

C NORTH OAKS Community

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Tennis Player 'LOVES' Results of Balloon Sinuplasty™

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A MESSAGE FROM THE **CEO**

Much of this issue is dedicated to the strides that North Oaks Health System is making in prevention of heart disease. This serious condition is nearly as old as mankind itself, yet it still remains a serious threat to our

community and nation. This is why I'm proud of our new partnership with the American Heart Association (AHA).

We are launching **Check. Change. Control.**, a joint initiative with AHA, to encourage all of you to self-monitor your blood pressure by checking readings regularly and making adjustments to your diets and exercise habits. These efforts will help you avoid serious health problems like heart attack, heart failure and stroke. And take a few minutes to read *North Oaks Fights Heart Disease in New Ways* (opposite page) to learn more about the strides that North Oaks is making in treating heart disease.

I am also encouraging our community to join the North Oaks team in the **AHA Heart Walk, Saturday, May 5, at Fontainebleau State Park** in Mandeville. For more information, visit www.northoaks.org/heartwalk.

It's always our goal to provide an exceptional experience to our patients, their friends and family members and our visitors. To further our efforts, a Council of Patient and Family Advisors is being formed, and I anticipate the first meeting will be this spring. The mission of the Council is to be a passionate advocate that ensures the voice of patients and families is involved in decision-making; to create an environment of safety, dignity, respect and honesty; and to promote an exceptionally positive experience at North Oaks Health System. I look forward to reporting on this group's progress in future issues.

We also want to hear from you. Our next public forum will be from 5:30 to 7 p.m., May 8, in the E. Brent Dufreche Conference Center (located within the Outpatient Diagnostic Center) on the North Oaks Medical Center campus. Please submit questions by May 1 so we can adequately perform any research which may be needed. Questions may be emailed to CEOFeedback@northoaks.org or mailed to **CEO Feedback, P.O. Box 2668, Hammond, LA 70404**. Please include your name, phone number and email address, or you may come to the event to ask your question. Remember, any questions regarding specific patient care or billing issues will be answered privately.

Michele Kidd Sutton, FACHE
President and Chief Executive Officer



Do you know the state of *your* heart?

The Centers for Disease Control and Prevention reports that in 2016 almost **11,000 Louisianans died from heart disease** and another **2,300 died from stroke**.

"We are seeing an increased need for heart-related procedures and services," according to **Carolyn Himel**, North Oaks cath lab manager. *"Look at our community – there is a lot of heart and vascular disease among us. And it seems like we're diagnosing patients with heart conditions at younger ages."*

Assistant Chief Medical Officer **Jherie Ducombs**, a cardiologist with North Oaks Cardiology Clinic, agrees with Carolyn and warns that prevention is essential – an important reason North Oaks and the **American Heart Association** have established a three-year partnership to actively educate and help our community build healthier lives free of cardiovascular disease and stroke.

"Eighty percent of heart disease is preventable. Although we can't change our genetics, we can change many prevalent risk factors for heart disease such as tobacco use, obesity and excessive salt intake. Those changes can make a tremendous impact on our risk and ultimate outcomes," she explains. "We want to help educate our community on the dangers of high blood pressure using AHA's online blood pressure monitoring tool entitled, '**Check. Change. Control.**'"



**Check.
Change.
Control.™**

Anyone can participate in the free online program and track and manage their blood pressure by signing up at www.heart.org/cc.

The Northshore community campaign code is **NOHS1**.

NORTH OAKS FIGHTS HEART DISEASE IN NEW WAYS

By North Oaks
Contributing Writer
Kay Kearney



Dating back to Egyptian mummies, heart disease has afflicted human beings and today it is the **No. 1 killer in Louisiana.**

In the 21 years she's been with North Oaks, Carolyn has seen strides in offering interventional treatment to stop more serious conditions from developing. Less invasive tests and procedures are being performed to help diagnose and treat heart disease and stroke.

Carolyn notes that tests and procedures like Atrial Septal Defect (ASD) Closure, Peripheral Vascular Intervention (PVI) and Alcohol Septal Ablation (ASA) are all performed at North Oaks.

