams per day. They then compared blood pressure in people consuming higher versus lower amounts of omega-3 PFAs (about 0.7 percentage points higher as a percentage of their daily calorie intake; about 1.9 grams per day higher).

“Foods with omega-3 PFA had more of an effect in people who were not already taking medication and had not yet developed high blood pressure,” said Hirotsugu Ueshima, M.D., lead author of the study and professor and chairman in the Department of Health Science at

Shiga University of Medical Science in Otsu, Shiga, Japan.

A decrease of 2 mm Hg of blood pressure reduces the population-wide average death rate from stroke by an estimated 6 percent and from coronary heart disease by 4 percent, according to previous studies.

“With blood pressure, every millimeter counts. The effect of each nutrient is apparently small but independent, so together they can add up to a substantial impact on blood pressure,” Ueshima said. “If you can reduce blood pressure a few millimeters from eating less salt, losing a few pounds, avoiding heavy drinking, eating more vegetables, whole grains and fruits (for their fiber, minerals, vegetable protein and other nutrients) and getting more omega-3 fatty acids, then you’ve made a big difference.”

Omega-3 PFAs from nuts, seeds and vegetable oils (such as walnuts and flaxseed) had just as much impact on blood pressure as omega-3 PFAs from fish sources, the study found.

A significantly higher daily intake of omega-3 PFA can readily be achieved by consuming fatty fish or a variety of vegetable omega-3 sources. For example, as part of an appetizing and heart-healthy eating style, the authors suggest:

- 100 grams (about 3.5 ounces) of unsalted, cooked fatty fish (such as trout, salmon, mackerel, herring and sardines) contain only 175 calories and 2.7 grams of omega-3 fatty acids.
- 100 grams of canned pink salmon (unsalted) contain 134 calories and 1.9 grams of omega-3 fatty acids.
- 20 grams (about 0.7 ounces) of unsalted walnuts contain 134 calories and 1.36 grams of omega-3 fatty acids.
- 10 grams (about 0.35 ounce) of flaxseed contain 45 calories and 1.83 grams of omega-3 fatty acids.
- 5 grams (about a teaspoon) of canola oil contain 45 calories and 0.46 grams of omega-3 fatty acids.
- 5 grams of soy bean oil contain 45 calories and 0.34 grams of omega-3 fatty acids.

“We want to emphasize that you can get plenty of the omega-3 fatty acids by eating modest portions with a reasonable amount of calories and fat,” Stamler added.

Sherelle Waters, AHA Health Integration Team

CYNICISM CREATES HEART RISK

Cynics are distrustful people who generally believe the worst about others. But cynicism is a learned attitude and changing one’s outlook can do much to improve life and health.

Studies at the University of Michigan in Ann Arbor show that a cynical outlook increases the risk of heart disease. And cynical people are more likely to have diabetes, obesity, and to smoke. The link between these conditions and cynicism will be studied further.

PAGES Editorial Service, Inc.

CHAPTER 81 ANNUAL PICNIC

Saturday, September 8, 2007
3:00 – 6:00 p.m.
(Meal served 3:30 – 5:00)

\$5.00 per family with all goodies provided.
Bring a dessert to share!
Sorry – no alcoholic beverages.

— Reservation Deadline is September 5 —

DIRECTIONS TO TERRELL MILL PARK

- Take I-75 north to Exit 261 (Delk Road)
- Go right (east) on Delk Road past the Spaghetti Warehouse
- Proceed approximately 1.2 miles to traffic light where Delk Road intersects with Terrell Mill Road
- Bear left onto Terrell Mill Road
- Proceed approximately one mile to the first traffic light
- Turn left into the park at that light
- Our pavilion is the first one on the left

ENTERTAINER BOOKS

Entertainment Books are our only fund-raising source, and the latest are now available for you to order for yourself. They also make a great gift for family and friends.

They have 1/2 off coupons for over 250 restaurants and other venues. Each book is \$10.00 and is good through January 31, 2008.

Call Max and Lucille Feinstein at 404-355-7771 to order.

PR

BRING A DESSERT TO SHARE

PICNIC RESERVATION FORM
Saturday, September 8, 2007

Please reserve for: _____ Adults _____ Children

Name _____

Telephone _____

Enclosed is my check for \$5.00

Send to: Mended Hearts, Chapter 81 (c/o John Crosbie)
3401 Winter Wood Court; Marietta, GA 30062
Telephone: 770-977-4358

**RESERVATION DEADLINE IS SEPTEMBER 5, 2007,
SO SEND YOUR FORM IN NOW!**



"Look on the bright side. With a credit score that low, nobody will dare steal our identities."

