

Seating for our EduCare programs is limited. Please pre-register by calling 923-9771 or online at www.hhc.org/community_ed. Classes may be cancelled due to lack of registered participants. All programs are free unless a cost is noted.

LUNCH & LEARN

Join us for a series of programs focusing on health issues and topics important to women and men of all ages. Each program is open to the public at no charge and features a presentation by a different physician. A complimentary light lunch will be served. Seating is limited and pre-registration is required. To register, call 923-9771.

Childhood Obesity: How to Raise an Active Child

Dr. Dan Stewart, Pediatrician
Monday, July 25
12 noon - 1 pm
Perry Hospital Medical Library

Getting Rid of Heartburn

Dr. Karunaker Sripathi, Internist
Monday, August 22
12 noon - 1 pm
Perry Hospital Medical Library

Controlling Chronic Pain

Dr. James Shields, Anesthesiologist
Monday, September 26
12 noon - 1 pm
Perry Hospital Medical Library

GENERAL HEALTH AND WELLNESS

Walk for Wellness

Need to exercise? Like to set your own schedule? We have the program you are looking for!

What: Houston Healthcare sponsored walking program

Where: Sign up at Houston Health Pavilion EduCare Center

When: Anytime! Call 923-9771 to make an appointment to sign up and get your first fitness evaluation.

Cost: \$30 per person FREE Pedometer WITH SIGN-UP

Monthly evaluations include blood pressure, weight, blood sugar (if diabetic) performed by a registered nurse. Participants will also receive a walking logbook. Walking is done on your own. Incentive awards will be given after completing 100 miles, 500 miles, 1000 miles and up to 2000 miles. Quarterly free dinners for all walking participants and guests.

Hypertension Self-Management

Gain the knowledge and skills you need to control your high blood pressure (hypertension). This class is comprised of an initial one-hour session followed by five monthly weight and blood pressure screenings. Educational materials will be available. Call 923-9771 to pre-register.

Tuesdays, July 12, August 2, September 13
4 - 5 pm
Houston Health Pavilion EduCare Center
Cost: \$5

Weight Watchers

Weight Watchers can help you lose weight and enjoy a healthier lifestyle. Call Faye Tripp at 987-6262 for more information.

Mondays
5 - 6 pm
Perry Hospital Medical Library
Cost: \$18 to join with a weekly member fee of \$12

TOPS Club Inc.

Weight loss support group
Thursday Evenings
Weigh-in from 5 - 5:30 pm
Meeting from 5:30 - 6 pm
Perry Hospital Medical Library
Cost: \$20 annual membership fee and \$1 weekly chapter fee.
For more information, call 988-1813 or 988-1827.

Inches Away

The principle behind losing weight is simple: eat less, move more. Changing our lifestyle behavior is the hard part. This weight management program includes weekly weigh-ins, waist measurements, body mass index calculation and 15-20 minute class on topics ranging from calorie counting to increasing physical activity tips. You may start any Thursday.
Thursdays
6 - 7 pm
Houston Health Pavilion EduCare Center
Cost: \$5 per person per session
Call 923-9771 to pre-register.

Critical Conditions Program

This program will educate and engage you in planning for health care at the end of life. You will receive a copy of the legal document that combines durable medical power of attorney and the living will.
Monday, August 29
7 - 8 pm
Houston Health Pavilion EduCare Center

Tobacco Cessation

A free four-session course to help you quit smoking or using tobacco.
Tuesdays, July 26, August 2, 9, 16
September 13, 20, 27 & October 4
4:30 - 6 pm
Call 923-9771 to pre-register.

SENIORCARE

Promoting wellness of mind, body and spirit for seniors

Perry SeniorCare

Each Monday (10am), Wednesday (9:30am) and Friday (10am) at Rozar Park includes an exercise class featuring strength and flexibility stretching. On Wednesday only, PVO Bingo immediately follows exercise. On Fridays, a healthy lunch (\$5) and a guest speaker targeting senior adult's mental, spiritual and/or physical health is provided after exercise. Call 988-1813 for more information.

