



C NORTH OAKS Community

VOLUME 22 • NUMBER 4 • 2020

Thyroid:

**THE ENGINE THAT
DRIVES THE BODY**

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A MESSAGE FROM NORTH OAKS HEALTH SYSTEM CEO

On April 20, North Oaks employees, doctors and volunteers celebrated 60 years of serving as the region's primary health care system.

From the humble beginning of Seventh Ward General Hospital, we have grown to the largest community-based hospital organization on the Northshore. We now encompass a 330-bed acute care hospital, Region 9's only Level II Trauma Center, a 27-bed medical rehabilitation hospital, a free-standing surgical center, two diagnostic centers and the region's largest multispecialty provider clinic network. Health system operations have a \$2 billion economic impact in our region, and we support more than 100 community events annually through volunteer, in-kind and monetary sponsorships.

But the people behind these statistics – the North Oaks family – and their commitment to improving the health of our patients is the constant that has driven our growth and success for more than 60 years.

During the last six months, I have borne witness to the unwavering dedication and compassion of our staff as COVID ravaged our state in the early stages of the pandemic. These extraordinary professionals worked tirelessly to establish a separate ED triage process for symptomatic patients, manned a COVID hotline to quickly triage people who believed they may be symptomatic and help them get the appropriate care, and countless other acts that saved lives and calmed fears.

As best practices evolved to keep people and organizations safe, our team worked closely with state, parish and local government officials on response plans; collaborated with our media partners to get needed information to the public; and shared their expertise with other health care providers about the proper fit and use of personal protective equipment and effective infection prevention practices. We partnered with community organizations to help businesses resume operations safely. Working together, we all helped flatten the curve and prevent untold infections and deaths in our community.

I saw nurses comfort patients who were unable to have visitors due to government mandates – arranging video chats with family, getting that extra ice cream and coaxing smiles from patients, many of whom were facing the biggest health challenge of their lives. I saw them comfort one another on the worst of days, and celebrate together when we successfully discharged a patient.



And all the while, the “normal” business of the hospital continued. Healthy babies were born – we welcomed little **Brix Hodges** – a third generation baby delivered at North Oaks Medical Center in February. His father, **Lance Hodges**, was born at North Oaks and his grandfather, **Larry Hodges**, was the FIRST baby born here on the day North Oaks opened its doors. Stroke patients continued to receive state-of-the-art care. Helicopters continued to bring trauma patients from falls, automobile crashes and accidents to the emergency department.

Working in health care humbles a person. We see people at their most vulnerable, and are privileged to be a part of their lives as they navigate illness, recover from injury or welcome a precious new life into the world. We're proud to be your community hospital, and our resolve to improve lives and calm fears; educate providers, patients and caregivers; and have a positive impact on our economy and the community remains steadfast.

And on behalf of the North Oaks family, thank you for the support you have shown us for the last 60 years, and the last six months. The outpouring of supplies, hand-made face masks, meals and countless acts of appreciation have truly kept us going during this very difficult time. We appreciate you – our family, friends and neighbors – and look forward to the next 60 years of caring for our community.

Michele K. Sutton, FACHE



PATIENTS OVERCOME OBSTACLES

on Journey To Recovery

From the emergency room to outpatient rehabilitation, some patients travel through a diverse range of medical services while on the road to recovery. Often the journey is a long and weary process that tries even the strongest and most determined individuals.

Roger Tucker, 54, and **Benny Latino**, 76, are two such patients. They suffered entirely different life-threatening illness and injury, but through perseverance, hard work and positive attitudes – guided by committed health care teams – they share the path to recovery that allows them to enjoy their lives to the fullest today.

Earlier this year, Roger Tucker was at his mailbox when a pickup truck hit him from behind, tossing him 30 feet and causing fractures to his ribs, pelvis, patella, tibia and shoulder. He also suffered a punctured lung and lacerated spleen.

