



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 Houston Healthcare physician or healthcare professional. **A free light lunch will be served. Seating is limited and pre-registration is required.** To register, call 923-9771.

“Migraines”

Dr. Ravi Shekarappa, internist
Monday, April 24
12 noon
Perry Hospital Medical Library

“Kypoplasty: A New Treatment for Osteoporosis Fractures”

Dr. Garrett G. Ward, radiologist
Monday, May 22
12 noon
Perry Hospital Medical Library

“Ankles and Knee Joints”

Dr. Daniel B. Wagner, orthopaedic surgeon
Monday, June 26
12 noon
Perry Hospital Medical Library

GENERAL HEALTH AND WELLNESS

Managing Stress

Burton Carriker, Program Administrator for Houston Healthcare Behavioral Services and a licensed health counselor, will lead this class to help you understand and deal with everyday stress.
Tuesdays, June 13
7 pm
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

Caregiver Luncheon & Seminar

A caregiver is any person who provides ongoing care for another person. The care can be for a disabled child or adult. This seminar will offer helpful ideas about caring for others. It is sponsored through the Rosalynn Carter Institute and Care-Net. Lunch will be provided.
Tuesday, June 20
10 am – 2 pm
Houston Health Pavilion EduCare Center
Call 923-9771 to register.

Caregiver Seminar

Caring for loved ones is a challenging task. Come and hear information developed by the Rosalynn Carter Institute to assist and support the caregiver.
Sundays, April 30 & May 7
2:30 – 4:30 pm
St. Christopher's Episcopal Church
Buchanan Hall
Call 923-9771 to register.

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 1 hour session followed by 5 monthly follow ups. Educational materials will be available. Call 923-9771 to pre-register.
Tuesdays, April 4 & May 2
4 – 5 pm
Houston Health Pavilion EduCare Center

Tuesday, June 6
9 – 10 am
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 987-4468 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.

Thursdays
Weigh-in 5 – 5:30 pm
Meeting 5:30 – 6 pm
Perry Hospital Medical Library
\$24 annual membership fee and \$1 weekly chapter fee. For more information call 988-1813 or 988-1827.

Thursdays
Weigh-in 6:30 – 7 pm
Meeting 7 – 8 pm
Houston Health Pavilion EduCare Center
Cost: \$24 annual membership fee and \$5 per month chapter fee. For more information, call Ruth Hatton at 953-6470.

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, May 1
7 – 8 pm
Houston Health Pavilion EduCare Center
Call 923-9771 to pre-register.

Tobacco Cessation

A free four-session course to help you quit smoking/using tobacco.
Mondays, April 3, 10, 17, 24
Mondays, May 15, 22 & June 5, 12
4:30 – 6 pm
Houston Health Pavilion EduCare Center

SENIORCARE

Promoting wellness of mind, body and spirit for senior adults

Perry SeniorCare

Each Monday (10am), Wednesday (9:30am) and Friday (10am) at Rozar Park includes an exercise class featuring strength and flexibility stretching. On Monday only, line dancing is offered at Rozar Park from 1-2 pm. On Wednesday only, PVO Bingo immediately follows exercise. On Friday only, a healthy lunch (cost is \$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.

Houston Springs SeniorCare

Each Wednesday (11am), starting March 8, at the new Houston Springs Clubhouse. Includes an exercise class featuring strength and flexibility stretching 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. Call 988-1813 for more information.

Warner Robins SeniorCare

Each Tuesday and Thursday (9am) at the Houston County YMCA (corner of HWY 96 and Moody 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 (8:30 am) 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.

SeniorCare Health Minutes

Join us for a series of short informative educational programs geared towards the senior population presented by a Houston Healthcare physician or healthcare professional.
Thursdays, April 13, May 11 & June 8
10 am
Houston County YMCA (corner of HWY 96 and Moody Road)
Call 988-1813 for more information.