PAGES Editorial Service, Inc.

MEDICINE & TECHNOLOGY

ENJOY YOUR FOOD...SAFELY

Should I wash raw meat, poultry, or seafood before cooking it?

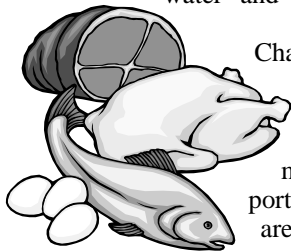
Washing raw poultry, beef, pork, lamb, veal, or seafood before cooking is not recommended. Although washing these raw food items may get rid of some of the pathogens, it also allows the pathogens to spread around the kitchen. Cooking these foods to a safe internal temperature destroys any bacteria that may be present. Also, don't forget to wash your hands with hot, soapy water before, in between, and after preparing these foods.

Why is it unsafe to marinate foods at room temperature? Doesn't the acid in the marinade kill any bacteria that might be present?

Bacteria grow rapidly at room temperature, so for food safety purposes, food should always be refrigerated while marinating. (Refrigeration slows bacterial growth.) Marinade that has been used on raw meat, poultry, and seafood contains raw juices. These juices may contain bacteria that, if eaten, could make you sick. The acid in marinade doesn't kill bacteria; it merely slows or stops bacterial growth.

What is the safest way to defrost meat, poultry, and fish products?

Food safety experts recommend thawing foods in the refrigerator or the microwave oven or putting the package in a watertight plastic bag submerged in cold water and changing the water every 30 minutes.



Changing the water ensures that the food is kept cold, an important factor for slowing bacterial growth that may occur on the outer thawed portions while the inner areas are still thawing.

When microwaving, follow package directions. Leave about 2 inches (about 5 centimeters) between the food and the inside surface of the microwave to allow heat to circulate. Smaller items will defrost more evenly than larger pieces of food. Foods defrosted in the microwave oven should be cooked immediately after thawing.

Do not thaw meat, poultry and fish products on the counter or in the sink without cold water; bacteria can multiply rapidly at room temperature.

Contributed by Daryl Thompson, FDA (ret.)

NUTRITION NOTES

GREENS ARE THE BIGGEST BARGAINS FOR FLAVOR AND HEALTH

Like everyone else, you have read it in many directions for good health: Eat plenty of dark, leafy greens. But what are they, and what do you do with them first?



They include kale, Swiss chard, (the queen of all greens), dandelion greens, beet greens, mustard greens, spinach, and turnip greens. But unless you live in the South, you've probably done little more with greens than sprinkle spinach on a salad.

If that's the case, you're missing out on wonderful side dishes and main dishes.

We won't dwell on the health benefits because they've been so widely documented, from their huge vitamin and mineral content to those very important phytochemicals. They are important for cancer prevention.

In parts of the world, where vegetarianism is a way of life, people meet their daily calcium needs not by drinking milk but by eating greens.

To cook any kind of greens, clean them well, cut them up, and boil for about 4 minutes. Even better, put them in the microwave for a couple of minutes.

For large-leafed greens like Swiss chard, run a sharp knife alongside the stem and center rib, separating the leaf from the stem.

Sauteing in olive oil and with garlic cloves and red-pepper flakes is also recommended. Try this delicious recipe.

Creamed Swiss Chard with Onions

In a large no-stick skillet over medium heat, warm 1 teaspoon of olive oil. Add 1 medium onion, sliced.

Cook, stirring frequently, for 5 to 6 minutes or until softened.

Add 1 pound of Swiss chard, cut into bite-size pieces. Cover and cook for 3 to 4 minutes, or until the chard starts to wilt.

Sprinkle with 1 tablespoon of all-purpose flour and gradually add 1 cup of canned evaporated skim milk.

Cook 2 to 3 minutes or until the sauce thickens. Add 2 teaspoons grated Parmesan cheese and a sprinkle of ground nutmeg. Stir to mix.

Makes 4 servings.

PAGES Editorial Service, Inc.

THE VENT-RICLE

SENIOR FASHIONS

Many "Old Folks" (you know who you are) are confused about how to present themselves.

Despite what you may have seen on the streets, the following items DO NOT go together and should be avoided:

1. A nose ring and bifocals
2. A pierced tongue and dentures
3. Miniskirts and support hose
4. Ankle bracelets and corn pads
5. Unbuttoned disco shirts and a heart monitor
6. Midriff shirts and a midriff bulge
7. Bikinis and liver spots
8. Short-shorts and varicose veins
9. Inline skates and a walker

And last, but not least...our personal favorite:

10. Thongs and Depends

NATURAL LAWS

Repairs: After your hands get coated with grease, your nose will itch.

