

C NORTH OAKS Community

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KNEE SURGERY, REHAB *Provide Relief* **for Young Mother**

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It has been a busy, eventful – but fulfilling – past few months at North Oaks Health System.

In April, we honored our employees and volunteers with the 59th anniversary picnic. Our leadership not only grilled burgers for, but also served, hundreds of hungry staff and retirees to show our appreciation for the dedication and care they “serve” to our patients every day. We’re already planning a special celebration for next year as it will be a milestone event.

Yes, for nearly six decades North Oaks has been serving the health care needs of our community, and we intend to support that commitment for decades to come.

In demonstrating our vision of providing exceptional quality, safety and experience, North Oaks Rehabilitation Hospital (NORH) was recently re-accredited with no recommendations for improvement by the Commission on Accreditation of Rehabilitation Facilities (CARF) – an accomplishment achieved by only 3% of facilities surveyed worldwide. This latest re-accreditation applies to the hospital’s adult inpatient and stroke specialty programs. It is the eighth consecutive voluntary 3-year accreditation that CARF has awarded to NORH since the facility’s inception in 1995. This is truly authentication that our remarkable employees are helping patients achieve their quality of life goals. North Oaks Rehabilitation Hospital is the only facility of its kind in a seven-parish area accredited by CARF and one of only five CARF-accredited stroke specialty programs in Louisiana.

In addition, The Joint Commission recently recertified North Oaks Medical Center (NOMC) as a Primary Stroke Center. Recertification follows a laborious on-site review and validates the continuation of certification first earned in 2014. With recertification, NOMC has earned The Joint Commission’s Gold Seal of Approval®. We have also earned the American Heart Association/American Stroke Association’s Heart-Check mark for Advanced Certification for Primary Stroke Centers for using best practices in providing prompt stroke intervention and care and for improving patient outcomes.

To assist in the diagnosis and treatment of neurological disorders like stroke, North Oaks plans to purchase a \$1.8 million neurointerventional biplane. The North Oaks Foundation has committed to raising \$500,000 toward the purchase of this innovative technology. In August, North Oaks was awarded \$52,500 from the Northshore Home Builders Association’s Raising the Roof for Charity house raffle. This generous contribution is earmarked for the purchase of the biplane. We are grateful for being chosen as a recipient of this worthwhile project, and are impassioned about acquiring this lifesaving technology.

I’d like to thank all those who purchased tickets and supported the cause – from friends and patients to employees and doctors. And, a special note of gratitude goes to the Northshore Home Builders Association for selecting North Oaks Foundation as a partner in this worthy endeavor.

Michele K. Sutton, FACHE



Proper immunizations are important to children while growing up to ensure that they are protected at every stage of life, and getting immunized is a life-long job that should not be ignored. Adults should also remember to get vaccinated as needed to maintain protection against disease.

Why are immunizations so important?

Immunizations work with your immune system to prevent disease outbreaks and protect our community. Thanks to vaccines, some diseases are almost gone from the U.S., and we must keep providing this protection through vaccinations to make sure they don’t come back. It’s very important to make sure children are up-to-date with age-appropriate immunizations because Louisiana law requires certain proofs of immunization throughout the school years – from daycare to college. Adults should also talk with their health care providers about what vaccinations may be needed to continue protection against disease throughout life.

According to the Centers for Disease Control and Prevention (CDC), some adults incorrectly assume that the vaccines received as children will protect them for the rest of their lives. This may be true, except that:

- Some adults were never vaccinated as children.
- Newer vaccines were not available when some adults were children.
- As people age, they become more susceptible to serious disease caused by common infections, such as flu or pneumonia.

In addition, it’s important to consider additional vaccinations for both adults and children when preparing to travel outside of the United States. The CDC provides information to assist travelers and their health care providers in deciding which



IMMUNIZATIONS: NOT JUST FOR KIDS

vaccines, medications and other measures may be necessary to prevent illness and injury during international travel.

One question that is often raised is — are vaccines safe? Vaccines are safe and effective, and are tested before they're recommended for use. Because vaccines are given to millions of healthy people — including children — to prevent serious diseases, they're held to very high safety standards. Every batch of vaccines is tested for quality and safety. Once released for use, vaccines continue to be monitored.

