

95 year anniversary

The charter that brought Piedmont Sanatorium to life was signed on August 5, 1905. There were 10 beds in the Sanatorium, a 15-room family residence located on the corner of Capitol Avenue and Crumley Street near downtown Atlanta, where the old Atlanta/Fulton County Stadium once stood. A lot has changed in Atlanta and in healthcare in 95

years, and the Piedmont Family takes great pride in its heritage and legacy. Honoring this date allows us to reflect on who we are as a healthcare provider, a community servant and a not-for-profit organization giving back to the community. One thing has never changed —

Piedmont Sanatorium was founded in 1905 by Floyd W. McRae, M.D., an Atlanta surgeon, and Ludwig Amster, M.D., a specialist in gastrointestinal diseases.

Piedmont Hospital still excels in giving the people of our city the highest quality medical care possible.

As the Sanatorium — and Atlanta — grew, the name was changed in 1925 from Piedmont Sanatorium to Piedmont Hospital. During the postwar years, Piedmont Hospital filled an entire city block, and in 1957 moved “way out into the country” to its present address on Peachtree Road in Buckhead. The property, called Deerland, was purchased from the Spalding family in 1943.

The following pages capture some of the early achievements of Piedmont Sanatorium, Piedmont Hospital, its physicians and others considered ahead of their time.

A Heart-Warming History

Piedmont Hospital has earned recognition as a leader in the prevention and treatment of heart disease and is credited with many “firsts” in the use of leading edge technology. “Intensive coronary care began in the early 1960s after physicians discovered that a cardiac arrest due to heart attack was potentially reversible,” says Mark E. Silverman, M.D., FACC, MACP, chief of cardiology and medical director of the Fuqua Heart Center of Atlanta at Piedmont Hospital. “Piedmont was one of the first Georgia hospitals to group heart attack patients into a CCU, and the unit cared for 250 patients that first year.”

In those early days, treatment of a heart attack was very conservative, consisting of bedrest, oxygen, nitroglycerin and medications to combat the complications of heart failure and shock. “Nevertheless, mortality rates fell from 30 to 13 percent,” says Dr. Silverman, who in 1970 was the first full-time director of a community CCU in Georgia.

A big step forward came in 1978 when Piedmont opened the cardiac catheterization lab, with Arthur Merrill Jr., M.D., as its first director. An outpatient diagnostic center opened almost a decade later in 1987, with new services such as thallium stress test-

Mark E. Silverman, M.D. (pictured in the center), observes a student nurse assessing a cardiac patient, circa 1970.

training for staff and physicians and to support the Center’s retention and recruitment efforts.

A cardiovascular research program supports more than 20 clinical trials to study new procedures, medications or technology. The first minimally invasive coronary bypass (keyhole heart surgery) was performed in 1998.



Piedmont is credited with many firsts in the prevention and treatment of heart disease.

ing, colorflow echocardiography, a pacemaker surveillance unit and peripheral vascular services. Then the next big step: Ellis Jones, M.D., performed the Hospital’s first open-heart surgery in 1988. Also that year, a second catheterization lab was opened, and angioplasty was first offered. At that time, it was an option for about 20 to 30 percent of potential open-heart surgery patients.

In 1995, the Hospital received a \$3 million donation from Atlanta businessman and philanthropist J.B. Fuqua, and the Center was renamed the Fuqua Heart Center of Atlanta. Mr. Fuqua has continued his support of the Center with a second \$3 million donation in 1999 to fund continuing education and

When patients are discharged, they are encouraged to participate in the Hospital’s accredited Phase I-IV Cardiac Rehabilitation Program designed to help persons with heart disease return to a healthy and productive life. The program also helps those at high risk adopt lifestyles to prevent heart disease.

Last year, the Fuqua Heart Center performed more than 4,200 cardiac catheterizations, 2,400 interventional procedures, 600 electrophysiologic procedures, 1,800 open-heart surgical procedures, 32,300 EKGs, 3,811 stress lab procedures, more than 49,000 cardiac tests, 6,173 echocardiograms, and 500 defibrillator and pacemaker implants. ■

Staying Ahead OF THE TIMES

Piedmont Hospital holds the distinction of being the oldest tradition in both neurological surgery and neurology in the Southeast, including a father/son legacy of distinguished leadership and achievements.