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, April 22, May 20, June 3
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, April 22, May 20 & June 3
1 pm
Houston Health Pavilion EduCare Center
Cost: \$25

ACCIDENT PREVENTION

AARP Driver Safety Program
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 Lamar Odum (for Warner Robins classes) at 478-788-5121 and Paul Bennett (for Perry classes) at 478-783-1988. **Cost is \$10 per person.**
Thursday and Friday, April 27 & 28
1 – 5 pm
Perry Hospital Cafeteria
Monday and Tuesday, May 8 & 9
5 – 9 pm
Houston Health Pavilion EduCare Center



DIET INSTRUCTION FOR SPECIAL DIETS

Taught by Sandra Brenner, RD, PhD, CDE, dietitian, 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, CDE, dietitian, 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 a 1 hour initial assessment and education, a 2 hour nutrition class, and 2- five hour comprehensive education classes. Follow up at 3, 6 and 12 months after completion of the entire program. A pre-assessment and attendance to the diabetic diet class is a pre-requisite. Physician referral is required. Medicare and most insurance plans 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 Healthcare 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 sibling. 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. AsthmaticCare 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 Ireland at 988-1688.

Asthma Camp

Educational and fun activities for adults, parents, children and family members living with asthma. Presentations by various speakers. Games, door prizes and giveaways. Lunch provided for those who pre-register. For more information and to pre-register, call 923-9771.
Saturday, April 29
10 am – 2 pm
Perdue Elementary

Multiple Sclerosis Support Group

Tuesdays, April 11, May 9, June 13
7 pm
Houston Health Pavilion EduCare Center

Bereavement Support Group

Contact Hospice of Houston County at 953-5161.

COOKING CLASS

Increasing Calcium in Your Diet
May is Osteoporosis Awareness Month. Sandra Brenner, RD, PhD, CDE, dietitian, will demonstrate how to increase your intake of calcium through the foods you eat.
Wednesday, May 3
11:30 am - 1 pm
Health Connections
Call 923-9771 to pre-register.

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, April 25, May 23, June 27
7 pm
Houston Health Pavilion EduCare Center

Cardiac Education and Support

Join us for the quarterly cardiac luncheon. Sandra Brenner, PhD., RD, CDE, will explain the new food pyramid and dietary guidelines.
Monday, May 22
12 noon
Health Connections

Arthritis Support and Education

Wednesdays, April 19, May 17 and June 21
10 am
Breakfast will be served at the April meeting (pre-registration is required).
Houston Health Pavilion EduCare Center
Call 923-9771.
(Note: The May 17 meeting will be included in the Osteoporosis Luncheon at 11:30 am.)

Breast Cancer Support and Education

Mondays, April 17, May 15, June 19
7 pm
Health Connections

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

Thursdays, April 27, May 25, June 22
7 pm
Houston Health Pavilion EduCare Center

Diabetes Type 2 support group meetings

For adults with Diabetes Type 2 and their support system.
First Wednesday of each month
1 pm
Houston Health Pavilion EduCare Center

Second Thursday of each month
7 pm
Houston Health Pavilion EduCare Center

Fourth Tuesday of each month
12 noon
Perry Hospital Cafeteria

Lupus Support Group

Thursdays, April 6, May 4, June 1
6 – 7 pm
Houston Health Pavilion EduCare Center

“MOMS” – Moms of Multiples

No meetings in April, May, or June
Next meeting will be Tuesday, July 18
7 pm
Houston Health Pavilion EduCare Center

Multiple Sclerosis Support Group

Tuesdays, April 11, May 9, June 13
7 pm
Houston Health Pavilion EduCare Center

Bereavement Support Group

Contact Hospice of Houston County at 953-5161.



Spring 2006

The Baby Boomer Heart ...



Houston Healthcare

The “Baby Boomers” were the first generation to grow up with wealth and enjoy lives of plenty—plenty of food, plenty of cars, plenty of leisure time. But at what cost to their health? Because of such abundance, experts believe the baby boomer generation may be the most susceptible to heart disease and related conditions such as high cholesterol, high blood pressure, diabetes and obesity. But for those adults born between the years of 1946 and 1964, recent evidence shows that healthy lifestyle changes—stopping smoking, eating a healthy diet, exercising regularly, and lowering cholesterol and blood pressure levels—may improve the odds for a longer, more active life.

Blood Pressure Too High?

