

# C NORTH OAKS Community

VOLUME 20 • NUMBER 1 • 2019

## *Living Well With* **DIABETES** *Can Be Done*



### *In this issue :*

- 3 FYE 2018 Annual Report
- 4 The Truth About Vaping
- 5 Start the New Year With a New You
- 6 Living Well With Diabetes Can Be Done
- 8 News Briefs
- 10 Healthy Recipe: Italian Vegetable Bake
- 10 Welcome, New Providers
- 11 Community Education





On behalf of the board of commissioners and our 2,600 team members, I'd like to extend to our community best wishes for happiness and good health in 2019.

As we reflect on the past year, there is so much for which to be grateful, and I'd like to share just a few of the highlights with you. (Please see more in the related annual report information on this page and page 3.)

We remain committed to building relationships in the health care community, particularly a three-year partnership with the American Heart Association. In May, North Oaks was a major sponsor of the Northshore Heart Walk, and we kicked off "Check. Change. Control." a joint initiative to educate the community about the dangers of high blood pressure.

We also teamed up with doctors and organizations across the country in the "Turn the Tide" campaign to reduce opioid usage. The opioid team at North Oaks continues efforts to reduce the number of patients with addiction by informing patients, the public and practitioners as to the proper use of these medications in pain management.

For the fourth consecutive year, patients' comments about exceptional care at North Oaks have earned our network of primary and specialty clinics national honors. The Press Ganey Guardian of Excellence Award is a nationally recognized symbol of achievement in health care.

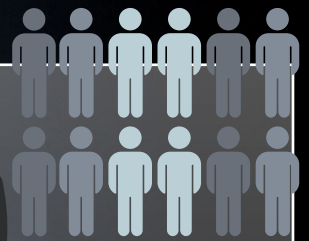
Impressive strides are being made in interventional radiology, with lifesaving procedures undertaken at the medical center. North Oaks has plans to purchase a \$1.8 million neurointerventional biplane used for the diagnosis and treatment of neurological disorders, such as stroke and brain aneurysms. The North Oaks Foundation has committed to raising \$500,000 toward the purchase of this innovative technology.

And as part of that commitment, North Oaks will earmark funds raised from the Northshore Home Builders Association's Raising the Roof for Charity house raffle toward the purchase of the biplane. The foundation is one of three beneficiaries of the house raffle for 2019. The home will be located at 2016 Cypress Tree Court in Madisonville. We are grateful for being chosen as a recipient of this worthwhile project.

Speaking of the North Oaks Foundation, the Employee Giving Campaign continued to gain momentum, supporting the mission of improving the region's health through philanthropic efforts. By the end of the year, over 400 North Oaks employees donated more than \$30,000, an increase of \$10,000 since June 2018. The funds will be used to sustain employee and patient assistance, as well as for the acquisition of equipment and technology to provide the best possible care for patients.

Finally, I invite you to tune into our latest means of communicating with our friends and neighbors. We will be broadcasting informational podcasts throughout the year on important issues and updates. Stay tuned!

Michele Kidd Sutton, FACHE



**2,607** DEDICATED PLAYERS



**203** HOT Team Volunteers

logged **1,803** service hours



at **62** community events

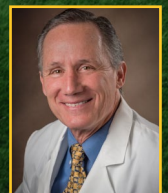


earning **50** days off with pay

Total Value of **\$43,524**



**50** new physicians recruited





# NORTH OAKS HEALTH SYSTEM

ANNUAL REPORT - FISCAL YEAR ENDING 2018



5,120 personal care and comfort items collected to benefit Operation We Care for military troops overseas in June 2018.



**PREPARED FOR THE UNEXPECTED**  
NORTH OAKS TRAUMA SYMPOSIUM 2017

Health professionals received comprehensive education at the region's first "Prepared for the Unexpected" Trauma Symposium in November 2017.

**NORTH OAKS**  
FOUNDATION



North Oaks Foundation's Employee Giving Campaign continued to gain momentum. By the end of the fiscal year, employees contributed almost \$20,000 toward a \$35,000 goal.



