

# C NORTH OAKS Community

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## PROSTATE CANCER **SURVIVOR** SAYS MAKE THAT FIRST APPOINTMENT

### *In this issue :*

- 3 North Oaks Foundation Update
- 4 Kick Chronic Pain Goodbye with Coolief
- 5 May is Trauma Awareness Month
- 6 Cover Story
- 8 News Briefs
- 10 Healthy Recipe: Turkey Burger
- 11 Community Education



On April 18, North Oaks employees celebrated the 59th anniversary of the health system. We've come a long way since a group of local business people set forth a plan to meet the health care and educational needs of the Florida Parishes community.

We've experienced an array of changes since 1960, growing to more than 2,600 employees. As one of the largest employers in Tangipahoa Parish, North Oaks has become a major economic engine for our region with an annual payroll of almost \$200 million.

Despite our growth, one constant has been our steadfast commitment to patients and their families. In order to offer the best health care services to our community, we must continue to attract the most qualified and competent doctors, nurses and staff.

As a result, I am pleased to announce an increase in North Oaks' minimum hire rate from \$9/hour to \$12/hour. I am working closely with our Human Resources team to implement adjustments to 772 tenured staff members, which allows us to exceed the federal minimum wage by more than 60 percent.

The move is in keeping with the strategic decision made years ago to always be a market leader and outpace the federal minimum wage. The Board of Commissioners and North Oaks leadership want to ensure that our compensation practices reflect our appreciation for the hard work our team members across the system make every day.

In addition, we are implementing base rate adjustments for our nurses – the backbone of our health system. My goal is always to offer a competitive nursing compensation that shows our appreciation for the around-the-clock care each nurse provides.

We know that our dedicated employees are the reason North Oaks has become a regional referral center, gaining local, regional and national recognition for innovation, quality and customer experience.

We also believe these plans will enable us to meet the challenges set forth by our forward-thinking founders, continue the tradition of being a "Best Place to Work," maintain our dedicated staff and recruit talent to support our devoted team.

A handwritten signature in black ink, appearing to read "Michele Kidd Sutton". The signature is fluid and cursive.

Michele Kidd Sutton, FACHE  
President and Chief Executive Officer

# NORTH OAKS

• FOUNDATION •

# UPDATE



# FIRST GUARANTY BANK DONATES \$100,000 TO NORTH OAKS FOUNDATION



*Pictured from left: Cally Berner and Dr. James Nelson, North Oaks Foundation board members; North Oaks President/CEO Michele K. Sutton; North Oaks Interventional Radiology Supervisor Roger Rivet; Foundation Director Staci Arceneaux; Alton Lewis, foundation chairman and First Guaranty Bank president; foundation board member A.J. Bodker; and Kristin Williams and Desiree Simmons of First Guaranty Bank.*

**With gratitude, North Oaks Health System President/Chief Executive Officer Michele Kidd Sutton and North Oaks Foundation Director Staci Arceneaux announce that the foundation has received its largest single gift to date – \$100,000 from First Guaranty Bank.**

The donation is earmarked for the foundation's equipment and technology fund in support of North Oaks Medical Center's Interventional Radiology Program.

The hospital, which is a certified Primary Stroke Center through The Joint Commission, is the only facility on the Northshore currently offering a lifesaving procedure called intracranial mechanical thrombectomy.

This minimally invasive procedure is now part of the hospital's arsenal of effective treatment options for ischemic strokes, the most common type. When an ischemic stroke occurs, the blood supply to the brain is blocked by a blood clot or plaque. Without a healthy blood supply, the brain doesn't receive the oxygen and nutrients needed to work properly, and brain tissue begins to die.

"First Guaranty's transformational gift will help North Oaks purchase a \$1.8 million neurointerventional biplane unit to be housed in our newly constructed interventional radiology suite. The biplane unit is state-of-the-art, and will increase visibility of the brain and arteries for the medical team, decrease procedure time and increase safety," Sutton explained. "We thank the First Guaranty Bank board of directors for its continued tradition of supporting North Oaks and our community. We are truly grateful to them for leading the donation drive with their generous gift that will directly affect the lives of the people in the Florida Parishes."

President of First Guaranty Bank Alton Lewis made the gift announcement during the Greater Hammond Chamber of Commerce's After Hours event Feb. 22 at the bank.

"Most of us have a family member or friend who has been affected by a stroke, and its effects can be devastating. I challenge my fellow leaders in the business community to join First Guaranty Bank in supporting this important fundraising effort," Lewis noted.

