

C NORTH OAKS Community

VOLUME 25 • NUMBER 1 • 2023

KICK OFF THE NEW YEAR RIGHT!

2023 HEALTHCARE GUIDE

INCLUDES ANNUAL
HEALTH SCREENINGS
& VACCINATION GUIDE!

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A MESSAGE FROM
NORTH OAKS
HEALTH SYSTEM
CEO

Each New Year brings with it a time to reflect and look ahead to the promise of tomorrow.

For me personally, I like to take inventory of what I am truly grateful for. This year, more than any other, it is the good fortune I have to lead and work alongside the North Oaks team – people who are committed to each other and the multitudes of people depending on us.

With recovery from the residual effects of the COVID-19 pandemic and Hurricane Ida ongoing for many, I continue to be awestruck by our team's individual and collective contributions toward our mission of improving lives, every time, every touch.

Their mettle on full display, the North Oaks team has demonstrated tremendous resiliency and focus on what is truly important: outstanding evidenced-based healthcare, your safety, teamwork, generosity, courtesy and compassion.

The reality of workforce shortages across our nation truly brings to light that each of our employees could choose to work anywhere. It is a blessing they choose to work here at North Oaks and share their talents, genuine care and expertise with this community!

Our team is North Oaks, and we are ever-ready to care for you and help you live your best life. To this point and to kick off 2023 right, our team has filled this issue of *North Oaks CommUnity* with useful content to help you and your family put health first, prevent health concerns and maximize your wellness.

We take great pride in caring for you like family, and I hope you feel that same pride in knowing that we are here for you when you need us!

Michele Kidd Sutton, FACHE

NORTH OAKS HEALTH SYSTEM FISCAL YEAR ENDING 2022 ANNUAL REPORT

JULY 2021 - JUNE 2022



WELCOMED

50 NEW PROVIDERS

to the North Oaks Medical Staff,
and introduced several new lines
of service to better serve our
community:

GERIATRICS • ONCOLOGY • CARDIOVASCULAR



2,544 Dedicated Employees



105 Selfless Volunteers



6,291 Service Hours

Undeterred by the third and fourth waves of COVID-19 and one of the worst hurricanes in Louisiana's history, North Oaks remained steadfast to our mission of **improving lives every time and with every touch** for our community in which we are proud to serve.

NORTH OAKS HEALTH SYSTEM
ESTIMATE OF
**ECONOMIC
IMPACT**
TO THE COMMUNITY
IN 2022*:

| | DIRECT | INDUCED |
|--------------------|------------------------|------------------------|
| Direct Spending: | \$360,168,452 | \$684,860,311 |
| Indirect Spending: | \$32,415,161 | \$61,637,429 |
| Income: | \$386,292,411 | \$499,360,200 |
| | \$778,876,024 + | \$1,245,857,940 |

\$ 2,024,733,964

* Derived using regional multipliers from RIMS-II by our partners at Southeast Louisiana Business Center and the Southeastern Louisiana University College of Business.

\$87,089 GIVEN IN MONETARY AND IN-KIND SPONSORSHIPS THROUGH CORPORATE PARTNERSHIPS



From the provision of first aid coverage at local events and promoting active lifestyles to health education outreach, we endeavor to transform lives for the better.

- 54** Community Education Classes
- 49** Infant & Child Car Seat Installations & Safety Checks
- 11** Support Group Meetings
- 1,455** Physical Exams provided to student athletes from 12 schools across 2 parishes

Increased accessibility to care and facilities

North Oaks & Chappapeela Sports Park Forge Innovative Partnership.



North Oaks opens new outpatient rehabilitation clinic within Pennington Student Activity Center on Southeastern's campus.



2023 Healthcare Guide

ANNUAL SCREENINGS

Two fundamental goals of a well-functioning healthcare system are preventing disease and helping patients maximize their health.

Our busy work and family lives often keep us from seeing our primary care providers on a regular basis. Still, annual health screenings are vital for preventative health for people of all ages, even if you are feeling healthy. Early detection is critical when treating chronic conditions such as cancer, heart disease and diabetes. By scheduling an annual health screening, you have the opportunity to take control of your health and establish a baseline with your healthcare provider to make shared decisions.