Although he doesn't recall the hours immediately following the accident, the Tickfaw resident was treated at North Oaks Medical Center's emergency room, and spent 11 days in acute inpatient therapy and nine days in North Oaks Rehabilitation Hospital's Comprehensive Medical and Rehabilitation (CMR) unit. He continued outpatient care three times a week for months which he is now able to continue from home.

Tucker praises the North Oaks staff for their compassion and "tremendous" support - even during the pandemic - as he fought to recover fully. "They showed genuine concern and wanted to help in any way they could," Tucker shares. "It was a difficult but positive experience because of the way I was treated. They set up my pathway to recovery and I am forever grateful for those incredible people."

Today, he is optimistic and looking forward to transitioning back to his full-time job with a global oil and gas company in addition to enjoying future recreational activities.

When Latino suffered a massive stroke, he was given only a 50% chance of survival.

He wasn't expected to walk or talk again but now you

might catch him attending daily church services, having breakfast at a local eatery or riding his golf cart around the Southeastern Louisiana University campus.

"I was brought to North Oaks and stayed in a coma for 2½ days and remained in the hospital for more than two months," recalls Latino who ran a popular downtown Hammond bar for more than 50 years. "When I woke I couldn't speak a word or even stand."

Following his discharge from North Oaks Medical Center, he received more intensive inpatient therapy at the rehab hospital's Comprehensive Medical Rehabilitation unit and endured weeks of outpatient physical and occupational therapy. He suffered from severe expressive aphasia and apraxia of speech – he knew what he wanted to say but couldn't "find" the right words and could not make his mouth move the way he wanted.

Like Mr. Tucker, Mr. Latino praises everyone from the front line staff to President/Chief Executive Officer **Michele Sutton** for providing a positive environment for healing.

"The nurses, doctors and everyone were really good to me. The speech therapists were unbelievable. We're all good friends now and they come to visit me at the bar or sit with me at a Southeastern baseball game," he reveals. "I wanted them to see me walk. I'm a very stubborn old Italian, and thank God I am because it really helped me."

Latino admits that in addition to the professionalism and compassion of his care team, a patient's attitude is also critical to a successful recovery. His positive outlook even led him to participate in a stroke support group and become a cheerleader for other stroke patients during their recovery process.

"People get so down they just want to quit. Please don't quit. Keep going. Keep going," he urges.

The North Oaks team is proud to have been part of the healing journey for both Mr. Tucker and Mr. Latino. From diagnosis to acute care to rehab to recovery, if you need us, we are here for you.

LOCAL COUNCILWOMAN REMINDS WOMEN TO BE



Breast Self-Aware

When Hammond City Councilwoman **Carlee White Gonzales** had a health scare, she turned to Magnolia OB/GYN and North Oaks Diagnostic Center for guidance.

After sensing something unusual in her breast, Carlee visited her obstetrician/gynecologist and voiced her concern. Her doctor, **Kimberly Guillory, MD**, advised she have a 3D mammogram, despite the fact that she was under 40 – the recommended age for a first screening – and had no family history of breast cancer or inherited changes to certain genes like BRCA1 and BRCA2. Carlee had also breastfed her son, which helps lower the risk of breast cancer.

“My wonderful doctor listened to me...,” Carlee shares. “I went to North Oaks Diagnostic Center for the mammogram and ultrasound and the staff there were incredible. It was an uncomfortable and fairly unpleasant experience but I knew it was necessary and I have no complaints about the process or care I received.”

When the tests revealed something suspicious, the next step for Carlee was a biopsy, a test that removes

tissue or fluid from the suspicious area. The removed cells are examined under a microscope and further tested to check for the presence of breast cancer.

“That was rough,” Carlee recalls. “However, the doctor and nurses at North Oaks were even more incredible this time around. They were reassuring, supportive and kind during a scary experience.”

Fortunately, the biopsy results were negative, and Carlee is healthy today.

“You better believe I will continue self-checks and I encourage all women to do the same,” she discloses. “The days before knowing the results made me think through some terrifying ‘what ifs.’ But this experience just further tells me that it’s worth it to do the uncomfortable and embarrassing things.”

