

C NORTH OAKS Community

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New Procedure Improves Outcomes for Stroke Victims

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In fulfilling my pledge for open communication and collaboration with the community, I'm excited to share news about our recently established **Council of Patient and Family Advisors**.

Six local citizens, Bruce Bordelon, Phil Livingston, Deborah Brister, Donna Woodburn and Shawna and Pedro Ramirez (*who just announced they are relocating to another state - and we will miss them!*), are representing patients and family members who have experienced receiving care from all aspects of the health system. I serve as Executive Sponsor, Joycelyn Lee represents the Board of Commissioners and Vice President of Strategy and Outreach Tracy Randazzo serves as the group facilitator.

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.

The group's vision is to be a transformational force in the evolution and advancement of compassionate patient- and family-centered experiences at North Oaks Health System and in earning the utmost confidence of our patients, family members, the community and the health care team. Meeting monthly, the council has received a thorough orientation to the health system, learned how patient experience is measured and brainstormed potential areas of opportunity. Their input is already showing results!

Speaking of the community, we're working with local organizations to sponsor the Third Annual **Play It Safe** interactive safety event **Saturday, Oct. 6, at Cate Square** in downtown Hammond. This year, North Oaks is partnering with the Louisiana Organ Procurement Agency (LOPA) to sponsor Operation Life, a 5K run to raise awareness about organ and tissue donation. There will be plenty of fun activities for children and adults alike, from educational talks to demonstrations and helmet giveaways. To learn more about all the events, visit www.northoaks.org/safe.

I look forward to seeing you at Play It Safe!

Michele Kidd Sutton, FACHE
President and Chief Executive Officer



In the news and on social media, opioids have become a frequent topic of discussion.

So what is an opioid and why all the talk?

Opioids have become a popular choice to help people who suffer with severe, acute pain. They help relieve pain by lowering the intensity of pain signals going to the brain. Some common types of opioids are hydrocodone, oxycodone, oxymorphone and morphine.

While opioids are useful medications for terminal illnesses including cancer, they have become overused by the medical profession based on information that was not evidence-based.

It is now known that for long-term use, opioids can do more harm than good, having serious risks including addiction and death from overdose. In addition, many Americans take opioid pain medications for nonmedical reasons. Even when taken as prescribed, the side effects are numerous, including:

- **Tolerance to the medication, making you need more to get pain relief**
- **Physical dependence on the medication**
- **Increased sensitivity to pain**
- **Constipation**
- **Nausea and vomiting**
- **Sleepiness**
- **Depression.**



Let's Talk About

By North Oaks
Contributing Writer
Laura Hanzo



OPIOIDS...

Opioids still have a place for control of short-term pain, and should not be completely eliminated. However, the overuse of the drugs has become a nationwide problem leading to an increase of overdoses and deaths. In Louisiana alone, 780 residents die from prescription overdoses each year, making the state one of the top 10 in the country for drug overdoses. In addition, Louisiana, along with seven other states, has more opioid prescriptions than it does residents.

To help with this problem, new laws and regulations are being implemented to limit the ability for practitioners to prescribe large quantities.

The Office of the Surgeon General and Centers for Disease Control and Prevention (CDC) now provide physicians with guidelines for prescribing opioid pain medication appropriately to improve pain management while also promoting patient safety.

North Oaks is teaming up with physicians and organizations across the country in the "Turn The Tide" campaign to reduce opioid usage.



The Opioid Team at North Oaks, led by Chief Medical Officer **Robert Peltier, MD**, was formed more than a year ago and consists of members from many areas of patient care.

"Our team's goal is to educate patients, the public and practitioners as to the proper use of these medications and the use of pain management techniques that do not involve narcotics," Dr. Peltier affirms. "This is a vital component in reducing the number of patients with addiction."

Doctor/patient communication is key for successful, and safe, pain relief. Open, frank discussions help patients to:

- **Understand how opioids can help during the short term, but that there's no evidence that long-term use is effective**
- **Consider non-opioid treatments, such as exercise, cognitive behavioral therapy and non-opioid drugs, which have been shown to effectively control pain with fewer side effects**
- **Understand the importance of regular follow-ups with a physician**
- **Take precautions that can be taken to decrease risks**
- **Learn how to protect family and friends by appropriately storing, securing and disposing of unused opioid medications.**

Dr. Peltier offers a presentation to local community and civic groups to help spread this important message. To request a presentation by Dr. Peltier, please contact the North Oaks Speaker's Bureau at **(985) 230-6647**.