Specifically, some people have had concerns that Autism Spectrum Disorder (ASD) might be linked to the vaccines children receive. According to the CDC, studies have shown that there is no link between receiving vaccines and developing ASD. One vaccine ingredient that has been studied specifically is thimerosal, a mercury-based preservative used to prevent contamination of multidose vials of vaccines. Research shows that thimerosal does not cause ASD.

For more information about immunizations, including schedules according to age, visit the Louisiana Department of Health Immunization Program at www.ldh.la.gov or the CDC at www.cdc.gov.

Make sure to visit your primary care provider at least annually to ensure that your children and you are properly protected. If you are in need of a health care provider, visit www.northoaks.org/wellvisit.

WORDS TO KNOW



VACCINE

A product that produces immunity from a disease and can be administered through needle injections, by mouth or by aerosol.

VACCINATION

The administration of a killed or weakened organism that produces immunity in the body against that organism.

IMMUNIZATION

The process a person undergoes to become protected from a disease.



WHAT ABOUT THE FLU SHOT?

The single best way to protect against Influenza (the flu) is to get vaccinated each year. Children can receive the flu shot as early as 6 months of age and should continue to receive it annually throughout life. This disease spreads very easily, and each year, millions of children and adults get sick with the flu — and some are even hospitalized or die due to flu-related causes. Peak season is October-March.

WHAT IS A BOOSTER?

All childhood vaccinations are given as a series of two or more doses. Once the initial vaccines are received, booster shots are sometimes recommended. A booster shot is an additional dose of a vaccine needed periodically to "boost" your immune system. For example, a tetanus booster and a Td (diphtheria) booster are recommended for adults every 10 years. Adult individual immunization needs vary, so be sure to discuss with your health care provider what is best for you.

NORTH OAKS

• FOUNDATION •

UPDATE



NORTH OAKS FOUNDATION GARNERS WIDESPREAD SUPPORT

A wide range of contributors — from employees and doctors to homebuilders, bankers and other community members — are supporting North Oaks Foundation's philanthropic efforts to improve the region's health.

"We are overwhelmed by the generosity of all those who share North Oaks' vision of offering exceptional quality in this area," states Executive Director **Staci Arceneaux**.

Most recently, the Northshore Homebuilders Association presented a \$52,500 check to the foundation Aug. 6. The funds were acquired during the annual Raising the Roof for Charity project in which tickets were purchased for the chance at winning a custom-built home valued at \$400,000. NHBA members donated their time and talents to the endeavor.

"Raising the Roof for Charity Foundation has distributed more than \$5 million to local charities since 1994, and we are honored to have been selected as one of this year's three recipients," shares Arceneaux. "Thank you to all of our employees, doctors, volunteers and friends who purchased tickets. Your contribution will be put to good use."

The donation complements First Guaranty Bank's bequest in February of \$100,000, earmarked for the foundation's equipment and technology fund that supports North Oaks Medical Center's Interventional Radiology Program. The foundation has committed to raising \$500,000 toward a \$1.8 million neurointerventional biplane unit to support the radiology program. The imaging machine is specifically designed for diagnosis and treatment of neurological disorders, such as stroke and brain aneurysms.

"The biplane unit is sophisticated and technologically advanced, and will increase the visibility of the brain and arteries for the medical team," Arceneaux explains. "It will also benefit patients by decreasing procedure time and increasing safety."

Other generous donors include **Alton and Terri Lewis, Bracy's Nursery, John Poteet** and **Acadian Ambulance**.

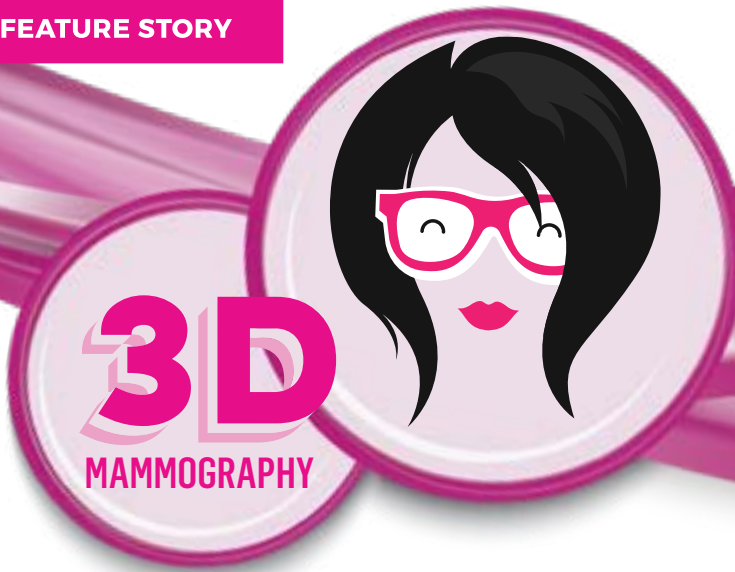
In addition, the foundation is the recipient of an Employee Giving Campaign established two years ago. In 2017, \$8,129 was collected from North Oaks employees; in 2018, \$30,694; and to date, about \$45,000 for the 2019 campaign. The first Physician Giving Campaign, co-chaired by Drs. J.P. Miller and Robert Kidd, is also underway.

