

C NORTH OAKS Community

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ROBOTIC SURGERY

HELPS KENTWOOD RESIDENT TAKE
KNEE REPLACEMENT IN STRIDE

SPECIAL ORTHOPAEDIC EDITION

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A MESSAGE FROM NORTH OAKS HEALTH SYSTEM CEO

North Oaks health care professionals are instinctively driven by a calling to protect, comfort and care for others in times of need and vulnerability. In the heat of crisis or emergency, their expertise becomes amplified by a valiant sense of purpose to touch hearts, save lives and give those in their care the strength to overcome the threat at hand.

Without exaggeration, it can truly be said that at no other time in the history of our health system has this sense of purpose been more evident. While we certainly faced our share of challenges in 2020 during the initial stages of the COVID-19 pandemic, none of us could have imagined finding ourselves at ground zero of Louisiana's fourth and deadliest COVID-19 surge this summer. With the Delta variant capitalizing on lagging vaccination rates and attacking a much younger population, Tangipahoa Parish became the No. 2 county in the nation for percent positivity, according to The New York Times.

We started seeing our numbers go up early July. To put the situation in perspective, the peak of hospitalized patients with the previous third surge had been 66. This time around, we peaked at 109 hospitalized patients at one time. This meant that more than half of our available hospital beds were occupied by patients with COVID.

As the world looked on via the reporting of international, national and regional news outlets, our weary but battle-ready team relentlessly set about combatting a disheartening setback in the worldwide fight against the pandemic.

It was common for us to be boarding an average of 25 patients with a peak of 42 in the Emergency Department waiting for an inpatient bed. To keep up with the demand for beds for COVID-19 patients, we even had to suspend all elective procedures and support services and redeploy those staff members from July 11-September 17 to work on the floors as direct care givers or nursing support personnel.

To support our efforts, the North Oaks Foundation partnered with concerned and corporately responsible businesses and citizens to stand up an innovative "COVID 100" program to boost vaccination rates. The brainchild of Tom Enmon, the COVID 100 initiative used \$50,000 in funding from donors to offer \$100 cash to 500 individuals to complete the Pfizer vaccine series. The appreciation we have for the many who literally saved lives through their support of this initiative is boundless!

After nearly six long weeks and just as we started to realize a reduction in COVID cases, the tropics hurled Hurricane Ida our way on the 16th anniversary of Hurricane Katrina. Our facilities remained open and weathered the storm, but for 1 week post-Ida, our hospitals operated on generator power. As the arduous recovery process in our region got underway, patient care continued without fail at our facilities because of the sacrifice and commitment of our team coupled with the coordinated support and leadership of Tangipahoa Parish officials. Even the eyewall of a major hurricane proved no match for the North Oaks team's devotion to improving lives or Team Tangi's care and concern for parish residents.

North Oaks Health System's resilience is a credit to our endlessly resourceful and brave employees who always find a way to persevere even in the most adverse of circumstances and personal loss. Their commitment, engagement, compassion, care for others and creativity is awe-inspiring and serves as a beacon of hope for our community.

I can truly say that I have never been more grateful for or prouder to lead North Oaks' extraordinarily heroic team. I try to thank them every day and encourage you to do the same.

Sincerely,

Michele K. Sutton, FACHE



COVID \$100

Immunization Clinic



Given the prominent COVID-19 Delta variant, vaccination continues to be an important tool to help end the pandemic. To help motivate the community, the **Enmon family of Ponchatoula, Jani-King Gulf Coast, First Guaranty Bank, Anderson Traylor Edwards Law Offices with Elite Title Solutions, LLC, Tangipahoa Parish Sheriff Daniel Edwards, 21st Judicial District Attorney Scott M. Perrilloux and several anonymous donors** partnered with the **North Oaks Foundation** this past summer to offer a cash incentive to increase vaccination rates. The first 500 to register and receive the Pfizer BioNTech two-dose COVID-19 vaccine were given \$100 for their efforts.

North Oaks Foundation Director Staci Arceneaux explained that the \$100 cash incentive initially began with Ponchatoula businessman Tom Enmon and was made possible through his \$5,000 donation and a matching \$5,000 gift from Jani-King Gulf Coast. The other donors immediately followed suit to offer their help.