Opened North Oaks Endocrinology Clinic in Hammond

Kicked off a three-year partnership with the American Heart Association

North Oaks Health System's website, [www.northoaks.org](http://www.northoaks.org), earned a Best Site Design Distinction Award at the 18th annual eHealthcare Leadership Awards.

 **NORTH OAKS**  
Health System

 **NORTH OAKS**  
Sports Medicine



More than 1,300 student-athletes from 42 junior and senior high schools received free physicals at annual Sports Medicine Physical Days in Hammond and Livingston. The physicals were performed by 32 physicians and nurse practitioners, and 165 employees and volunteers of North Oaks and Southeastern Louisiana University.

Employees donated enough blood to The Blood Center to save up to 666 lives during an annual blood drive.



North Oaks is proud to serve as the official health care provider of Southeastern Louisiana University Athletics and as the Club Sponsor of the South Tangipahoa Youth Soccer Organization.





THE TRUTH ABOUT

# VAPING

Everyone is aware of the dangers of smoking. For years we have discouraged youngsters from smoking. And it's worked. The number of middle school and high school student smokers has declined over the past decade.

Then, electronic cigarettes or e-cigarettes, hit the market and "vaping" quickly became a trend, especially among middle school, high school and even college-aged students. According to the Centers for Disease Control and Prevention (CDC), if the current rate of use holds, 5.6 million of today's Americans younger than 18 will suffer an early death from a smoking-related illness.

Vaping refers to the use of electronic cigarette devices, which heat up a special e-liquid, creating an aerosol that delivers nicotine, flavorings and other additives when inhaled. Upon exhaling, a cloud of vapor is emitted, resembling smoke, thus the term "vaping." Known by many names, the most common, "Juuling," refers to an increasingly popular brand of e-cigarette called JUUL.

So what has made this new trend attractive? Besides typical peer pressure, the advertising for these products can be a big influencer.

"Many of my patients have been persuaded by the manufacturers that vaping will give you the benefits of smoking without any of the problems of smoking," explains Dr. Joseph Heneghan, a North Oaks Primary Care physician. "However, the more we learn about vaping, the more we learn about its problems. These include addiction, the

financial cost and the connection between nicotine and increased heart attacks."

Although the aerosol from vaping may be pleasantly flavored and contains fewer toxic chemicals than regular cigarette smoking, it is not harmless. Besides nicotine, it can contain other potentially harmful substances that are linked to a serious lung disease.

Vaping can also be more discreet than regular cigarette smoking, resembling everyday items such as ink pens, computer flash drives and lipsticks, and it's easier for children to hide, even in schools.

Researchers are still learning about vaping's long-term health effects. However, for teens and young adults, it is known that use of any tobacco product, including e-cigarettes, is unsafe.

Dr. Heneghan agrees.

"Vaping is very addictive and hard to stop," he stresses. "Think of who loses when you vape – you, including your heart and lungs. Also, chemicals from vaping can cause harmful 'second-hand' smoke to those around you. There are better things you can do with your health and money, like skate board, go for a run or hit the weights."

**For more information on vaping, visit [www.cdc.gov](http://www.cdc.gov) or talk to your health care provider.**

*EDITOR'S NOTE: On Dec. 18, 2018, U.S. Surgeon General Dr. Jerome Adams issued a rare national advisory urging new local restrictions including taxes and indoor vaping bans, to combat e-cigarette usage among young people.*

Source: [cdc.gov](http://cdc.gov)



E-cigarettes often contain nicotine, which is highly addictive and can harm adolescent brain development.



They can contain other harmful substances like cancer-causing chemicals and tiny particles that go deep into the lungs.



E-cigarettes can cause fires and explosions from defective batteries, and poisoning from swallowing, breathing or absorbing e-cigarette liquids.



E-cigarettes may lead young people to begin smoking regular cigarettes in the future.



They can be used to deliver marijuana and other drugs.





