

# Your Partner in Good Health



**SETON**

Healthcare Network

A member of Ascension Health

## IN THIS ISSUE

Sports Medicine  
at SETON A2

CME Listings A5

SETON Locations A7

# Living Well

## Helping Patients Remain Injury-Free Through Sports Medicine

By Dr. Mia Griggs, Sports Medicine

**I**s physical activity really a panacea for all that ill us? The preventive health benefits of physical activity include lower risks for the development of diabetes, hypertension and colon cancer. Physical activity also aides in the reduction of cardiac risk factors, reduces the overall risk of cardiac death and has been shown to decrease falls in the elderly. For people with existing medical conditions, therapeutic benefits of physical activity can include decreased blood pressure in hypertension, reduced symptoms of depression and anxiety and improvements in objective measures of obesity.

The American College of Sports Medicine, together with the Centers for Disease Control, has established guidelines specifying the frequency, duration and intensity of physical activity required to attain these health benefits.

Sports Medicine, recognized by the American Board of Medical Specialties since 1989, specializes in helping patients set and reach their goals for physical activity. The 79 accredited Sports Medicine fellowship programs across the United States are available to physicians trained in Family Medicine, Internal Medicine, Pediatrics and Emergency Medicine. These fellowship programs provide subspecialty training in musculoskeletal medicine and the non-musculoskeletal aspects

of exercise and activity.

Academic Sports Medicine Associates, in downtown Austin, is a new practice where sports medicine specialists Mia Griggs, MD, and Samuel B. Adkins III, MD, evaluate and treat patients for injuries and illnesses associated with physical activity, exercise or sports. Drs. Griggs and Adkins are committed to coordinating care and facilitating communication with primary care physicians,

as well as other members of the sports medicine team. Other participants partnering in care might include physical therapists, nutritionists, athletic trainers and other medical and surgical specialty providers.

The physicians at Academic Sports Medicine Associates provide care to athletes of all ages, team competitors, performers in dance and the arts and any individual with an injury or illness that interferes with activity goals

## Sports Medicine Physicians



**Mia R. Griggs, MD**, attended medical school at East Carolina University and completed her residency at Pitt County Memorial Hospital in Greenville, N.C. She remained at East Carolina University for fellowship training in Sports Medicine. In the summer of 2005, Dr. Griggs joined the faculty of Austin Medical Education Programs and was

named Director of Sports Medicine. She will sit for her board examination in Sports Medicine this winter. Her areas of interest within Sports Medicine include goal-oriented exercise prescription and management of issues specific to active females. Dr. Griggs was a successful NCAA Division I cross country and track athlete, and currently remains an avid distance runner and cyclist.

**Samuel B. Adkins III, MD**, attended medical school at the University of Pittsburgh and completed his residency at St. Margaret Memorial Hospital in Pittsburgh. After practicing in Ohio and North Carolina, Dr Adkins moved to Austin in 2003 to become the Residency Director of Family Medicine with Austin Medical Education Programs. He has been active in all levels of Sports Medicine for over 20 years and is board certified in Sports Medicine. He helped create and taught in the fellowship training program at East Carolina University and hopes to develop a similar program in Austin. His special areas of interest within Sports Medicine include care of age-group athletes and coordinating physical activity goals with management of chronic medical problems. Dr. Adkins continues his exercise through resistance training, kayaking and cycling.



## The **SETON** Healthcare Network

recreationally, competitively, at work or at home.

### **Specific services include**

- Evaluation and treatment of acute musculoskeletal injuries such as ankle and knee injuries, muscle strains, fractures and shoulder dislocations
- Evaluation and treatment of overuse injuries such as tendonitis and stress fracture
- Management of acute or chronic medical conditions which affect exercise participation, such as asthma, diabetes, hypertension, fatigue or poor performance and acute infections
- Preparticipation clearance for children, adolescents and adults
- Return to play decisions for the sick or injured athlete
- Exercise prescriptions
- Nutrition and performance issues
- Injury prevention

Academic Sports Medicine Associates, a member of Academic Physicians at Trinity, is located in the Trinity Building at 313 E. 12th St., downtown near the Capitol. Office hours are 8 a.m. to 5 p.m., Monday through Friday. Patients are seen by consultation or self-referral. For more information or to refer a patient to Academic Sports Medicine Associates, call Sara Gomez or Clara Rodriguez at 512-324-9665.