With the addition of these newer, minimally invasive procedures, patients can get the care they require here without having to travel to larger cities. As a result, the procedures generally decrease pain, pose less risk of infection, avoid large scars and shorten recovery times. Many times, the patient may go home the same day.

Dr. Niksad Abraham of North Oaks Cardiology has performed ASD closures, which repairs a "hole in the heart," for about five years.

In the case of PVI, doctors are able to remove plaque and restore the flow of blood in arm or leg arteries without surgically opening the limb. Instead the doctors use small tools and at least one catheter, which allows doctors to avoid making large surgical cuts when they remove the blockage.

North Oaks heart health services are being recognized for their achievements, including:

Certification by the American Association of Cardiovascular and Pulmonary Rehabilitation for Cardiac Rehabilitation

Accreditation by Intersocietal Commission for the Accreditation of Echocardiography Laboratories

Accreditation by the American Association of Cardiovascular and Pulmonary Rehabilitation.

About 1½ years ago, doctors at North Oaks Cardiology Clinic performed ASA for the first time in the region. The rare procedure, which even the largest medical facilities only perform a handful of times each year, is considered as a therapeutic alternative to surgery. Using a balloon catheter to induce a mild, controlled heart attack, it is often an option.

Not only are cardiologists introducing innovative techniques, they now have more lab space (*pictured below*) and are improving work flow with the Toshiba Infinix, which provides versatility for performing cardiac and vascular procedures in the same room.

The equipment has been installed in a third lab that offers the opportunity to add four or five procedures to the previous 10-15 per day caseload.



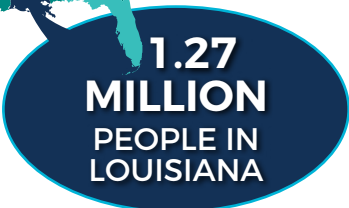
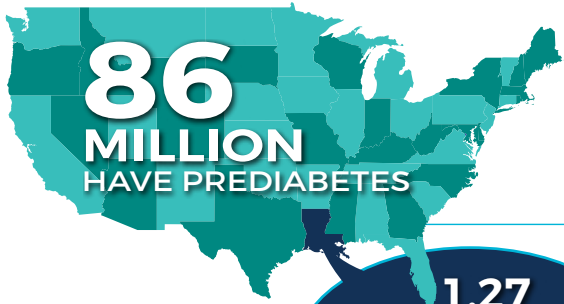
In 2016, North Oaks Medical Center was awarded recertification as a **Primary Stroke Center**, earning **The Joint Commission's Gold Seal of Approval®**.



Other stroke-related services offered by North Oaks include the **Rehabilitation Hospital's Stroke Specialty Program**. Accredited by the **Commission on Accreditation of Rehabilitation Facilities (CARF)**, it is one of only five such programs in the state.

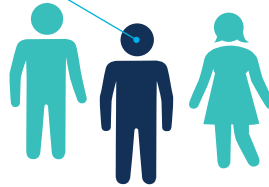
All of these initiatives support North Oaks' efforts in helping to prevent and reduce the number of heart disease related incidents in our community.

PREDIABETES



According to the American Diabetes Association, 1.27 million people in Louisiana, or 37.5 percent of the adult population, have prediabetes. Additionally, 90 percent of those who have it don't even know.

1 OUT OF 3 people has prediabetes



9 OUT OF 10 people with prediabetes don't know they have it

ARE YOU ONE?

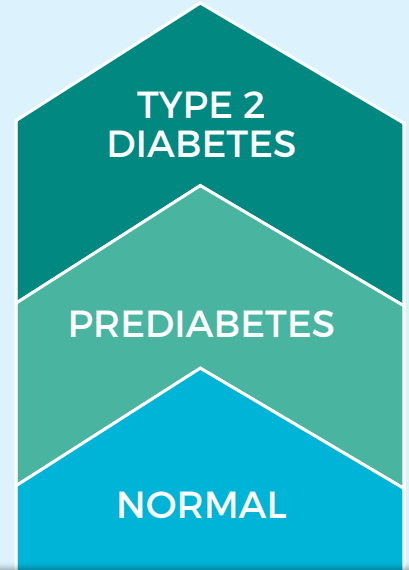
A Wake-Up Call

Prediabetes is characterized by blood sugar levels that are higher than normal, but not quite high enough to be diagnosed as diabetes.