## Start the New Year with a

# NEW YOU

Almost everyone makes a New Year's resolution to be healthier. But many return to their bad habits soon after the left-over cabbage and black-eyed peas are gone.

To keep your promise of a happier, fitter you, remember that being healthy is a lifestyle. It means being realistic and doing what works for you and your body. It doesn't have to mean overhauling your entire way of life. Sometimes it just takes a few simple changes.

Take the first step by visiting a primary care provider (PCP), a health care practitioner who sees patients with common health problems. Most often, this is a doctor but a PCP may also be a physician assistant or nurse practitioner. Because your PCP is often involved in your care for a long time, it's important to choose someone with whom you work well.

Consider him or her your partner in staying healthy. By getting to know you, your habits and history, a PCP can help you tailor a plan to your needs and abilities. He or she can perform regular check-ups, immunizations and preventive screenings. If you have a specific health concern, your PCP can refer you to a specialist who has the expertise you need.

Over time, your PCP will become familiar with your medical history, your tolerance to medications, your lifestyle and your treatment preferences. **Get started by scheduling a well visit with a North Oaks Physician Group PCP. Learn more at [www.northoaks.org/wellvisit](http://www.northoaks.org/wellvisit).**

## Find a workout plan.

Before you buy expensive workout equipment or hire a pricy personal trainer consult your PCP to consider what sort of program will work for you.

What is your age? How is your health? What are your goals? How much free time do you have? All of these factors should be thought out before you jump into an exercise routine. If you don't start out on the right foot, you may get discouraged and give exercise the boot.

## Eat to live, don't live to eat.

Combined with exercise, eating well is crucial to living a healthier life. According to the U.S. Department of Health and Human Services, about 34 percent of U.S. adults are obese and about 17 percent of children and adolescents are obese. Even for people at a healthy weight, a poor diet is linked to major illnesses like heart disease, high blood pressure, type 2 diabetes, osteoporosis and some types of cancer. By making smart food choices, you can help protect yourself from these health problems.

## Ideal You, ideal weight

Is losing weight also part of your plan? Ideal You at North Oaks, an independent Ideal Protein™ clinic, can help you shed those pounds in a supportive and healthy environment. We show you how to make smarter eating choices, achieve your weight loss goal and maintain it. **To learn more about the program or attend complimentary seminars, call (985) 230-1880 or visit [www.northoaks.org/weightloss](http://www.northoaks.org/weightloss).**

## Tools to quit tobacco

If you are ready to kick the habit, the North Oaks Smoking Cessation Clinic staff can provide the guidance you need to stay on track. Eligible Louisiana residents who started smoking before Sept. 1, 1988, can also get free medications to help curb the cravings. **To sign up or learn more, call (985) 230-QUIT (7848) or visit [www.smokingcessationtrust.org](http://www.smokingcessationtrust.org).**

## Be realistic.

Many experts agree that the health and weight loss habits that have the best chance of lasting are the ones that call for minor, realistic changes. Take small, positive steps and move ahead consistently. While having healthy goals are important, take time to celebrate each day's journey.



A woman with dark hair, wearing a bright blue hooded jacket and light blue jeans, is smiling and holding a fishing rod. She is standing in a wooded area with trees and a path. The background is slightly blurred, focusing on the woman.

# *Living Well With* **DIABETES** *Can Be Done*

When Pat Moore was persistently exhausted, had headaches and felt nauseous, her husband urged her to see a doctor to get some relief.

Mrs. Moore's primary care doctor suspected she might have diabetes so he referred her to Dr. A. Mannan Khan of North Oaks Endocrinology Clinic in Hammond. As an endocrinologist, Dr. Khan and his partner, Dr. Corey Majors, diagnose and treat diseases of the endocrine system like diabetes, thyroid disorders and obesity.

Diabetes is a condition that affects the body's ability to either produce or use insulin, which helps the body use blood sugar for energy. Diabetes results in blood sugar that arises to abnormally high levels, and can require insulin to keep the blood glucose at healthy levels. It causes more deaths per year than breast cancer and AIDS combined, and having diabetes nearly doubles one's chances of having a heart attack.