An Employee Emergency Benevolent Fund was recently established for North Oaks employees who experience unexpected catastrophic events. It is part of an ongoing commitment to benefit those in need, which has included a \$65,000 contribution to nearly 300 North Oaks team members who lost homes, cars and other belongings in the devastating floods in August 2016.

The foundation is a 501(c)(3) nonprofit organization established in 2015 to support the health system. It provides funding for programs and equipment purchases that may not otherwise be possible for the hospital to fund through its operations. Governed by an independent, volunteer board of directors, the foundation accepts gifts of all sizes from local businesses, vendors, grantors, employees, volunteers, physicians, patients and their families and others who are committed to advancing the health of this region.

Foundation board members include **Alton Lewis**, president; **Dr. James Nelson**, vice president; **Stan Dameron**, treasurer; and **Cally Berner, A.J. Bodker, Dr. John Crain, Sandy Miller** and **Tom Tolar**.

For more information about the foundation or to contribute, contact Arceneaux at (985) 230-6674 or visit www.northoaks.org/foundation.



NORTH OAKS FIRST IN LOUISIANA TO USE ProFound AI™ to Detect BREAST CANCER

Artificial Intelligence (AI) is the newest addition to North Oaks Health System’s arsenal of high-performance, clinically proven breast cancer detection tools.

When the health system launched 3D mammography digital breast exams at North Oaks Diagnostic Center in Hammond, it became the first facility in Louisiana to do so with ProFound AI™, the most advanced, FDA-approved cancer detection software available. Unlike traditional 3D mammography platforms, ProFound AI™ combines advanced 3D imaging technology with deep learning, artificial intelligence to find hidden cancer at its earliest and most treatable stage. Patients benefit from:

- Accurate results
- Faster diagnosis
- Fewer unnecessary callbacks.

Dr. Laura Leonards, an interventional radiologist with North Oaks Imaging Associates, explains that older, 2D mammography systems take pictures only from the front and side of the breast. Sometimes overlapping breast tissue leads to issues with image clarity and accuracy.

“With 3D mammography, digital images of the breast are taken in ‘slices’ from many different angles to deliver a more detailed view,” she continues. “AI helps us more efficiently scrutinize the massive amounts of data and pictures collected from the scans to find possible malignancies and calcifications. Ultimately, we’re able to provide potentially lifesaving results to our patients more quickly with increased rates of detection and fewer false-positives.”

According to iCAD Inc., the developer of ProFound AI™, the system can reduce the reading time of mammography results by up to 50%.



“It’s natural for patients to experience anxiety waiting for results of their mammograms,” notes **Casey Alford**, director of Diagnostics at North Oaks. “With ProFound AI™, we’re able to detect breast cancer more quickly at its earliest and most treatable stage.”

Both screening and diagnostic 3D mammograms are performed at North Oaks by an all-female staff. Flexible paddles are used to distribute compression more evenly across the breast for comfort.

North Oaks Diagnostic Center is located at 15837 Paul Vega, M.D., Drive on the North Oaks Medical Center campus in Hammond.

To schedule a 3D screening or diagnostic mammogram, call North Oaks Patient Scheduling at (985) 230-7777 from 7 a.m. to 5:30 p.m. A physician's order is required.

KNEE SURGERY, REHAB *Provide Relief* for Young Mother

While running and playing at her sister's birthday party, 11-year-old **Sana Naeem** dislocated her kneecap — a moment in time that she vividly recalls as the beginning of a lifelong struggle with the condition.

"I turned the wrong way and had a full dislocation. My uncle, who is a surgeon, popped my kneecap back in place," remembers Naeem, who is now a wife and working mother in her thirties.