Through the successful COVID 100 endeavor, 420 people were fully vaccinated. With the goal of providing that extra push to people who were on the fence about the vaccine, Enmon explains that offering this incentive was worth every penny.

“The care and concern that the Enmon family and our supporters have for the health of others is commendable and a worthy example to us all,” notes Alton Lewis, president of the North Oaks Foundation. “We are proud to have such like-minded partners to join with our foundation in supporting North Oaks Health System’s efforts to improve lives, and in this case, save them.”

The health care heroes at North Oaks who have seen the effects of COVID-19 through a different lens know the benefits of being vaccinated and encourage the community to get their vaccines to prevent hospitalizations.

North Oaks Chief Medical Officer Robert Peltier, MD, confirmed that since January 2021, most every COVID-19 patient admitted has been unvaccinated.

“Most vaccinated people – even if they get COVID-19 – will not need to be hospitalized.

Vaccination is your best defense against experiencing severe disease,” Peltier affirms.



It's not too late to get vaccinated!

Help stop the spread and schedule your appointment at covidvaccine.northoaks.org or (985) 230-SHOT [7468].



WHEN WALKING BECOMES A PAIN IN THE ... HEEL

Written by contributing writer
Patrick Barousse, MD, MPH



You wake up ready to start your week. You hop out of bed to begin your morning routine and BAM – an excruciating pain radiates from the bottom of your foot and heel and you can hardly put weight on it. You walk it out for a few minutes and then all feels fine.

This is often how plantar fasciitis strikes - after a long period of rest, such as sleeping or after a long car ride. It also may show up suddenly after exercising or doing another activity. If you've ever experienced pain in the bottom of your heel, you may have plantar fasciitis.

According to the American Academy of Orthopaedic Surgeons, approximately 2 million people are treated for plantar fasciitis each year. It happens when the plantar fascia – the long, thin band of tissue that supports the arch of your foot – becomes inflamed or irritated. It's the most common cause of heel pain.

The plantar fascia's function is to absorb the strain and stress we put on our feet as we go about our daily lives. Over time, or when too much pressure is put on the feet, the tissues can become damaged or even tear. This injury causes inflammation, resulting in stiffening of the plantar fascia. Heel pain is the primary symptom.

Although most cases of plantar fasciitis have no specific cause, there are factors that may make you more likely to develop it.

- **Tight calf muscles making it hard to flex your foot up**
- **High arches**
- **Obesity**
- **Participating in sports that involve repetitive impact, such as running**
- **Doing a new or increased activity**

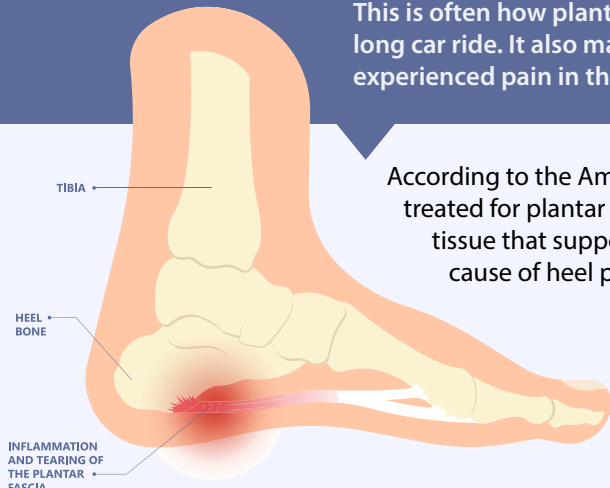
If you experience pain in your heel, an orthopaedic surgeon can help determine the cause of the pain. Your orthopaedist will examine your foot and discuss your symptoms and concerns with you. X-rays and other imaging tests are usually ordered to help diagnose plantar fasciitis or determine if the heel pain is caused by a different problem. In some individuals, arthritis or a fracture may be the cause of heel pain. Once a diagnosis is confirmed, your orthopaedist will recommend a treatment plan. Most people with plantar fasciitis see improvement within months of beginning non-surgical treatment methods.