Dr. Guillory notes that as in Carlee’s case, breast self-awareness means knowing what is normal for your own breasts and paying attention to any changes that you might feel.

“If you notice a change, tell your health care provider. Most importantly, don’t panic! Sometimes changes in how your breasts feel can simply be due to hormonal changes,” she explains.

And, Carlee suggests not putting off health concerns because of embarrassment or false confidence that nothing is wrong.

“Early detection can save lives,” she warns. “Take advantage of our great local hospital, North Oaks Medical Center, and take care of yourselves!”

In keeping with its mission of improving lives, North Oaks became the first facility in Louisiana to launch 3D mammography with ProFound AI™ in May 2019. Patients are benefiting from accurate results, faster diagnosis and fewer unnecessary callbacks.

ProFound AI™ is 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 cancer before it can be felt.

According to the Centers for Disease Control and Prevention, the average size of a lump found through an annual mammogram is one-eighth the size of a lump found through occasional self-exams.

At North Oaks, mammograms are performed by an all-female staff, and flexible paddles are used to distribute compression more evenly across the breast for comfort.

To learn more about 3D mammography at North Oaks, visit www.northoaks.org/3Dmammo.

NORTH OAKS OFFERS SCREENING 3D MAMMOGRAMS FOR \$50 CASH PRICE IN OCTOBER

North Oaks Diagnostic Center is offering a \$50 cash price for screening 3D mammograms with artificial intelligence-aided detection during National Breast Cancer Awareness Month this October.

Bone density scans that can detect osteoporosis also are available for \$50. Patients also have the option of scheduling a screening mammogram and bone density scan together for \$70 at a savings of \$30.

The cash prices cover exam costs and a radiologist's reading fees. Insurance companies will not be charged. Any additional medical procedure deemed necessary would follow normal billing processes.

To schedule a screening appointment with a provider's order, call North Oaks Scheduling between 7 a.m. and 5:30 p.m. weekdays at (985) 202-5469. If you are in need of a mammogram order, please contact your provider's office.



Thyroid:

THE ENGINE THAT DRIVES THE BODY

Tysha Martin was in a vicious cycle – she was depressed because she was fat and fat because she was depressed.

At least that's how she saw herself. Martin, 49, had had eight back surgeries and never been overweight. But, despite an exercise routine and diets, she gained more than 45 pounds in a seven-month period.

"I asked myself, 'Why is this happening to me?' I felt so defeated; I didn't feel like myself," she remembers.

Her primary care doctor suggested something might be amiss with her thyroid. So when she learned that **Dr. A. Mannan Khan** had recently joined North Oaks Endocrinology, she made an appointment to see if her thyroid could be causing her problems.

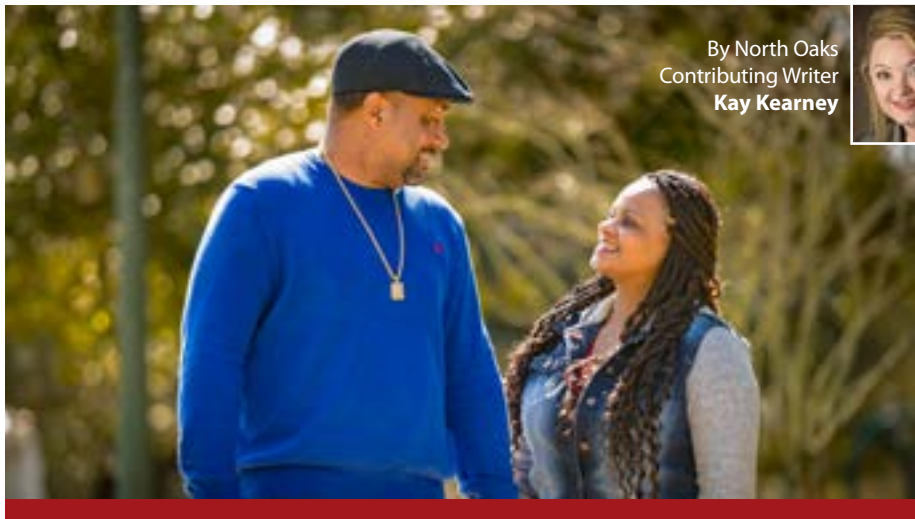
Dr. Khan and his partner, **Dr. Corey Majors**, help diagnose, manage and treat thyroid conditions such as hypothyroidism, hyperthyroidism, Hashimoto's disease, goiter, Graves' disease, thyroid cancer and nodules.