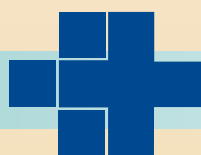
High blood pressure, or hypertension, can scar, stiffen and narrow the insides of blood vessels, forcing the heart to work much harder than it should.

Such overexertion results in a thickening of the heart muscle and eventually a weaker heart and heart failure. **Dr. Madalyn N. Davidoff**, cardiologist and member of the medical staffs of **Houston Medical Center** and **Perry Hospital**, explains, “A blood pressure reading of less than 120/80 is considered optimal and there are increased risks for stroke, heart attack, and kidney failure with small elevations in pressure such as a diastolic reading between 85 and 95.”
The National Institutes of Health estimate that one out of every three adults has high blood pressure, and it typically runs in families. Environmental factors such as being overweight or obese, having high or high-normal cholesterol, smoking, and a sedentary lifestyle also increase a person's risk for developing heart disease.
“Lifestyle modification can be a powerful intervention in the fight against heart disease,” comments **Dr. Davidoff**. “Changes in your diet, physical activity, and your weight can reduce blood pressure,

including reducing the risk of a heart attack.”
Too Much Cholesterol?
According to the American Heart Association, approximately 107 million Americans have borderline high or higher cholesterol levels. For baby boomers, ignoring even slightly elevated cholesterol levels can be bad for the heart.
Cholesterol is a soft, fat-like substance produced in the liver. How much cholesterol the liver produces is affected by a person's genes and their diet. There are two types of cholesterol: low density lipoprotein (LDL)—the “bad” cholesterol that can build up in artery walls, causing inflammation and clot formation; and high density lipoprotein (HDL)—the “good” cholesterol that helps remove LDL and carry it to the liver where it is processed and eliminated. When LDL rises too high, it collects and sticks inside artery walls increasing the risk of heart attack and stroke. It can also cause blood vessels to stiffen and

harden, increasing the risk of high blood pressure.
Triglycerides are another blood fat also linked to heart disease and stroke. Ideally, a person should have a high level of HDL and low levels of triglycerides and LDL. cholesterol count of less than 180 mg is desirable while a count higher than 240 mg is considered dangerous. For LDL cholesterol, an optimal count would be extreme danger zone. An

Continued inside





The Baby Boomer Heart, continued ...

optimal triglyceride count should be under 150 mg while anything higher than 200 mg is unhealthy and places an individual at greater risk. A good HDL cholesterol count should be 60 mg or higher.

"While cholesterol is a leading factor in heart disease it is only one of many risk factors that may eventually lead to a heart attack or stroke," explains Dr. Davidoff. "It must be looked at in conjunction with a person's weight, body shape, blood pressure and fitness level to get a true picture of heart health."

Overweight?

According to the Centers for Disease Control, more than 60 percent of the American population is either overweight or obese, which is not good news for the baby boomer's heart. While the most important risks for heart disease include high cholesterol, high blood pressure and high blood sugar, being overweight by itself can cause problems. Excess weight often translates into higher-than-normal levels of both cholesterol and triglycerides.

Being overweight is not the only concern for baby boomers. A person

with thin arms and legs but a large midsection may be at equally high or higher risk for heart disease than an overweight or obese person.

According to recent studies, "central obesity" or a big waistline is a leading factor in the onset of heart disease. Results indicate that men with a 40-inch waist and women with a 35-inch waist were at an increased risk for heart disease.

Another area of concern—particularly for women—is "visceral" fat, the fat that lies beneath the muscle and is frequently wrapped around internal organs, and is often found in people with large midsections. In recent studies, doctors found that middle aged women who carried more visceral fat in their stomach area were at a higher risk for metabolic syndrome—a combination of conditions including high blood pressure, high cholesterol, and insulin resistance that all lead to a higher risk of heart disease.

According to Dr. Davidoff, the good news is that losing weight can make a tremendous difference in reducing the risk factors associated with heart disease. "Even a small amount of weight loss can have a huge impact," she says. "Your

blood pressure will drop and your cholesterol levels will improve."

More Exercise?