- Rest
- Ice
- Medications
- Exercise and stretches
- Cortisone injections
- Supportive shoes and/or orthotics
- Night splints
- Physical therapy

If the non-surgical treatments do not provide you with effective relief after a year or so, surgery may be considered.

Don't let plantar fasciitis keep you down. Relief is possible. See your health care provider and get the relief you need to put the spring back in your step.

Dr. Patrick Barousse is a board certified orthopaedic surgeon with North Oaks Orthopaedic Specialty Center who specializes in diseases and injuries of the foot and ankle. To learn more about Dr. Barousse or to schedule an appointment, visit northoaks.org/foot.



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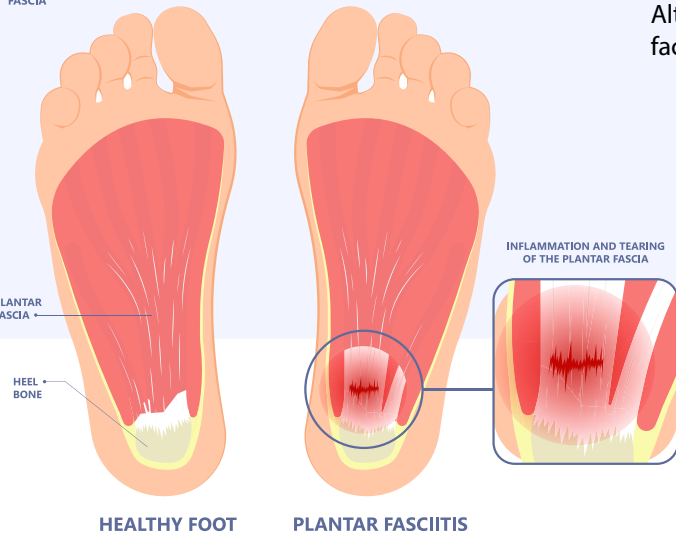
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Surgical options for plantar fasciitis include:

- **Plantar fascia release:** In this procedure, tension is relieved in the tissue by making a partial cut in the plantar fascia ligament. This surgery is appropriate for those who have a normal range of motion in the ankle but continued heel pain.
- **Gastrocnemius recession:** This procedure consists of lengthening one of the two calf (gastrocnemius) muscles and is recommended for individuals who may still have difficulty flexing their feet after completing a non-surgical regimen of stretches.

Either procedure can be done using a traditional, open incision or a smaller incision and an endoscope. You and your surgeon would decide which method is appropriate for you.



MOVE IT, MOVE IT.

SCIATICA + WHAT YOU NEED TO KNOW

These days more people are staying home as well as working from home. From binge watching TV to sitting at a desk, people are staying stationary. Have you ever noticed that when you stand up after a long time of sitting in one place you have pain that radiates from your lower back to your buttock and sometimes down the back of your leg? If this is a recurring problem, you may have **sciatica**.

WHAT IS SCIATICA?

According to the American Academy of Orthopaedic Surgeons, sciatica is pain in your lower back or hip that radiates to the buttocks, the back of your thigh and into your leg. It can feel like a jolt or electrical shock that radiates down the leg, or bad leg cramp that won't go away. Usually, only one leg at a time is affected. It commonly occurs due to aging of the disks in your spine that cushion the vertebrae in your lower back.

AM I AT RISK FOR SCIATICA?

There are many factors that may lead to sciatica including general wear and tear that comes with aging. People with certain disorders are more at risk of having sciatica.

- Have a herniated disk, a bone spur or narrowing of the spine
- Have an injury/previous injury to the spine
- Are overweight
- Are pregnant
- Are between the ages of 30 and 50 years old
- Have diabetes
- Smoke
- Have improper posture
- Have weak core muscles
- Have jobs that require them to sit for long periods of time

HOW IS SCIATICA TREATED?