Piedmont's first neurologist, E. Bates Block, M.D., studied under Sir William Osler at Johns Hopkins University and joined the staff in 1908. As soon as Charles E. Dowman Sr., M.D., returned from World War I, he too joined the Piedmont medical staff and became the first surgeon in the Southeast to limit his practice to neurological surgery. He had trained with

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Piedmont's leadership
in neurology and
neuroscience spans
the entire century.

Sir Victor Horsley in London and Harvey Cushing in Boston. In 1926, William A. Smith, M.D., joined Dr. Dowman's practice to become the first physician in the Southeast to limit his practice to neurology, the medical (vs. surgical) treatment of the nervous system. By 1947, Dr. Smith had established the first EEG department in Georgia (in a private hospital).

Dr. Smith's son, Richard, joined his father's practice in 1961. Twenty years later, the Neurophysiology Lab opened and in

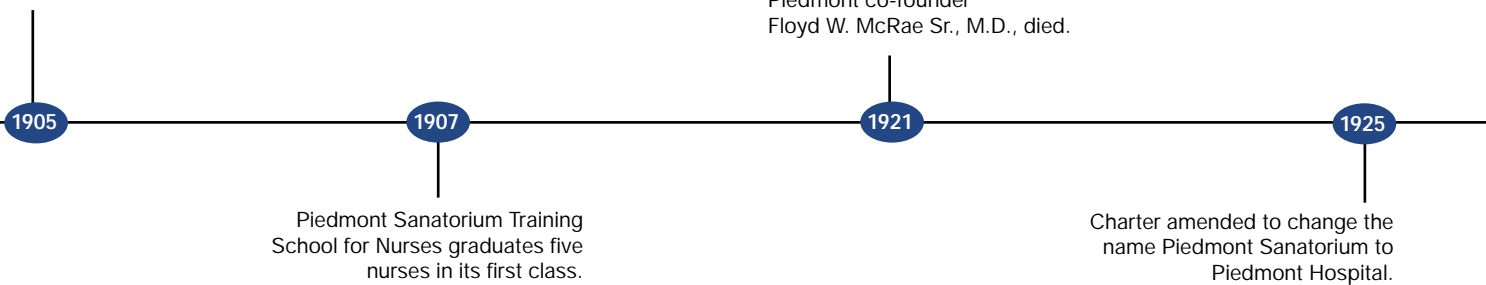
E. Bates Block, M.D., 1874-1932, joined Piedmont Sanatorium medical staff in 1908.

1984, Dr. Richard Smith became the first chairman of the Neuroscience Department that was established that same year, combining neurology and neurosurgery.

The Gamma Knife

These successes were followed in short order by the opening of the Gamma Knife Center at Piedmont Hospital in 1989. The Gamma Knife allows the non-invasive treatment of many brain tumors, arteriovenous malformations, and other neurologic disorders. The Gamma Knife at Piedmont was the fourth in the United States. In 1991, the Neuroscience Institute was established, bringing together existing neuroscience services and resources under one

Piedmont Sanatorium is founded by Ludwig Amster, M.D., and Floyd W. McRae Sr., M.D.



Charles E. Downan Sr., M.D., 1882-1931, established the first neurosurgical services in the Southeast at Piedmont, 1919.

discipline. James C. Robinson, M.D., current Department Chair, credits the success of putting pioneering treatments into mainstream practice to the involvement of physicians in the development and administration of Piedmont Hospital, a tradition since 1905. Cutting-edge treatments for neurologic and spinal disorders are available, including minimally invasive endoscopic surgery for some brain and spinal conditions and treatment of disabling tremors with Gamma Knife radiosurgery and deep brain stimulation.

Reducing the Damage of Stroke

Advances in neurology, the medical side of neuroscience, have been equally progressive over the last 95 years. Most

William A. Smith, M.D., Chairman of Neurology Department, 1926-1975

recently, the 1980s and 1990s saw the opening of the Center for Rehabilitation Medicine and a Sleep Center.