When it comes to protecting the baby boomer's heart, research indicates that exercise is the best prevention. Individuals who exercise on a regular basis have up to a 50 percent lower risk of having a heart attack or chest pain, while not being physically active is the single most important risk factor for heart disease.

"There are a number of heart-healthy benefits to exercise," comments Dr. Davidoff. "You will lose weight or maintain a lower weight. Usually you will lower your blood pressure and cholesterol levels as well."

Lifestyle-based physical activity including brisk walks, gardening, cycling, or walking up steps all work towards protecting the heart. Thirty minutes three to five times a week is helpful in reaping heart healthy benefits.

"The key to starting any exercise program is to start slow and build up gradually," explains Dr. Davidoff. "Start by adding some form of aerobic activity for at least 10 to 12 minutes in your everyday life each day. If you do feel

discomfort while doing any physical activity, stop and talk to your doctor. He or she may want to do some testing to assess your current health level and they can also work with you to devise an activity program that you can do safely and effectively."

Cardiologists on the Medical Staff of Houston Medical Center

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Osteoarthritis Pain ... Eased by Total Joint Replacement

Osteoarthritis is the most prevalent form of arthritis and a common cause of joint pain and degeneration, typically affecting people who are middle aged or older. However, as a result of joint injury from high intensity sports or accidents, some adults may begin experiencing symptoms of osteoarthritis in their late 30s and early 40s.

Early, non-surgical treatments, such as lifestyle modifications, medications, and physical therapies can work to slow the progression of osteoarthritis, increase motion and improve strength in the affected joints. These may help to control pain and other symptoms of osteoarthritis. For many patients, however, these measures do not provide adequate relief.

"While there are no medications available to stop the progression of osteoarthritis, there are some strong anti-inflammatory drugs, called corticosteroids, that can be injected directly into the joint to temporarily reduce pain and swelling," explains Dr. J. W. Spivey, Jr., an orthopaedic surgeon on the medical staff at Houston Medical Center. "While these drugs are thought to slow down the progression of osteoarthritis, more research needs to be completed to be certain the drugs are truly effective and safe in the long term."

If early treatment measures do not stop the pain, surgery may be considered to treat advanced cases of osteoarthritis. Surgery depends on an individual's age and activity level, the condition of the affected joint, and the extent to which osteoarthritis has progressed. One such option is arthroscopy, a procedure where the surgeon uses a pencil-sized instrument and two or three small incisions to remove bone spurs, cysts, damaged cartilage or loose fragments in the joint. Another option is total joint replacement, which typically lasts

about ten years and ultimately may be the best treatment option to alleviate joint pain due to damaged cartilage. While the replacement is not the same as a healthy body joint, it performs extremely well. The replacement fits over the ends of the bones, providing a smooth surface that permits ease of movement.

"Joint replacement is a personal decision. When knee pain, for example, becomes less of a mere nuisance and more of a disability, a patient should seriously consider having the procedure. Another indication for knee replacement is severe night pain that prevents sleep," said Dr. P. Jeffrey Jarrett, an orthopaedic surgeon and member of the Houston Medical Center and Perry Hospital medical staffs. "A joint replacement usually results in a predictable decrease in pain, and for most patients the long-term outcome justifies the temporary discomfort of surgery and the stringent exercises required during recovery."

Dr. Jarrett and Dr. Spivey, along with other orthopaedic surgeons on the medical staffs of Houston Medical Center and Perry Hospital, work with Houston Healthcare staff in a unique program known as the Human Motion Institute, which offers a leading edge approach to the prevention, assessment, treatment and rehabilitation of orthopaedic and musculoskeletal injuries or problems. Scientific advancements made in the last 20 years have greatly improved the longevity of the joint implants used by today's orthopaedic surgeons. According to Dr. Spivey, who performed the first knee replacement procedure at Houston Medical Center in 1975, many improvements have taken place in the field of joint replacement surgery.

"Things are much different today. The joint replacement implant itself has changed. The metals used in the implant are offshoots of NASA's space program and are lighter and stronger.

The plastic used in the implant also is greatly improved and lasts longer," explains Dr. Spivey. "Today's advanced technology enables a more precise fit and a longer-lasting replacement joint."