Deciding which health screening to conduct is usually based on the information you give your healthcare provider, so it is important to discuss your complete health history with your healthcare provider at every visit.

Some tests are age and gender-specific. Understanding these tests and when to ask for them can help you stay on top of your overall health.

To the right is a guide to health screenings, organized by age and gender. Most screenings are covered by insurance and are recommended on an annual basis. A referral is needed for some tests and screenings, so work with your **primary healthcare provider** to set up the proper health screenings and appointments needed.

If you need to establish a primary care provider, call (985) 230-2778 or visit www.northoaks.org/primarycare for a list of North Oaks Health System primary care providers and schedule your appointment.



Do you know what screenings you need? Cut out the Health Screenings for Men & Women cards on pages 5-6 to find your checklist by sex and age and keep for reference. If you have questions about screenings, contact your primary care provider.

HEALTH SCREENINGS FOR MEN

Screening Tests

Ages 20-39

Ages 40-49

Ages 50+

| | | | |
|--|---|--|--|
| <input type="checkbox"/> General Health: Full Routine Physical Exam | Every 5 years or as directed by your healthcare provider. | | |
| <input type="checkbox"/> Cholesterol, Diabetes or Kidney Test: Blood Tests & Urinalysis | Every 5 years or as directed by your healthcare provider. | | Every year or as directed by your healthcare provider. |
| <input type="checkbox"/> Heart Health: Blood Pressure Reading | Every 2 years – more frequently if more than 120/80 mm Hg. | | Every 1-2 years – more frequently if more than 120/80 mm Hg. |
| <input type="checkbox"/> Colorectal Health: Rectal Exam, Hemoccult Test or Colonoscopy | N/A | Every 10 years after age 45. | Every 10 years after age 45. |
| <input type="checkbox"/> Prostate Health: Prostate Specific Antigen (PSA) Test | N/A | Men at high risk should begin at age 40. Consult your healthcare provider for details. | Consult with your healthcare provider for details. |
| <input type="checkbox"/> Tuberculosis (TB) Skin Test | As required by occupation or as directed by your healthcare provider. | | |

HEALTH SCREENINGS FOR WOMEN

Screening Tests

Ages 20-39

Ages 40-49

Ages 50+

| | | | |
|--|--|--|--|
| <input type="checkbox"/> General Health: Full Routine Physical Exam | Annually or as directed by your healthcare provider. | | |
| <input type="checkbox"/> Cholesterol, Diabetes or Kidney Test: Blood Tests and Urinalysis | Start at age 20, discuss with your healthcare provider. | Regularly at age 45, or as directed by your healthcare provider. | As directed by your healthcare provider. |
| <input type="checkbox"/> Heart Health: Blood Pressure Reading | Every 1-2 years, more frequently if more than 140/99 mm Hg. | | |
| <input type="checkbox"/> Colorectal Health: Colonoscopy | If you have risk factors, discuss with your healthcare provider. | Every 10 years after age 45. | Every 10 years after age 45. |
| <input type="checkbox"/> Reproductive Health: Pap Test & Pelvic Exam | Annually starting at age 21. | Annually or as directed by your healthcare provider. | Annually or as directed by your healthcare provider. |
| <input type="checkbox"/> Bone Health/ Osteoporosis: Bone Densitometry Screening | If you have risk factors, discuss with your healthcare provider. | | Under 65: For post-menopausal women with risk factors. Baseline at age 65, then as directed by your healthcare provider. |

RECOMMENDED VACCINATIONS FOR ADULTS

Vaccine

Do you need it?