Relatively new procedures in interventional neuroradiology can reduce the damage caused by a stroke or “brain attack” by administering clot-busting medication directly into the clot in the brain through microcatheters. To be effective, this intervention must be early (within six hours) and rapid in order to restore oxygen and blood flow to the brain. Intracranial aneurysms, in which a blood vessel actually bursts inside the head, can also be treated. Interventional neuroradiology provides potentially life-saving treatments that have been put into mainstream practice. ■

Piedmont's first administrator, George Burt, was instrumental in introducing and legalizing group insurance.

1932

1933

Telephones installed in patients' rooms.

Piedmont co-founder Ludwig Amster, M.D., died.

1936

1940

Under a new charter, Piedmont Hospital became not-for-profit, tax exempt.

Birthplace for New Ideas

Since Piedmont Sanatorium admitted its first maternity patient in 1906, Piedmont doctors have delivered more than 100,000 babies, enough to populate a fair-sized city. In fact, the same size as Atlanta was when the doors opened to Piedmont's original facility — a large old home on Capitol Avenue downtown.

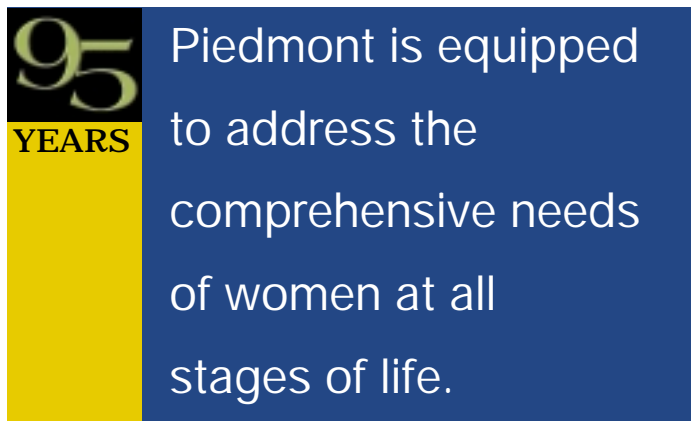
Today, Piedmont averages more than 350 deliveries per month, or more than 10 new additions to Atlanta's population (and Atlanta area families) each day. Many of those are babies of parents who were also born at Piedmont a generation ago. Some are babies of Piedmont physicians. "People who know Piedmont — who know where the best care is — come here," says Nancy Cook, M.D., Piedmont's chief of obstetrics, whose second child was born at Piedmont 12 years ago.

Maternity services at Piedmont include 24-hour-a-day anesthesia care for epidurals and emergency C-sections and neonatologists on call for the management of premature babies and babies of high-risk pregnancies. "We also have an antepartum unit for high-risk pregnancies, where we have monitoring or can take care of twin and triplet pregnancies, and we can take care of people with diabetes or hypertension," says Dr. Cook.

Firsts and Innovations

But more than just babies are born at Piedmont. When it comes to women's services, Piedmont has a reputation for firsts — from one of the state's first female obstetricians in 1910 to being one of the first hospitals in the city to offer birthing rooms and a home-like setting for non-complicated deliveries.

In 1972, the concept of husband-coached childbirth was introduced at Piedmont, permitting fathers into the delivery room for the first time. That same year, Piedmont began offering educational programs to prepare expectant parents for the physi-



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Piedmont is equipped to address the comprehensive needs of women at all stages of life.

cal and emotional changes about to take place in their lives. And in 1985, Piedmont introduced the labor and delivery room (LDR) concept in which labor, delivery and recovery take place in one room.

Piedmont was also among the first hospitals anywhere to realize the value of music in relieving the stress and anxiety of labor and cesarean sections. In 1976, anesthesiologist Fred Schwartz, M.D., began offering patients the therapeutic benefits of music in the labor and delivery room. Today, all of Piedmont's LDRs offer a variety of musical selections to suit the taste of almost any new mom.