It may be said that today's patients are also more advanced. Many patients are extremely knowledgeable and are likely to take charge of their own health, adds Dr. Jarrett.

"The people I see are very well educated in terms of their condition and related treatment options. Most of them use the Internet to perform their own healthcare research," he comments. "Many of my patients tell me that their quality of life is significantly improved. Others say that they wish they had undergone joint replacement sooner."

To be successful, patients must take an active role in their own recovery. They are encouraged to stand and walk as soon as possible after surgery. The day after surgery a physical therapist begins to guide them through a personalized program involving patient education and special exercises designed to restore joint function. Most patients can return home three to four days following surgery. Then they embark on the next phase of their journey to recovery, which usually involves outpatient physical therapy three times a week for two to four weeks.

"Our goal for these patients is to return them to their prior level of function before surgery," states Geoff Aulds, P.T., A.T.C., C.S.C.S., Director of Houston Healthcare's Rehabilitation Services and Coordinator of Houston Healthcare's Human Motion Institute. "We treat



each patient individually and develop a treatment plan that includes exercise that will strengthen their muscles and help restore a range of motion."

Houston Healthcare offers physical therapy

services at Houston Medical Center and Perry Hospital for patients who have undergone joint replacement.

Once patients have been discharged from the hospital, physical therapy can continue at Pavilion Rehabilitation Center or Houston Lake Rehab. All the physical therapy sessions require physician referral, and the physical therapists keep the physicians informed of patient progress.

Aulds said the program stresses safety, self-reliance and independence. The physical therapists guide patients as they progress from using a walker to using crutches or a cane and on to easy walking without any additional support.

"Education plays a very important role. We teach safety tips, such as how to safely climb stairs and how to get in and out of the tub or shower with their new joint, as well as practical information including how to get dressed," Aulds said.

Aulds noted that the physical therapists encourage patients to continue with their exercise program even after their outpatient physical therapy is no longer required. "Our goal is to keep these people exercising for life," he added.

Houston Healthcare Part of ...

National Campaign to Save 100,000 Lives Through Healthcare Improvement

Houston Healthcare is one of 3,000 hospitals across the nation participating in the Institute for Healthcare Improvement's 100,000 Lives Campaign. Houston Healthcare joined the Campaign in December 2004 as one of the inaugural hospitals to be involved in this first-ever national campaign to save 100,000 lives by implementing proven practices and procedures to improve patient care and prevent unnecessary deaths and illness.

"Our mission is to provide quality care in a cost-efficient manner to the patients we serve," said Houston Healthcare CEO Frank Aaron. "We are pleased to continue our participation in this national campaign to enhance our quality improvement efforts."

During its first year, the 100,000 Lives Campaign has successfully enrolled an estimated 85 percent of the acute care hospital beds in the country and created a national

infrastructure of Campaign field offices that offer resources and support to participating hospitals. Of the more than 3,000 hospitals enrolled, approximately 74 percent of them, including Houston Healthcare, are reporting mortality data to the Institute of Healthcare Improvement (IHI).

"Hospitals participating in this campaign are not only demonstrating their commitment to improvement but their determination to put proven, life-saving improvement techniques into action," said Dr. Donald Berwick, President and CEO of the Institute for Healthcare Improvement. "They are also implementing important changes in healthcare delivery that will reduce preventable illness and death beyond the Campaign's June 2006 deadline for saving 100,000 lives nationwide."

As a participating hospital, Houston Healthcare is implementing health care quality improvement changes such as:

- **Activating a Rapid Response Team at the first sign that a patient's condition is worsening and may lead to a more serious medical emergency.**
- **Preventing patients from dying of heart attacks by consistently delivering evidence-based care, including appropriate administration of aspirin to prevent blood clots and Beta blockers to prevent further heart attacks.**
- **Preventing medication errors by implementing medication reconciliation, which requires that a list of all of a patient's medications (even for unrelated illnesses) be compiled and reconciled to ensure that a patient is given or prescribed the right medications at the correct dosages at admission, discharge and before transferring a patient to another care unit.**
- **Preventing patients who are receiving medicines and fluids through central lines from developing infections by following five steps, including proper hand**

washing and cleaning the patient's skin with "chlorhexidine" soap.