| | |
|---|--|
| <input type="checkbox"/> COVID-19 | Yes! All adults are recommended to get a primary series of the COVID-19 vaccine and booster doses when eligible. |
| <input type="checkbox"/> Hepatitis A (HepA) | Maybe. You need this vaccine if you have a specific risk factor for hepatitis A* or simply want to be protected from this disease. |
| <input type="checkbox"/> Hepatitis B (HepB) | Yes! All adults younger than 60 should complete a series of hepatitis B vaccine. You also need this vaccine if you are 60 or older and have a specific risk factor or simply want to be vaccinated. |
| <input type="checkbox"/> Hib (Haemophilus Influenzae Type b) | Maybe. Some adults with certain high-risk conditions* (i.e., lack of a functioning spleen) need vaccination with Hib. |
| <input type="checkbox"/> Human Papillomavirus (HPV) | Yes! You should get this vaccine if you are 26 years old or younger. Adults, ages 27-45, also may be vaccinated against HPV after a discussion with their healthcare provider. |
| <input type="checkbox"/> Influenza (Flu) | Yes! You need to be vaccinated against influenza every fall (or even as late as winter or spring) for your protection and for the protection of others around you. |
| <input type="checkbox"/> Measles, Mumps, Rubella (MMR) | Maybe. You need at least 1 dose of MMR vaccine if you were born in 1957 or later. You also may need a second dose.* People with weakened immune systems should not get MMR vaccine.* |

*Consult your primary healthcare provider to determine your level of risk for infection and your need for this vaccine. (Source: www.immunize.org)

| Screening Tests | Ages 20-39 | Ages 40-49 | Ages 50+ |
|--|--|------------|---|
| <input type="checkbox"/> Electrocardiogram (EKG) | As directed by your healthcare provider. | | Baseline at age 50, then as directed by your healthcare provider. |
| <input type="checkbox"/> Tetanus Booster | Every 10 years. | | |
| <input type="checkbox"/> Bone Health: Bone Density Scan | N/A | | Age 70: Discuss with your healthcare provider. |
| <input type="checkbox"/> Testosterone Health | As directed by your healthcare provider. | | |
| <input type="checkbox"/> Chest X-ray | As directed by your healthcare provider. | | |
| <input type="checkbox"/> Self-Exams: Check testicles, skin, mouth & breast for abnormalities. | Monthly | | |
| <input type="checkbox"/> Sexual Health | As directed by your healthcare provider. | | |
| <input type="checkbox"/> Mental Health | As directed by your healthcare provider. | | |

TO ESTABLISH A PRIMARY CARE PROVIDER, CALL (985) 230-2778
OR VISIT WWW.NORTHOAKS.ORG/PRIMARYCARE.

| Screening Tests | Ages 20-39 | Ages 40-49 | Ages 50+ |
|---|--|----------------|----------|
| <input type="checkbox"/> Breast Health: Mammogram | If you have risk factors, discuss with your healthcare provider. | Every year. | |
| <input type="checkbox"/> Breast Health: Clinical Breast Exam | Every 3 years. | Every year. | |
| <input type="checkbox"/> Diabetes: Glucose Test | If you are overweight and have other risk factors. | Every 3 years. | |
| <input type="checkbox"/> Thyroid Screening | Every 5 years after age 35. | Every 5 years. | |
| <input type="checkbox"/> Chest X-ray | As directed by your healthcare provider. | | |
| <input type="checkbox"/> Self-Exams: Check skin, mouth and breast for abnormalities. | Monthly | | |
| <input type="checkbox"/> Sexual Health | As directed by your healthcare provider. | | |
| <input type="checkbox"/> Mental Health | As directed by your healthcare provider. | | |

TO ESTABLISH A PRIMARY CARE PROVIDER, CALL (985) 230-2778
OR VISIT WWW.NORTHOAKS.ORG/PRIMARYCARE.