According to the Academy of Orthopaedic Surgeons, 80% to 90% of patients with sciatica get better over time without surgery, typically within several weeks. At North Oaks Orthopaedic Specialty Center, spine specialists Dr. Matthew Lafleur and Physician Assistant Marc Pitre work together to provide sciatica patients with the best plan of treatment. One of the best treatments for sciatica pain is continuing to be active. Sitting or standing in a stationary position for long periods of time can cause discomfort and inflammation to the roots of the sciatic nerve. If you have to sit for longer periods of time, set a timer to take short walks throughout the day. Physicians or providers will sometimes prescribe other forms of non-surgical treatments to help ease the pain.

- Nonsteroidal anti-inflammatory drugs
- Applying gentle heat or cold to the muscles that are in pain
- Cortisone injections
- Physical therapy
- Be active



MATTHEW C. LAFLEUR, MD
Orthopaedics (Board Certified),
Spine Care



MARC E. PITRE, PA-C
Orthopaedics, Spine Care

If you feel sciatica pain may be affecting your life, schedule an appointment with one of our spine specialists at North Oaks Orthopaedic Specialty Center at (985) 805-5498.

ROBOTIC SURGERY

HELPS KENTWOOD RESIDENT TAKE KNEE REPLACEMENT IN STRIDE



After nearly 30 years of working in the restaurant business, Kentwood resident Edna “Dale” Johnson, 67, hung up her apron.

She owned and operated The Café in Kentwood for 12 years, with the help of one of her daughters. But once her daughter expanded her family, Dale found herself managing the business alone.

“I just couldn’t do it by myself anymore,” Dale emphasizes.

All the years of working on her feet was taking a toll on her knees. Pain began to set in, but Dale refused to let it stop her. She worked through it, even taking up her current job at a local car wash after selling the restaurant. She put off seeing a health care provider until she realized that running her business was not the only task she was unable to do; her knee was keeping her from doing other things she enjoyed, such as riding a bike, doing aerobic exercise and working in her garden. Just walking had become extremely painful, making it difficult to enjoy life with her daughters Stacey Tolar, Selena Morgan and their families.

When Dale’s knee pain reached the point where it was affecting her daily life, she sought out the help of North Oaks Orthopaedic Specialty Center Surgeon Vince Lands, MD, who worked with her trying several non-surgical treatment options.

“After we exhausted all available conservative options,” Dr. Lands explains, “Dale and I decided together to do a knee replacement procedure to help relieve her pain.”

Knee replacement, or total knee arthroplasty, is a surgical procedure that involves resurfacing the cartilage surfaces of the femur and tibia, the bones which make up the knee. During the procedure, the damaged cartilage is removed and replaced with metal implants, spaced by medical-grade plastic to allow the knee to glide easily.

Dr. Lands used the ROSA® Knee robotic system to assist in performing Dale's knee replacement. ROSA®, which stands for Robotic Surgical Assistant, aids our surgeons in providing the most precise alignment for new knee joints by personalizing the joint for each patient utilizing the system's computer software and technology. The surgeon remains in complete control of the procedure.

"The entire North Oaks Orthopaedic Specialty Center family is excited to have the ROSA® Knee technology available to our community," asserts Lands. "With ROSA®, we're performing knee replacements as a same day surgery using the latest technology and advances in medicine to achieve high reliability outcomes with less pain and quicker recoveries for our patients."

Depending on medical history and individual situation, sometimes a surgeon may require a patient to stay overnight for observation and healing. With the help of ROSA® however, most total knee replacement procedures at North Oaks are done on an outpatient basis, as was the case with Dale.

"When I tell people I had my knee surgery done as an outpatient, they are amazed!" Dale emphasizes. "I have a coworker who had knee surgery last year and is planning to have his second knee done. After hearing my experience, he just may check out Dr. Lands!"

After knee replacement surgery, an individual is typically able to resume most normal activities in about 3-6 weeks. For Dale, she was sure to follow Dr. Lands' instructions at home after surgery to ensure a successful recovery, including doing her prescribed therapy and exercises.



"I've been good! My therapists have been shocked at how well I've done," Dale exclaims. "Even when I first went to therapy, they were surprised by how much I was able to do from week to week."

Dr. Lands agrees.