Lewis also serves as the chairman of the North Oaks Foundation, which has committed to raising \$500,000 toward the purchase of the biplane unit.

"The foundation has been working diligently to reach our \$500,000 goal and this extremely generous gift brings us a giant step closer," shares Staci Arceneaux, the foundation's director. "We are so appreciative of First Guaranty Bank's commitment to this effort and hope that it will inspire others in the community to do the same."

The North Oaks Foundation supports the health system through:

- Patient assistance programs
- Acquisition of major equipment and technology
- Employee assistance programs
- Physician recruitment efforts.

**For more information or to**

**donate, contact the North Oaks**

**Foundation at (985) 230-6674.**



# KICK CHRONIC PAIN GOODBYE WITH COOLIEF\*

If you have chronic hip or knee pain, you are not alone. Chronic joint pain is one of the most common ailments experienced as we age. The Centers for Disease Control and Prevention estimates that 50 million Americans have chronic pain. That's more than 20 percent of the U.S. adult population.

Chronic pain doesn't have to be met with medication or surgery. **COOLIEF\*** Cooled Radiofrequency (RF) Treatment, an effective, minimally invasive remedy for pain, is now available in Hammond.

A form of radiofrequency therapy, this in-office treatment safely targets and deactivates pain-causing nerves by passing a high frequency electrical current through a water-cooled probe to the affected area to destroy nerve tissue. The water keeps the tip cool and allows a larger area to be targeted than with traditional, or thermal, radiofrequency therapy treatments.

"Coolief provides various potential benefits such as improved mobility and physical function, quick recovery time and reduction in pain medicine," explains **Dr. Jared M. Rochelle**, a Coolief-trained physician at North Oaks. "Unlike surgery, Coolief involves no incision. Since this minimally invasive outpatient treatment requires no general anesthesia, you should be able to return home shortly after the treatment, which takes less than an hour."

Patients should begin to feel pain relief within two to four weeks. In some patients, the relief can be relatively long-lasting. In others, additional treatments may be required. This procedure has also shown results for patients who may not be candidates for surgery or have had joint replacement, Dr. Rochelle adds.

**The journey to pain relief begins with speaking to a doctor who can assess your condition and determine if Coolief is right for you. Call North Oaks Pain Management Clinic at (985) 230-7480 or request an appointment online at [northoaks.org/coolief](http://northoaks.org/coolief).**

# MAY IS TRAUMA AWARENESS MONTH

By **Dr. Marquinn Duke**  
North Oaks Medical Center  
Level II Trauma Center



As we recognize National Trauma Awareness Month during May, a little injury prevention can go a long way in keeping you and your loved ones healthy.

In the coming days of fun and sun, we in the Trauma Department want to make sure you are being safe while you play. Please use safety equipment when recommended and be aware of your surroundings.

From safely securing infants in car seats to shielding seniors from falls, we offer these tips to avoid harm's way.

## CAR SEATS FOR CHILDREN

Thousands of young children are killed or injured each year in car crashes. Protect your children with the proper use of car seats.

- Select a car seat based on your child's age and size, and choose a seat that fits in your vehicle to use every time.
- Always refer to your specific car manufacturer's instructions; read the vehicle owner's manual on how to install the car seat using the seat belt or LATCH (Lower Anchors and Tethers for Children) system; and check height and weight limits.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.
- Keep your child in the back seat at least through age 12.
- A rear-facing car seat is the best seat for your young child to use.
- A forward-facing car seat has a harness and tether that limits your child's forward movement during a crash.
- A booster seat positions the seat belt so that it fits properly over the stronger parts of your child's body.
- A seat belt should lie across upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash.

**For free assistance in properly securing a child in a car seat, call (985) 230-5723 to make an appointment with a technician.**

## POOL SAFETY

Drowning is the leading cause of unintentional death in children ages 1-4. The American Red Cross and Pool Safety suggest owners make pool safety their priority by following these guidelines:

- Keep children under active supervision at all times. Designate a responsible person to watch the water when people are in the pool.
- Never leave a child unattended in or near water.
- Teach children how to swim.
- Teach children to stay away from drains.
- Ensure all pools and spas – both in your backyard and any public pool you may visit – have compliant drain covers.
- Install proper barriers, covers and alarms on and around your pool and spa.
- Know how to perform CPR on children and adults.