**For more information on opioids,
visit www.cdc.gov.**

Stay Healthy.

By North Oaks
Contributing Writer
Melanie Zaffuto



GUARD YOURSELF FROM

Each year, a quarter of a million Americans die from sepsis, and North Oaks officials are taking steps to protect patients against the deadly condition.

What is SEPSIS?

Sepsis is a critical complication of an **existing infection** that is left untreated or not treated appropriately or in a timely fashion. Without **timely** treatment, it can rapidly lead to tissue damage, organ failure and even death, Dr. Robinson explains. Although anyone, anywhere can have an infection that becomes septic, pediatric, geriatric and chronically ill patients are most at risk.



*“Sepsis is a medical emergency. Hundreds of people in our community become septic annually. At North Oaks, we take this life-threatening condition very seriously, and want to provide the best care we can for our patients with sepsis,” according to **Dr. Herbert Robinson**, North Oaks Health System’s chief health information officer. “Fortunately, we are also at the forefront of using innovative computer technology as a tool to develop better ways to care for you.”*

According to the Centers for Disease Control and Prevention, about 1 out of every 230 people develops sepsis each year. Sepsis accounts for about 1.5 percent of all hospital admissions nationwide.

“If left untreated, septic patients will die. So treatment must begin within the first few hours of onset to offer the greatest chance of survival,” Dr. Robinson explains. “That’s why from the time patients arrive at our hospitals, we evaluate them carefully and then constantly monitor their clinical course to detect any developing signs or symptoms of sepsis. We do this so that appropriate interventions can occur.”

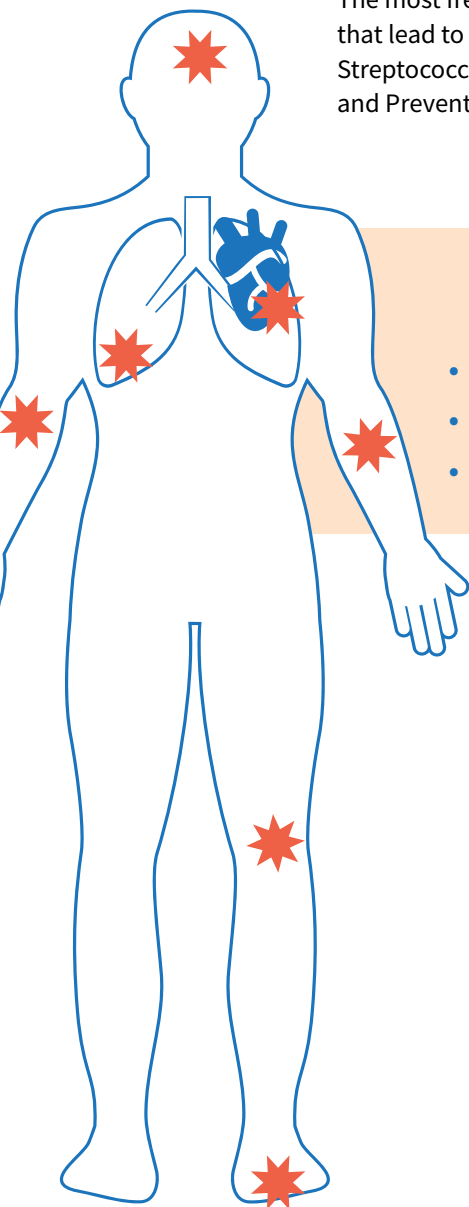
Clinicians and analysts at North Oaks have begun using a computerized tool to help detect sepsis based on information in the patient’s medical record. A sepsis Clinical Care Advisory (CCA) runs on a “predictive model” in the patient’s electronic health records, looking for signs and symptoms of sepsis.