Captain Eddie Rickenbacker treated at Piedmont for injuries suffered in a plane crash in February.

1941

James Edgar Paullin, M.D., a Piedmont internist, served as President of the American Medical Association and President of the American College of Physicians in the same year.

1943

Groundbreaking ceremony for new Piedmont facility on Peachtree Road, "way out" in Buckhead.

1954

Piedmont Hospital moves and opens at its new location on March 26. The Woman's Auxiliary of Piedmont Hospital is founded.

1957

Annie Sawyer, M.D., one of the first obstetricians in Atlanta, circa 1900.

The newest expansion will add new labor and delivery rooms to keep up with the increasing demand of Atlanta moms wishing to have their babies at Piedmont. The planned expanded Center for Women's Health will better accommodate the needs of the women served by offering more space for increased efficiency, easier access and improved patient flow and comfort. An expanded resource library/education center will help keep patients informed and participating fully in their healthcare. Proceeds from the 2000 Piedmont Ball are helping fund this expansion.

A women's services unit is currently devoted to caring for women at all stages of their lives — before, during and after childbearing years — who need comprehensive diagnostic and gynecological care. Women's services provide traditional surgical approaches and minimally invasive procedures such as laparoscopy; a complete program of nutrition counseling and weight management; comprehensive exercise and fitness programs through the Piedmont Hospital Health and Fitness Club; and a number of support groups and educational programs for women. Other services include bone density screening for osteoporosis and extensive educational programs, books and videos.

More Women's Services

Patient volume for Piedmont's Breast Health Center has grown substantially over the past five years, with more than 24,000 patients seen annually. The Breast Health Center offers — all in one place — comprehensive diagnosis and treatment of breast disease, including mammography and one of the first programs in the metro Atlanta area to be accredited by the American College of Radiology. Screening and diagnostic mammograms are available, and the cost is among the lowest in Atlanta. Diagnostic procedures include ultrasound, MRI, and surgical and non-surgical biopsy. Treatment is combined with educational and psychosocial support. ■

The late Katie Huff, RN, at Capitol Avenue Nursery, circa 1955.

And Still Growing

As the number of babies born at Piedmont grows, so does the Hospital itself. Piedmont's Maternity Center is undergoing expansion and renovation for the second time in less than a decade. A comprehensive Center for Women's Health is being developed.

1958
First Piedmont Ball is held at the Piedmont Driving Club, sponsored by The Woman's Auxiliary.

1965
F. James Funk Jr., M.D., initiates agreement for orthopaedic and medical care for the Atlanta Braves and Falcons. Hulett D. Sumlin becomes the second administrator of Piedmont Hospital following the death of George Burt.

1969
One of the first total hip replacements in the U.S. is performed at Piedmont Hospital.

1972
Fathers were welcome in the delivery room for the first time.

The Gift of Life

In 1905, when Piedmont Sanatorium opened, the prospect of removing an organ from one person and using it to replace the failing organ of another seemed like science fiction. But today, organ transplants are an almost everyday occurrence at Piedmont Hospital. Atlanta's first nephrologist, Arthur J. Merrill Sr., M.D., introduced the first dialysis machine to the Southeast in 1951 and performed the first renal biopsy in the South.

Piedmont began its renal transplant program in 1986 under the direction of John D. Whelchel, M.D., a nationally known leader in renal transplantation, along with transplant nephrologist David C. Lowance, M.D. Initially, the program operated in conjunction with Emory University, enabling the two institutions to pool resources. Piedmont's program is among the most successful renal transplant programs in the country.

In less than a decade and a half, more than 740 people have received new kidneys at Piedmont. Dr. Whelchel, director of Piedmont's transplant program, expects another 80 to 100 to receive kidney transplants next year. An additional 10 to 15 may receive a pancreas along with a new kidney, as Piedmont begins offering the kidney/pancreas transplant procedure.