## ALL-TERRAIN VEHICLE SAFETY

Last year, North Oaks Medical Center's Level II Trauma Center treated 27 All-Terrain Vehicle (ATV) crashes. The ATV Safety Institute offers these "Golden Rules" for safe operation of ATVs, which include golf carts:

- Always wear a Department of Transportation compliant helmet, goggles, long sleeves, long pants, over-the-ankle boots and gloves.
- Never ride on paved roads except to cross when done safely and permitted by law – another vehicle could hit you. ATVs are designed to be operated off highway.
- Never ride under the influence of drugs or alcohol.
- Never carry a passenger on a single-rider ATV, and no more than one passenger on an ATV specifically designed for two people.
- Ride an ATV that's right for your age.
- Supervise riders younger than 16; ATVs are not toys.
- Ride only on designated trails and at a safe speed.
- Take a hands-on ATV RiderCourse and the free online e-course. Visit [ATVsafety.org](http://ATVsafety.org) or call 800-887-2887.

## FALLING SAFELY

As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In Louisiana, falls are the leading cause of injury and hospitalization.

### To reduce your risk of falling:

- Exercise regularly to build strength.
- Prevent dehydration to improve balance.
- Have your eyes checked.
- Talk to your health care provider if your medicine makes you sleepy, light-headed, sluggish or confused.
- Wear shoes that have firm, flat, non-slip soles.
- Apply non-slip decals or use a non-slip mat in the bathtub or shower.

### If you find yourself falling:

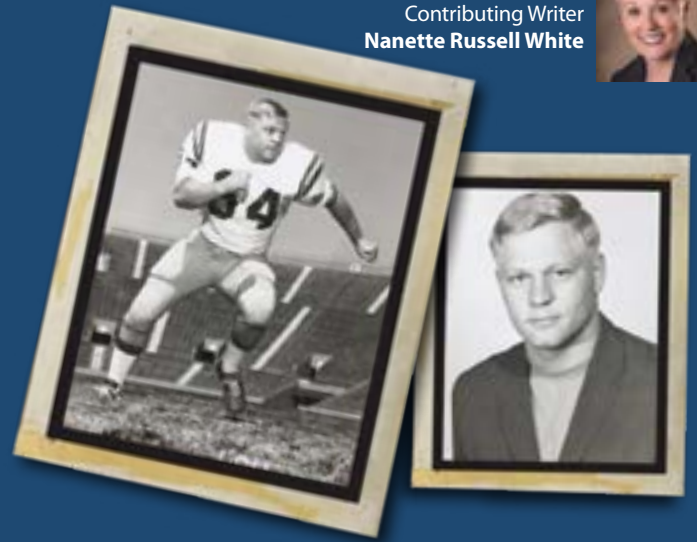
- Stay bent. The moment you sense you've lost your balance, get ready to fall with bent elbows and knees.
- Protect your head. If you're falling forward, turn your face to the side. If you're falling backward, tuck your chin to your chest so your head doesn't hit the ground.
- Land on the meaty parts of your body – muscles in your back, buttocks or thighs.

Sources: [www.northoaks.org](http://www.northoaks.org), [www.healthychildren.org](http://www.healthychildren.org), [www.redcross.org](http://www.redcross.org), [www.poolsafely.gov](http://www.poolsafely.gov), [www.nhtsa.gov](http://www.nhtsa.gov), [www.ATVsafety.org](http://www.ATVsafety.org)

# PROSTATE CANCER **SURVIVOR** SAYS MAKE THAT FIRST APPOINTMENT



By North Oaks  
Contributing Writer  
**Nanette Russell White**



A former high school shot put champ, college football player, coach and Army lieutenant, Jimmy Barrilleaux had always been strong and healthy – until a routine visit to his primary care doctor showed his PSA levels were high.

A PSA test, the most common screening tool for prostate cancer, measures a protein in the blood called prostate specific antigen. A high PSA level can be the first sign of prostate cancer.

Barrilleaux's doctor, internist Charles Ducombs, discovered during an annual wellness visit that his PSA level was high and referred him to urologists at Northshore Urological Associates.

Drs. Stephen M. Graham and Brad M. Lake, along with Nurse Practitioner Kimberly L. Marcel, specialize in the diagnosis and treatment of male and female urinary tract disorders and the male reproductive system, including prostate cancer.

The prostate is a small walnut-shaped gland in men that produces the seminal fluid that nourishes and transports sperm. In its early stages, prostate cancer usually has no symptoms. When it's more advanced, signs and symptoms may include trouble urinating, decreased force in the stream of urine, blood in semen, discomfort in the pelvic area, bone pain and erectile dysfunction.