Warner Robins SeniorCare

Each Tuesday and Thursday (9am) at the Houston County YMCA (corner of HWY 96 and Mood Road 922-2566) strength and flexibility stretching exercise will be led by a certified instructor. Once a month a mini-check will be provided, focusing on recommended annual checks for senior adults such as blood pressure, blood sugar and/or cholesterol.

Centerville SeniorCare

Each Monday, Wednesday and Friday (9am) at the Centerville City Hall, exercise class including strength and flexibility led by a certified instructor. Once a month, a mini-check will be provided focusing on recommended annual checks for senior adults. For more information, call 988-1813.

***All exercise participants must have a signed physician referral form from their personal physician.**

HEALTH FAIRS & SCREENINGS

Family Fair 2005

Join Houston Healthcare for this annual event offering health screenings and information for the entire family.
Saturday, July 30
10 am - 2 pm
Galleria Mall

Peripheral Vascular Disease (PVD) Screenings

Leg pain while exercising may not be due to overexertion, feeling tired or a sign of old age. These symptoms may be due to peripheral vascular disease. **You must have an appointment. Call 923-9771 to schedule your appointment.**
Thursday, September 1
10 am - 4 pm
Health Connections Cardiac Rehab Center
Cost: \$20

COMMUNITY CPR

American Heart Association CPR

Learn how to recognize a heart attack and how to perform CPR and the choking maneuver. All participants will receive the American Heart Course C certificate. Class size is limited. Pre-registration is required. Call 923-9771.
Saturdays, July 30, August 27, September 24
9 am - 1 pm
Houston Health Pavilion EduCare Center
Cost: \$25

Re-certification for American Heart Association Course C

Is it time to renew your CPR card? With a current CPR card you can re-certify for 1/2 the class time.
Saturdays, July 30, August 27, September 24
1 pm
Houston Health Pavilion EduCare Center
Cost: \$25.00

ACCIDENT PREVENTION

55 Alive

A comprehensive driving course designed to update drivers aged 50 and over on the knowledge and skills of driving. Upon course completion, participants are eligible for a 10% discount on auto insurance. Pre-registration is required by calling Phil Baker at 478-922-4680. **Cost is \$10 per person.**
Thursday & Friday, July 28 & 29
1 - 5 pm
Perry Hospital Cafeteria

Monday & Tuesday, August 8 & 9

5 - 9 pm
Houston Health Pavilion EduCare Center

DIET INSTRUCTION FOR SPECIAL DIETS

Taught by Sandra Brenner, RD, PhD., this class is for persons who have been prescribed a specified diet by a physician. Call 923-9771 for schedule of classes and to pre-register. Please state type of diet when registering.

DIABETES MANAGEMENT

Diabetes Diet Instruction

This class, taught by Sandra Brenner, RD, PhD., is for individuals with diabetes who need a diet review or people with newly diagnosed Diabetes Type 2. A physician diet prescription is required. Call 923-9771 for the schedule of classes and to register.

Diabetes "In Control" Course

This American Diabetes Association class is taught by registered nurses, dietitians, and certified diabetes educators. The course will consist of 2-5 hour classes. A pre-assessment and attendance to the diabetic diet class is a pre-requisite. Physician referral is required. Medicare and most insurance companies accepted. For more information call 923-9771.

Diabetes Exercise Program

An exercise program specifically for adults with diabetes who would like to learn more about the correct times and methods for exercising in relation to diet and medication.
Tuesdays and Thursdays
Between the hours of 8 am and 4 pm
Health Connections
Call 923-1731 for more information and program fees.

MATERNAL/CHILD

Childbirth Education

Houston Medical Center offers a series of childbirth education classes. The cost is covered by many insurance plans, including Medicaid. Other classes include breastfeeding, early pregnancy, big brother/big sister. For more information and to pre-register call 923-9771.

PARISH HEALTH PROGRAM

Sponsored by Houston Healthcare, this program provides resources for churches to promote a healthy lifestyle. If you are interested in becoming a volunteer nurse for your church, please call 923-9771.