For example, once a patient arrives in the emergency room, the CCA evaluates the patient’s health information every 15 minutes, monitoring more than 80 different data points, to generate a sepsis risk score. If the patient’s score

SEPSIS

reaches a certain threshold, the clinicians get a warning that the patient may be becoming septic. The patient is then evaluated more closely, and the CCA recommends the best treatments for sepsis. This process continues throughout the patient's hospital stay, allowing doctors and nurses to make decisions to implement life-saving treatments at the earliest possible time.

The most frequently identified germs that cause infections that lead to sepsis include staph, E. coli and some types of Streptococcus, according to the Centers for Disease Control and Prevention.



Symptoms can include one or any combination of the following:

- Confusion or disorientation
- Shortness of breath
- High heart rate
- Fever or shivering or feeling very cold
- Extreme pain or discomfort
- Clammy or sweaty skin.

In the first year that the sepsis CCA was introduced, the mortality rate due to sepsis was reduced by almost 18 percent compared to the previous year, Dr. Robinson points out.

He explains that additionally, doctors and nurses were able to administer antibiotics to patients more quickly – about 30 minutes sooner than previously.

“Patients are now receiving antibiotics about 25 percent faster than they were before. Combined with the clinical expertise of our doctors and nurses, our system is saving lives,” he contends. “But, we are not done yet. We will continue to look for new and innovative ways to use technology to give our patients the best medical care right here at home.”

Dr. Robinson encourages anyone who suspects sepsis or has an infection that's not getting better or is getting worse to see a health care provider immediately.



New Procedure Improves Outcomes for Stroke Victims



Seventy-year-old Harry Glen Sterling was eating a bowl of cereal, watching the morning news when his wife Charlene noticed his lips looked funny, his left side was limp and he was slurring his words.

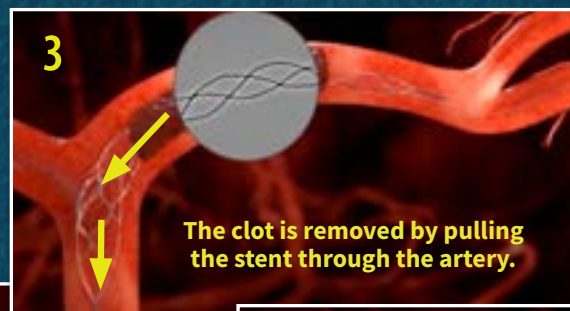
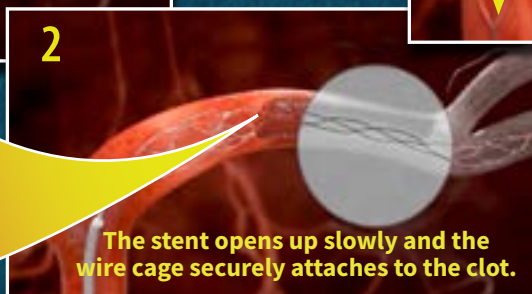
She jumped into action, and within 10 minutes, the Kentwood Fire Department and Acadian Ambulance answered Mrs. Sterling's plea for help. They confirmed her fear that he was having a stroke, and called on Acadian's helicopter to airlift Sterling from his home in the rural community of Tangipahoa to North Oaks Medical Center in Hammond.

Meanwhile, Interventional Radiology Supervisor **Roger Rivet** was consulting with Interventional Radiologist **Zachary Liner, MD**, who was at North Oaks Livingston Parish Medical Complex in Satsuma – 30 miles from the medical center. Dr. Liner decided that Sterling was a candidate for **intracranial mechanical thrombectomy**, a minimally invasive procedure that saves lives by restoring blood flow to the brain after a stroke.

The thrombectomy, combined with the quick action by all involved -- including Sterling's wife, the first responders, Dr. Liner and his team -- may have saved his life and almost certainly prevented debilitating outcomes like paralysis.

North Oaks is the only hospital on the Northshore performing this lifesaving procedure. A Hammond native, Dr. Liner joined North Oaks Imaging Associates in August 2017, bringing with him a unique set of skills that offer patients

How does a thrombectomy work?



nonsurgical, ground-breaking treatment for strokes and aneurysms like thrombectomy.