- **Preventing patients undergoing surgery from developing infections by following a series of steps including the timely administration of antibiotics.**
- **Preventing patients on ventilators from developing pneumonia by following four steps including raising the head of the patient's bed between 20 and 40 degrees.**

The 100,000 Lives Campaign has been endorsed by such distinguished healthcare organizations as the American Medical Association, the American Nurses Association, the Centers for Medicare and Medicaid Services, and the Joint Commission on Accreditation of Healthcare Organizations. The Institute for Healthcare Improvement is a not-for-profit organization leading the improvement of healthcare throughout the world, cultivating innovative concepts for improving patient care.

Hospital Authority Unveils New Plan for Expanding ... Houston Medical Center

The Hospital Authority of Houston County's plans for a state-of-the-art medical center to meet the demands of the future are a step closer to reality with the approval of a master facility plan of the Houston Medical Center's Watson Boulevard campus for the next 20 to 25 years.

"This plan is truly a blueprint of how the Houston Medical Center campus can develop and expand to meet the demands of our service area's growing population through 2025 in a series of phases," said Frank J. Aaron, CEO of Houston Healthcare. "The key to the plan is flexibility, so that the plan can adapt as the future unfolds. Not only does it outline where new expansions can occur for future growth, it also provides a way to eventually retire and even replace old buildings which will help us maintain a first-class medical center for our community."

Phase I of the plan includes a new four-story bed tower along with new construction and



renovated space for ancillary support services (Clinical Lab, Dietary, Materials Management, Central Sterile Supply), a cardiac catheterization lab expansion and a central energy plant. Phase I will also include additional parking and improved access to the campus site. Estimated costs for the Phase I project are \$60 million. One of the main priorities for Houston Medical Center in the future will be a Phase II expansion of its Women's Center.

"We have experienced tremendous growth in almost every area of Houston Medical Center over the past five years including inpatient admissions, surgeries, emergency department visits, radiology and laboratory tests," Aaron explained. "With the growth in population that we are anticipating, we must be prepared to meet the needs of the community. This plan clearly addresses how we need to allow for future growth through 2020 - 2025 with both new construction and renovated facilities at this campus."



New Treatment for Chronic Heartburn: STRETTA

Find out more about a new, minimally invasive procedure for treating GERD (the condition that causes chronic heartburn). Dr. Virgle McEver, III, general surgeon, will discuss this new procedure for treating GERD. A light dinner will be served.

Tuesday, April 18
Dinner will be served from 6:30 - 7 pm
7 pm - Presentation by Dr. McEver
Houston Health Pavilion
EduCare Center
Call 923-9771 to pre-register.

Joint Replacement Care

Geoff Aulds, Director of Houston Healthcare Rehabilitation Services, will present a program on improving joint replacement success and also the quality of care. Don't miss this informative talk on pre- and post-joint replacement care. Breakfast will be served.

Wednesday, April 19
10 am
Houston Health Pavilion
EduCare Center
Call 923-9771 to pre-register.

Peripheral Vascular Disease (PVD) Screenings

Leg pain while exercising may not be due to overexertion, feeling tired or old age. These symptoms may be due to peripheral vascular disease and diabetic patients are at high risk for this disease. You must have an appointment. Call 923-9771 to schedule an appointment.

Tuesday, April 25
10 am - 4 pm
Health Connections
Cost: \$20

Osteoporosis Luncheon

May is Osteoporosis Awareness Month. Dr. Thekkepat Sekhar, OB/GYN, will talk about the risk factors for this common condition and the latest diagnosis and treatment for it. (Note: This luncheon will take the place of the monthly Arthritis Support Group meeting.)

Wednesday, May 17
Presentation starts at 12 noon
Luncheon served 11:30 am - 12 noon
Call 923-9771 to pre-register.

Know More About Skin Cancer

June is Skin Cancer Awareness Month. Delano Parker, PA, from Georgia Dermatology, will discuss signs, symptoms and treatments for the different kinds of skin cancers. Refreshments will be served.

Monday, June 5
7 pm
Houston Health Pavilion
EduCare Center
Call 923-9771 to pre-register.