

C NORTH OAKS Community

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A MESSAGE FROM THE CEO

It's been an exciting eight months since I assumed the role of president and chief executive officer of North Oaks Health System.

I'm particularly proud of the engagement and collaboration work with staff and the community. I want to know what's important to our friends and neighbors – whether it be the future of health care in Louisiana or something more specific like the sort of new services you'd like to see at North Oaks.

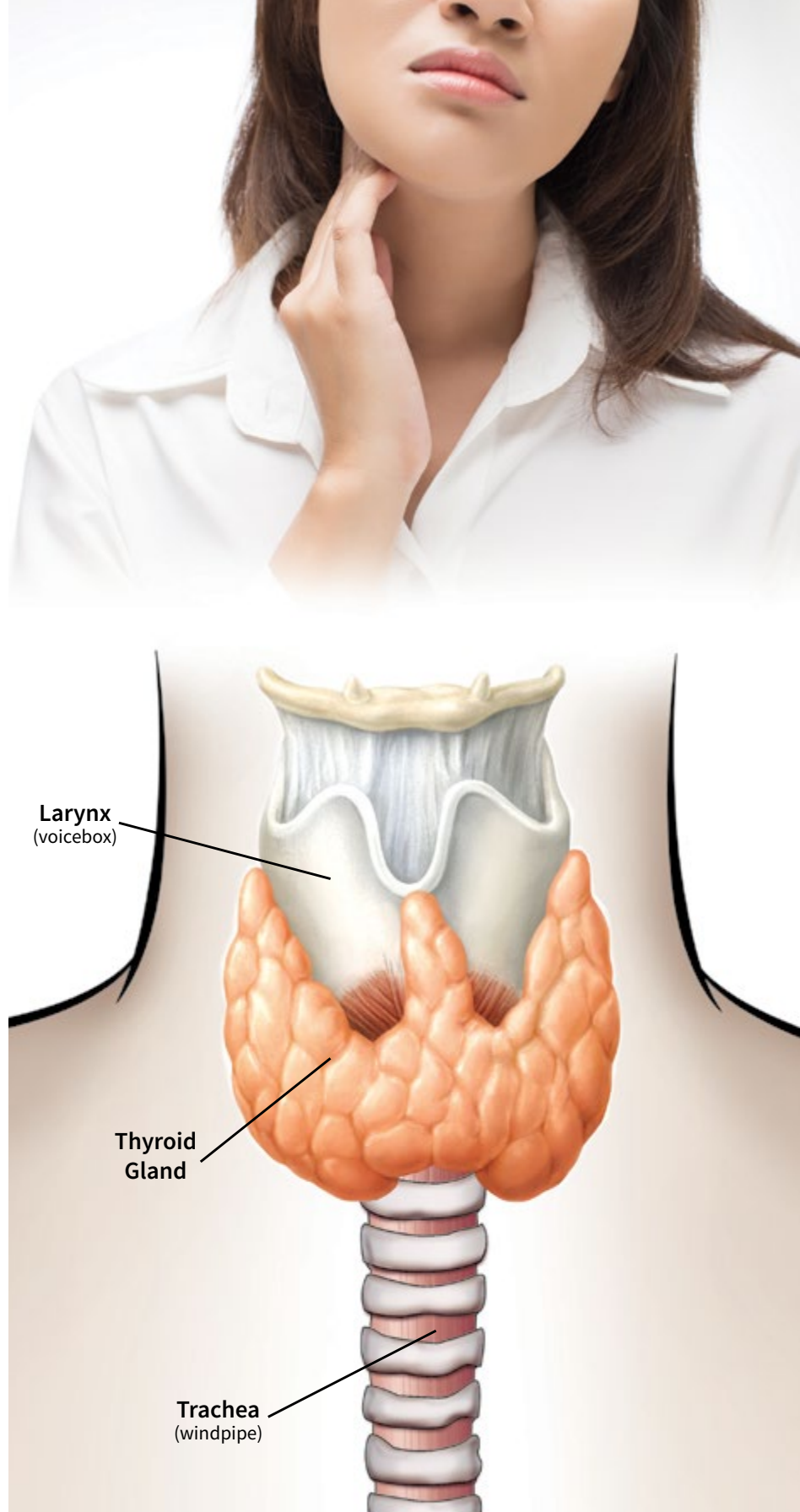
The Board of Commissioners and I began this journey with a public forum in May. It was well attended and I appreciate those who were on hand to share their thoughts. In an effort to further our commitment to collaboration, we will offer another forum from 5:30 – 7 p.m., Oct. 11, in the E. Brent Dufreche Conference Center (*located within the Outpatient Diagnostic Center*) on the North Oaks Medical Center campus. Please make plans to join us so that we can continue an open dialogue that benefits us all.