Factors in Transplant Success

As recently as a few decades ago, kidney failure meant a certain death. In the 1970s it meant the prospect of a lifetime on dialysis. By the 1980s, however, transplants offered a dialysis-free life for increasing numbers of people, as doctors perfected ways to match organs to recipients based on tissue type. At the same time, research made improvements in immunosuppressive drugs, which keep the

recipient's immune system from rejecting the transplanted organ.

Lois Montford received a kidney from her daughter, Barbara Mosely, to become Piedmont's 500th transplant on January 18, 1995.

Tissue compatibility remains a major factor in transplant success. "The half-life of a kidney from a living donor — typically a close relative — is 20 to 30 years," says Dr. Whelchel. (In other words, half of the kidneys transplanted will last for that long.) "For a perfectly matched kidney, the half-life is 30-plus years, compared to about 20 years for a kidney from a non-related, non-living donor."

ENID GRIGG

Piedmont Hospital mourns the death of "Mr. Piedmont," Floyd W. McRae Jr., M.D.

1972

1976

Florence and Everett McDonnell Surgical Center opens as one of Georgia's first centers for outpatient surgery.

Piedmont Hospital School of Nursing closes after 75 years and 1,988 graduates.

1983

Piedmont-Emory Surgical Residency Program begins. Chair endowed for William G. Whitaker, M.D.

1984

organ transplant

Making Donation Easier

Despite the success of living-donor transplants, only 30 percent of transplanted kidneys come from living donors. A new procedure, performed in Georgia for the first time last year at Piedmont by David P. O'Brien, M.D., could potentially increase that percentage — or at least make organ donation a more tolerable option for a close relative. Laparoscopic nephrectomy uses a three-and-a-half-inch vertical incision below the breastbone instead of the traditional 10-plus-inch horizontal incision across the flank to remove the kidney. Recovery time is significantly reduced from the traditional six weeks.



At present, some 900 people in Georgia are awaiting a kidney.

Beyond Kidneys

Although many people think of kidneys when they think of transplants, Piedmont's corneal and bone marrow transplant programs are also among the most prolific — and successful — in the state. Each year, people are given a new chance for sight with cornea transplants at Piedmont.

Bone marrow transplants help people from Atlanta and across the state battle disease such as aplastic anemia, leukemia and other cancers. Although the vast majority of bone marrow donors are relatives — typically a sibling — increasing numbers of procedures are performed with marrow from non-related donors.

The Biggest Challenge

However successful related donor transplants may be, and however easy giving an organ to a relative may become, the fact is the largest supply of organs for transplant will still come from non-living donors. Of course, the majority of organs (including corneas, kidneys and pancreas) must come from deceased donors.

Aside from anti-rejection drugs, one of the major boosts to

organ transplants came in 1984 when Congress passed the National Organ Transplant Act. The act established a national organ-sharing system to allocate and distribute organs in a just,

fair manner. What it couldn't do, however, was increase the number of organs that are available. Neither can the greatest advances in transplant technology.

“At present, some 900 people in Georgia are awaiting a kidney. Most of them will continue to wait unless more people sign up to become organ donors,” says Dr. Whelchel. ■

About Organ Donation

Virtually anyone, regardless of age or previous illness, can be a donor. One organ donor can potentially benefit 60 people.

Donation is not disfiguring and will not alter funeral arrangements. All major religions approve of organ and tissue donation and consider it an act of charity.

No costs are incurred by the donor family for organ and tissue donation.

To become an organ donor, you can simply sign the back of your driver's license or sign an organ donor card. It is also important to make one's wishes known to family members. Talk to your family about your decision to donate. For more information about donations and transplantations, visit www.lifelinkfound.org or call (404) 266-8884.

Guest Center opens in 1984 Building. Piedmont Medical Care Center for urgent care opens in Brookhaven, May 20. Harrison Rogers, M.D., sworn in as President of the American Medical Association.

Richard H. Rich Auditorium is dedicated on May 4.

1985

1986

1986

1987

First landing on the Helipad, March 26.
First kidney transplant performed at Piedmont Hospital, September 24.

Katherine Murphy Riley Outpatient Diagnostic Center opens October 26.