"Once Dale hit her stride, there was no stopping her," Dr. Lands adds. "It's been a life-changing procedure for her."

Dale is all smiles talking about her improvement since her surgery.

"I am so much better now. There's such a difference. Even surgery and the healing I went through at first was nothing compared to the pain I had before," she emphasizes. "Now I am able to walk. Just walking is such a difference."

She also encourages those who may be facing knee surgery to not put it off.

"I would definitely recommend having it done. I know everyone is different, but if people have the same results that I have had, they will be pleased."



Vince Lands, MD

If you're experiencing knee pain, see an orthopaedic surgeon to find out if total knee replacement is right for you. To schedule an appointment with Dr. Lands at North Oaks Orthopaedic Specialty Center, call (985) 805-5498.



GOT SHOULDER PAIN?

Shoulder pain can be one of the most irritating pains to the body. Getting comfortable seems impossible and no amount of adjusting or rolling your shoulders can subside the agony. The pain can feel dull and ache deep within your shoulder. Sleeping, taking long car rides, working out, sitting at your desk and even combing your hair can become bothersome tasks that were once simple. This type of shoulder pain could be **rotator cuff damage**.



CAUSES AND RISK FACTORS

The rotator cuff is a group of muscles and tendons that protect the shoulder joint and keeps your upper arm bone in place within the socket. When those muscles become injured, experience progressive degeneration or the tendon tissue just wears and tears, shoulder movement can become limited and often unbearable.

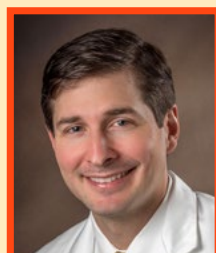
Rotator cuff injuries are extremely common and only increase with age. Constant overhead activity can cause this damage, such as working out, painting, carpentry, etc. Usually, people older than 60 are more inclined to experience this injury.

WHEN TO SEE A DOCTOR

With any shoulder pain, your primary care physician should be consulted, however, constant pain, an injury or weakness in the area should be treated by an orthopaedic surgeon.

Dr. Jeffrey Witty, an orthopaedic surgeon with North Oaks Orthopaedic Specialty Center, specializes in sports medicine, arthroscopy and often treats rotator cuff injuries.

"Shoulder pain is a common problem, but not all pain is necessarily dangerous. Arthritis, inflammation and bursitis are issues that can be treated with therapy, general stretching and icing. However, concern arises if there is a loss of shoulder motion, weakness or a noticeable lack of endurance in the area. It never hurts to ice an injury to reduce inflammation, but if the discomfort persists or even if you are just unsure, you should see an orthopaedic specialist," expressed Witty.



Jeffrey B. Witty, MD

PREVENTING ROTATOR CUFF DAMAGE

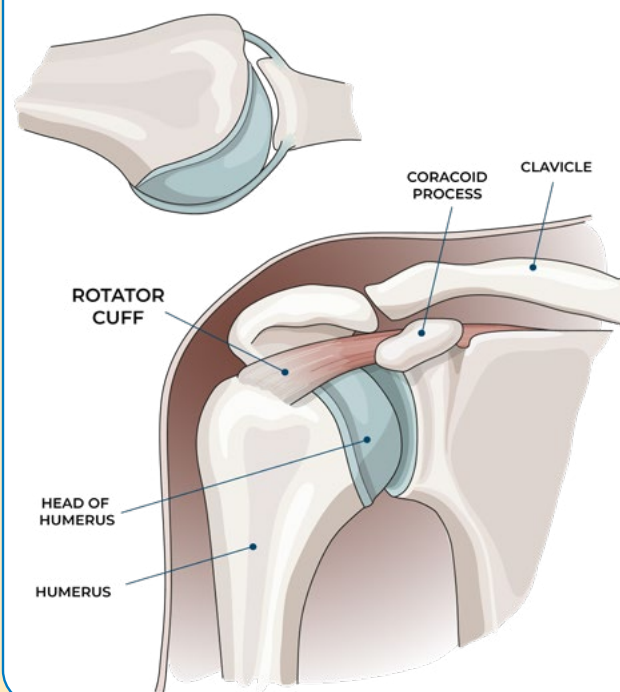
Daily shoulder strengthening exercises are extremely beneficial. Exercising the chest, shoulder, upper arm, improving one's posture and strengthening the muscles around the shoulder blade will improve shoulder function. A physical therapist or doctor can provide these simple exercises to protect your shoulder.