A dislocation of the kneecap occurs when the triangle-shaped bone covering the knee (patella) comes out of its groove and comes to rest on the outside of the knee joint. This usually happens after a sudden change in direction when the leg is planted and puts the kneecap under stress. Ligaments that hold the kneecap are torn, often not healing with proper tension, and causing the kneecap to dislocate more easily.

Naeem continued having numerous partial dislocations in both of her knees throughout her teens, college years and adulthood, seeing a handful of orthopaedic surgeons who all recommended surgery to reposition the kneecap. But she resisted, dreading a long recovery that might interfere with her day-to-day activities.

"It (the dislocation) wasn't super painful and my fear was that surgery would cause me to be worse off," she explains. "I was afraid it would change the way I would live."

Naeem, a graphic designer and mother of 2-year-old **Rafay**, changed her mindset when the problem started interfering with her ability to do ordinary tasks. For instance, she would squat down to pick up her toddler, her leg would lock and she would be unable to straighten her leg and walk.



Her husband knew the orthopaedic surgeons at North Oaks Orthopaedic Specialty Center and urged her to confer with them about getting relief. The clinic includes seven orthopaedic surgeons, two physician assistants and three nurse practitioners who have expertise in caring for injuries or illnesses that affect bones, joints and muscles. Because of the nature of her condition, Naeem saw **Dr. Katy Morris**, an orthopaedic sports medicine specialist, to consider surgery.

“It got to the point where it was hampering my ability to be active with my son,” Naeem shares, adding that she was apprehensive until she sat down with Dr. Morris. “She’s very smart and very real. She didn’t give me any false hope. She told me she didn’t know how much she could do but she could help me feel better.”

Dr. Morris recognized that Naeem’s condition was more complicated than just readjusting her kneecap because she had an extensive amount of arthritis, swelling and stiffness of the joints — unusual for someone her age.

“Sana was new to motherhood and had become increasingly concerned with the locking and popping in her knees. There were a few options that ranged in complexity, and we worked together and discussed options that would relieve her symptoms but required less down time after surgery,” Dr. Morris notes. “She did very well during surgery and followed all the after-surgery instructions.”

The August 2018 procedure was just the beginning of Naeem’s healing. Following three weeks of rest at home, she wore a brace and walked with crutches. She also spent three days a week for three months in outpatient physical therapy at North Oaks Rehabilitation Services. Her regimen included low-impact exercises like squats, leg lifts and hip extensions, and home therapy.

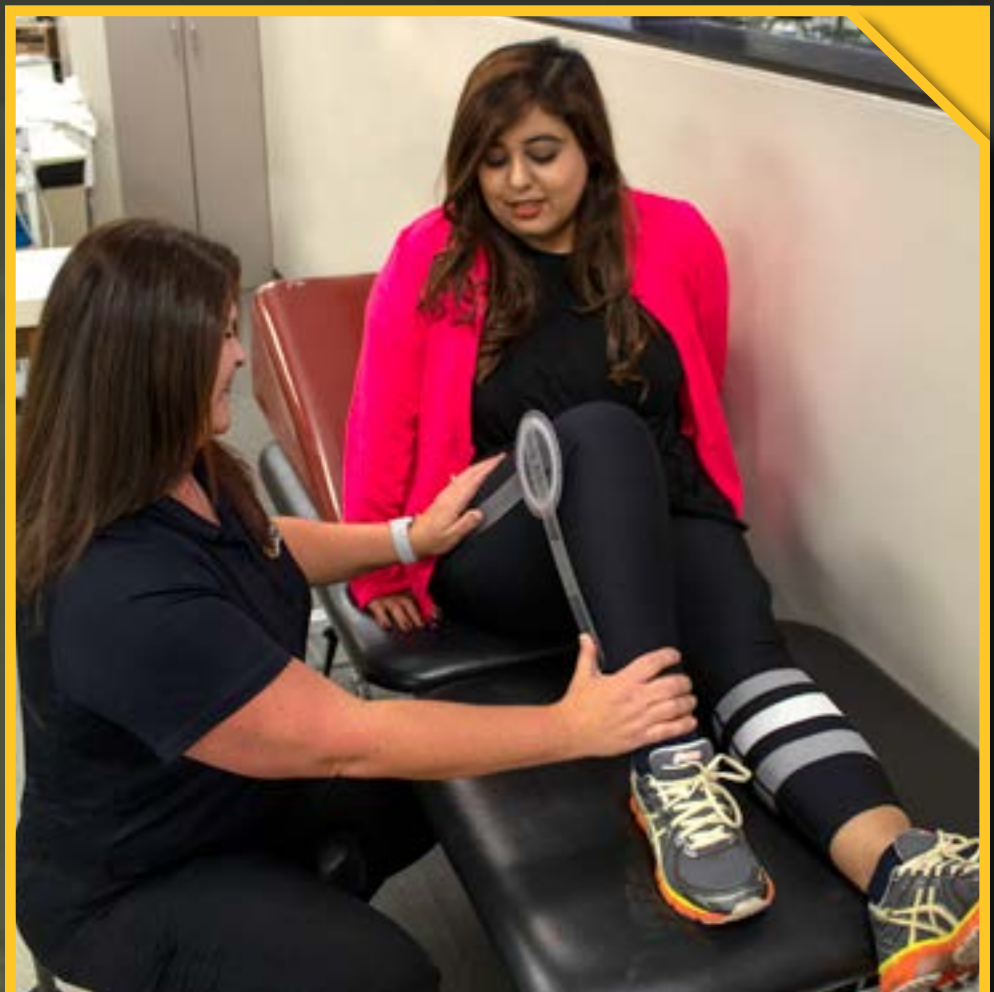
“It got to the point where it was hampering my ability to be active with my son.”