*“Think of prediabetes as a wake-up call or ‘pre-diagnosis’ to diabetes,” notes **A. Mannan Khan, MD**, endocrinologist with **North Oaks Endocrinology**. “It lets you know that you are now putting yourself at a higher risk of developing Type 2 diabetes, heart disease and stroke and it’s time to take action.”*

In prediabetes, the cells in your body do not respond normally to the hormone insulin, which is made by the pancreas. Insulin allows blood sugar to pass into the body’s cells to use as energy. Dr. Khan explains that when the body does not react appropriately to the insulin, the pancreas makes more insulin to try to get the body to respond normally.

“Eventually the pancreas can no longer keep up producing the additional insulin and the blood sugar level rises,” he explains. “That’s when we see prediabetes develop.”



Why is Prediabetes Serious?

Prediabetes increases your risk of:



TYPE 2
DIABETES



HEART
DISEASE



STROKE

While people with prediabetes are at higher risk of heart disease and stroke, they are not faced with many of the other serious health problems that diabetics experience.

*“It’s important to control your blood sugar before it rises to a diabetic level,” stresses endocrinologist **Corey Majors, MD**, of **North Oaks Endocrinology**. “Diabetes can lead to complications such as kidney failure, loss of eyesight and nerve damage.”*

As these issues develop or progress, depression can also set in. It is important for those with prediabetes to take the steps necessary to reduce the risk of progression to diabetes.

DON'T LET THE NAME FOOL YOU!







By North Oaks
Contributing Writer
Laura Hanzo



*It's common and it can lead to diabetes. **But it doesn't have to.** Simple lifestyle changes can delay or prevent it from developing into type 2 diabetes.*

Could I Have Prediabetes?

Many people have prediabetes for years without any symptoms, so it can go undetected until health problems begin to show up. Because anyone can develop prediabetes, it's important to talk to your health care provider about having your blood sugar levels checked. This is especially important if you:

-  Are overweight
-  Are 45 years or older
-  Have a parent, brother or sister with type 2 diabetes
-  Are physically active less than three times a week
-  Have had gestational diabetes (diabetes during pregnancy) or gave birth to a baby weighing more than 9 pounds
-  Have polycystic ovary syndrome (a common disorder caused by an imbalance of reproductive hormones)
-  Are African American, Hispanic/Latino American, American Indian, Pacific Islander or Asian American.

A blood test is needed to diagnose prediabetes.



Your health care provider may ask you to fast before having your blood sugar, or glucose, checked. This means not eating or drinking anything except water for eight hours before your test, which is usually done in the morning before you eat breakfast. The results of your blood sugar test will show if you are in the normal, prediabetes or diabetes range. These ranges are as follows:

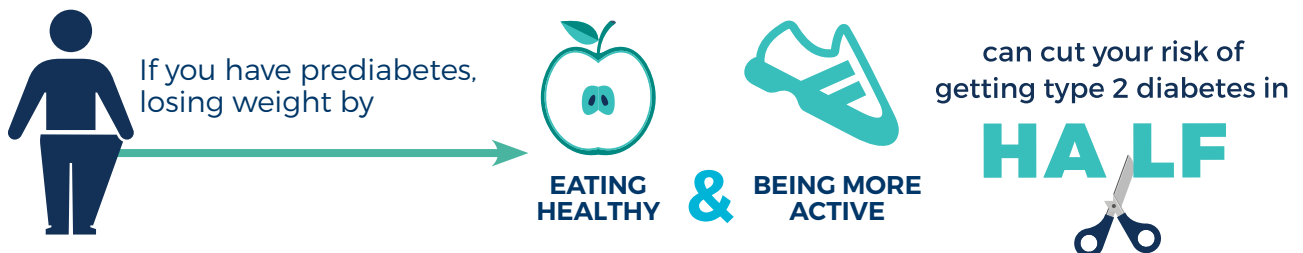
Normal:	less than 100 mg/dl
Prediabetes:	100 mg/dl to 125 mg/dl
Diabetes:	126 mg/dl or higher

I Have Prediabetes. What Should I Do?