Advances in Orthopaedics

Not long after he organized the first orthopaedic service at Piedmont Sanatorium in 1917, Michael Hoke, M.D., performed the first live-patient surgery to correct curvature of the spine. Today, Piedmont continues to be a leader in spinal surgery, removing herniated disks through tiny incisions, for example, and correcting severe spinal deformities in a single eight- to 12-hour surgery (in which the surgeon operates from the front and the back of the spine) instead of two separate surgeries performed weeks or months apart.

“Spinal surgery is just one of many areas where Piedmont has always been ahead of its time,” says Stephen McCollam, M.D., chairman of the department of orthopaedics. Here are others:

through genetic engineering.” One protein that has been used with success at Piedmont is called bone morphogenic protein (BMP). BMP can be injected into the body or put into a putty-like substance that is placed around the bone during surgery to set the fracture. Success rates using BMP for fractures are high.

Help for Damaged Joints

In the 1960s, Piedmont Hospital became one of the first hospitals in the United States to perform a hip replacement as part of a Food and Drug Administration study to evaluate the safety and effectiveness of the then-new procedure. Today, Piedmont does more joint replacements than any other metro hospital. Piedmont

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Helping Fractures Heal

When an injury is severe or bone doesn't regenerate the way it used to because of advanced age, the result can be fractures that don't heal well, causing pain and disability for a long time — even a lifetime. New technology available at Piedmont, however, is helping people with the hardest-to-heal fractures.

“Healing can be stimulated in several different ways,” says Dr. McCollam. “One is through the use of electricity. Another is the use of proteins extracted from the body and synthesized

surgeons can replace not only hips, but also knees, shoulders, elbows, wrists and the joints of the fingers with prosthetics made of metal and/or synthetic materials. Joint replacement by Piedmont physicians has helped relieve pain and restore function to thousands of people in whom arthritis — or, less frequently, trauma — had caused severe and irreparable damage to their joints.

But joint replacement is only one service offered by Piedmont orthopaedists. Jeffrey T. Nugent, M.D., a Piedmont orthopaedic surgeon, was instrumental in developing an arthritis

First open-heart surgery performed at Piedmont Hospital, March 1. Pedy Bear Child Care Center opens in June.

1988

1989

Piedmont Hospital becomes smoke free, except in designated areas, on January 1.

Rehabilitation and Fitness Center and the Piedmont Hospital Health and Fitness Club open. Gamma Knife radiosurgery performed on first patient, August 1.

1989

1991

Hulett D. Sumlin retires. Richard B. Hubbard III becomes third CEO of Piedmont Hospital.

center at Piedmont Hospital to provide patients with a state-of-the-art, comprehensive plan of care, rehabilitation and education.

For people who have joint injuries resulting in loss of cartilage in the joint surface, new technology offered at Piedmont actually helps regrow joint cartilage. Cartilage cells are removed from the body and cultivated, then replaced in the joint. For now, the procedure is limited to repairing cartilage defects that result from trauma, but the technology may grow and improve to include replacing cartilage for patients with arthritis.

Replacing Missing Pieces

In the 1970s, Piedmont became one of the first hospitals in the nation to reattach severed extremities. Today, Piedmont surgeons also use composite tissues — which include bone, muscle, skin and soft tissue — to fill in where parts of the body have been lost due to trauma.

“Let’s say you have someone who suffers a compound fracture of the forearm and a piece of the bone is left behind at the site of the accident,” says Dr. McCollam. “You can take a bone from the leg or hip and plug it into the blood vessels of the arm and reconstruct the defect that way. There are also multiple muscles that can be used to fill in soft tissue defects in patients who have had traumatic injuries.”