During Martin's first visit, Dr. Khan guided her through a maze of questions and concerns she had about the butterfly-shaped gland in the front of her neck.

"I didn't realize what the thyroid controlled," she recalls. "Dr. Khan educated me and didn't leave any stone unturned."

The thyroid – the engine that drives the body – controls the speed of metabolism. Thyroid disorders can slow down or rev up metabolism by disrupting the production of thyroid hormones.

The thyroid creates two thyroid hormones, triiodothyronine (T3) and thyroxine (T4). In addition to regulating metabolism, the thyroid can also affect the following functions: heart rate; body temperature; muscle strength; body weight; menstrual cycles; nervous systems; and cholesterol levels.



By North Oaks
Contributing Writer
Kay Kearney



After reviewing Martin’s medical history during a “lengthy conversation,” Dr. Khan diagnosed her with hypothyroidism, a condition in which the thyroid gland doesn’t make enough hormones to keep the body running normally. About 4.6% of Americans age 12 years and above suffer from hypothyroidism.

“The conversation was about me,” Martin shares. “My appointment wasn’t rushed, and he was very compassionate. It was very customized – like meeting with a tailor who was making a dress just for me.”

Dr. Khan, himself a thyroid cancer survivor, explained to Martin that many are surprised when they are diagnosed with a thyroid condition. And, there are often thyroid disease symptoms that are overlooked and untreated.

In addition to weight gain, Martin’s symptoms included fatigue and mood swings. She confesses that she often lacked the energy and interest in familiar and favorite activities, like taking road trips with her husband **Harold** in their Corvette.

After a thorough evaluation, Dr. Khan was able to regulate Martin’s medication and to assist with her nutritional needs – always encouraging her and providing positive reinforcement.

“Dr. Khan assured me that the way I was reacting was

normal and told me to quit beating myself up for feeling the way I did,” she adds.

She has since lost 25 pounds and has control over her emotions. She sees Dr. Khan every three months to manage the hypothyroidism and to stay on track with his support.

“The collaboration between Mrs. Martin and myself is paying off – she has had an excellent outcome for her disease process,” Dr. Khan notes. “Through following up regularly with labs and office visits, it is now well controlled.”

Martin credits Dr. Khan for the successful changes in her lifestyle.

“Dr. Khan is not just a doctor. He’s a partner in my journey,” she concedes. “He’s given me the tools to keep going and to be empowered. I feel like myself again, and I am comforted knowing Dr. Khan will be there to help me navigate any changes on my journey.”

If you believe you may have a thyroid problem, schedule an appointment today with Dr. Khan or Dr. Majors.
Hammond : (985) 256-4219
Livingston : (844) 619-0726
Online: www.northoaks.org/thyroidcare



CHECK YOUR NECK!

A thyroid neck check can help locate lumps or enlargements that may be due to thyroid conditions including benign nodules, goiter or thyroid cancer. You can perform a simple self-check of your thyroid.

1. Look in a mirror at the lower front area of your neck.
2. Tip your head back.
3. Take a sip of water and swallow.
4. As you swallow, look for any bulges or protrusions.
5. If you notice anything abnormal, be sure to contact your doctor.