| Vaccine | Do you need it? |
|--|---|
| <input type="checkbox"/> Meningococcal ACWY (MenACWY) | Maybe. You may need MenACWY vaccine if you have one of several health conditions* (i.e., lack of a functioning spleen). You also may need boosters if your risk is ongoing. You need MenACWY if you are 21 or younger and a first-year college student living in a residence hall and have never been vaccinated or were vaccinated before age 16. |
| <input type="checkbox"/> Meningococcal B (MenB) | Maybe. You may need MenB if you have one of several health conditions* (i.e., lack of a functioning spleen). You also may need boosters if your risk is ongoing. Consider getting the MenB vaccine if you are 23 or younger (even if you don't have a high-risk medical condition) after a discussion with your healthcare provider. |
| <input type="checkbox"/> Pneumococcal (PPSV23; PCV15, PCV20) | Yes! Adults younger than 65 with certain underlying medical conditions (i.e., chronic heart disease) or other risk factors need pneumococcal vaccine. All adults, age 65 and older, also need to be vaccinated if they haven't previously received a Pneumococcal Conjugate Vaccine (PCV). |
| <input type="checkbox"/> Tetanus, diphtheria, whooping cough (pertussis) (Tdap, Td) | Yes! If you haven't received a dose of Tdap during your lifetime, you need to get a Tdap shot now. After that, you need a Tdap or Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus- and diphtheria-toxoid containing shots sometime in your life or if you have a deep or dirty wound. |
| <input type="checkbox"/> Varicella (Chickenpox) | Maybe. If you have never had chickenpox, never were vaccinated or were vaccinated, but only received 1 dose, talk to your healthcare provider to find out if you need this vaccine. |
| <input type="checkbox"/> Zoster (shingles) | Yes! If you are age 19 or older and have a weakened immune system or are age 50 or older, you should get a series of the Shingrix brand of shingles vaccine, even if you were already vaccinated with Zostavax. |

TO ESTABLISH A PRIMARY CARE PROVIDER, CALL (985) 230-2778 OR VISIT WWW.NORTHOAKS.ORG/PRIMARYCARE.



North Oaks Urgent Care continues to offer flu shots and COVID-19 vaccines and boosters. Clinics are located in Ponchatoula, Hammond and Walker and open every day from 7 a.m.-8 p.m. No appointment is needed. Just walk in or reserve your spot online at www.northoaks.org/urgentcare.

2023 Healthcare Guide

HELP PROTECT YOURSELF & OTHERS BY STAYING UP TO DATE ON VACCINATIONS

From childhood to adulthood, certain vaccinations can help protect us from illnesses and diseases that can be serious — sometimes deadly. Many of these diseases are common, but vaccines can prevent them.

Even if you got all of your vaccines on schedule as a child and adolescent, you still need some vaccinations as an adult. That's because:

- **Our immune systems weaken with age.**
- **Certain diseases are more common in older people.**
- **Older adults are at higher risk for severe complications from diseases.**
- **The protection from some vaccines can wear off over time.**

When you get vaccinated, you don't just protect yourself — you also protect others. This is especially important if you spend time around small children or anyone with a long-term health problem or weakened immune system.

Contact your **primary healthcare provider** for more information on vaccinations or visit www.cdc.gov.

If you need to establish a primary care provider, call (985) 230-2778 or visit www.northoaks.org/primarycare for a list of North Oaks Health System primary care providers and schedule your appointment.

SECOND ONLY TO CLEAN WATER & SANITATION, VACCINES HAVE SAVED MORE LIVES THAN ANY OTHER PUBLIC HEALTH INTERVENTION.

- DR. ROBERT PELTIER,
NORTH OAKS CHIEF MEDICAL OFFICER



Do you know what vaccinations you need? Cut out the **Recommended Vaccinations for Adults** card on pages 5-6 and keep for reference. If you have questions about vaccinations, **contact your primary care provider.**



A new year offers a fresh start and the perfect opportunity to turn the page. Like millions of other people, you probably made a resolution to quit bad habits or adopt new routines. While these efforts to change specific behaviors are commendable, making an overall choice to get healthy and stay healthy is most important. The key is to understand what healthy means for you.

Being healthy isn't a fad or trend; it can't happen overnight. Instead, it's a lifestyle — and it's different for everyone. Central to being healthy is focusing on taking care of yourself and doing things that keep you feeling your best. It's not just about the physical aspects like eating better and exercising more; it's about all facets of your health: physical, emotional, mental and spiritual. Zeroing in on your whole health is a great way to organize your long-term goals and set yourself up for success in the year ahead.

Good health takes more than diet and exercise.

It takes a trusted partnership with a primary care provider. By getting to know you, your habits and your history, a primary care provider can help you develop an individualized plan to live a healthy life.

They can perform regular check-ups, immunizations and preventive screenings. Also, if you have a specific health concern that requires specialized care, your primary care provider can connect you with a specialist who has the expertise you need. Think of your primary care provider as your partner in a happier, healthier new year!

SCHEDULE YOUR ANNUAL HEALTH & WELLNESS VISIT TODAY!