If you have a question you would like answered, you may submit your question in advance by emailing to CEOFeedback@northoaks.org or mailing to **CEO Feedback, P.O. Box 2668, Hammond, LA 70404**. Please include your name, phone number and email address, or you may come to the event to ask your question. I ask that you submit these questions by Sept. 30 so that we can adequately perform any research which may be needed. Remember, any questions regarding specific patient care or billing issues will be answered privately.

I look forward to sharing news about our health system, including an impressive number of physicians and services which will soon be available to you. (Please see page 10 for a complete list of new physicians.)

Thank you for your ongoing support and commitment to quality health care in our community.

Michele Kidd Sutton, FACHE
President and Chief Executive Officer



To schedule an appointment with an ENT specialist, call North Oaks ENT & Allergy or Northshore ENT at (985) 230-APPT [2778] in Hammond or 1 (844) APPT-NOW [277-8669] in Livingston.



BUMPS & LUMPS IN THE NECK SHOULD BE CHECKED!

For 10 years, one of Dr. Jacques Peltier's patients lived with the fear that the bump in her neck could be cancerous.

When she finally visited Dr. Peltier at North Oaks ENT & Allergy, he performed a fine needle aspiration biopsy of the thyroid that showed the tumor was benign.

After monitoring the bump for a couple of years, it began to grow and show suspicious signs.

Dr. Peltier then performed a thyroid lobectomy -- a surgery that removed the left lobe of her thyroid gland. The lobe was immediately examined by a pathologist, sent for a biopsy and was found to be noncancerous.

"We basically took off half of her thyroid gland," he explains. "Her surgery was successful and calmed her fears of cancer."

The thyroid gland is a butterfly-shaped organ that regulates metabolism by secreting hormones. When diseases affect the thyroid, its size or activity become abnormal and a surgery to remove all or part of the thyroid gland is performed.

A thyroid lobectomy, such as the one Dr. Peltier performed on his worried patient, is where only one thyroid lobe is removed. A lobectomy is frequently performed when the diagnosis of cancer is not known before the operation.

If cancer is found either during or after the initial operation, a total thyroidectomy is frequently recommended.

"Patients are usually very concerned when they have a lump because it may mean that either the thyroid gland is not functioning as it should or it is either precancerous or cancerous," Dr. Peltier notes, adding most such procedures are covered by insurance.

Patients who have a thyroid nodule that is larger than a centimeter are typically referred to an otolaryngologist or ENT.

Thyroid surgeries can be done on an inpatient or outpatient basis. If the surgery is extensive or involves total removal of the thyroid gland, it may require a one- or two-day hospital stay.

"An incision is made in the neck. Then the thyroid gland is removed off the trachea and the surrounding muscles, and then the incision is closed," Dr. Peltier adds.

For most patients, walking and normal routines can resume the day after the operation, but they should avoid heavy lifting for two weeks. Depending on their job, most people will need to take one to two weeks off after thyroid surgery.



Whole
Thyroid



Thyroid
Lobectomy



Subtotal
Thyroidectomy



Total
Thyroidectomy

To view a patient's story about her experience with thyroid surgery, visit www.northoaks.org/thyroidsurgery.



ARE YOU READY TO QUIT?

It is no secret that smoking is a hard habit to break. Although it's hard, it is possible. Millions of people have quit successfully, and you can too!



According to the Centers for Disease Control and Prevention (CDC) there are more **former smokers** today than current smokers. **Nov. 16** is the **Great American Smokeout**, making now the perfect time to accept the challenge to quit, not just for a day, but to stay clean from nicotine for good.

If you started smoking before Sept. 1, 1988, and are a Louisiana resident, the North Oaks Smoking Cessation Clinic is here to help you.