The good news is that prediabetes is often reversible. Lifestyle changes to diet and exercise habits can help lower your risk. If you are overweight, a weight loss of 5 to 7 percent of your body weight can make a difference. For a 200-pound person, that is just 10 to 14 pounds. If you are not very active, increasing your activity helps. Regular physical activity consists of 30 minutes a day of brisk walking or a similar exercise, five days a week.

"These are simple, proven ways to help prevent type 2 diabetes," Dr. Majors affirms. "If you have prediabetes, we recommend that you get checked for type 2 diabetes every year or two."

Stop diabetes in its tracks. Visit your health care provider for a blood sugar level test and take action against prediabetes. It would be foolish not to.



Tennis Player 'LOVES' Results of Balloon Sinuplasty™



For years, Yvonne Downing's tennis friends complained that she was faking an annoying clearing of her throat for her advantage.

But, it wasn't just a bad habit. It was an indicator of **sinusitis**, an inflammation of the cavities in the bones that surround the nose. The drip was just one of the symptoms that caused the Hammond resident discomfort. She also suffered from facial pain, toothaches, headaches and unbearable pressure in her head.

"Sometimes I felt like my head was too heavy for my neck," Yvonne adds. *"My face was sensitive to touch and I had that drip in the back of my throat. It even caused me to avoid flying because I couldn't stand the pressure."*

Sinusitis is more common than heart disease and asthma and has a greater impact on quality of life than chronic back pain or congestive heart failure, according to researchers at Harvard Medical School. Comparing the impact of chronic sinusitis with that of other illnesses, they found that sinusitis sufferers reported the highest levels of pain and the lowest levels of social functioning, as well as significant problems with work, energy and mental health.

Like many of the 35 million people who suffer from sinusitis each year, Yvonne tried different over-the-counter antihistamines, decongestants and oral steroids to ease her pain.

"I was regularly taking them (the drugs) and they weren't doing that much good. I reached the point where I was seeing the doctor four or five times a year," Yvonne recalls.

Balloon what?

Balloon Sinuplasty™ is a nontraditional surgery that provides long-term relief by opening blocked sinus passageways with a tiny balloon. The illustration to the right demonstrates the procedure in the maxillary sinus (cheek sinus):

- 1). Using a thin sinus guide, the doctor threads a soft guide wire into the blocked sinus.
- 2). A special sinus balloon rides over the guide wire into the sinus. The balloon is gently inflated just enough to open the sinus passageway.
- 3). The balloon is withdrawn and the sinus is irrigated.
- 4). Finally, the guide is withdrawn as the repaired sinus remains open so that normal drainage reduces the incidence and severity of future infections.



As a treatment for the chronic condition, otolaryngologist **Dr. Jeffrey LaCour** of **North Oaks ENT & Allergy**

By North Oaks
Contributing Writer
Nanette Russell White



suggested Balloon Sinuplasty™, a nontraditional surgery that provides long-term relief by opening blocked sinus passageways with a tiny balloon. He performed the technique on Yvonne in December 2017.

“Yvonne was a good candidate for Balloon Sinuplasty,”™” Dr. LaCour explains. “She didn’t respond well to medications and she didn’t want to be hospitalized. This procedure is safe, effective and has a quick recovery.”

Unlike other surgical sinus procedures, Balloon Sinuplasty™ is designed to be minimally invasive and can usually be conducted in the doctor’s office. Most of the time, patients can return to their normal activities within a day or two.

Results may vary, but a clinical study of 1,036 patients reported that sinus symptoms improved in 95 percent of patients at an average follow-up period of nine months. In another study, patients reported symptom improvement up to two years after having the procedure.

Fortunately, Yvonne is one of the 95 percent who has had successful results. The relentless clearing of the throat noise has disappeared and her tennis opponents can no longer claim it as an excuse for their losses on the court.

“Dr. LaCour made it all so easy. I listened to music during the procedure, had very little bleeding and didn’t even need medication afterward. I would recommend it (Balloon Sinuplasty™) to anybody who is suffering from years of sinusitis,” she suggests.

“Life is much less complicated. I have no sinus pressure. I’m a quiet sleeper. Flying is fun again. I’ve stopped clearing my throat, and I am a lot less irritating to my friends.”