About one man in nine will be diagnosed with prostate cancer in his lifetime, making it the most common cancer in men, other than skin cancer. This year, about 174,650 new cases will be diagnosed and more than 31,600 deaths will be due to prostate cancer. But caught early, most will not die from it. In fact, there are 2.9 million prostate cancer survivors in the United States today.

In general, screening is recommended for men beginning at age 50. Those with risk factors, like family history, obesity, age and race (African-Americans are at higher risk), are usually advised to begin testing earlier than this. Both Barrilleaux's father and brother had prostate cancer.

After 12 biopsies displayed cancer, Dr. Graham discussed both surgery and radiation as accepted therapies for prostate cancer treatment. Barrilleaux and Bonnie, his wife of 44 years, agreed to attack the cancer with the same tenacity he exhibited as an athlete and soldier.

**"I said, 'Let's get it done. I'm ready now.' "**  
– Jimmy B.

The da Vinci robotic surgery was performed by Dr. Lake, who is trained in the da Vinci Surgical System, and he was assisted by Dr. Graham.

"Mr. Jimmy's surgery was a little tougher than most due to the size of his prostate," Dr. Lake explains. "But we took our time and were able to deliver him a great surgery with a speedy recovery."

**"North Oaks is so fortunate to have Dr. Lake, someone who does robotic surgery. We (the community) used to have to go to Baton Rouge or New Orleans for this type of treatment."**

– Bonnie B.

The Barrilleauxs were pleased with the results.

After two days in the hospital, a resilient Barrilleaux returned to his part-time job at Ross Downing Cadillac two weeks later. Today, he has beat cancer and has regular six-month check-ups with Dr. Lake.

Last year, Barrilleaux, 71, was recognized as honorary captain in the Southeastern Louisiana University and Louisiana State University football game in Baton Rouge, where he played offensive guard in the 1960s.

"Mr. Jimmy is doing fantastic and is cancer-free. He is enjoying life knowing his cancer has been taken care of," Dr. Lake observes. "He has no side effects from surgery and tells me every visit how pleased they have been through the entire process."

Because of the family history, the Barrilleauxs have encouraged their son to get regular check-ups. They agree that "staying on top of it" and awareness are the keys to early detection.

"Make that first appointment," Barrilleaux recommends. "And make sure you get a guy like Dr. Lake."

For more information or to make an appointment, call **Northshore Urological Associates** (985) 230-7860 in Hammond or (225) 686-4960 in Livingston.

## North Oaks Medical Center Demonstrates Commitment to Quality Maternity Care

North Oaks Medical Center proudly announces its continued recognition as a Gift-designated hospital. North Oaks became a Gift-designated hospital for the first time in 2016.



The Gift is a quality initiative and hospital designation program through the Louisiana Department of Health – Office of Public Health – Bureau of Family Health.



*Pictured celebrating North Oaks Medical Center's continued recognition as a Gift-designated hospital are, from left: Vice President of Patient Services Kirsten Riney, Lead Neonatal Nurse Practitioner Scott Landry, Magnolia Obstetrics & Gynecology Practice Manager Nikki Norman, Dr. April Sandifer of Magnolia Obstetrics & Gynecology, Lactation Registered Nurse Tasha Daniel, Children's Services Clinical Manager Tamara Mitchell, Women's Services Clinical Manager Holly Myers, Vice President of Clinics Kanna Page and Market Strategist/Business Development Representative Tiffany Harvey-Gautier.*

Eligible birthing facilities are reviewed every three years for their performance on practices and policies that are aligned with the evidence-based, internationally recognized Ten Steps to Successful Breastfeeding from the WHO/UNICEF Baby-Friendly Hospital Initiative. In addition, these facilities are assessed for their degree of participation in quality improvement activities and implementation of available patient education materials. Policy development, education of staff, patient education and provision of discharge resources for breastfeeding mothers are key components of the program.

The Gift is designed to increase breastfeeding rates and hospital success by improving the quality of maternity services and enhancing patient-centered care. The Gift designation gives North Oaks Medical Center a better opportunity to achieve further certifications and accreditations as well as meet national and international quality measures and standards of care.



## Raising the Roof for Charity Benefits North Oaks Foundation

The North Oaks Foundation has been selected as a beneficiary of the Northshore Home Builders Association's 2019 Raising the Roof for Charity Home Raffle. One lucky person will win a beautiful dream home – and that person could be YOU!