North Oaks Endocrinology Clinic board certified physicians help diagnose, manage and treat thyroid conditions such as **thyroid nodules and cancer, hypothyroidism, hyperthyroidism, Hashimoto’s disease, goiter and Graves’ disease.**

Three North Oaks Clinical Pharmacists among Elite Group of 161 Pharmaceutical Professionals in Louisiana to Earn Highest Certification in their Field

Pharmacists play a vital role in any health and recovery plan. It is the pharmacist's responsibility to obtain and evaluate medications specified for each patient's medical conditions or status in order to help optimize medication management and prevent errors.

Given the complex nature of some insurance and reimbursement plans, pharmacists also are tasked with making sure that these same medications are readily available as effective and affordable treatment options.

At North Oaks, patients benefit from the knowledge and expertise of an entire department of pharmaceutical experts, three of whom recently achieved additional certifications through the Board of Pharmaceutical Specialties (BPS).

Clinical Pharmacists **Jennifer Bowles** and **Sabrina Moragne** earned board certification in Pharmacotherapy, which involves the treatment of disease with medications, and **Whitney Rogers** earned board certification in Critical Care Pharmacy, which focuses on managing the safe and effective use of medications in critically ill patients.

By earning BPS certification, Bowles, Moragne and Rogers join an elite, worldwide group of 46,000 pharmaceutical professionals, of which only 161 are certified in Louisiana. Board certification through BPS is recognized worldwide as the gold standard for determining which pharmacists are uniquely qualified to contribute at advanced practice levels.

"Having and maintaining these specialty board certifications strengthens our ability to collaborate with each patient's overall care team to provide safe and comprehensive care – even in complex cases," Bowles explains.

Moragne adds, "Ultimately, the goal is for patients to benefit from improved health, outcomes and experiences, and decreased medication costs."

"We look forward to using the knowledge gained from these certifications to forward the health system's mission of improving lives every time and with every touch," affirms Rogers.

Bowles has belonged to the North Oaks Pharmacy team for 15 years, and Moragne has served for seven years, while Rogers joined the staff four years ago in 2016. All three clinical pharmacists also are certified by the Society of Infectious Diseases Pharmacists and have earned Antimicrobial Stewardship Certificates for Acute Care, which promotes the appropriate use of antibiotics to combat resistance and unnecessary use.

According to BPS, certified pharmacists are responsible for addressing the complex medication needs of patients in all practice settings. Physicians and other health care providers rely on board certified pharmacists to help design new or modify existing medication regimens, monitor for and prevent adverse reactions or interactions, and recommend the most cost-effective treatments. Their involvement can enhance patient satisfaction via fewer complications in drug treatment, improve laboratory monitoring, eliminate unnecessary medications, reduce the length of hospital stays and lower treatment costs.

Established in 1976 as an autonomous division of the American Pharmacists Association, BPS is recognized as the premiere post-licensure certification agency for the pharmacy profession.



Your Medical Bill, Simplified.

Patients receiving care from providers employed by North Oaks Health System will no longer receive separate statements. For your convenience, you will receive a single statement with both your hospital and provider balances. The combined statement will clearly show the amount due for both balances. Payments are applied to the oldest balance unless you direct otherwise.

If you receive care from an independent health care provider not employed by North Oaks, you may receive a separate bill from that provider.

As always, the North Oaks Financial Assistance Center is available to answer any questions about bills, paperless billing, application of payments, payment assistance plans and other issues.

If you have questions about your bill, please call the Financial Assistance Center at (985) 230-2580. You can also access electronic paperless statements, make payments, set up payment plans and update your preferences on myCHART at mychart.northoaks.org.

North Oaks Sports Medicine Recognizes 2019-2020 Student-Athletes of the Year

North Oaks Sports Medicine certified athletic trainers join with the providers of **North Oaks Orthopaedic Specialty Center** to announce the selection of Albany High School's **Abrielle Ochsner** and **Caleb Puma** as **2019-2020 "Student-Athletes of the Year."**

Ochsner and Puma were selected from all "Student-Athletes of the Month" for both Tangipahoa and Livingston parishes based on the number of votes received via an online poll conducted June 30-July 9.