News You Can Use:

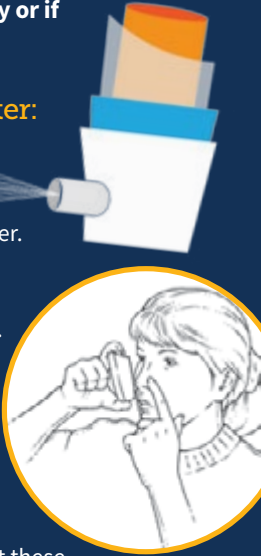
Correct Technique to Use Nasal Spray



If you use nasal spray – liquid medicine that you spray into your nose -- to control your sinus symptoms, you need to ensure that you do so correctly. Proper technique helps to make sure the medication gets far enough into your nostrils to be properly absorbed and effective. Do not use an over-the-counter nasal spray for more than three days. If you have questions about how long you should use a nasal spray or if you are getting no relief, call your doctor.

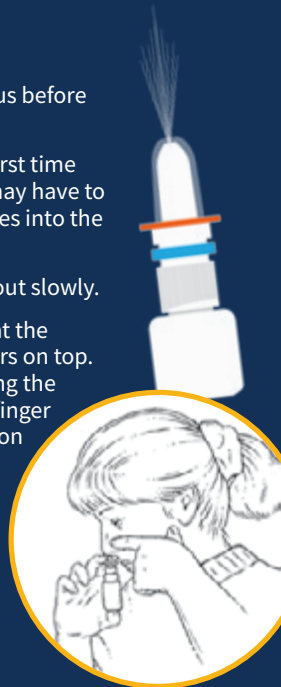
Steps for using a pressurized canister:

1. Gently blow your nose to clear it of mucus before using the medicine.
2. Make sure the canister fits snugly in its holder. Shake the canister several times just before using it.
3. Keep your head upright. Breathe out slowly.
4. Hold your nasal spray canister in one hand. Insert the canister tip in your nose, aiming the tip toward the back of your head. Use your finger to close the nostril on the side not receiving the medicine.
5. Press down on the canister as you begin to breathe in slowly through your nose. Repeat these steps for the other nostril. If you are using more than one spray in each nostril, follow all these steps again.
6. Try not to sneeze or blow your nose just after using the spray.



Steps for using a pump bottle:

1. Gently blow your nose to clear it of mucus before using the medicine.
2. Remove the cap. Shake the bottle. The first time you use the pump spray each day, you may have to “prime” it. Do this by squirting a few times into the air until a fine mist comes out.
3. Tilt your head forward slightly. Breathe out slowly.
4. Hold the pump bottle with your thumb at the bottom and your index and middle fingers on top. Insert the canister tip in your nose, aiming the tip toward the back of your head. Use a finger on your other hand to close your nostril on the side not receiving the medicine.
5. Squeeze the pump as you begin to breathe in slowly through your nose. Repeat these steps for the other nostril. If you are using more than one spray in each nostril, follow all these steps again.
6. Try not to sneeze or blow your nose just after using the spray.



Source: American Academy of Family Physicians

ENT specialists D'Antoni Dennis, MD, and Jeff LaCour, MD, perform sinus procedures in Hammond and Livingston.

Visit www.northoaks.org/breathe for details.

SUMMER SUN HARSH ON EYES & SKIN

While you're having fun in the sun this summer, remember the importance of protecting yourself from dangerous rays.

Although you should protect yourself from the sun year-round, it's especially necessary during summer months between 10 a.m. and 4 p.m. when ultraviolet (UV) rays are at their strongest.

In addition to skin damage, exposure to UV rays may increase the risk of developing cataracts, age-related macular degeneration and growths on the eye, including cancer.