ASTHMA EDUCATION

Asthma education is recognized as a vital part of asthma management. AsthmaCare can help you take charge of your asthma. For more information on this free program, call Vicky Alexander, RN, FNP-C at 923-9771 or Cindy Marshall at 988-1688.

COOKING CLASSES

Kids in the Kitchen

This cooking class is for children ages 10-12. **Children MUST BE ACCOMPANIED BY AN ADULT.** Peggy Bledsoe, Houston County Extension Service Director, will have recipes and tasting for healthy snacks and one dish meals. American Heart Association Kid's Cookbooks will also be available for \$10 each. Must pre-register. Call 923-9771.
Thursday, July 21
11:30 am - 1 pm
Health Connections
Cost: \$5

Peaches!

Peaches are in and Sandy Brenner, RD, PhD, CDE, dietitian, will have recipes and tasting with peaches ... salads, salsas, main dishes, etc. Learn to increase your daily intake of fruits while these wonderful peaches are in season. Call 923-9771 to pre-register.
Tuesday, August 2
6 - 7:30 pm
Health Connections
\$5 per person

Bereavement Support Group

Contact Hospice of Houston County at 953-5161.

EDUCATION/SUPPORT GROUPS

Alzheimer's Support Group

For families, caregivers and friends dealing with Alzheimer's disease and related disorders. Sponsored by the Alzheimer's Association-Central Georgia Chapter.
Tuesdays, July 26, August 23, September 27
7 pm
Health Connections

Arthritis Support and Education

Wednesdays, July 20, August 17, September 21
10 am
Houston Health Pavilion EduCare Center

Breast Cancer Support and Education

Mondays, July 18, August 15, September 19
7 pm
Health Connections

Cardiac Support and Education

Our quarterly cardiac education and support luncheon will focus on congestive heart failure. Judy Lucas, RN, Cardiac Rehab nurse, will be the guest speaker. Pre-register to attend by calling 923-9771.
Monday, August 22
12 noon
Health Connections

Compassionate Friends (for anyone dealing with the loss of a child)

Thursdays, July 28, August 25, September 22
7 pm
Houston Health Pavilion EduCare Center

Diabetes Type 2

For adults with Diabetes Type 2 and their spouse/family.
Wednesdays, July 6, August 3, September 7
1 pm
Houston Health Pavilion EduCare Classroom

Thursdays, July 14, August 11,

September 8
Houston Health Pavilion EduCare Auditorium

Tuesdays, July 26, August 23,

September 27
12 noon
Perry Hospital Cafeteria

"MOMS" -Moms of Multiples

Tuesdays, July 19, August 16, September 20
7 pm
Houston Health Pavilion EduCare Center

Multiple Sclerosis Support Group

Tuesdays, July 12, August 9, September 13
7 pm
Health Connections



Summer 2005

Houston Healthcare



www.hhc.org

Conquering Low Back Pain ...

Back pain may be second only to the common cold as the most universal medical complaint. Nearly 80 percent of all adults will experience back pain at some point in their lives.

The majority of complaints are referred to as "nonspecific" backaches, usually resulting from a muscle strain or ligament sprain. In some cases, the back muscles spasm, contracting involuntarily can cause additional pain. While these episodes of low back pain can be very painful and disrupt one's work or normal daily routine, most low back pain will improve with time, rest and non-surgical care such as medication and physical therapy.

Many people over 60 suffer from low back pain and stiffness that is worse in the morning and evening, often caused by osteoarthritis or degenerative arthritis. This type of arthritis results from the breakdown of the cartilage between the facet joints in the back as well as the intervertebral disc. Low back pain accompanied by leg pain that occurs when standing upright or walking and increases with more walking may be caused by conditions such as lumbar spinal stenosis or degenerative spondylolisthesis. The underlying problem is the loss of space available for the nerves or spinal cord.

According to *Daxes Banit, MD*, an orthopaedic surgeon specializing in spine surgery on the medical staffs of *Houston Medical Center* and *Perry Hospital*, a degenerating disc may become protruded or herniated, often referred to as a "slipped disc," meaning that the softer material at the center of the disc bulges outward through a weak point in the harder outer layer.