Probability: The probability of being watched is directly proportional to the stupidity of your act.

Telephone: When you dial a wrong number, you never get a busy signal.

Logical argument: Anything is possible if you don't know what you're talking about.

Traffic: As soon as you change lanes, the other lane will go faster.

Shopping: When you find a product you really like, they stop making it.

Results: When you try to prove a machine doesn't work, it will.

Silence: A closed mouth gathers no feet.

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OLD FRIENDS

Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day, they were playing cards when one looked at the other and said, "Now don't get mad at me...I know we've been friends for a long time, but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"

CLEANIN' CHICKENS

"It ain't my fault, Miss Crabtree. You can blame this on my daddy. The reason I'm three hours late is Daddy sleeps naked!"

Now Miss Crabtree had taught grammar school for 30-some-odd years. So she asked little Sammy what he meant by that, despite her mounting fears. Full of grins and mischief, and in the flower of his youth, little Sammy and trouble were old friends, but he always told the truth.

"You see, Miss Crabtree, at the ranch we got this here lowdown coyote. The last few nights he done eat six hens and killed Ma's best milk goat. And last night, when Daddy heard a noise out in the chicken pen, he grabbed his gun and said to Ma, 'That coyote's back again. I'm gonna git him!' 'Stay back,' he yelled to all us kids!"

"He was naked as a jaybird, no boots, no pants, no shirt! To the hen house he crawled, just like an Injun on the snoop. Then he stuck that double-barrel through the window of the coop. As he stared into the darkness, with coyotes on his mind, our old hound dog Zeke had done woke up and come sneakin' up behind Daddy. Then we all looked on plumb helpless when old Zeke stuck that cold nose to Daddy's backside!"



"Miss Crabtree, we been cleanin' chickens since three o'clock this mornin'."

DRIVE-THROUGH CONFESSIONAL

The old priest admitted that the young priest's ideas had filled the church. Bucket seats in the first four rows kept them filled, and upbeat music brought young people back into the church. But the old priest said he didn't like the drive-through confessional.

"But, Father," he protested, "my confessions and donations have nearly doubled since I started that!"

"Yes," replied the elderly priest, "and I appreciate that. But the flashing neon sign, 'Toot 'n Tell or Go to Hell' cannot stay on the church roof!"

PAGES Editorial Service, Inc.



"I can get you in to see the doctor this afternoon. Have you ever done any caddyng before?"

PAGES Editorial Service, Inc.

APPLICATION FOR MEMBERSHIP

We (I) would like to join Mended Hearts, Inc., Chapter #81

Atlanta or Satellite: Marietta Piedmont Southside

NAME _____

SPOUSE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ DATE OF BIRTH _____

DID YOU HAVE:

Bypass Surgery Balloon Pacemaker Heart Attack

Valve Surgery: Mitral Tricuspid Aortic Pulmonary

Other _____

New member family dues are \$32.00 and new member single dues are \$22.00.
Please make your check payable to:
The Mended Hearts, Inc., Chapter #81
Mail to: John Crosbie, Treasurer
3401 Winter Wood Court
Marietta, GA 30062-1247

RETIRED YES NO

DATE OF CARDIAC EVENT OR SURGERY: _____

TYPE OF MEMBERSHIP: FAMILY SINGLE

Membership covers a 12-month period from date of enrollment and includes:

- Insignia pin
- Chapter newsletter
- Subscription to quarterly national magazine, *Heartbeat*

Aorta Reporter

A copy of *Aorta Reporter* is mailed for three consecutive months following your hospital stay or referral as a heart patient. It is our way of keeping in touch while you continue to recuperate. We enjoyed meeting you and hope you received some comfort and encouragement from us. Having lived the same experiences, we are willing to take time out of our lives because we want to share our experiences in your recovery. As you become active again, you and your family are invited to attend our Atlanta Chapter #81 or any other chapter meetings as guests. In getting to know us, we hope you will decide to join us in helping each other. Our 7:30 p.m. meetings are the third Tuesday of each month.

Mended Hearts

Mended Hearts is a nationwide support organization, affiliated with the American Heart Association, for individuals with heart disease, including persons recovering from heart attacks or open-heart surgery. Members give hope and encouragement to others by providing living proof that persons with heart disease can lead full, productive lives. Family and friends are also welcome to attend the free monthly sessions. For information, call 678-385-2062 or your local American Heart Association.

**Visit Chapter #81 at
www.mendedheartatlanta.org**

ATLANTA MENDED HEARTS, CHAPTER #81

678-385-2062

c/o American Heart Association
1101 Northchase Parkway; Marietta, GA 30067-6421
678-385-2000

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