Mrs. Moore had high blood pressure, a family history of diabetes, was overweight, stressed and is African-American – all high risk factors for diabetes, Dr. Khan explains. Her A1C test, one of the most common tests that estimates blood sugar, scored 10.4 percent. Results of less than 5.7 percent are considered normal and greater than 6.5 indicate diabetes.



“When I learned I had diabetes, it was like being hit by a stone, and it took some getting used to,” the 5’2” Independence resident recalls. “My husband was right. I should have listened to him sooner.”

After changing her eating habits and exercising regularly, she was able to drop the A1C results to 7.4 percent within three months. Today, her goal is to get it to drop to 6 percent.

“It’s a natural reaction for those diagnosed with diabetes to feel overwhelmed,” Dr. Khan points out. “Everyone defines success differently. I recommend following Mrs. Moore’s example in setting specific goals, like lowering your A1C a percentage point or taking small steps to eating healthier.”

Mrs. Moore also shed 25 pounds by exercising and focusing on her meal plan. Her diet no longer includes some of her favorite foods that are high in starch like breads, cereals, pasta, rice, potatoes and corn.

“I had to change my eating habits. I couldn’t have any sugars or sodas, and I gave up sweets,” she notes. “I even had to give up my favorites – blueberry muffins and coconut cake – and limit myself to only one tomato.”

Yet, having diabetes doesn’t mean sugar or foods high in carbohydrates need to be completely eliminated, Mrs. Moore clarifies.

She and her five sisters are planning to write a cookbook, which will appropriately be called “Sisters.” It will include healthy options, as well as family favorites, because they want to help others learn to cook nutritious meals.

“Everyone’s body is different and what works for me might not work for someone else,” Mrs. Moore points out. “It took some getting used to but I’ve changed my entire way of eating. It can be done.”

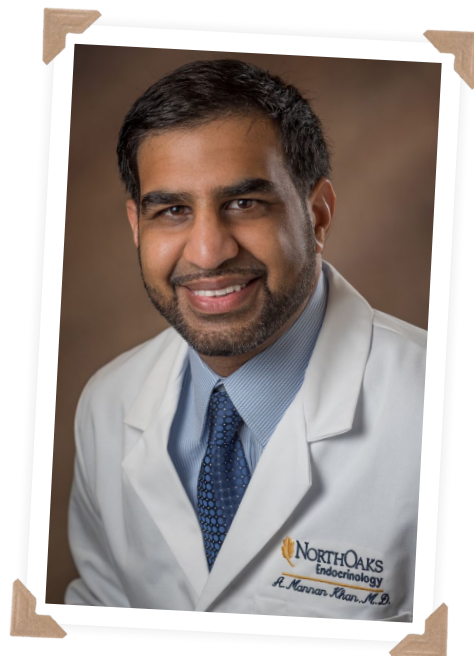
Because exercise is important, she makes an effort to stay busy. She and her sister, Ann Glover, enjoy shopping, specifically for antiques where much walking is usually required. She also likes to garden and fish in the pond on her property, including her catch and bounty in her healthy cooking.

“It’s important to celebrate the daily triumphs in order to not get discouraged. Mrs. Moore is a good example of how, with time, eating well and exercising pay off and become a matter of course,” Dr. Khan notes.

Mrs. Moore credits Dr. Khan for helping her cope with diabetes and living a healthier life. At first, she refused medication. But, he explained to her that she could develop kidney disease, lose her limbs or suffer other serious conditions. He even suggested four different medications before finding the appropriate one for her. She now sees him every three months to manage the diabetes.

“Dr. Khan is amazing,” she shares. “He doesn’t treat just diabetes. He treats the individual.”