"A herniated disc can put pressure directly on the nerves of the spine which can cause pain not only in the lower back but pain which radiates down the leg to the foot," explains *Dr. Banit*. "As a result, the pain may also be accompanied by numbness, tingling or weakness. Depending on the individual's medical history and tolerance of pain, we can prescribe physical therapy along with non-steroidal anti-inflammatory medication, oral steroids or cortisone injections to try to avoid or postpone surgery and allow the underlying problem to subside."

If the course of treatment is unsuccessful, then surgical treatment may be necessary. Today, surgery for this problem can be performed using minimally-invasive techniques using the endoscope or microscope. These surgeries are often performed as outpatient and typically have shorter recovery times. "Most patients experience pain relief almost immediately after a microdiscectomy surgery," says *Dr. Banit*. "Patients are able to return to a normal level of daily activity quickly, and we get them started on an exercise program of stretching, strengthening and aerobic conditioning to help prevent recurrence of back pain or disc herniation. In addition, certain problems may be amenable to percutaneous techniques, which would allow even smaller incisions."

However, many adults experience low back pain, which stems from degenerative disc disease, a condition involving the cushiony material found between the vertebrae of the spine. While this is commonly referred to as "wear and tear" disease, the process is far more complicated. The treatment is still very

Continued inside



Orthopaedic Surgeons on staff at Houston Medical Center & Perry Hospital

P. Jeffrey Jarrett, MD
Todd E. Kinnebrew, MD
Daniel B. Wagner, DO
William B. Wiley, MD
Jeffrey C. Easom, DO
Daxes M. Banit, MD
3051 Watson Boulevard,
Warner Robins
478-953-4563
1013 Main Street, Perry
478-218-4555

J.W. Spivey, Jr., MD
212 Hospital Drive, Suite M,
Warner Robins
478-923-0153





Take New Steps to a Healthier You with ... MyPyramid

Just what is a healthy diet? According to the new 2005 Dietary Guidelines for Americans released by the U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS), a healthy diet for people two years old and above is one that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products as well as lean meats, poultry, fish, beans, eggs and nuts. The average American diet, which consists of fats, added sugars and refined carbohydrates, does not balance according to the new guidelines. That's not surprising. But how much of each food group does an individual need for his or her diet to be "healthy?"

Replacing the Food Guide Pyramid that was introduced in 1992, the new MyPyramid symbol represents the recommended proportion of foods from each food group and focuses on the importance of making smart food choices in every food group, every day. It also includes physical activity, which was

not part of the old food pyramid.

The theory behind MyPyramid is that 'one size does not fit all,' and every American's nutritional needs are different. The MyPyramid logo illustrates this concept.

On the MyPyramid web site, www.MyPyramid.gov, a person can find a personalized recommendation of the kinds and amounts of food to eat each day based on their age, gender and physical activity level.

A person can also analyze their daily physical activity to see how many calories they use and check their energy balance by comparing the number of calories eaten with the number of calories burned through physical activity. Individual progress can be tracked for up to one year using the MyPyramid Tracker.

According to **Sandra Brenner, RD, PhD, CDE**, dietitian at Perry Hospital, the new MyPyramid has the potential to improve America's eating habits. "MyPyramid is more detailed and more individualized than the old food pyramid, and it also emphasizes daily activity and exercise," comments Brenner.

"Following the new pyramid guarantees a person will eat a balanced diet. You could follow the old pyramid and still not eat a balanced diet. The new MyPyramid has done a good job of specifying what is good and what is not."



New Procedure Available for ... Osteoporosis Fractures

Houston Medical Center now offers a new procedure for patients who suffer from compression fractures due to osteoporosis – resulting in severe back pain and very limited activity. Kyphoplasty, performed by an Interventional Radiologist, is an excellent source of pain relief for the patient.

According to **Garrett Ward, MD**, an interventional radiologist on staff at **Houston Medical Center**, the procedure is performed under general anesthesia and lasts approximately 45 minutes to one hour. During the procedure, a hollow instrument is inserted into the back to create a pathway to the fractured bone, and an orthopaedic balloon is inserted into the bone creating a cavity. The radiologist then fills the hollow cavity with a cement-like substance to hold the vertebrae in place.

