

Today is National Doctors' Day. The first Doctors' Day observance was March 30, 1933, in Winder, Ga. The date is tied to the anniversary of the first use of general anesthetic in surgery, which was March 30, 1842, in Jefferson, Ga., when Dr. Crawford Long used ether to remove a tumor. The U.S. House of Representatives adopted a resolution commemorating Doctors' Day on March 30, 1958. In 1990, the U.S. Congress approved legislation establishing a National Doctors' Day, and the first National Doctors' Day was celebrated on March 30, 1991.

March 30, 2015

14 GRU physicians ranked in top 1 percent nationwide

AUGUSTA, Ga. – In celebration of National Doctors' Day – March 30, 2015 – Georgia Regents University and GRHealth salutes all our physicians for their hard work and dedication to patient care. In addition, we want to recognize 14 physicians who are ranked in the top 1 percent of doctors nationwide in their field this year. These specialists have been included in the 14th edition of "America's Top Doctors,"[®] a national patient reference guide published by Castle Connolly Medical Ltd. For more than a decade, Georgia Regents Medical Center, which specializes in tertiary and quaternary health care, has been the only hospital in the Augusta-Aiken area with physicians included in this prestigious list.

This year's specialists include:

Dr. Cargill H. Alleyne Jr., Neurosurgery: Alleyne is Marshall Allen Distinguished Chair and Professor of Neurosurgery and Director of the Neurosurgery Residency Training Program at GRU's Medical College of Georgia. He is Chief of Neurosurgery at Georgia Regents Medical Center, Georgia's first Joint Commission-designated Advanced Comprehensive Stroke Center, where he specializes in skull base surgery and in treating blood vessel diseases of the brain and spinal cord, including strokes, aneurysms, and AVMs. Alleyne investigates novel treatments for cerebral vasospasm, strokes, and aneurysms.

Dr. Ricardo Azziz, Reproductive Endocrinology and Surgery: Azziz, President of Georgia Regents University, has clinical and research interests in endoscopic pelvic reconstruction and reproductive endocrinologic disorders in women, particularly androgen excess, such as polycystic ovary syndrome, non-classic adrenal hyperplasia and hirsutism. Azziz also serves as CEO of the Georgia Regents Health System.

Dr. Sharad A. Ghamande, Gynecology/Oncology: Ghamande is Professor and Chief of Gynecologic Oncology at GRU's Medical College of Georgia and Associate Cancer Center Director at the GRU Cancer Center. His clinical and research interests include robotic surgery for gynecologic cancers and chemotherapy trials in recurrent ovarian cancer. Ghamande has worked with the National Cancer Institute-funded Georgia Gynecologic Oncology Group studying innovative ways to prevent and treat pelvic malignancies and is currently the principal investigator on the NCI-funded Minority-Based Community Clinical Oncology Program.

Dr. David C. Hess, Neurology: Hess is Professor, Chairman of the MCG Department of Neurology and Presidential Distinguished Chair. His research focuses on novel treatments for acute ischemic stroke, including cell and restorative therapies. Recently, he is working on developing remote limb ischemic conditioning as a therapy for stroke and vascular dementia. He co-founded REACH Health, Inc., a telemedicine company based in Georgia, and the REACH telestroke system is now being used in many

academic medical centers and integrated delivery networks throughout the country, enabling stroke and other specialists to provide timely care to patients in rural and underserved areas.

Dr. Walter J. Moore, Rheumatology: Moore is a Professor of Medicine and Pediatrics in the Section of Rheumatology and Adult Allergy. He is MCG's Senior Associate Dean for Graduate Medical Education and Veterans Affairs. He treats inflammatory soft-tissue and connective-tissue disorders and provides medical staff leadership with his engagement in Patient- and Family-Centered Care with patient, resident, and medical student education.