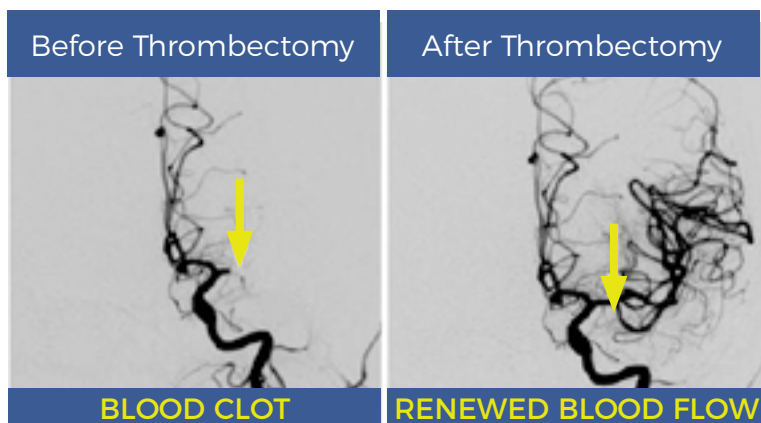
By North Oaks
Contributing Writer
Nanette Russell White



Stroke is the world's No. 2 cause of death and a leading cause of disability. Patients have traditionally been treated with plasminogen activator (tPA), a clot-busting drug that must be used within 4½ hours to be effective.

The window for success with thrombectomy is wider. Ideally, the procedure should be done within six hours of onset of acute stroke symptoms. For some patients under certain conditions, it can still be effective if done within 24 hours.

During the thrombectomy, trained doctors use a wire cage device called a stent retriever to remove a large blood clot. Doctors thread a catheter through an artery in the groin up to the blocked artery in the brain. The stent opens and grabs the clot, allowing doctors to then remove the stent with the trapped clot. (See illustration on bottom of page 6.)



“Most importantly, it gives patients a better chance to regain movement, speech and other abilities,” Dr. Liner explains.

In Sterling's case, once he arrived at North Oaks, a CT scan was conducted to locate the clot, and soon the thrombectomy was underway. According to Rivet, the procedure took about 53 minutes.

When he awoke, Sterling showed no visible signs of the stroke, even mentioning his appetite and inviting the medical team to his house for ribs. And, just two days later, Sterling was back at home with his wife of 30 years.

“He's been such a miracle,” she adds, sharing that he is also a prostate cancer survivor and a dialysis patient.

The Sterlings are grateful to Dr. Liner and the team that performed the thrombectomy, though he remembers only parts of the events that transpired, including Dr. Liner's explanation of the procedure.

“He talked like he was fishing. He went up there and hooked that clot,” Sterling shares.
“North Oaks is No. 1 in my book, from the receptionist to the doctors. Everyone!”

Foundation Raising Funds for Biplane Unit

The North Oaks Foundation, established in 2015 to improve the region's health through philanthropic efforts, is raising funds for a machine which will make performing interventional procedures, like the mechanical thrombectomy, safer and faster than current technology.

North Oaks is purchasing a \$1.8 million neurointerventional biplane unit to support the interventional radiology program. The foundation has committed to raising \$500,000 toward the purchase.

The imaging machine is specifically designed for the diagnosis and treatment of neurological disorders, such as stroke and brain aneurysms. It has two-dimensional and three-dimensional capabilities that allow a neuroradiologist to view the brain, arteries and spine with one single injection of X-ray dye. The biplane can also reduce risk, length of stay and burden to a patient and family for many neurological disorders.

“The foundation recognizes the value and importance of the work that Dr. Zachary Liner and the North Oaks Interventional Radiology Department are performing and has committed to raise funds to help with the purchase of the biplane,” states Executive Director Staci Arceneaux.

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



WOMEN: NOW IS THE TIME FOR CANCER SCREENING

With National Ovarian and Gynecologic Cancer Awareness Month in September and Breast Cancer Awareness Month in October, now is the perfect time for women to schedule their well-woman exams and determine if they — or someone they love — are due for an important preventive health screening.