The Raising the Roof for Charity Home benefits deserving local charities: Habitat for Humanity – St. Tammany West, New Orleans Mission and the North Oaks Foundation. Raising the Roof for Charity Foundation has distributed over \$5 million to local charities since 1994. Each year, NHBA members pool their time and talents to design and build a home of exceptional quality to benefit the community.

This year's home is located at 2016 Cypress Tree Court, Madisonville, in Southern Oaks. It is valued at \$400,000, and is built by Northshore Home Builders Association (NHBA) Immediate Past President Keith West of West Custom Homes. It features four bedrooms, three bathrooms, a large outdoor kitchen and two-car garage.

7,500 tickets are available for purchase at \$100 each online and at several local outlets. Participants are automatically entered into \$5,000 "cash giveaways" on April 25 and May 19. Winning tickets remain eligible for all "cash giveaways" and for the "grand drawing" Saturday, June 1, 2019.

**To purchase a ticket online, please visit [www.raisingtherooffoundation.org/NorthOaks](http://www.raisingtherooffoundation.org/NorthOaks).**





## Talking With Loved Ones About End-of-Life Care

Every April, National Health Care Decisions Day is recognized in the U.S. to raise awareness about the importance of end-of-life discussions. This subject is one that most people avoid having, often until it's too late. Make the time now to talk with your loved ones about your wishes for care if faced with a life-limiting condition. Doing this in advance of the need is the best time to have the talk. The decisions for advance directives that result from these discussions should not be taken lightly so be sure you take the time to learn what each decision means.

An advance directive is a formal written document that states your preferences for health care/medical treatment, or names someone to make those choices for you, if you become unable to make decisions. People have the right to formulate advance directives and expect that staff and physicians will comply with these directives. There are several types of advance directives. Some of the most common are Living Wills, Medical Durable Power of Attorney, Do Not Resuscitate Order (DNR), Health Care Proxy and Organ Donation Card.

You can plan the experience you want to have at the end of life. Advance directives give you control over what you want in terms of personal, emotional and spiritual needs.

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

- **DonateLife:** [www.dmv.org/la-louisiana/organ-donor.php](http://www.dmv.org/la-louisiana/organ-donor.php)
- **Start the Conversation Project:** [www.theconversationproject.org](http://www.theconversationproject.org)
- **LaPOST:** [www.lhcf.org/lapost](http://www.lhcf.org/lapost)
- **Five Wishes:** [www.agingwithdignity.org](http://www.agingwithdignity.org).

# Volunteer

## Junior Volunteer Summer Program

North Oaks Health System offers teens an opportunity for community service and medical career exploration in an environment of commitment and responsibility from June 10 – Aug. 2 through our Junior Volunteer program. The program is for mature teens, ages 14-17, who can commit to four hours per week. Positions are limited and will be filled on a first-come, first-served basis. Completed applications must be returned to Volunteer Services by May 3. Those accepted must attend orientation Tuesday, June 4. Interested applicants should contact Malissa Gonzalez at **(985) 230-6811**.

## North Oaks Supports Guard and Reserve Employees



Emergency Services Director Eric Neal (right) and North Oaks were recognized by the U.S. Department of Defense's Employer Support of the Guard and Reserve program. Pictured with Eric is ESGR Vice Chair and Ombudsman John E. Manion III, who presented him with the "Patriot Award" for being supportive of our employees who serve in the Guard and Reserve.

## Cardiac Rehab Patients Bond



Meet our oldest cardiac rehabilitation patient, 97-year-old Edith Perry. She's getting guidance from Southeastern Louisiana University student Cody Varisco, who just happens to have been our youngest cardiac rehabilitation patient at age 17. Cody underwent open heart surgery five years ago and completed rehabilitation therapy here.



## Women Mean Business

Several North Oaks Health System staff and providers participated in the 2019 Women Mean Business Conference coordinated by the Tangipahoa Professional Women's Organization March 21. Topics discussed included health and wellness, overcoming obstacles and work/life balance. Staff members were able to network and talk with more than 280 women from the surrounding areas. North Oaks Primary Care was honored to be the Business Sponsor of the event. All the money raised from the event will go to scholarships for local women.



## Tea Time with Pilot Club

North Oaks staff members joined Pilot Club of Denham Springs Treasurer and North Oaks Nurse Practitioner Michelle Civello, back row in center, at the club's 17th Annual End of Winter Tea Saturday, March 23. The Pilot Club helps people in need and works to make the world a better place.