Dr. Julian J. Nussbaum, Ophthalmology and Vitreo-Retinal Disorders: Nussbaum is Professor and Chairman of the MCG Department of Ophthalmology; Co-Director of GRU's James and Jean Culver Vision Discovery Institute; and Assistant Dean for Ambulatory Care Services. He treats diabetic eye disease, age-related macular degeneration, and other degenerative and vascular disorders of the retina.

Dr. Gregory N. Postma, Voice and Swallowing Disorders: Postma is Professor and Director of the Georgia Regents Center for Voice, Airway and Swallowing Disorders. He treats voice disorders (including those of professional singers), swallowing disorders, airway disorders, gastroesophageal reflux and chronic cough. He helped pioneer in-office surgery and also researches extraesophageal reflux and swallowing disorders.

Dr. Satish S. C. Rao, Gastroenterology: Rao is a Professor, Chief of the Section of Gastroenterology and Hepatology, and Director of the GRHealth Digestive Health Center. His research focuses on the pathophysiology and treatment of irritable bowel syndrome, constipation, fecal incontinence and visceral pain, particularly esophageal chest pain. Rao has pioneered biofeedback therapy for dyssynergic defecation and several techniques for evaluating esophageal, gastric, colonic, and anorectal function, in particular the brain-gut axis.

Dr. Kapil D. Sethi, Neurology: Sethi is Professor and Director of the Movement Disorders Program. His clinical interests are movement disorders, including Parkinson Disease and botulinum toxin injections. His research interests include identifying better therapies for PD, Dystonia, and other movement disorders.

Dr. Sandra G. B. Sexson,* Child and Adolescent Psychiatry: Sexson is Professor and Chief of the Section of Child, Adolescent, and Family Psychiatry in the MCG Department of Psychiatry and Health Behavior. She specializes in psychosocial aspects of children and adolescents with chronic diseases such as diabetes, cystic fibrosis and cancer. Her research interests include pediatric oncology, attention deficit/hyperactivity disorder and school continuity for ill children. She is a national leader in psychiatric education.

Dr. Robert A. Sorrentino, Cardiac Electrophysiology: Sorrentino is the Creel Professor of Medicine at MCG and Director of the Georgia Regents Heart Rhythm Center at the hospital. He evaluates and treats patients with heartbeat abnormalities, fainting and assesses patient's risks for cardiac arrest. He has particular expertise in the implantation and management of pacemakers, defibrillators, biventricular ICDs and laser-assisted extraction of pacemaker or defibrillator wires.

Dr. David J. Terris, Thyroid and Parathyroid Surgery: Terris is a Regents Professor and the Surgical Director of the GRU Thyroid/Parathyroid Center. He performs robotic and minimally invasive thyroid and

parathyroid surgery. He investigates surgery techniques for thyroid and parathyroid tumors, has published 5 books on endocrine surgery topics, and pioneered a technique that eliminates a visible scar.

Dr. Martha K. Terris, Urology: Terris is Professor and Chief of the Section of Urology, holding the Witherington Distinguished Chair in Urology. She also serves on the urology faculty at the Charlie Norwood Veterans Affairs Medical Center. She performs open, laparoscopic and robotic surgery to treat kidney, bladder and prostate cancer. She also performs nerve-sparing prostatectomy and radical cystectomy with neobladder (creating a new bladder out of intestine).

Dr. Jack C. Yu,* Pediatric Plastic Surgery: Yu is the Milford B. Hatcher Professor of Surgery and Chief of the Section of Plastic Surgery at MCG and Director of the Craniofacial Center at Children's Hospital of Georgia. He performs cleft lip, cleft palate, and craniosynostosis corrections, as well as aesthetic surgeries such as facelift, blepharoplasty, lip augmentation and rhinoplasty. He is the Editor of the *Cleft Palate-Craniofacial Journal* and his research focuses on stem cell therapy in ischemia-reperfusion and the anti-inflammatory effects of whole body vibration therapy.

Three of these physicians – **Ghamande, David Terris, and Martha Terris** – were also named to "America's Top Doctors for Cancer®" in 2015, ranking in the top 1 percent of cancer doctors in the nation. The book by the same name is now in its 10th edition.