Abrielle Ochsner

Rising junior Abrielle Ochsner has cheered for the Hornets for two years.

Cheer Sponsor **Deloy Duhon** shares that Ochsner, an honor student, is known for her kindness.

On top of taking high school algebra, biology, English and human geography advanced placement and honors classes,

she is a student of Southeastern Louisiana University's dual enrollment program and was recognized on the president's list.

Ochsner is active in Beta Club and the Student Government Association. She served as sophomore representative this past school year.

Caleb Puma

Recent honor graduate Caleb Puma played basketball for the Hornets all four years of high school. As a guard in his senior year, he averaged 18 points per game and received honorable mention as an All-Parish selection.

In May, Puma committed to play basketball at Centenary College in Shreveport, where he plans to study Business Management.

Head Boys Basketball Coach **Chris Carter** notes that Puma often shares his love of the game mentoring younger players.

"In his spare time, Caleb mentors elementary and middle school student-athletes. He imparts the importance of hard work and a positive attitude to achieving their goals and becoming a role model to their peers," Carter explains.

Puma also participates in community outreach and fundraising activities through the Legacy Youth Group of his church, New Beginnings Outreach in Holden.

To learn more about North Oaks Sports Medicine or the Student-Athlete of the Season/Year program, visit www.northoaks.org/sportsmedicine.



NORTHOAKS

• F O U N D A T I O N •

Raising the Roof for Charity Home Raffle



Don't miss your chance to win this year's Raising the Roof for Charity Home and support the North Oaks Foundation in the process.

Purchase your ticket online today at

<https://www.rayze.it/raisingtheroof/?aff=NorthOaks>.

Each year, the Northshore Homebuilders Association designs and builds a home of exceptional quality to raffle off through the Raising the Roof Foundation to benefit charitable organizations. For the second year, North Oaks Foundation is one of the charities benefiting from the Raising the Roof for Charity Home raffle.

The grand prize home is located at 72417 Homestead Street in Covington, Louisiana, and features three bedrooms, two baths, a mudroom, fireplace and walk-in pantry. The grand prize drawing will be held November 1, 2020.

In addition to the grand prize home drawing, a \$10,000 cash drawing will be held October 15. Anyone who has purchased a raffle ticket before the cash drawing is eligible to win. The winning ticket will be reentered in the grand prize home drawing.

For more details, including the house plans, visit raisingtherooffoundation.org.

INGREDIENTS

- 1 Granny Smith apple, rinsed and sliced thinly (with skin)
- 2 Tbsp lemon juice
- 1 bag mixed lettuce greens (or your favorite lettuce) (about 5 cups), rinsed
- ½ cup dried cranberries
- ¼ cup walnuts, chopped
- ¼ cup unsalted sunflower seeds
- ¼ cup low-fat raspberry vinaigrette dressing

DIRECTIONS

1. Sprinkle lemon juice on the apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with raspberry vinaigrette dressing, to lightly cover the salad, and serve.

Makes 6 servings.

Calories: 132 | Total fat: 7 g | Saturated fat: 1 g | Cholesterol: 0 mg | Sodium: 41 mg
Total fiber: 3 g | Protein: 3 g | Carbohydrates: 19 g | Potassium: 230 mg

Note: Nutritional information may vary depending on selection of ingredients.

Percent Daily Values are based on a 2,000 calorie diet.