ROTATOR CUFF REPAIR

Although no one is jumping to have surgery, it may be the best option when it comes to alleviating that constant ache. Your doctor may recommend a rotator cuff repair depending on the severity of the compromised shoulder.

"It is important to diagnose certain conditions of the shoulder sooner rather than later. Rotator cuff surgery is common and it can vary in complexity depending on the tear. Certain characteristics of injuries can greatly influence treatment, type of surgery and length of recovery. In a typical situation, the surgery is completed on an outpatient basis with a minimally invasive shoulder arthroscopy. Patients are usually in a sling for approximately six weeks with physical therapy requirements based upon size of the injury. The rehabilitation can last up to six months depending on the severity," stated Witty.

SHOULDER JOINT



If you would like to schedule an appointment with North Oaks Orthopaedic Specialty Center, call (985) 805-5498 or visit www.northoaks.org/domore.

Student-Athletes Win With Free North Oaks Sports Medicine Physical Days

With 30 years of service to student-athletes in Tangipahoa and Livingston parishes, the North Oaks Sports Medicine team continues to provide on-site physical exams for local schools and their athletes to complete the Louisiana High School Athletic Association requirements.

This year, a team of North Oaks health care providers, athletic trainers and employee volunteers traveled to 14 schools across two parishes to complete 1,594 physical exams.

Ponchatoula High School Athletic Director Tim Mattei made it his goal to see as many of his student athletes as possible at North Oaks Health System's 30th Annual Sports Physical Day. "We enjoy having it on our campus," Mattei shared. "It makes it so much easier on the kids as well as our coaches."



Nurse Practitioner Michelle Civello examines Ponchatoula High School football player Jaquan Livers at Physical Day.

Jaquan Livers, a football player for Ponchatoula, explained he was impressed with the seamless process.

"Physical day was great. Everyone greeted me as soon as I walked in and treated us all with respect. It was quick and easy for us, and we felt taken care of," Livers explained.

North Oaks Infectious Disease Physician Stacy R. Newman, MD, had the perspective as a provider and a coach at this year's event. As the head coach for the varsity girls' soccer team at Oak Forest Academy (OFA), Dr. Newman was satisfied.

"In my role, I believe this year's physical day was both beneficial to the student athletes and their guardians. There was minimal wait time for all who participated, along with experiencing firsthand that my players were assessed with the care they needed. As a physician and coach, this process of providing physicals ensured that every athlete was safe and ready for their upcoming competitive year," commented Dr. Newman.

The North Oaks Sports Medicine program is led by fellowship trained orthopaedic surgeons Drs. Katy Morris and Jeffrey Witty along with a team of athletic trainers and performance coaches. The team's priority is providing education for coaches, athletes and families, onsite emergency acute care at practices and games, and rehabilitation to help severely injured players safely return to the playing field.

To learn more about North Oaks Sports Medicine, visit www.northoaks.org/sportsmedicine.

Say Yes Mamm to your Mammogram



October is National Breast Cancer Awareness Month and North Oaks is offering cash price 3D mammograms and bone density screenings. It is estimated that one out of eight women will develop breast cancer during her lifetime. The American Medical Association and the American College of Radiology have agreed that at age 40+, you should have an annual screening mammogram and a physician examination of your breasts. To help ease your mind, North Oaks is here to help you with special prices.

- Screening mammograms \$99
- Bone density screening for osteoporosis \$75
- Combo special \$150

A provider order is required for these screenings. Insured patients are not eligible for this cash price special. Visit www.northoaks.org/3Dmammo for important details.

To schedule yours now, call (985) 202-5469.