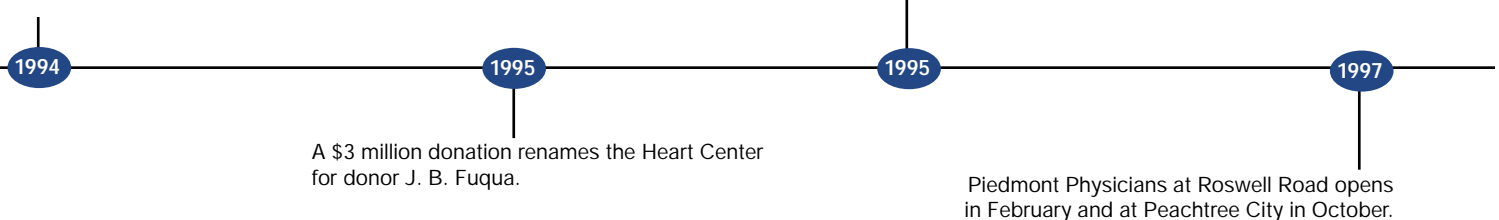
Getting Athletes Back in the Game

If you keep up with Atlanta professional sports, you can’t help but be familiar with Piedmont’s reputation in sports medicine. Piedmont’s relationship with professional sports began in the 1960s when orthopaedist F. James Funk Jr., M.D., was hired as team physician for the new Atlanta Braves franchise. Since that time, Piedmont has worked with most of the major professional sports teams in the city.

Michael Hoke, M.D., 1874-1944, orthopaedic surgeon, organized the first orthopaedic service at Piedmont Hospital.

Procedures perfected to get players back in the game have been of benefit to people from all walks of life. Among the most common procedures performed by Piedmont sports medicine physicians is reconstruction of the anterior cruciate ligament (a tough band of connective tissue that stabilizes the knee) using arthroscopy. At the time that the Braves moved to Atlanta, the procedure would have required open surgery, a cast on the leg and months of rehabilitation. In the past 15 years, however, “we have perfected it enough that it is an outpatient procedure,” says Dr. McCollam. One of the latest beneficiaries of the procedure: One of Piedmont’s own orthopaedic surgeons who was back at work two days after his surgery. ■

Center for Rehabilitation Medicine opens, December 27. Piedmont Hospital becomes a founding member of PROMINA Health System, October 12. The Heart Center of Atlanta at Piedmont Hospital is established. The Piedmont Medical Care Foundation is formed.



profile

Charles E. Harrison, M.D.

As team physician for the Atlanta Falcons for 34 years, Charles Elbert Harrison Jr., M.D., represents one of the longest physician affiliations in the NFL. Working with every coach from Norb Hecker to Dan Reeves, Dr. Harrison is credited with introducing sideline medical treatment of I.V. fluids to players to prevent dehydration. And as all sports fans know, Dr. Harrison diagnosed Coach Reeves' heart condition and "quarterbacked" his care during his hospitalization for open-heart surgery last year.

An article in the December 5, 1999 issue of *NFL Insider* offers insight into Dr. Harrison's distinguished career, noting that "the prestigious national organization American College of Physicians has given its highest status — Master of the American College of Physicians — to Charles E. Harrison Jr., M.D., a title that is currently carried by only some 300 living internists in the world."

In 1966, the Braves began calling Atlanta their hometown, and Dr. Harrison assumed their care and treatment. That was also the year he began private practice in internal medicine at Piedmont Hospital. In the years that followed, Dr. Harrison served as the 1975 President of the National Football League Physicians Association, a group that advises the Football Commissioners Office in matters of health and as the team physician for the Atlanta Braves, the Flames hockey team, the Hawks basketball team and Chiefs soccer team. Dr. Harrison is the recipient of the 1995 American College of Physicians Laureate Award, 1978 president of the Medical Association of Atlanta, and was a member of the Medical Advisory Committee for the 1996 Atlanta Olympics.

At 6 feet 7 inches and fondly called "the tall healer," Dr. Harrison's own athletic prowess was demonstrated on the basketball court at Vanderbilt University where he was awarded a basketball scholarship and set rebounding records. He earned his medical degree at Emory University School of Medicine and completed graduate training at Duke University Medical Center. He completed active duty in the U.S. Air Force in 1966. And the rest is history. ■

Information in this article originally appeared in the NFL Insider, December 5, 1999

Piedmont Physicians at Cascade opens, February 8. Fayette Community Hospital opens, September 17. Piedmont Hospital Mammography Center opens at Rich's Perimeter Mall, October 6.