“Initially, we worked my range of motion and took very, very small steps,” Naeem recalls. “The recovery was really tough but I can absolutely move better and I no longer worry when playing with my son.”

Outpatient Rehabilitation Operations Manager **Reagan Johnson** observes that Naeem’s exercise program was tailored to meet her specific needs. At first, she was limited to walking 100 feet with crutches and significant pain, but eventually progressed to walking more than 500 feet pain-free.

“She was dedicated to her rehabilitation and physical therapy,” adds Dr. Morris. “The therapists were so impressed with her drive and results. She had a great outcome in part because we talked about expectations and realistic outcomes, but also communicated with each other on what to expect.”

For more information about North Oaks Orthopaedic Specialty Center or North Oaks Rehabilitation Outpatient Services, visit www.northoaks.org.



PREPARED FOR THE UNEXPECTED

NORTH OAKS TRAUMA SYMPOSIUM 2019

Third Annual Trauma Symposium Offered for Area Health Care Providers

On Friday, Nov. 1, North Oaks Shock Trauma Center, in partnership with the North Oaks Foundation and Southeastern Louisiana University's School of Nursing, will sponsor the third annual "Prepared for the Unexpected" Trauma Symposium.

"Our goal is to provide high quality education for trauma providers in our region," affirms **Dr. Marquinn Duke**, trauma program medical director for North Oaks Shock Trauma Center.

Several regional and local leaders with expertise in trauma care will headline the event.

The symposium will be held from 7:30 a.m. to 4:30 p.m. in the Student Union Ballroom on the Southeastern Louisiana University campus, located at 303 Union Ave. in Hammond. Breakfast and lunch will be provided.

The one-day conference is appropriate for physicians, nurses, allied health professionals, pre-hospital personnel and nursing students who practice or study in the areas of surgery, trauma surgery and emergency medicine.

Continuing nursing education contact hours are pending approval. North Oaks Health System is an approved provider of continuing nursing education by the Louisiana State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Early bird registration is available at www.northoaks.org/Trauma2019 through Friday, Oct. 18. Early bird registration fees are: \$100 for physicians, nurses and health care professionals; \$50 for pre-hospital providers; and \$25 for nursing students. Registration will increase to \$125 for all categories after Friday, Oct. 18. North Oaks Health System will cover the registration fee for its employees who attend the symposium.

THE SYMPOSIUM WILL FEATURE EIGHT SESSIONS:

- *A Funny Thing Happened on the Way to the OR*, presented by Arkansas Children's Hospital Chief of Trauma **Todd Maxson, M.D., FACS**
- *Abdominal Trauma*, presented by North Oaks Shock Trauma Center Trauma Surgeon **Shahrazad Talebinejad, M.D.**
- *Neuro Trauma*, presented by North Oaks Shock Trauma Center Trauma Nurse Practitioner **Lorris Bouzigard, DNP, DCC, ACNP-BC, ANP-C**
- *First Responders & Trauma*, presented by 8th Ward Volunteer Fire Department Medical Officer **Benjamin Baham, FF-NREMT**
- *Pediatric Trauma*, presented by Children's Hospital – New Orleans Pediatric Trauma Surgeon **David Yu, M.D.**
- *Difficult Airways*, presented by North Oaks ENT & Allergy Clinic ENT/Facial Trauma Surgeon **D'Antoni Dennis, M.D.**
- *Provider Burnout*, presented by University Medical Center – New Orleans Trauma Psychologist **Erika Rajo, PsyD.**
- *Final Topic (To Be Determined)*

For more information, call North Oaks Trauma Program Manager Tyler Brignac at (985) 230-2485.