Sports Performance Now at North Oaks

Over the last year, North Oaks Sports Performance has provided the tools area high schools need to help their athletes gain strength, improve mobility and maximize function through on-site strength & conditioning programs. Our team is dedicated to training student-athletes and our community for life's greatest opponents. Through a holistic approach, the sports performance coaches help strengthen the mind and body, while motivating participants to the finish line. North Oaks Sports Performance is expanding services for all local athletes to ensure they receive the quality care they need to compete at their best.

Key to this expansion is a cooperative endeavor agreement with Chappapeela Sports Park to provide similar services to the community. Leading the effort is North Oaks Sports Performance Supervisor Akeem Robinson. Robinson brings more than 12 years of experience in the field to his new role, having most recently served as assistant strength and conditioning coach for Auburn University's football program.

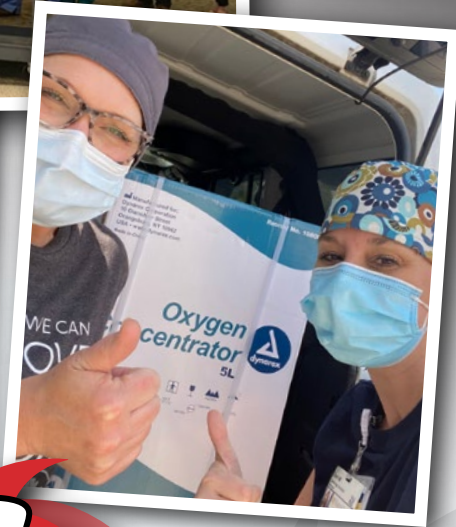


To learn more about North Oaks Sports Performance, visit www.northoaks.org/sportsperformance.

HURRICANE IDA

A Helping Hand from Our Community

After a natural disaster like Hurricane Ida, the phrase “it takes a village” certainly rings true. Whether bringing meals to feed our weary workers or helping us get needed medical equipment to patients in need, our community members came together in so many ways to help keep us strong. While we always stand ready to tackle any storm’s wrath before, during and after so that we are here for you when you need us, your assistance in helping to keep our spirits high and bodies nourished so that we can best care for you during a time of uncertainty is humbling and most appreciated.