So, if you want to guard against harmful UV rays and remain healthy, follow these tips:

- Use sunscreen with a Sun Protective Factor (SPF) of 30 or higher.
- Reapply sunscreen if you stay out in the sun for more than two hours and after you swim or do things that make you sweat.
- Wear protective clothing. Clothing labeled with an Ultraviolet Protection Factor (UPF) is most effective.
- Wear a hat with a wide brim to shade your face, head, ears and neck.
- Wear sunglasses to protect your eyes. Introduce this habit to your children as early as possible.
- Choose sunglass styles that wrap all the way around your temples so the sun's rays can't enter from the side.
- Don't be fooled by clouds: the sun's rays can pass through the haze of a gloomy day.
- Never look directly at the sun. This can lead to solar retinopathy, which is damage to the eye's retina caused by exposure to solar radiation.
- Be careful, especially at the beach. Water and sand can reflect and intensify the sun's rays, so be extra cautious to avoid sunburn.
- Avoid tanning beds. Tanning beds, like the sun, can cause skin cancer. If you want to look tan, consider using a spray or self-tanning product -- but continue to use sunscreen as well.



HEALTHY RECIPE

New Potato Salad



INGREDIENTS

- | | |
|--|-------------------------|
| 16 small new potatoes (approx. 5 cups) | ¼ tsp. black pepper |
| ¼ cup green onions, chopped | 1 tsp. dill weed, dried |
| | 2 Tbsps. olive oil |

HOW-TO

1. Thoroughly clean the potatoes with a vegetable brush and water.
2. Boil potatoes for 20 minutes or until tender.
3. Drain and cool potatoes for 20 minutes.
4. Cut potatoes into fourths and mix with olive oil, onions and spices.
5. Refrigerate and serve.

Makes 5 servings.

Serving Size: 1 cup
 Fat: 6 grams
 Cholesterol: 0 mg
 Carbohydrates: 27 grams

Calories: 187
 Saturated Fat: less than 1 gram
 Sodium: 12 mg

Source: www.nhlbi.nih.gov

TAKE YOUR TIME, BUT MAKE THE TIME!



Have you talked with your loved ones about end-of-life care? Most people find end-of-life care discussions difficult to have, but it's important that your loved ones know about your wishes for care if faced with a life-threatening condition. Doing this in advance of the need is the best time to have the talk. Such discussions and decision-making for advance directives should not be taken lightly so be sure you take the time to learn what each decision means.

An **advance directive** is a formal written document that states your preferences for healthcare/medical treatment, or names someone to make those choices for you, if you become unable to make decisions. People have the right to formulate advance directives and expect that staff and physicians will comply with these directives.

There are several types of advance directives. Some of the most common are **Living Wills**, **Medical Durable Power of Attorney**, **Do Not Resuscitate Order (DNR)** and **Organ Donation Card**.



A **Living Will** is an individual's written declaration directing the withholding or withdrawal of life-sustaining procedures (such as mechanical breathing, tube feedings and resuscitation) in the event such person should have a terminal and irreversible condition or is in a continual, profound comatose state with no reasonable chance of recovery. A Living Will pertains only to medical care; never to finances or distribution of assets.



A **Medical Durable Power of Attorney** is a designation of another person to make health care decisions for the patient in the event the patient is unable to participate actively on their own behalf. This pertains to health care only and is different from a Power of Attorney authorizing someone to make financial transactions.



A **Do Not Resuscitate (DNR)** order instructs medical personnel not to perform cardiopulmonary resuscitation (CPR) or other procedures to restart the heart or breathing once it has stopped. It does not mean 'do not treat.'



An **Organ Donation Card** indicates a person's thoughts on organ donation and whether or not he or she chooses to donate some or all organs to save the lives of others.

Just like a couple plans the experience they want to have as they anticipate the birth of a child, you can plan the experience you want to have at the end of life. Advance directives give you control over what you want in terms of personal, emotional and spiritual needs at the end of life.

Start the conversation today.

Forms for these directives are usually available through your health care provider or through online resources:

DonateLife

www.dmv.org/la-louisiana/organ-donor.php

Start the Conversation Project:

www.theconversationproject.org

LaPOST

www.lhcqf.org/lapost

Five Wishes

agingwithdignity.org

WATCH WHERE YOU WALK

Nearly 6,000 pedestrians were killed in the U.S. in motor vehicle crashes last year, according to a recent report by the Governors Highway Safety Association (GHSA).