BREAST CANCER

Breast cancer is **the second most common cancer in women in the U.S.** The American Cancer Society estimates that more than **266,000** new cases of invasive breast cancer will be diagnosed this year, as well as nearly **64,000** new cases of non-invasive breast cancer. **On average, a woman has a 1 in 8 chance of developing breast cancer in her lifetime.**

CERVICAL CANCER

This year, about **13,000** women in the U.S. will be diagnosed with a new case of invasive cervical cancer. More than **4,000** will die from the disease. **However, when diagnosed early, cervical cancer is one of the most preventable cancers.** A Pap smear test can find changes in the cervix before cancer develops.

OVARIAN CANCER

Ovarian cancer accounts for more deaths than any other cancer of the female reproductive system. Roughly **22,000** women in the U.S. will receive a new diagnosis of ovarian cancer this year, and more than **14,000** will die from the disease. **A woman's risk of getting ovarian cancer during her lifetime is about 1 in 78.**

Source: cancer.org

To schedule a well-woman exam, contact your health care provider or call **Magnolia Obstetrics & Gynecology** for an appointment.

The physicians at **Magnolia Obstetrics & Gynecology** offer adolescent and adult women the unique care they deserve by putting their patients at ease and taking the time to listen to their health care concerns.

Call **(985) 230-APPT [2778]** in Hammond or **1 (844) APPT-NOW [277-8669]** in Livingston to schedule an appointment.



THE IMPORTANCE OF EARLY DETECTION & ANNUAL CHECK-UPS

The earlier cancer is detected and treated, the better.

How often a woman needs a checkup can vary based on individual medical needs, but women should see their health care providers regularly.



KEY POINTS TO REMEMBER:

- Take steps to prevent cancer – exercise regularly and eat a healthy diet.
- Know how your body normally looks, feels and reacts when healthy.
- If you notice any changes, tenderness or pain, you should schedule an appointment with your health care provider as soon as possible.
- Learn the risks of gynecologic cancers, including whether you have a family history of ovarian, cervical or breast cancer.
- Anyone with a cervix and ovaries can develop cervical and ovarian cancer, regardless of age or family history.
- Get the screenings your health care practitioner recommends. Cancer is most treatable when diagnosed early.



good-for-you Cornbread

INGREDIENTS

1 cup cornmeal	1 cup buttermilk, 1% fat
1 cup flour	1 egg, whole
¼ cup white sugar	¼ cup margarine, regular
1 tsp. baking powder	1 tsp. vegetable oil (to grease baking pan)

HOW-TO

1. Preheat oven to 350 degrees F.
2. Mix together cornmeal, flour, sugar and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to the dry ingredients.
5. Add margarine and mix by hand or with a mixer for 1 minute.
6. Bake for 20 to 25 minutes in an 8x8-inch greased baking dish. Cool.
7. Cut into 10 squares.

Makes 10 servings

Serving Size: 1 square	Calories: 178
Fat: 6 grams	Saturated Fat: 1 gram
Cholesterol: 22 mg	Sodium: 94 mg
Carbohydrates: 20 grams	Source: www.nhlbi.nih.gov



Play It Safe Offers Fun for Families

North Oaks Shock Trauma team and Emergency Department treat children who suffer from injuries that could have been prevented.

With that in mind, North Oaks is once again sponsoring **Play It Safe** for children ages 12 and under. The fourth annual event will offer education, demonstrations and activities from **10 a.m. to 1 p.m., Oct. 6, at Cate Square Park** in downtown Hammond.

The park will be divided into three safety zones:

Wheel Zone – bike helmets for children 12 and under will be fitted and given away to those who are preregistered before Sept. 23., all-terrain vehicle tips will be provided and seat belt demonstrations will be presented

Outdoor and Sports Zone – animal/pet tips and outdoor survival tips will be given and playground safety demonstrations will be presented

Home Zone and Rescue Wheels Tours – home hazard, food safety and fire safety education will be given and fire truck, police vehicle and ambulance tours will be available.

For full details, visit www.northoaks.org/safe.

An addition to the event will be **Operation Life 5K**, a joint effort by the **Louisiana Organ Procurement Agency** and **North Oaks** to raise awareness about the power of organ and tissue donation.

Advance registration for the run is \$35. Same-day registration is \$40 and will begin at 7 a.m. the day of the event, with the race beginning at 8:30 a.m.



To register online or learn more, visit www.lopa.org/op5k.