The North Oaks Smoking Cessation Clinic provides free medications and free counseling to qualifying applicants. Counseling and medication give smokers the best chance to quit. Call North Oaks today at (985) 230-QUIT (7848) to learn more about the services that we provide and how we can help you achieve your goals.



Jéan & Judy

Hammond residents Jéan and Judy Lapeyrouse were both teenagers when they began smoking. "All of our friends smoked," explained Judy. "It made us feel relaxed and calm especially in stressful situations."

But she eventually became aware that smoking increases your risk of serious health problems. In fact, more than 16 million Americans are living with a disease caused by smoking. Quitting smoking greatly reduces your risk for heart disease, lung disease and early death. And no matter how long you've smoked, or how old you are, you will benefit from quitting.

Judy tried to quit several times, including each time she was pregnant, but always went back to it. She tried several methods: hypnosis, laser light therapy, medications, inhalers, electronic cigarettes and quitting cold turkey. Nothing worked. Her husband Jéan had never tried to quit, making it more difficult for Judy to quit on her own.

Enter Judy's cardiologist, Dr. Jherie Ducombs, who referred her to the North Oaks Smoking Cessation Clinic for help. Judy discussed it with Jéan and he felt they both needed to quit, so they joined the program together. They both have been smoke-free since April of this year.

The North Oaks Smoking Cessation Clinic offers qualifying applicants a free, individualized program using a combination of counseling and free prescription medication or nicotine replacement. The combination of counseling and craving-curbing products is three times more likely to help smokers quit than those who attempt to quit without any assistance. It's important to realize that withdrawal symptoms like irritability, restlessness, hunger or cravings for tobacco products are temporary. Most symptoms go away after a week or so – and then you're well on the way to being smoke-free.

The method worked for the Lapeyrouses. "We were slowly weaned off the cigarettes," Judy asserts. "The program helped us to set goals which were easy to achieve. The staff is so supportive and so eager for you to be successful. Our nurse practitioner Jennifer Bouffard was always so positive and truly concerned with the progress we were making."

Jéan agrees.

"All of the staff we came in contact with were very professional and friendly," he asserts. "The program is well organized and didn't cause any unnecessary stress."

The Lapeyrouses are confident that they now have the tools necessary to keep from smoking again.

"We were taught how to replace unhealthy habits with good habits and how to cope with stress," explains Judy.

Jéan adds, "It was easier for the both of us to do this together as we are able to support each other in this life changing endeavor."

Congratulations, Jéan & Judy!





MOTORCYCLE CRASH SURVIVOR:

"Don't Give Up!"

Last September, Jeffrey Jansen's wife Anne had just left for her night job as a nurse when he decided to take a leisurely ride on his motorcycle – a decision that would change his life.

Jansen, 56, was riding his bike west on Highway 22, not far from his Ponchatoula home, when he was struck by a woman in a vehicle traveling east. He doesn't remember anything from that day, but witnesses recounted the crash for him.

They called 911, and he was brought by helicopter to the North Oaks Medical Center Level II Trauma Center. He was unconscious and suffered multiple traumatic injuries, including a skull fracture with a brain bleed, a fractured neck and jaw, a fractured leg and wrist, fractured rib, a fractured palate and a fractured eye socket that nearly blinded him.

Mrs. Jansen recalls seeing him in the Intensive Care Unit, his face bruised and swollen, his leg shattered and on a breathing apparatus.

"I remember just being glad he was still alive," she recalls.

Jansen would remain unconscious for three days.



Today – after a four-month absence – he is back at his job as a supervisor, often working 10-hour days and handling heavy machinery. He walks a minimum of one mile on weekdays and two to three miles on weekends, and exercises religiously. He and his wife return regularly to his native North Babylon, New York to visit his elderly mother and their families.

But, it wasn't an easy journey back to normalcy for Jansen. After three days in the Intensive Care Unit, he underwent several surgeries, including one on a fractured leg with an open wound that required 10 months of treatment by Orthopaedic Trauma Surgeon Dr. Brian Ladner of North Oaks Orthopaedic Specialty Center.

Jansen also spent two weeks at University Medical Center in New Orleans where his jaw was wired shut to treat extensive palate injuries. He returned to North Oaks and began a comprehensive inpatient rehabilitation process at North Oaks Rehabilitation Hospital, and eventually, graduated to outpatient rehabilitation therapy.