"Patients have found this procedure to be very beneficial and effective at returning them to their normal routine," states **Dr. Ward**. "Patients experience a reduction in pain, improvement in quality of life, mobility and the ability to perform activities of daily living. We have found this minimally-invasive procedure more effective than other treatment options for spinal compression fractures."

Joan Courtney was the first patient at **Houston Medical Center** to have Kyphoplasty. Like most people, Ms. Courtney thought she could continue living

with the pain she was having, but ultimately found the pain was too great to handle. "Before the procedure, I could stand straight, but I was in extreme pain. I could not do things around the house that needed to be done, like washing clothes and walking the dog," she explains.

After discussing her treatment options with her physician and a consult with **Dr. Ward**, Ms. Courtney was ready for the procedure. "I'm thankful that there was a new procedure available to help alleviate the pain I was experiencing in my back," shares Ms. Courtney.

After the procedure is completed, the patient stays overnight for observation. Within several hours of having the procedure, patients are able to move around and already feel the benefits of Kyphoplasty.

"I was very surprised at how quickly I felt better," says Ms. Courtney. "The staff was wonderful during my procedure and encouraged me each step of the way. Everyday I am thankful and see this as a blessing in my life. I am able to be helpful and useful again. I cannot thank everyone enough for what they have done to make me feel better."

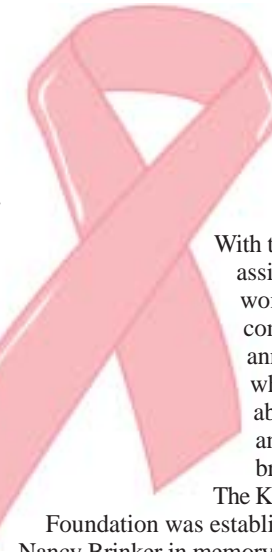
HOUSTON HEALTHCARE RECEIVES GRANT ... FOR BREAST CANCER PROGRAM

Houston Healthcare has been awarded a \$30,000 grant from the Central Georgia Affiliate of the Susan G. Komen Breast Cancer Foundation. With this funding, **Houston Healthcare** will provide education, support services and mammograms for lower-income women who do not have insurance. The grant will also fund a Nurse Practitioner Case Manager to assist women on a one-on-one basis with education, support and follow-up referrals in accessing breast health and breast cancer services.

The Central Georgia Affiliate, one of over 100 nationwide dedicated to putting an end to breast cancer, recently provided community grants totaling over \$101,000 to support breast health education and breast cancer screening and treatment programs throughout the Central Georgia area. Fundraising efforts such as the Komen Race for the Cure event held annually in Macon have made such grants possible.

"In order to ensure our funds are making the greatest impact, we work with local medical experts and community leaders to conduct comprehensive community needs assessments," said Jennifer Pittard, president of the Komen Central Georgia Affiliate. "We have identified specific, unmet breast health needs within our community and 'filled in the gaps,' delivering the life-saving message of early detection and providing assistance to medically underserved breast cancer patients and their families."

Houston Healthcare has received several grants over the past few years from the local Komen affiliate. "We are grateful for the support and funding that the Central Georgia Komen Affiliate has provided for our health care system," said **Beth Jones, RNC**, Director of Community Education and Services for **Houston Healthcare**. "We know that the number of women in Houston County without insurance continues to increase each year.



With this funding, we can assist more uninsured women in our community who need annual mammograms while educating them about breast health and the fight against breast cancer."

The Komen Breast Cancer Foundation was established in 1982 by Nancy Brinker in memory of her sister, Susan G. Komen, who died from breast cancer at the age of 36. Thanks to more than 75,000 volunteers dedicated to the fight against breast cancer, the Komen Foundation through its Affiliate network is the world's largest private funding source of community-based breast health education and breast cancer screening and treatment programs. Together with its Affiliate network, corporate partners and generous donors, the Komen Foundation has raised nearly \$600 million for the fight against breast cancer.