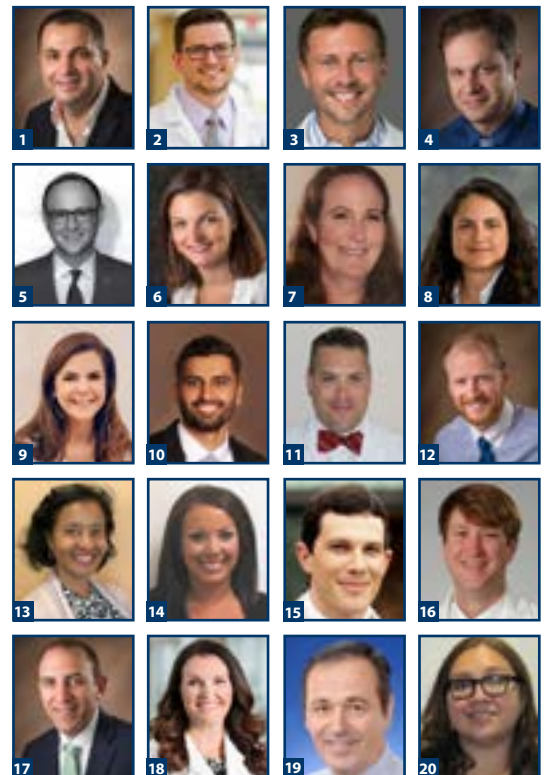
Source: <https://healthyeating.nhlbi.nih.gov>

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. **Nidal Abi Rafeh, MD***
Interventional Cardiology
North Oaks Cardiology Clinic
(985) 230-7350
2. **W. Luke Alls, DO***
Hospital Medicine
North Oaks Medical Center
(985) 345-2700
3. **Matthew Bernard, MD***
Emergency Medicine
North Oaks Medical Center
(985) 345-2700
4. **Barry Breaux, MD***
Pathology
North Oaks Pathology
(985) 345-2700
5. **Dustin Cotliar, MD, MPH***
Emergency Medicine
North Oaks Medical Center
(985) 345-2700
6. **Kelly Gajewski, MD**
Pediatric Cardiology
Children's Hospital
(504) 896-9751
7. **Christina Goodridge, MD**
Obstetrics & Gynecology
North Oaks Obstetrics & Gynecology
(985) 542-0663
8. **Sonia Granera, MD***
Hospital Medicine
North Oaks Medical Center
(985) 345-2700
9. **Cristina Halk, MD**
Pediatrics
North Oaks Pediatric Clinic
(985) 542-4950
10. **Haroon Iqbal, MD***
Hospital Medicine
North Oaks Medical Center
(985) 345-2700
11. **Jon Mares, DO**
Nephrology
Kidney & Hypertension Associates
(985) 419-9939
12. **Noah McGill, MD***
Diagnostic Radiology
North Oaks Imaging Associates
(985) 230-6700
13. **Delia Morgan, MD**
Pediatric Hospitalist
Children's Hospital
(504) 894-6929
14. **Courtney Muller, FNP-C***
Emergency Medicine
North Oaks Medical Center
(985) 345-2700
15. **Michael Queen, MD***
Anesthesiology
North Oaks Medical Center
(985) 345-2700
16. **Jonathan Schoen, MD***
Surgical Critical Care /
Trauma Surgery
North Oaks Shock Trauma
(985) 230-1870
17. **Nader Shourbaji, MD***
Orthopaedic Hand Surgery
North Oaks Orthopaedic
Specialty Center – Hammond
(985) 230-2663
18. **Pamela Simmons, MD**
Perinatology
North Oaks Perinatology
(985) 230-7790
19. **Dražen Šošić, MD***
Hospital Medicine
North Oaks Medical Center
(985) 345-2700
20. **Crystal Trujillo, MD***
Pathology
North Oaks Pathology
(985) 345-2700



* employed by North Oaks Health System

COMMUNITY EDUCATION

Availability of classes is dependent on current phasing guidelines for COVID-19 and is subject to change.

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 a parent/guardian.

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 assist with installation 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

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.

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.

Please visit www.northoaks.org/calendar for updated information on availability and to register.



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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

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ONE THING YOU SHOULD NOT CANCEL IN 2020



An outpatient colonoscopy is the single most important thing you can do to prevent getting colorectal cancer. It could save your life.

Did you know that many cases of colorectal cancer have no symptoms or warning signs until the cancer has spread? If you're 45 or older, now is the time to have a colonoscopy.

Call us to schedule a consultation at (985) 243-9022.



Improving Lives. Every Time. Every Touch. Learn more at www.northoaks.org/colon.