"Jeffrey never complained once and is an exceptional patient on all levels," shares physical therapist Annie Descant. "His motivation goes miles and it has been my privilege to be able to play a small part in treating him."

Descant adds that although Jansen has returned to a functional life that includes work, travel and leisure activities, he had many "long days with vision problems, headaches, learning to walk again and dealing with an open wound."

Key to Jansen's remarkable progress, she adds, is his dedication to healing, as well as the support of his "incredible" wife and a committed multidisciplinary care team.

"I never missed a day because I knew it was making me better," Jansen explains. "Everyone at North Oaks was awesome and so supportive. They did everything they could to motivate me and

help me regain my strength."

According to Descant, Jansen progressed over time using a variety of aids that included three types of walkers, a wheelchair and a cane before finally walking with no assistive devices.

Among the many pieces of equipment that Jansen credits for his rehabilitation is the Smart Balance Master, which was installed in the North Oaks Rehabilitation Hospital gym during his treatment. It offers a comprehensive rotating balance experience, forcing patients to work on posture control and visual surroundings.

"It's tough, but it's the latest and greatest," Descant remarks, adding that the Smart Balance Master can be beneficial for patients with neurological conditions like strokes or balance problems like vertigo.

Whether it's due to a motorcycle crash or some other unforeseen trauma, Jansen recommends patients be diligent.

***"Have faith and believe in yourself.
Just work at it and don't give up.
You've got to keep going and don't
let anything stop you."***

-Jeffrey Jansen





PROSTATE CANCER: HAVE YOU BEEN TESTED?

Prostate cancer is the third leading cause of cancer death among men in the U.S. and it is the most commonly diagnosed. According to the American Cancer Society, an estimated 151,360 men will be diagnosed with prostate cancer this year.

Most prostate cancer is discovered through a routine Digital Rectal Exam (DRE) or a Prostate-Specific Antigen (PSA) blood test. Have you been tested?

If you are African-American or have a father, brother or son who had prostate cancer before age 65, you are considered high-risk and should begin talking to your health care provider at 45. For men at even higher risk (with multiple family members who have had prostate cancer), this talk should take place at 40. If you are at average risk, begin talking about testing with your health care provider at 50.

To keep your risk in perspective, stay in regular contact with your health care provider about your prostate health. Together, you and your physician can consider prevention strategies that make the most sense for you, given your health and medical history.

There are usually no symptoms of prostate cancer. However, advanced prostate cancer patients may have the following signs and symptoms:

- trouble urinating
- decreased force in urine stream
- blood in urine
- swelling in your legs
- blood in specimen
- discomfort in the pelvic area.

If you are experiencing any of the above symptoms, please contact our expert physicians in urologic care at Northshore Urological Associates in Hammond at (985) 230-APPT [2778] or in Livingston at 1 (844) APPT-NOW [277-8669].

MAKING THE END OF LIFE AS MEANINGFUL AS THE BEGINNING

Throughout life, we prepare for momentous events like births, graduations and weddings, for example.

But when it comes to planning for death, many people put off important decisions until it's too late.

Planning for the end of life should be treated with as much importance as the beginning of life. For the terminally ill, it can be as meaningful and precious as the start with the proper support, information and medical care.

When curative treatments are no longer effective, many patients want to avoid aggressive interventions. Instead, they want their last months, weeks and days to be lived pain-free, at home in their familiar surroundings and spent with family and close friends.

Take the opportunity during **National Hospice and Palliative Care Month** in November to have early discussions about end-of-life care with physicians and loved ones to ensure terminally ill patients can achieve end-of-life goals.

Ask your health care provider the following essential questions:

1. What treatments are available for my illness?
2. What are the chances that the treatment will be effective/successful?
3. Are there risks? Negative effects?
4. Will it prolong my life?
5. How will the treatment affect my other medical conditions and my quality of life?
6. If this treatment doesn't work, what is our next step?

For more information or a free consultation, call North Oaks Hospice at (985) 230-7620 or visit www.northoaks.org.

IMPROVING LIVES THROUGH PRIMARY CARE AT NORTH OAKS



To better meet the needs of our community, North Oaks Physician Group has added **North Oaks Primary Care – Hammond** to the family of clinics serving Tangipahoa and Livingston parishes.