This is the highest level of pedestrian deaths in more than 25 years. With the observation of National Safety Month in June, the North Oaks Shock Trauma Team urges everyone to be mindful pedestrians when out walking or running, and to be especially careful of pedestrians when driving.

In an effort to keep everyone safe both behind the wheel and on the street, the National Highway Traffic Safety Administration offers these tips:

When Walking:

- Follow the rules of the road and obey signs and signals.
- Walk on sidewalks whenever possible.
- If there is no sidewalk, walk facing traffic and as far from traffic as possible.
- Cross streets at crosswalks or intersections. This is where drivers expect pedestrians.
- Look for cars in all directions, including those turning left or right.
- Watch for cars exiting or entering driveways, or backing up in parking lots.
- If a crosswalk or intersection is not available, find a well-lit area that allows for the best view of traffic. Wait for a gap in traffic that will allow enough time for safe crossing and continue to watch for traffic as you cross.
- Do not assume a driver sees you. Make eye contact with drivers as they approach.
- Always be visible. Wear bright clothing during the day, and wear reflective materials or carry a flashlight at night.
- Avoid alcohol and drugs when walking; they impair your abilities and your judgment.

When Driving:

- Look out for pedestrians everywhere, at all times.
- Use caution when driving at night, in bad weather or in any hard-to-see conditions.
- Slow down and prepare to stop when turning or otherwise entering a crosswalk.
- **Yield to pedestrians in crosswalks and stop well back from the crosswalk to give other vehicles an opportunity to see the crossing pedestrians so they can stop too.**
- Never pass a vehicle stopped at a crosswalk. There may be people crossing that you can't see.
- Never drive under the influence of alcohol and/or drugs.
- Follow the speed limit.
- Follow slower speed limits in school zones and in areas where children are present.
- Be extra cautious when backing up – pedestrians can move into your path.

For more information, visit www.nhtsa.gov or www.ghsa.org.



STAY ALERT AT ALL TIMES!

Do not be distracted by electronic devices that take your eyes and ears off the road - whether you're walking OR driving!



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. Brian Barkemeyer, MD
Neonatology
North Oaks Medical Center
(985) 345-2700

5. Staci Olistier, MD
Neonatology
North Oaks Medical Center
(985) 345-2700

2. Bomi Magnus-Lawson, MD*
Hospital Medicine
North Oaks Hospital Medicine Dept.
(985) 230-3066

6. Dana Rivera, MD
Neonatology
North Oaks Medical Center
(985) 345-2700

3. Muner Mohamed, MD
Nephrology
S. Tahseen Rab, MD
(985) 340-7868

7. Hugo St. Hilaire, MD
Plastic Surgery
LSU Plastic Surgery
(504) 412-1240

4. Gerhard Munding, MD
Plastic Surgery
LSU Plastic Surgery
(504) 412-1240

8. Mark Stalder, MD
Plastic Surgery
LSU Plastic Surgery
(504) 412-1240



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.*

Note: If you have bereavement support needs or questions, please call North Oaks Hospice at (985) 230-7620.

SUPPORT GROUP MEETINGS

Stroke Support Group of Hammond

This support group offers support, socialization and education for stroke survivors and their caregivers. Meetings take place the last Monday of every month from 12:30-1:30 p.m. in the Conference Room of North Oaks Rehabilitation Hospital, 1900 S. Morrison Blvd. in Hammond. It is co-sponsored by North Oaks Health System and Southeastern Louisiana University. For questions or more information, please contact **Dr. Meghan Savage** at meghan.savage@selu.edu or at (985) 549-2346.

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. Jackie Guendouzi** at jguendouzi@selu.edu or (985) 549-2503.

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.

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.

To register for classes or for more information and class dates, visit www.northoaks.org/calendar.

North Oaks Health System
15770 Paul Vega, MD, Drive • Hammond, LA 70403
Phone: (985) 230-6647 • Fax: (985) 230-1038
nohs@northoaks.org • Public Information Line: (985) 230-INFO
www.northoaks.org

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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.



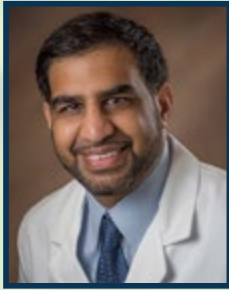
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