HOUSTON HEALTHCARE TO SPONSOR ...



Join **Houston Healthcare** for Family Fair 2005 on Saturday, July 30 from 10 am until 2 pm at the Galleria Mall in Centerville. Over 50 exhibit booths will be on display offering health screenings, information, freebies and tips on keeping families healthy.

"Family Fair is truly an event for the entire family. Our goal is to promote health and wellness information, along with other tips and ideas on successful parenting and maintaining a healthy family to families and individuals while they are in the mall for back-to-school shopping," said **Mary Jane Kinnas**, marketing director for **Houston Healthcare**. "We want this to be an educational event but also a fun time for children. Highlighting this year's event, along with clowns and face painters, will be a special showing of Cartoon Network's Toon Takeover show."

The event is co-sponsored by Ibalz Marketing and Cox Media. For more information about this year's Family Fair, call Houston HealthSource at 923-9771.

Back Pain, continued

conservative for degenerative disc conditions utilizing medication and physical therapy. For the select few that fail conservative treatment and meet appropriate selection criteria, explains **Dr. Banit**, an artificial disc replacement may be an option. In this surgery, the affected disc, along with any impinging disc fragments or bone spurs, is completely removed. The disc space is increased to its prior normal disc height, and the artificial disc device is implanted into the prepared disc space. The patient can usually expect to go home within 48 hours after

surgery with few limitations on physical activity.

"There are many benefits to artificial disc replacement versus the standard spinal fusion procedure," says **Dr. Banit**. "A fusion procedure has potential complications associated with taking a bone graft from the hip as well as the loss of motion. The physical activity restrictions following disc replacement surgery are usually much less than with a fusion procedure."

The artificial disc, much like implants used in total hip and knee replacement, is a mechanical device that will wear out over long periods of time. However, studies for

some of the devices have shown only minimal wear after simulating ten years of wear.

Another treatment option, microdiscectomy spine surgery, is typically performed for lumbar herniated discs in patients who experience back and leg pain after trying conservative therapy. This minimally invasive procedure is performed on an outpatient basis using a microscope through a small, one-inch incision in the midline of the low back.

The key to improving patient outcomes is tailoring the treatments to each individual case.



Kyphoplasty: New Procedure for Osteoporosis Fractures

Dr. Garrett Ward, Interventional Radiologist for **Houston Medical Center**, will discuss this latest treatment for Osteoporosis compression fractures. It is an excellent source of pain relief for many patients. Refreshments will be served. Call 923-9771 to pre-register.

Wednesday, August 17
10 am

Houston Health Pavilion
EduCare Center

Prostate Cancer Awareness Luncheon

September is Prostate Cancer Awareness Month. Join us for our annual prostate cancer luncheon.

Dr. Kenneth Deaton, Jr., Oncology/Hematology, will be the guest speaker. Must pre-register by calling 923-9771.

Thursday, September 15

Lunch served at 11:30 am
Speaker to follow at 12 noon

Houston Health Pavilion
EduCare Center

Children & Obesity

Is your child overweight? Is she/he physically active? **Sandra Brenner, PhD, RD, CDE**, will discuss this national epidemic and how to promote healthy eating habits and why increased physical activity is so important. Call 923-9771 to pre-register.

Thursday, July 21
7 pm

Houston Health Pavilion
EduCare Center

Stress Management

Burton Carriker, Program Administrator for **Houston Medical Center** and a licensed health counselor, will lead this class to help you understand and deal with everyday stress.

Tuesday, August 23
7 pm

Houston Health Pavilion
EduCare Center

Call 923-9771 to pre-register.

Understanding the New Food Pyramid & Dietary Guidelines

Sandra Brenner, RD, PhD, CDE, dietitian, will discuss MyPyramid, the new food pyramid and dietary guidelines, and the benefits of each.

Wednesday, September 7
1 pm

Thursday, September 8
7 pm

Houston Health Pavilion
EduCare Center

Tuesday, September 27
12 noon

Perry Hospital Cafeteria