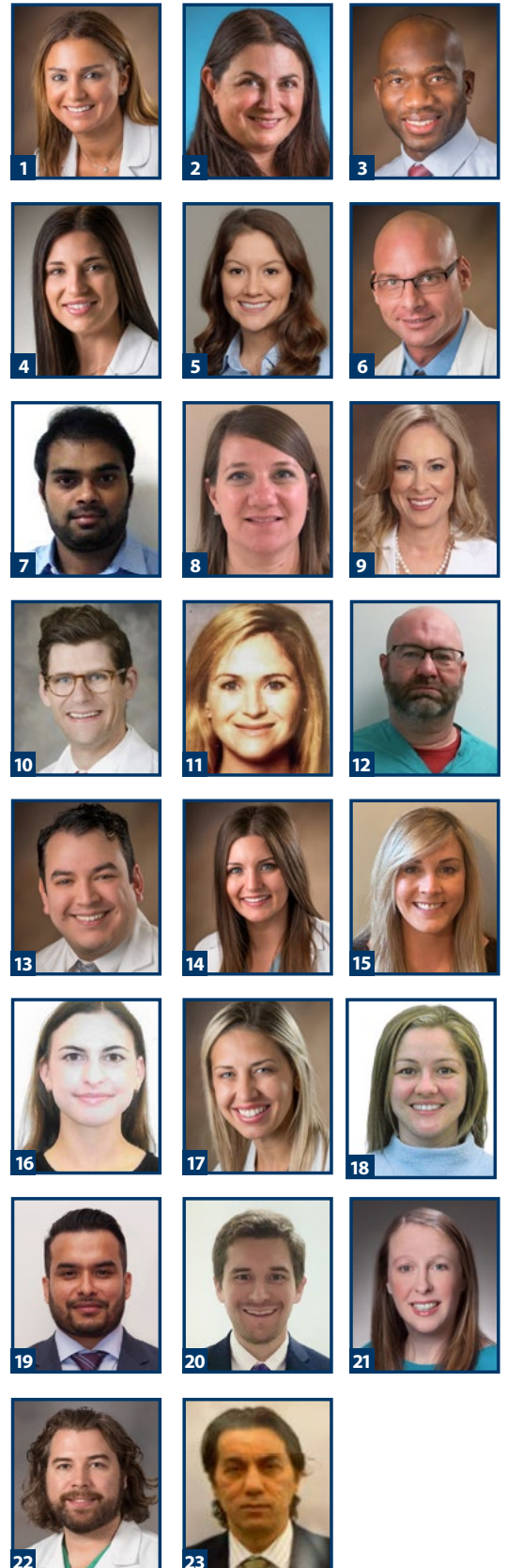


We sincerely thank all the members of our community who banded together with each other and with our team to help us continue delivering health care throughout the storm, its aftermath and for all the days ahead. It is our honor to be here for you. Thank you for being here for us.

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.

WELCOME NEW PROVIDERS

1. **Abir Abdo, MD***
Internal / Geriatric Medicine
Northshore Internal Medicine Associates
(985) 230-2778
2. **Lisa Barbiero, MD**
Neonatology
North Oaks Medical Center
(985) 345-2700
3. **Jean-Victor Bonnaig, MD***
Radiology
North Oaks Imaging Associates
(985) 230-1101
4. **Amy Bruno, FNP***
Emergency Medicine
North Oaks Medical Center
(985) 345-2700
5. **Jessica Cole, PA-C***
Neurosurgery
North Oaks Neurosurgery Clinic
(985) 230-2778
6. **Ryan Enders, DO***
General Surgery
North Oaks Surgical Associates
(985) 230-2778
7. **Kiran Garikapati, MD***
Hospital Medicine
North Oaks Medical Center
(985) 345-2700
8. **Karla Gorio, PA-C**
Cardiology
Heart Clinic of Hammond
(985) 974-9278
9. **M'liss Hogan, MD**
Plastic Surgery
Weiler Plastic Surgery
(985) 902-7770
10. **Peter Joslyn, MD**
Neonatology
North Oaks Medical Center
(985) 345-2700
11. **Julia Kendrick, MD***
Anesthesiology
North Oaks Medical Center
(985) 345-2700
12. **Shane Landreaux, NNP-BC, APRN***
Neonatology
North Oaks Medical Center
(985) 345-2700
13. **Matthew Mason, MD***
Obstetrics & Gynecology
Magnolia Obstetrics & Gynecology
(985) 230-2778
14. **Maia McLin, FNP-C, APRN-CNP***
Cardiology
North Oaks Cardiology Clinic
(985) 230-7350
15. **Bethany Menard, MD***
Anesthesiology
North Oaks Medical Center
(985) 345-2700
16. **Ashley Ohler, PA-C**
Cardiology
Louisiana Heart Center
(985) 340-1966
17. **Jourdan Pellegrini, APRN-CNP***
Emergency Medicine
North Oaks Medical Center
(985) 345-2700
18. **Jolyn Pelous, APRN-CNP**
Cardiology
Louisiana Heart Center
(985) 340-1966
19. **Sultan Shah Rehmanny, MD***
Hospital Medicine
North Oaks Medical Center
(985) 345-2700
20. **Alexander Richard, MD**
Nephrology
Kidney & Hypertension Associates
(985) 893-0911
21. **Michelle Steinhardt, MD**
Neonatology
North Oaks Medical Center
(985) 345-2700
22. **James Wilkinson, DO***
Emergency Medicine
North Oaks Medical Center
(985) 345-2700
23. **Farid Zayed, MD**
Cardiology
Heart Clinic of Hammond
(985) 974-9278



* employed by North Oaks Health System

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www.northoaks.org

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

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

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

 www.northoaks.org

Expert Care. Convenient Care. **North Oaks Urgent Care.**

*"Illness or minor injury?
Come see me."*

– Jacob Neal, MSN, APRN, FNP-C, ENP-C

Open Every Day
7 a.m. – 8 p.m.

Reserve your spot online.



Hammond
(985) 214-2971

Ponchatoula
(985) 222-2913

Walker
(225) 269-4824

www.northoaks.org/urgentcare

**No Appointment Necessary*