North Oaks Primary Care – Hammond is located at 15813 Paul Vega, MD, Dr., Suite 201, in Hammond. Family Practitioners **Becky Batiste, MD, Juan Martinez, MD, Ryan Rhodes, MD** and **Farhan Siddiqui, MD**, staff the clinic and are welcoming new patients.

There are many benefits to having a primary care provider – also called a PCP. A PCP knows you, your family history, medical history and health goals.

Your provider conducts annual checkups and preventive screenings to keep you well and helps you manage health conditions like diabetes and high blood pressure. Your PCP is your central contact, so if you have any health questions, one phone call is all you need. For more serious and long-term issues, your provider gathers the right specialists and leads your medical team.

To schedule an appointment with North Oaks Primary Care – Hammond or any of our expert providers, call (985) 230-APPT [2778] or 1 (844) APPT-NOW [277-8669].



TIPS FOR BEATING THE HOLIDAY BLUES

The holidays are supposed to be a time of joy and family gatherings. And, for most people they are. Yet stress, depression and high expectations can ruin the holidays and hurt your health. When stress is at its peak, it's hard to fight it. Try to prevent stress and depression in the first place by evaluating how you spend your time and have realistic expectations. With these practical tips, you can minimize that stress.

- Face your feelings. If someone you care about has recently died or you can't be with loved ones, know that it is OK to be sad. Take time to cry and express your feelings. Don't force yourself to try to be happy. Consider creating new traditions to replace the old ones.
- Reach out. If you are lonely, seek out community, religious or other social events. Volunteering your time to help others is a good way to lift your spirits and broaden your friendships.
- Limit your activity. Determine which activities and traditions are most important and bring you joy. Realize that you can't do everything, but enjoy those that have true meaning and create happiness. It's also OK to say no to requests for help.
- Stick to a budget. People often spend more money than they can afford during the holidays, which adds to more stress. Don't try to buy happiness with a bunch of gifts. Try some alternatives like donating to a charity in someone's name, starting a family gift exchange or giving homemade gifts.
- Take care of yourself. Eat right, exercise and get plenty of sleep. Have a healthy snack before parties so that you don't indulge in too many sweets and drinks.

If you have a friend or loved one who is experiencing the holiday blues, reach out to help. Include those who might be alone or sad during the holidays by inviting them out. Offer to help with cleaning, shopping, cooking and other preparations for family gatherings. Be a good listener and encourage discussions about feelings. It's OK to talk about the loss of family or friends.

Know the warning signs of depression:

- Sadness that won't go away; loss of interest or pleasure in doing things
- Changes in appetite
- Crying often
- Feeling restless or fidgety
- Feeling worthless, helpless or guilty
- Decreased energy and fatigue
- Trouble concentrating
- Difficulty falling or staying asleep, or sleeping too often.

Seek professional help if you experience the signs of depression every day for two weeks. If you have recurring thoughts of death or suicide, get help immediately. For more information, contact your primary care provider, or call New Leaf Psychiatry & Counseling at (985) 230-7495.

HEALTHY RECIPE



garlic mashed potatoes

INGREDIENTS

- 1 pound potatoes, peeled and quartered
- 2 cups skim milk
- 2 large cloves of garlic, chopped
- ½ tsp. white pepper

HOW-TO

1. Cook potatoes, covered, in a small amount of boiling water for 20-25 minutes or until tender. Remove from heat. Drain and recover.
2. Meanwhile, in a small saucepan over low-heat, cook garlic in milk until garlic is soft, about 30 minutes.
3. Add milk-garlic mixture and white pepper to potatoes. Beat with an electric mixer on low speed or mash with a potato masher until smooth.

Microwave directions:

Scrub potatoes, pat dry and prick with a fork. On a plate, cook potatoes uncovered on 100 percent power (high) until tender (*about 12 minutes*) turning potatoes over once. Let stand 5 minutes. Peel and quarter. Meanwhile, in a 4-cup measuring cup, combine milk and garlic. Cook uncovered on 50 percent power (medium) until garlic is soft (*about 4 minutes*). Continue as directed above.

Makes 4 servings

Serving size: ¾ cup
Fat: less than 1 gram
Cholesterol: 2 mg
Carbohydrates: 27 grams
Calories: 141
Saturated Fat: less than 1 gram
Sodium: 70 mg



Source: www.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.