Donor Human Milk Now Available for Babies in NICU



Children's Services Clinical Services Manager Tamara Mitchell and Lead Lactation Consultant Tasha Daniel are excited to receive our first shipment of donor human milk recently.

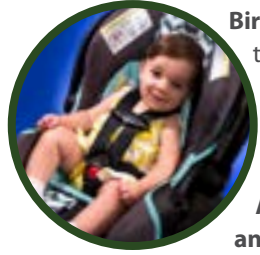
North Oaks Medical Center's Neonatal Intensive Care Unit (NICU) is proud to offer the Donor Human Milk Program. Donor Human Milk may be supplied to babies in the NICU with parental consent. Human milk is especially important for premature babies who are more likely to develop potentially life-threatening intestinal infections if they are fed formula. A baby in the NICU might be eligible to receive donor milk if he or she is born prematurely or is of low birth weight.

Human milk makes a difference in how well tiny and fragile babies do after birth. It is proven to provide ideal nutrition for growth, fight infection, promote brain development, and potentially even shorten the hospital stay for a growing premature baby. Through donor milk, preterm babies are still able to receive the benefits of breast milk to help them grow and thrive even if mom is not able to provide her own milk. The program may be used for just a short time while mom is attempting to produce enough of her own milk or may be necessary for a longer period of time.

For more information, contact North Oaks Lactation at (985) 230-6415 or visit www.northoaks.org/nicu.

Child Passenger Safety: What You Need to Know

On August 1, 2019, the Louisiana Child Passenger Safety Law went into effect requiring the following guidelines for properly restraining children in vehicles. Which seat is best for your child?



Birth to 2 years old: A rear-facing car seat is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.

At least 2 years old and has outgrown the rear-facing seat by

height or weight per the manufacturer's instructions: A forward-facing car seat has a harness and tether that limit your child's forward movement during a crash.



At least 4 years old and has outgrown the forward-facing seat with internal harness by height or weight per the manufacturer's instructions: A booster seat positions the seat belt so that it fits properly over the stronger parts of your child's body (high-back or backless).

At least 9 years old or has outgrown the booster seat and can pass the 5 Step Test (see below): A seat belt should lie across the upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area or across the neck.



The 5 Step Test

The seat belt fits correctly when:

- The child's lower back sits all the way back against the vehicle seat.
- The child's knees bend over the edge of the vehicle seat.
- The lap belt fits snugly across the child's thighs or lower hips and not on the abdomen.
- The shoulder strap snugly crosses the center of the child's chest and not the neck.
- The child sits properly, with no slouching or playing with the seat belt.
- The child is younger than 13 years old.

Passengers younger than 13 years old must ride in the rear seat of a vehicle when available and be properly restrained.

If a child can be placed in more than one category, always use the more protective category. All child safety seats must be used according to the manufacturer's instructions.

North Oaks offers free car seat checks or installations monthly in Hammond. To make an appointment, call North Oaks Community Education at (985) 230-5723.

HEALTHY RECIPE

PUMPKIN 5 ways



Pumpkin Pancakes

- + Pumpkin
- + Pumpkin pie spice
- + Flour
- + Brown sugar
- + Baking powder
- + Egg
- + Vegetable oil
- + Salt
- + Milk, low-fat

Pumpkin Pudding

- + Pumpkin
- + Pumpkin pie spice
- + Salt
- + Milk, low-fat
- + Vanilla pudding



Cranberry Pumpkin Muffins

- + Pumpkin
- + Flour
- + Sugar
- + Baking powder
- + Cinnamon
- + Vegetable oil
- + Eggs
- + Cranberries
- + Allspice

Pumpkin Smoothie

- + Pumpkin
- + Milk, low-fat
- + Orange juice
- + Banana
- + Light brown sugar
- + Ice cubes
- + Cinnamon