**For more information, contact Dr. Khan or Dr. Majors at (985) 230-7195 in Hammond or at (225) 686-4960 in Livingston.**



### Mrs. Moore’s Kale Chips

- 1 bunch kale
- Seasonings (salt, pepper, cayenne pepper, etc.)
- Spray oil
- Red or green bell peppers

Heat the oven to 300 degrees. Tear the kale leaves into pieces. Spray a baking sheet with oil, and spread leaves in a single layer. Sprinkle seasoning of your choice on the kale. Add chopped peppers. Bake for 25 minutes or until leaves are crispy. Let cool. Add cheese or salsa and enjoy.

## Positive Patient Experiences Earn North Oaks National Acclaim for Fourth Year in a Row

For the fourth consecutive year, patients' feedback about the exceptional care they received at North Oaks has earned the health system's network of primary care and specialty clinics the prestigious 2018 Press Ganey Guardian of Excellence Award®. The clinics also received Guardian of Excellence Awards in 2017, 2016 and 2015.

The Press Ganey Guardian of Excellence Award® is a nationally recognized symbol of achievement in health care from the industry's leader in measuring, understanding and improving the patient experience.

As recipients of this award, North Oaks clinics are ranked among the top 5 percent of the nation's health care providers in sustaining the highest level of patient satisfaction over a one-year period from May 2017 to April 2018.



From left, Press Ganey Chief Executive Officer Patrick T. Ryan presents North Oaks' 2018 Guardian of Excellence Award® to Vice President of Clinics Kanna Page, Physician Group Regional Director Eve Allen and Practice Administrator Beth Richard.

Press Ganey partners with 10,000+ health care facilities — including more than one-half of all U.S. hospitals — to measure and improve the patient experience.

"We are proud to partner with North Oaks Health System in support of its mission to provide safe, high-quality, patient-centered care," notes Patrick T. Ryan, chief executive officer of Press Ganey. "They are truly dedicated to delivering exceptional care in the region they serve, and their commitment to capturing and acting on patient experience feedback is a very powerful demonstration of this."

North Oaks Physician Group offers a network of 11 primary care and 27 specialty clinics staffed by nearly 100 providers across Tangipahoa and Livingston parishes.

**To learn more about North Oaks' primary, specialty and walk-in clinics, visit [www.northoaks.org](http://www.northoaks.org).**



## Have You Checked Your Blood Pressure Lately?

February is Heart Month and a great time to make sure your blood pressure is in check with Check. Change. Control. This free community-based program developed by the American Heart Association is making a difference for participants battling a top health threat — high blood pressure, the second-leading cause of death in the United States.

"You can't see or feel high blood pressure, so regularly check your numbers and be accountable in a program like Check. Change. Control.," says Dr. Jherie Ducombs, a cardiologist and vice president/assistant chief medical officer of North Oaks Health System. "This program can help motivate people to make life-saving changes. And we encourage the community to participate in it."

Participants in the free, science-based program have seen an average drop in systolic blood pressure of 11 mmHg, according to the American Heart Association/American Stroke Association.

Sponsored locally by North Oaks Health System, anyone can participate in the free online program and track and manage his or her blood pressure by signing up at [www.heart.org/cc](http://www.heart.org/cc). The Northshore community campaign code is NOHS1.

More than 100 million American adults have high blood pressure, defined as a blood pressure reading of 130/80 or higher. High blood pressure increases the risk of heart attack, stroke and heart failure, as well as contributing to vision loss and kidney disease.

Louisiana has high rates of obesity, physical inactivity and high blood pressure. Just over 39 percent of adults in Louisiana have high blood pressure, according to the Centers for Disease Control and Prevention. But support from Check. Change. Control. can help local residents keep their blood pressure in check with monitoring, group activities and mentoring. Nationwide, more than 65,000 people have enrolled in Check. Change. Control.



## Blue Cross Honors North Oaks Primary Care Doctors

Eight North Oaks Physician Group doctors are among 400 primary care doctors who were honored for getting better health results for their patients at the Blue Cross and Blue Shield of Louisiana's 2018 Quality Blue Statewide Collaborative in November.