For more  
information, visit  
[academicphysicians.net](http://academicphysicians.net).



### *Sports Medicine Patients*

Still not sure who to refer to Academic Sports Medicine Associates? Here is a profile of patients recently seen by Drs. Griggs and Adkins:

- ▶ 19-year-old dancer with foot pain
- ▶ 33-year-old Police Academy recruit with shoulder pain and an upcoming PT test
- ▶ 20-year-old runner with recurrent stress fractures and disordered eating
- ▶ 50-year-old secretary with hip pain after resuming routine exercise
- ▶ 12-year-old gymnast with low back pain
- ▶ 17-year-old tennis player with epicondylitis and infectious mononucleosis
- ▶ 22-year-old soccer player with a history of heat exhaustion and recurrent dehydration
- ▶ 30-year-old runner with a traumatic calcaneal fracture
- ▶ 58-year-old avid tennis player with chronic intermittent ankle pain with activity
- ▶ 81-year-old male seeking injury prevention guidance as related to exercise
- ▶ 8-year-old boy, active in running, tennis and basketball, with right knee pain
- ▶ 18-year-old diver with insulin-dependent diabetes mellitus

# Meeting the Needs of Our Community

*New Medical Center Set To Open in 2007*

The SETON Healthcare Network recently announced plans to open an advanced medical center for complex care that will provide a full range of services in Williamson County. Seton Williamson Medical Center will be located on approximately 75 acres of land on the southwest corner of Chandler Road and FM 1460.

The land is strategically located next to the site of the Round Rock Higher Education Center, a collaborative effort of Texas State University-San Marcos, Austin Community College and Temple College at Taylor, offering a vital link to education and training for future healthcare professionals.

"The rapid growth in the area requires more hospitals and our expertise," said Mark L. Hazelwood, President and CEO of the Seton Williamson Medical Center.

The 180-bed facility is scheduled to open in 2007. Dr. Gary Piefer will serve as medical director for the site.

"The development of the Seton Williamson Medical Center will offer numerous opportunities for physicians interested in expanding an existing medical practice or developing a new practice in Central Texas," said Dr. Piefer, who currently serves as SETON's Vice President of Medical Affairs for Regional Health Services.

The Phase I plans for the



*On July 1, Central Texas welcomed a new residency program at Brackenridge Hospital. (From l-r) Tesa Miller, MD; Sonja Yoo, DO; Jenifer Donnell-Kowalik, MD; Rebecca Guinn, MD; and Diana Wang, MD, are the first residents of UTMB's OB/Gyn Residency Program at Brackenridge.*

## New Residency Program *OB/Gyn Residency Now Available in Central Texas*

The University of Texas Medical Branch (UTMB) is celebrating the six-month anniversary of the Obstetrics/Gynecology Residency Program, which is primarily based at Brackenridge Hospital in Austin.

According to Charles Brown, MD, Residency Program Director, this was the first new OB/Gyn residency program to open in the past 12 years. "It's pretty unusual for a brand new program to open, but we're excited that Austin was selected," said Dr. Brown.

In the past, SETON's Austin Medical Education Programs offered an OB/Gyn Fellowship

for practitioners who had completed a family practice residency and who desired additional, more complex training in Obstetrics and Women's Health. The new residency program is full-time and includes three sub-specialties—gynecologic oncology, maternal-fetal medicine, and reproductive endocrinology and infertility.

The OB/Gyn Residency Program marks the first sign of change in graduate medical education in Austin. Over the next three years, all Austin Medical Education Programs and faculty will transition to UTMB programs and staff. "We're excited about the future of medical education in Austin," said Dr. Brown. "As opportunities for medical training continue to expand in Central Texas, we hope to reap the benefits of higher-quality health care and to be better able to meet the demands of our area's growing population."

new medical center include the first of several physician office buildings, an imaging center and an ambulatory surgery center. Longer-term plans call for the

medical center to include a 300+ bed facility, several physician office buildings and other medical offices and support facilities.