## MAKE-YOUR-OWN TURKEY BURGER

### INGREDIENTS

*Let family members help prepare the meal by choosing their own burger ingredients.*

12 oz. 99 percent lean ground turkey	1 cup red onions, diced
2 Tbsp. fresh parsley, rinsed, dried and chopped (or 2 tsp. dried)	1 cup fresh tomatoes, rinsed and diced (or canned no-salt-added diced tomatoes)
4 whole wheat hamburger buns	1 cup white mushrooms, rinsed and sliced
Nonstick cooking spray	1 cup part-skim shredded mozzarella cheese

### HOW-TO

1. Preheat oven to 350 °F.
2. Arrange burger ingredients (tomatoes, red onions, mushrooms and mozzarella cheese) in separate bowls.
3. Ask each person to select ¼ cup total of his or her choice of ingredients. (You may have leftover ingredients after this step—keep or freeze for use in other recipes!)
4. Divide ground turkey into four parts on a plate.
5. Ask each person to combine his or her ¼ cup of burger ingredients with one portion of ground turkey and mix well to form a patty ½-inch to ¾-inch thick.
6. Brown burgers on a nonstick pan coated with cooking spray for 2–3 minutes on each side. Then, transfer burgers to a baking sheet coated with cooking spray and place in the preheated oven for about 10 minutes (to a minimum internal temperature of 165 degrees F).
7. Assemble burgers on buns and serve.

*Serving size: 1 burger with ¼ cup mixed ingredients on a bun  
 Calories: 308 | Total Fat: 8g | Saturated Fat: 3g | Cholesterol: 52mg  
 Sodium: 230mg | Total Fiber: 4g | Protein: 33g | Carbohydrates: 30g  
 Potassium: 432mg | Vitamin A: 15 percent | Vitamin C: 20 percent  
 Calcium: 4 percent | Iron: 15 percent*

*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>*

# COMMUNITY EDUCATION

## CLASSES FOR FAMILIES & CHILDREN

### Body Basics for Boys

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

### Body Beautiful I: Puberty for Girls

This class is designed for girls (grades 4-5) and a parent/guardian to discuss the physical and emotional changes that occur in adolescent girls.

### Body Beautiful II: Self Esteem and Peer Pressure

This class is designed for girls (grades 6-9) and a parent/guardian. The class is geared to boosting self-esteem, dealing with emotions and teaching young ladies how to resist peer pressure.

### Car Seat Safety Checks

A certified child passenger safety technician is available by appointment to install and provide instruction on proper use of child passenger safety seats and boosters to ensure the safe transport of children of all ages.

### Prenatal Class: Breastfeeding

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

### Prenatal Class: Families Under Construction

This class focuses on preparing your home for your newborn, pregnancy anatomy, true and false labor, as well as hospital procedures.

### Prenatal Class: Labor & Delivery

This class focuses on decreasing anxiety, options for pain relief during childbirth, the four stages of labor and delivery, as well as vaginal and cesarean births.

### Prenatal Class: Relaxation Techniques

This class teaches the many techniques available to help you through labor and childbirth, such as imagery, progressive muscle relaxation, massage, various breathing techniques and position changes during labor.

### Prenatal Class: Infant Care and Tour

This class explores topics such as medical testing on newborns, crying and colic, infant massage, illness, postpartum depression and when to call your doctor after delivery. A tour of Women & Children's Services at North Oaks Medical Center concludes the class.

### Prenatal Class: American Heart Association CPR for Family & Friends

This class teaches adult, child and infant CPR and ways to prevent common injuries and choking.

### Something for Siblings

This class is for the new big brother or sister (ages 3-10) to help him or her adjust to the new baby.

All classes and meetings are held in the E. Brent Dufreche Conference Center, located within North Oaks Diagnostic Center, unless otherwise noted.



## 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.*

## 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](http://northoaks.org/idealyou).

## 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.

## SUPER SITTER

This class, for those ages 11-15, explores the responsibilities involved in babysitting, including basic first aid techniques, abdominal thrust and CPR for children and infants.



*Note: If you have bereavement support needs or questions, please call North Oaks Hospice at (985) 230-7620 for information on available community resources.*

To register for classes or for more information and class dates, visit [www.northoaks.org/calendar](http://www.northoaks.org/calendar).

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

The information in this newsletter is meant to complement the advice of your health care providers, not to replace it. Before making any major changes in your medications, diet or exercise, talk to your health care provider.

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

 [www.northoaks.org](http://www.northoaks.org)

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