Call (985) 230-2778 or visit www.northoaks.org/primarycare for a list of North Oaks Health System primary care providers.

AGE

Who Says Less Is Better?

ENJOY LIFE MORE

GET FIT

MORE FAMILY TIME

QUIT SMOKING



Leslie Ballard, MA, RDN, CSSD, CHES
North Oaks Dietetic Internship Director

Every New Year, we tend to set goals that focus on what we should eliminate or give up (sugar, soda, fast food) to lead healthier lifestyles. That puts us in a negative state of mind and feeling deprived. Instead, this year, try focusing on what you can ADD to your daily life to improve your health and well-being.

THESE SMALL CHANGES CAN CREATE HUGE STRIDES TOWARDS HEALTHY, LIFELONG PRACTICES

— AND START YOUR NEW YEAR ON A POSITIVE NOTE!

SNEAK MORE FIBER INTO YOUR DIET



- Add flaxseed or chia seeds to yogurt, oatmeal, or smoothies.
- Substitute beans for meat twice per week, or put your cooked beans in the food processor and mix them into ground meat when making burgers or tacos.
- Use high-fiber bread, like Ezekiel Bread.
- Add avocado to salads, smoothies, sandwiches and wraps.
- Consume nuts and seeds as a snack.

TRY THIS HOMEMADE TRAIL MIX:

- ¼ cup almonds
- ¼ cup walnuts
- 2 tbs pumpkin seeds
- 2 tbs dried cranberries
- 1 cup pre-popped popcorn

- **Add water throughout the day.**
- **Add fiber.** The average adult should consume 25-50g of fiber daily for optimal health.
- **Add more colorful foods to your diet.** Colorful fruits and vegetables are high in antioxidants that help fight inflammation and disease.
- **Add mindful eating practices.** Aim for one screen-free meal daily away from your phone, computer or TV. Take the time to enjoy your food's taste, smell and appearance. Chew each bite thoroughly and pay attention to fullness signals.
- **Add protein to each meal, especially breakfast.** Studies show that starting your day with a high-protein breakfast provides better satiety and glucose control.
- **Add more quality sleep** — aim for eight hours. Light and food signal to the body that it is not yet time to rest; therefore, limit exposure to these when bedtime approaches. Limit light exposure by ending screen time at least one hour before bed and creating a dark sleep environment. Your sleep cycle goes hand-in-hand with your metabolism, so limit your eating window, so you are not eating too close to bedtime. Getting physical activity during the day can also lend to restful sleep.
- **Add movement after each meal.** Studies show walking for 10 minutes after a meal improves insulin sensitivity.
- **Add meditation and moments to express gratitude.**
- **Add sunlight.** Go outside! Exposure to nature has been used as therapy for short-term recovery from stress or mental fatigue, faster physical recovery from illness and long-term overall improvement in people's health and well-being.
 - Take breaks throughout the day to go for a walk.
 - Enjoy bike rides/hikes.
 - Take your indoor workouts outdoors occasionally.

NEWS BRIEFS

Help Save Lives During National Blood Donor Month

In addition to being the start of the new year, January is also National Blood Donor Month—an opportunity to recognize those across the country who regularly roll up their sleeves and help save lives.

This year, National Blood Donor Month comes as the community's blood supply has dipped to critical levels and could force hospitals to delay essential blood and platelet transfusions.

One in seven patients entering a hospital requires blood to be available. This ranges from trauma victims to patients battling sickle cell disease. Patients battling cancer use 25% of all blood donations, and blood transfusions are needed in one of every 83 newborn deliveries in America today. The list goes on and on. In short, you will likely know someone who needs blood. Despite this, only 3% of all Americans donate blood.

Last month, North Oaks hosted a blood drive to help meet the immediate need for blood and platelets in our community. Over 200 donations were made, which helped to save the lives of more than 600 individuals.

Celebrate National Blood Donor Month by committing to donate blood in 2023. Visit www.thebloodcenter.org to find the nearest place to donate.