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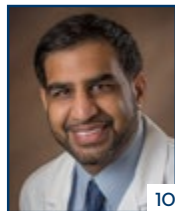
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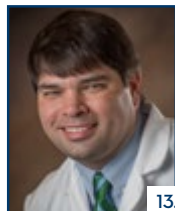
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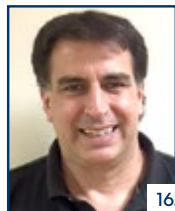
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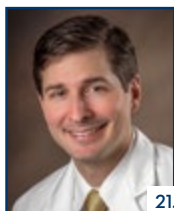
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19.



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21.

1. Becky Batiste, MD*
Family Medicine

North Oaks Primary
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(985) 230-7440

2. Joseph DiPietro, MD*
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& Rehabilitation
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5. Darlonda Harris, MD*
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6. Brittany Hattier, DO*
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7. Timothy Hattier, DO*
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8. Kimberly Hodge, MD
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9. Lindsey Johnson, NP*
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& After Hours
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10. Mannan Khan, MD*
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11. Victor Linden, MD*
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Counseling Center
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12. Zachary J. Liner, MD*
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13. Corey Majors, MD*
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15. Pramod Menon, MD
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20. Farhan Siddiqui, MD*
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(985) 230-7440

21. Jeffrey B. Witty, MD*
Orthopedics
North Oaks Orthopaedic
Specialty Center
(985) 230-2663

NOT PICTURED:

Daniel Bourgeois, MD Oncologist
Mary Bird Perkins Cancer Center
(225) 767-0847

Michelle Howell, NP* Nurse Practitioner
North Oaks Emergency Department
(985) 345-2700

Bhavik Patel, NP* Nurse Practitioner
North Oaks Hospital Medicine Department
(985) 230-3066

COMMUNITY EDUCATION

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.*

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

CLASSES FOR FAMILIES & CHILDREN

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.

SUPPORT GROUP MEETINGS

AWAKE (Alert, Well And Keep Energetic) Support Group

This support group is designed for those with a sleep disorder, along with their families and friends, to explore the link between snoring and heart disease. **Lauren L. Davis, MD**, a Pulmonologist and North Oaks Sleep Disorder Specialist, serves as guest speaker. Meetings of this nationally recognized support group are facilitated by North Oaks Sleep Disorders Center, which is accredited by the American Academy of Sleep Medicine.

Stroke Support Group of Hammond

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

Traumatic Brain Injury/Spinal Cord Injury Support Group

This free support group offers support, socialization and education for survivors of traumatic brain injuries and spinal cord injuries and their caregivers. Meetings take place in the classroom of North Oaks Rehabilitation Hospital, located at 1900 S. Morrison Blvd. in Hammond. This support group is co-sponsored by North Oaks and Southeastern Louisiana University. For questions or more information, please contact **Dr. Jackie Guendouzi** at jguendouzi@selu.edu or (985) 549-2503.

DIABETES EDUCATION

Diabetes Education Meetings

Diabetes Education meetings are offered for those with diabetes, along with their family members and friends, to share experiences, motivate each other, energize their outlook and renew their commitment. The group is facilitated by North Oaks Diabetes Education, which has been recognized by the American Diabetes Association for Quality Self-Management Education. Meetings are held monthly.

WEIGHT LOSS SEMINAR

Feel Like the Ideal You Oct. 17 • 5:30 p.m.

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.

For more information and class dates, visit **www.northoaks.org/calendar**

To register for classes, call North Oaks Scheduling at (985) 230-7777 or (225) 686-4899.

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.



Community e-Newsletter Sign-Up

If you would rather receive North Oaks *CommUnity* as an e-newsletter instead of in printed/mailed form, sign up online at www.northoaks.org/community.



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WE ALL HAVE EXCUSES.

“I’m too busy.”

We’ve heard it all — there’s no good excuse not to have your annual mammogram. Mammograms are the key to detecting breast cancer at an early stage, when it may be easier to treat. Stop making excuses and schedule your mammogram screening today.

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

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

\$50
CASH PRICE
SPECIAL

Schedule your screenings today at one of our convenient locations:

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

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

 **NORTH OAKS**
Health System

www.northoaks.org/mammo