Blue Cross and Blue Shield of Louisiana acknowledged doctors and clinics in the program with the highest scores on the program's clinical quality measurements for the program's four targeted chronic conditions – diabetes, high blood pressure, vascular disease and chronic kidney disease.

North Oaks doctors recognized were: Brandi Basso, North Oaks Primary Care-Denham Springs, high blood pressure; Gayle Beyl, North Oaks Primary Care-Livingston, high blood pressure and diabetes; Charles Ducombs, William Plunkett and Susan Zacharia, Northshore Internal Medicine Associates, high blood pressure; Joseph Heneghan, North Oaks Primary Care-Walker, high blood pressure; Herbert Robinson, North Oaks Family Medicine-Medical Center Campus, high blood pressure; and Felix Torres, North Oaks Primary Care-Livingston, high blood pressure.

Some Blue Cross members have lower co-pays for office visits with Quality Blue doctors, according to Blue Cross and Blue Shield representatives.



From left, Brandi Basso, MD, Charles Ducombs, MD, and Gayle Beyl, MD

## North Oaks Gets National Recognition for Promoting Donations

The U.S. Department of Health and Human Services' Health Resources and Services Administration (HRSA) recently recognized North Oaks Medical Center for promoting enrollment in state organ donor registries.

North Oaks was among a select group of hospitals named by HRSA for participating in its campaign to encourage people to register as organ, eye and tissue donors, successfully adding more than 443,000 donor enrollments nationwide. The HRSA Workplace Partnership for Life Hospital Campaign awarded silver recognition to the medical center for its part for activities from October 2017 and April 2018.

North Oaks worked closely with the Louisiana Organ Procurement Agency on the campaign. Throughout the year, North Oaks also offers a variety of events, including flag ceremonies for donor families and observance of National Donor Month in April, to support organ, eye and tissue donations.

## Service District Expands, Welcoming New Board Members

The Tangipahoa Parish Council has appointed Terry Harper of Loranger and Roger Navarra of Independence to the North Oaks Board of Commissioners for six-year terms. Both are lifelong Tangipahoa Parish residents.

The council made Navarra's appointment Aug. 27 and Harper's Sept. 10 following their decision to expand the health system's territory, also known as Hospital Service District No. 1 of Tangipahoa Parish.

With the appointments, the board has grown from five to seven commissioners.

An ordained deacon through the Southern Baptist Association, Harper graduated from Southeastern Louisiana University with a bachelor's degree in Animal Science/Biology before embarking on a nearly 36-year career as a certified health and safety professional with Shell Chemical and Shell Oil Company.

Navarra has been a State Farm Insurance agent in Independence for more than 32 years. He is an alumnus of Southeastern Louisiana University, where he graduated with honors and a bachelor's degree in Marketing with a minor in Business Administration. He also holds the distinction of membership in the university's prestigious "13 Club," which recognizes academic excellence.

Other North Oaks Board of Commissioners members are Chairman Ron Macaluso, JD, and Vice Chairman Ann Carruth, DNS, RN, of Hammond; Robert Barsley, DDS, JD, and Blake Daniels of Ponchatoula; and Joycelyn Lee, RPh, of Hammond.

*"I have always believed that the health care of our residents should be an extremely high priority. I am proud to be entrusted with the responsibility of serving on the board."*

*-Roger Navarra*

*"I am looking forward to having the opportunity and challenge of being a part of the day-to-day activities of the health system and helping bring our community and North Oaks closer together as a family."*

*-Terry Harper*

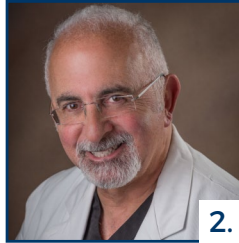


# WELCOME, NEW PROVIDERS

Providers have a choice in practice locations and we are delighted they have chosen North Oaks Health System. Join us in welcoming them to our region.



1.



2.



3.