Emergency Services Drive Renamed Jay Smith, MD, Drive at North Oaks Medical Center

North Oaks Medical Center's Emergency Services Drive has been renamed in memory of Dr. Jay Smith, who served as medical director of the emergency department for 22 years until his untimely passing in July 2016.

With approval from the planning commissions of the Tangipahoa Parish Council and the City of Hammond this year, the street has been officially renamed "Jay Smith, MD, Drive."

The change honors Smith's legacy and contributions to the health system's past, present and future, according to North Oaks President/CEO Michele Sutton.

On Aug. 15, the North Oaks team joined with Smith's family for a ribbon cutting.

"Jay was an amazing doctor, friend and family man with a great capacity to empathize. He designed a work environment that felt like a family where we cared for patients and each other," Emergency Department Medical Director Brandon Cambre, MD, praised. "His spirit lives on, and having this street named in his honor cements the legacy he created."



Winter Is Coming: Are Your Joints Ready?

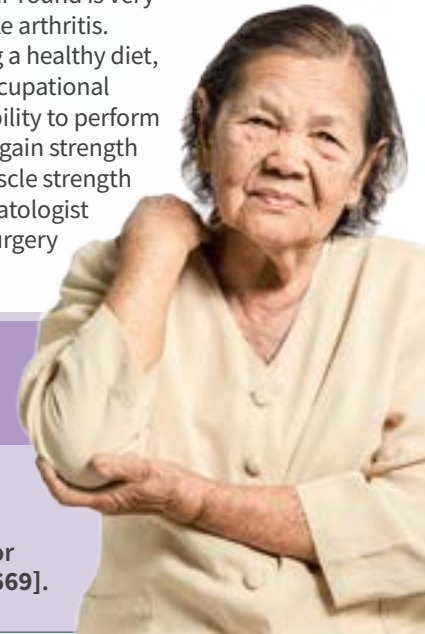
Winter is just around the corner and although the season tends to be milder in this section of the South, people who live with arthritis can usually tell when those first cold days are coming.

Arthritis pain affects about 1 in 5 people. Of the more than 120 types of arthritis, the most common types are osteoarthritis, rheumatoid arthritis and gout.

The painful aches from arthritis are often worsened in cold or damp weather. Studies have shown that certain weather conditions, such as drops in temperature and barometric pressure or an increase in precipitation, tend to make arthritis pain worse. Although it is not known exactly why this happens, it is believed that some conditions in the atmosphere increase swelling in the joint capsule.

Source: arthritis.org

To help alleviate the discomfort during colder months, be sure to dress warmly and do as much as possible indoors where the temperature is controlled. Maintaining a healthy lifestyle year-round is very important in managing chronic conditions like arthritis. Proper posture and exercise, as well as eating a healthy diet, may relieve aches and pains. Physical and occupational therapy can help reduce pain and improve ability to perform routine tasks using appropriate exercise to regain strength and range of motion. Exercise to improve muscle strength and bulk can reduce symptoms too. A rheumatologist also may prescribe medications or suggest surgery in more severe stages of arthritis.



If you or a family member is suffering with joint pain or swelling, see a physician.