Let North Oaks Wound Care Help You toward Healing

North Oaks Wound Care provides advanced wound care services for patients with acute and chronic wounds of all types, such as:

- Diabetic/neuropathic wounds
- Arterial and venous ulcers
- Trauma and complex wounds
- Infected or necrotizing wounds and abscesses
- Non-healing surgical wounds
- Compromised skin grafts & flaps
- Impaired skin integrity/suture and staple removal
- Burns

Our newly expanded state-of-the-art wound care center, located at 2101 Robin Avenue in Hammond, is designed to treat patients in an outpatient setting utilizing advanced treatment therapies and comprehensive wound management plans. Our team consists of skilled physicians, certified wound care specialists and physical therapists.

Request an appointment for wound care today. Call **(985) 230-6160** or visit www.northoaks.org/woundcare. (A referral is needed from a primary care provider or other healthcare provider.)



North Oaks Wound Care Center

BE ANTIBIOTICS AWARE

ANTIBIOTICS AREN'T ALWAYS THE ANSWER. Antibiotics are powerful, life-saving drugs. When a patient needs them, the benefits outweigh the risks of side effects or antibiotic resistance. However, when antibiotics aren't needed, their side effects could cause harm. Reactions from antibiotics cause one out of five medication-related visits to the emergency room.

WHAT DO ANTIBIOTICS TREAT? Antibiotics are only needed for treating certain infections caused by bacteria. Antibiotics are critical tools for treating life-threatening conditions, such as pneumonia and sepsis, the body's extreme response to an infection.

Talk with your healthcare professional if you have questions about antibiotics, or visit www.cdc.gov/antibiotic-use.

WHAT DON'T ANTIBIOTICS TREAT? Antibiotics do not work on viruses, such as those that cause colds, flu, bronchitis or runny noses, even if the mucus is thick, yellow or green. Antibiotics also won't help some common bacterial infections, including many sinus infections and some ear infections. Taking antibiotics only when needed helps keep us healthy now, helps fight antibiotic resistance and ensures that these life-saving drugs will be available for future generations.

Common Respiratory Infections Do you need antibiotics?



Antibiotics **DO NOT WORK** against viruses that cause the common cold, most chest colds, flu, and COVID-19. Ask your healthcare professional about the best way to feel better while your body fights off the virus.

For more information, visit www.cdc.gov/antibiotic-use or call 1-800-CDC-INFO.



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. **February 15 & April 19**

Body Beautiful II: Self-Esteem & 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. **March 23**

Breastfeeding

This class is for parents who may be considering breastfeeding or who have already decided to breastfeed their baby. Topics include positioning the baby properly, nutrition, pumping and storing breast milk, and the benefits of breastfeeding. **February 7 & April 4**

Car Seat Fitting Station

Nationally certified child passenger safety technicians are available by appointment to install child passenger safety seats and boosters and provide instruction to ensure the safe transport of children of all ages. Appointments are available on every hour between 8 am - 4 pm. To register, please call the North Oaks Community Education Department at (985) 230-5723. **February 2, March 2 & April 6**

Prenatal Class: CPR for Family & Friends

This class teaches adult, child and infant CPR and relief of choking. This is not a certification course. If you need CPR certification, you must complete the Heartsaver AED CPR or BLS Healthcare Provider CPR course. See website for registration options. **January 31 & March 28**

Prenatal Class: Labor & Delivery

This class focuses on topics, including the stages of labor and delivery, basic labor anatomy and terms and possible interventions/medications. **March 7**

Prenatal Class: Labor Comfort & Support

This class teaches the many techniques available to help you through labor and childbirth, such as position changes, breathing techniques and massage. **March 14**

Prenatal Class: Newborn Care & Postpartum Recovery

This class explores topics, such as the postpartum recovery period and caring for your newborn. **March 2**

CPR & FIRST AID CLASSES

American Heart Association Instructor-Led Skills Session for Online Courses

This is available by appointment only. Please call our Community Education Department at (985) 230-5723 for more details and to schedule an appointment. **January 19, February 16, March 16 & April 20**

Basic Life Support (BLS)/Healthcare Provider CPR: \$50

BLS is one of three CPR courses available. Please ensure you are enrolled in the correct course based on your certification needs. Payment will be required on day of class. Cash and checks are acceptable. Credit and debit cards are not accepted

This American Heart Association class is designed for healthcare 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. **March 1**