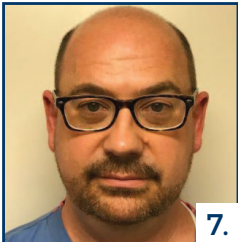
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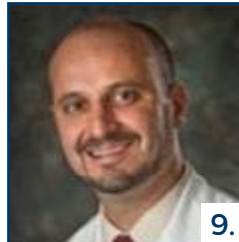
6.



7.



8.



9.

**1 Robyn Daugherty, MD**  
Plastic Surgery  
Weiler Plastic Surgery  
(985) 205-8413

**4 Anoop Kar, MD \***  
Emergency Medicine  
North Oaks  
Medical Center  
(985) 345-2700

**7 Erich Richter, MD \***  
Neurosurgery  
North Oaks  
Neurosciences  
(985) 230-7525

**2 Bruce Ennis, MD \***  
Interventional  
Cardiology  
North Oaks  
Cardiology Clinic  
(985) 230-7350

**5 Rishi Pathak, MD \***  
Physical Medicine &  
Rehabilitation  
North Oaks  
Physical Medicine  
and Rehabilitation  
(985) 230-1860

**6 Stefani Samples, MD**  
Pediatric Cardiology  
Childrens Hospital  
(504) 896-9751

**3 Byron Herpich, MD \***  
Hospital Medicine  
North Oaks  
Medical Center  
(985) 345-2700

**8 Sonia Replansky, MD \***  
Emergency Medicine  
North Oaks  
Medical Center  
(985) 345-2700

**9 Steffan Sernich, MD**  
Pediatric Cardiology  
Childrens Hospital  
(504) 896-9751

\* Employed by North Oaks  
Health System

## HEALTHY RECIPE



## ITALIAN VEGETABLE BAKE

### INGREDIENTS

- |  |   |
|--|---|
| 1 28 oz. can of whole tomatoes   | 2 Tbsp. lemon juice   |
| 1 medium onion, sliced   | 1 tsp. chopped fresh basil<br>or 1 tsp. dried basil leaves, crushed |
| ½ lb. fresh green beans, sliced  | 3 medium zucchini, cut into<br>1-inch cubes                         |
| ½ lb. fresh okra, cut into ½-inch<br>pieces or ¾ cup of 10 oz. pkg.<br>frozen okra | 1 medium eggplant, pared<br>and cut into 1-inch cubes               |
| ¾ cup finely chopped<br>green pepper   | 2 Tbsp. grated parmesan cheese                                      |

### HOW-TO

1. Drain and coarsely chop tomatoes. Save liquid. Mix together tomatoes and reserved liquid, onion, green beans, okra, green pepper, lemon juice and herbs. Cover and bake at 325 degrees F for 15 minutes.
2. Mix in zucchini and eggplant and continue baking, covered, 60-70 more minutes or until vegetables are tender. Stir occasionally.
3. Sprinkle top with parmesan cheese just before serving.

Makes 18 servings | Serving Size: ½ cup | Fat: less than 1 gram |

Cholesterol: less than 1 mg

Calories: 36 | Saturated Fat: less than 1 gram | Sodium: 86 mg

Source: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Photo Credit: John Walshe



# COMMUNITY EDUCATION

All classes and meetings are held in the E. Brent Dufreche Conference Center, located within North Oaks Diagnostic Center, unless otherwise noted.

## CLASSES FOR FAMILIES & CHILDREN

### Body Beautiful I: Puberty for Girls

This class is designed for girls (grades 4-5) and a parent/guardian to discuss the physical and emotional changes that occur in adolescent girls.

### Body Beautiful II: Self Esteem and Peer Pressure

This class is designed for girls (grades 6-9) and a parent/guardian. The class is geared to boosting self-esteem, dealing with emotions and teaching young ladies how to resist peer pressure.

### Car Seat Safety Checks

A certified child passenger safety technician is available by appointment to install and provide instruction on proper use of child passenger safety seats and boosters to ensure the safe transport of children of all ages.

### Prenatal Class: Breastfeeding

This class is for parents who may be considering breastfeeding or who have already decided to breastfeed their baby. Topics include the benefits of breastfeeding, positioning the baby properly, nutrition, as well as pumping and storing breast milk.