Pumpkin & White Bean Soup

- + Pumpkin
- + Apple juice
- + Onion
- + Water
- + Cinnamon
- + Black pepper
- + Salt
- + Nutmeg, allspice, or ginger

Find these pumpkin recipes here: <http://bit.ly/2dwmkyX>
for more recipes go to: www.whatscooking.frn.usda.gov



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. Lucas Ainsworth, MD*
Emergency Medicine
North Oaks Medical Center
(985) 345-2700

2. Patrick Barousse, MD*
Orthopaedic Surgery
North Oaks Orthopaedic
Specialty Center
(985) 230-BONE [2663]

3. Tara Benjamin, MD
Perinatology
North Oaks Perinatology Clinic
(985) 230-7790

4. D'Wan Carpenter, DO*
Physical Medicine &
Rehabilitation
North Oaks Physical Medicine
and Rehabilitation Clinic
(985) 230-1860

5. Kathleen Corbin, DDS
Pediatric Dentistry
Yale Pediatric Dentistry
(225) 664-2646

6. Megan Dodge, DO*
Emergency Medicine
North Oaks Medical Center
(985) 345-2700

7. Julie Gallois, MD
Neonatology
North Oaks Medical Center
(985) 345-2700

8. Sean M. Gipson, MD*
Interventional Radiology
North Oaks
Imaging Associates
(985) 230-6790

9. Teas Gray, MD*
Hospital Medicine
North Oaks Medical Center
(985) 345-2700

10. Kristen King, NP*
Nurse Practitioner
North Oaks Cardiology Clinic
(985) 230-7350

11. Vince Lands, MD*
Orthopaedic Surgery
North Oaks Orthopaedic
Specialty Center
(985) 230-BONE [2663]

12. Erickia LeMeunier, NP*
Nurse Practitioner
North Oaks Cardiology Clinic
(985) 230-7350

13. Laura Leonards, MD*
Interventional Radiology
North Oaks Imaging Associates
(985) 230-6790

14. Suchit Patel, MD
Radiation Oncology
Mary Bird Perkins Cancer Center
(225) 767-0847

15. Rae Pitcher, NP*
Nurse Practitioner
North Oaks Orthopaedic
Specialty Center
(985) 230-BONE [2663]

16. Imran Shuja, MD*
Hospital Medicine
North Oaks Medical Center
(985) 345-2700



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* Employed by North Oaks Health System

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 Basics for Boys

This class is especially designed to discuss the physical and emotional changes that occur in adolescent boys. The course content includes discussion, use of illustrations and proper terminology for the male body, as well as discussion of hygiene and other key topics. Boys in 5th - 8th grades are invited to attend with an adult.

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.*

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.

TRAUMATIC BRAIN INJURY/ SPINAL CORD INJURY SUPPORT GROUP

This free support group offers support, socialization and education for survivors of traumatic brain injuries and spinal cord injuries and their caregivers. Meetings take place in the classroom of North Oaks Rehabilitation Hospital, located at 1900 S. Morrison Blvd. in Hammond. This support group is co-sponsored by North Oaks and Southeastern Louisiana University. For questions or more information, please contact Dr. Martha Sherrill at martha.sherrill@selu.edu or (985) 549-3436.

STROKE SUPPORT GROUP OF HAMMOND

This free stroke support group offers support, socialization and education for stroke survivors and their caregivers. Meetings take place in the conference room of North Oaks Rehabilitation Hospital, located at 1900 S. Morrison Blvd. in Hammond. This support group is co-sponsored by North Oaks and Southeastern Louisiana University. For questions or more information, please contact Dr. Martha Sherrill at martha.sherrill@selu.edu or (985) 549-3436.



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.

North Oaks Health System
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CommUnity is printed and published by North Oaks Health System with the leadership of the North Oaks Board of Commissioners.

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.

 www.northoaks.org

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5th Annual

Free safety demonstrations & activities for families with children ages 12 and under



PLAY IT SAFE

INTERACTIVE COMMUNITY EVENT

**Saturday, Oct. 19, 2019
10 a.m. - 12 p.m.
Cate Square Park
Downtown Hammond, LA**

REGISTER NOW FOR A FREE BIKE HELMET!

Kids 12 & under; while supplies last!

For more information or to register for a free bike helmet, visit www.northoaks.org/safe

or call (985) 230-6426.