**The American Heart Association (AHA) strongly promotes knowledge and proficiency in BLS, 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.*

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

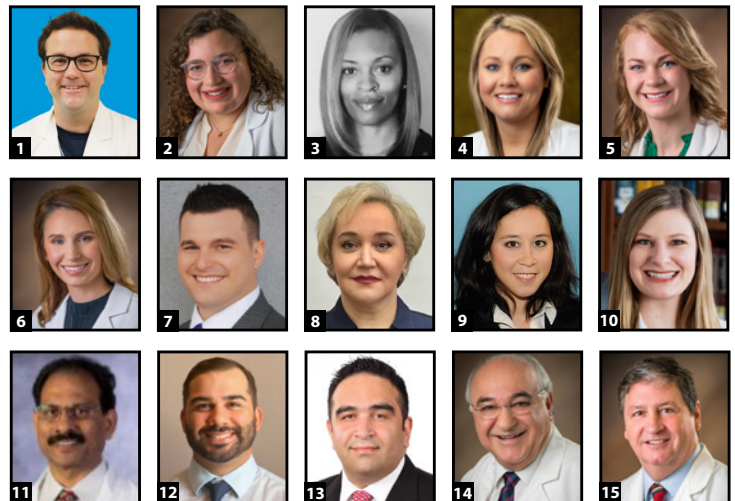


WELCOME, NEW PROVIDERS

- Jacob Baker, MD***
Emergency Medicine
North Oaks Medical Center
(985) 345-2700
- Rose DePaula-Cox, MD***
Obstetrics & Gynecology
Magnolia Obstetrics & Gynecology
(985) 230-2778
- Wyshika Gibson, FNP-C**
Nephrology
Kidney & Hypertension Associates
(985) 893-0911
- Ashley Gilliland, FNP-C***
Hospital Medicine
North Oaks Medical Center
(985) 345-2700
- Lindsey Hollywood, FNP-C***
Orthopedics
North Oaks Orthopaedic Specialty Center
(985) 230-2663
- Jade Pizzo, FNP-C***
Orthopedics
North Oaks Orthopaedic Specialty Center
(985) 230-2663
- Jeremy Russell, PA-C***
Interventional Radiology
North Oaks Interventional Radiology Clinic
(985) 230-6790
- Zohreh Soltani, MD**
Nephrology
S. Tahseen Rab, MD
(985) 340-7868
- Alisa Tanakit, MD***
Radiology
North Oaks Imaging Associates
(985) 230-2700
- Abby Thames, PA-C**
Plastic Surgery
LSU Plastic & Reconstructive Surgery
(504) 412-1240
- Jannaiah Tripuraneni, MD***
Hospital Medicine
North Oaks Medical Center
(985) 345-2700
- Joshua Walker, APRN, FNP***
Hospital Medicine
North Oaks Medical Center
(985) 345-2700
- Hussein Younes, MD***
Hospital Medicine
North Oaks Medical Center
(985) 345-2700
- Jose Mena, MD, FACS***
Cardiovascular Services
North Oaks Cardiovascular Services
(985) 230-7350
- Charles DiCorte, MD***
Cardiovascular Services
North Oaks Cardiovascular Services
(985) 230-7350

*employed by North Oaks Health System

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.



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 healthcare providers, not to replace it. Before making any major changes in your medications, diet or exercise, talk to your healthcare provider.

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

 www.northoaks.org

Do you have some extra time on your hands? Want to try something new?

Become a Hospital Volunteer!



Our volunteers support North Oaks in a variety of ways, and we're always open to new ideas on how volunteers can contribute.

Currently, we have opportunities for volunteers in the following departments:

- Diagnostics
- Emergency Department
- Gift Shop
- Heart Health Services
- Hospice
- Intensive Care Units
- Laboratory
- Marketing & Communications
- North Oaks Rehabilitation Hospital
- Outpatient Clinics
- Same Day Surgery
- Women & Children Services.



For more information, contact North Oaks Volunteer Services.

STACI ARCENEUX
Volunteer Services/Foundation Director
(985) 230-6674

MALISSA GONZALEZ
Volunteer Services Manager
(985) 230-6811