### Prenatal Class: Families Under Construction

This class focuses on preparing your home for your newborn, pregnancy anatomy, true and false labor, as well as hospital procedures.

### Prenatal Class: Labor & Delivery

This class focuses on decreasing anxiety, options for pain relief during childbirth, the four stages of labor and delivery, as well as vaginal and cesarean births.

### Prenatal Class: Relaxation Techniques

This class teaches the many techniques available to help you through labor and childbirth, such as imagery, progressive muscle relaxation, massage, various breathing techniques and position changes during labor.

### Prenatal Class: Infant Care and Tour

This class explores topics such as medical testing on newborns, crying and colic, infant massage, illness, postpartum depression and when to call your doctor after delivery. A tour of Women & Children's Services at North Oaks Medical Center concludes the class.

### Prenatal Class: American Heart Association CPR for Family & Friends

This class teaches adult, child and infant CPR and ways to prevent common injuries and choking.

### Something for Siblings

This class is for the new big brother or sister (ages 3-10) to help him or her adjust to the new baby.



## CPR & FIRST AID CLASSES

### American Heart Association Healthcare Provider CPR—\$50 (for medical professionals)

This American Heart Association class is designed for health care providers. It provides a lecture on cardiovascular health and risk factors; and demonstrations of American Heart Association basic life support techniques for choking victims, rescue breathing and CPR for adults, children and infants. Participants are introduced to and participate in the use of an Automated External Defibrillator (AED). Participants must successfully complete manikin check off, AED simulation and a written exam in order to successfully complete this certification.

### American Heart Association First Aid Class—\$50 (for the layperson)

A certified instructor will train individuals to become familiar with how to recognize and care for victims of illnesses and sudden emergencies. Upon proper demonstration of all skills outlined in the course, participants will receive a card signifying successful completion that is valid for two years.

### American Heart Association Heartsaver AED CPR Class—\$40 (for the layperson)

This class incorporates demonstrations of the American Heart Association's lifesaving techniques for choking, rescue breathing and CPR for adults, children and infants. Participants are introduced to and participate in the use of an Automated External Defibrillator (AED). Participants must successfully complete manikin check off and AED simulation in order to successfully complete this certification.

*\*The American Heart Association (AHA) strongly promotes knowledge and proficiency in Basic Life Support, Advanced Cardiac Life Support and Pediatric Advanced Life Support and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the association.*

## WEIGHT LOSS SEMINAR

### Feel Like the Ideal You

Learn how Ideal You at North Oaks can help you reach and maintain your weight loss goal! Arrive 15-30 minutes early to receive a free body composition analysis scan. To register or to schedule a free consultation, call Ideal You at North Oaks at (985) 230-1880 or register online at northoaks.org/idealyou.

## DIABETES EDUCATION

### Diabetes Education Meetings

Diabetes Education meetings are offered for those with diabetes, along with their family members and friends, to share experiences, motivate each other, energize their outlook and renew their commitment. The group is facilitated by North Oaks Diabetes Education, which has been recognized by the American Diabetes Association for Quality Self-Management Education. Meetings are held monthly.



*Note: If you have bereavement support needs or questions, please call North Oaks Hospice at (985) 230-7620 for information on available community resources.*

To register for classes or for more information and class dates, visit [www.northoaks.org/calendar](http://www.northoaks.org/calendar).



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The information in this newsletter is meant to complement the advice of your health care providers, not to replace it. Before making any major changes in your medications, diet or exercise, talk to your health care provider.

**The North Oaks Health System mission is to improve lives, every time and with every touch.**



## Community e-Newsletter Sign-Up

If you would rather receive North Oaks *CommUnity* as an e-newsletter instead of in printed/mailed form, sign up online at [www.northoaks.org/community](http://www.northoaks.org/community).



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To sign up or learn more, call (985) 230-QUIT (7848) or visit [northoaks.org/quitsmoking](http://northoaks.org/quitsmoking).