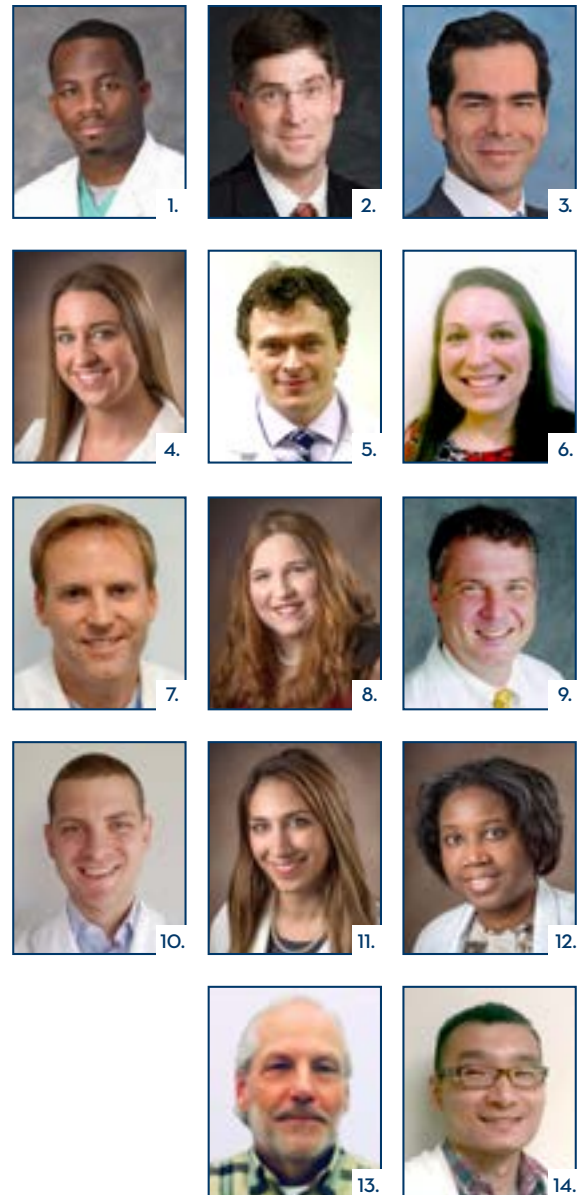
To make an appointment with a rheumatologist, call **North Oaks Rheumatology Clinic in Hammond at (985) 230-APPT [2778] or in Livingston at (844) APPT-NOW [277-8669].**

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. **Gabriel Agbanyim, MD***
Hospital Medicine
North Oaks Hospital Medicine Dept.
(985) 230-3066
2. **Michael Brumund, MD**
Pediatric Cardiology
Childrens Hospital
(504) 896-9751
3. **Ramy El Khoury, MD**
Neurology
Neurocare of LA
(985) 805-2555
4. **Ashley Ingolia, MD***
Internal Medicine
Northshore Internal Medicine Assoc.
(985) 230-7675
5. **Konstantin Kovtun, MD**
Radiation Oncology
Mary Bird Perkins Cancer Center
(225) 767-0847
6. **Michelle Knecht, MD**
Neonatology
North Oaks Medical Center
(985) 345-2700
7. **James Krulisky, MD**
Pediatric Cardiology
Childrens Hospital
(504) 896-9751
8. **Jennifer Owens, MD***
General Surgery
North Oaks Surgical Associates
(985) 230-7430
9. **Bryan Payne, MD**
Neurosurgery
Neurosurgery Clinic at University Medical Center
(504) 702-4500
10. **Casey Steen, MD***
Hospital Medicine
North Oaks Hospital Medicine Dept.
(985) 230-3066
11. **Shahrzad Talebinejad, MD***
Trauma Surgery
North Oaks Shock Trauma
(985) 230-1870
12. **Cynthia Willingham, MD**
Physical Medicine & Rehabilitation
North Oaks Physical Medicine & Rehabilitation Clinic
(985) 230-1860
13. **Fred Spencer Willis, Jr., MD, MHA***
Emergency Medicine
North Oaks Medical Center
(985) 345-2700
14. **Shaun Xiao, DO**
Oncology
Ochsner Clinic Foundation
(985) 875-2828

* 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 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.

**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.*

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.

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.

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

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

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



**Mammograms
are less painful
than this.**

Imagine the pain of not knowing... **EARLY DETECTION IS THE KEY!**

Women should have an annual mammogram beginning at 40 years of age.

In recognition of Breast Cancer Awareness Month, North Oaks is offering digital screening mammograms at a special \$50 rate. A bone density scan that screens for osteoporosis also is available for the same rate. Both screenings can be scheduled together for a special \$70 rate.

Your doctor can help you determine when a mammogram is right for you. Each cash price covers exam costs and radiologist reading fees. A physician order is required for these screenings. Insurance companies will not be charged. Any additional medical procedure deemed necessary will follow normal billing processes.



Schedule your screenings today at one of our convenient locations:

North Oaks Diagnostic Center
15837 Paul Vega, MD, Drive
Hammond, LA 70403 • (985) 230-7777

North Oaks—Livingston Parish Medical Complex
17199 Spring Ranch Road (I-12 @ Satsuma)
Livingston, LA 70754 • (225) 686-4899



www.northoaks.org/mammospecial