



# Health Break



## COLD OR ALLERGY? Not always easy to tell.

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What's the difference between allergy symptoms and cold symptoms? Not much, if anything, according to local physicians.

"Both can cause what we call 'wet symptoms' like itchy, watery eyes and sniffles," says Mark Abrams, MD, an Ear, Nose and Throat specialist on the medical staff at Piedmont Medical Center. "Both colds and allergies can also cause congestion that leads to stopped up sinuses, headaches, coughing and sore throats. They can make it hard to sleep at night, and cause people to feel tired during the day."

To make allergy diagnosis even more difficult, everybody is different. Some people have only congestion, others have only the wet symptoms. Some have both. Plus, allergies can pop up at just about any time of the year, and people can develop them at any age.

"All that's true for colds, too, of course," Dr. Abrams says. "You can try some over-the-counter medicines to see if they help. But if symptoms keep coming back at the same time of year—or if they never really go away—it might be time to see a specialist."

### NEW TO THE AREA? BLESS YOU!

Here in the South, allergy season is expected to be long this year, according to regional allergy experts. Many people started feeling symptoms in mid-

February. Not too far away, Charlotte and Greensboro in N.C. have both made the list of "Top 10 Spring Allergy Capitals," a list compiled by the Asthma and Allergy Foundation of America.

If you're sneezing a lot or have congested sinuses, it could be that you're developing an allergy to something new. This happens often when people move here from different parts of the country, says Katrina Herring, MD, a family practitioner on the medical staff at Piedmont.

"Different types of plants bloom here, and the humidity here holds on to mold spores that people are allergic to," she says.

### EASE SYMPTOMS, IMPROVE HEALTH

Many different things can cause allergy symptoms, and getting them under control could improve your health significantly:

- Physical factors in the throat or sinuses can obstruct or narrow the airway, too. This can make breathing harder, especially after a few minutes of lying down. "There's not as much people can do on their own about the way their sinuses are made, but it's important to get checked if physical features are causing symptoms," Dr. Abrams says. "These obstructions can create bigger issues,

like sleep apnea, which is linked to high blood pressure, reflux and even heart attacks.

## KIDS AND ALLERGIES: FIGURING IT ALL OUT

It's hard enough to tell whether an adult's symptoms are caused by allergies or a cold. When it comes to children, parents and physicians face extra challenges. For example, how does a young child know what "headache" means, and forget trying to define "sinus pressure."

"Allergy and cold symptoms can affect schoolwork, sleep and play," says Katrina Herring, MD, a family practitioner on the medical staff at Piedmont Medical Center. "If a child is having allergy problems three months a year, that's a quarter of their lives where they're not feeling their best, or learning as much as they could in school."

Allergies can also make kids more susceptible to other illnesses. So pay extra attention to children who have signs of colds or allergies. Children who are prone to allergies are also prone to asthma and eczema. Treatment is often simple, and sometimes, treating the symptoms of one can relieve the symptoms of the other.

On the other hand, some symptoms don't necessarily need any treatment.

"In young children, the immune system is not yet very strong," says Mark Abrams, MD, an Ear, Nose and Throat specialist on the medical staff at Piedmont. "So they might have a runny nose or slight congestion that really doesn't need medicine."

Drs. Abrams and Herring agree that it's better to work with a physician early to figure out the cause of symptoms in children. The child could have allergies or asthma that's not yet been diagnosed.

Then stop the medicine and note any symptoms. If your symptoms improved or disappeared when you were using the antihistamine, it's likely you have allergies, he says.

The "sniff diary" might not be as helpful if you're using most decongestants, he says. "They'll usually improve congestion no matter what the cause," he says. So you couldn't be sure if symptoms stem from allergies, asthma or narrow airways, for example.

- In children, it's sometimes hard to tell if they have a cold, allergies or something else. But it's important to find out, Dr. Herring says. "Asthma, especially in children, can mimic allergies. And colds can mimic allergies, too."
- Seasonal pollen allergies, or "hay fever," can begin in this part of the country as early as February, as it did this year. "If your allergy symptoms really get bad in the spring, you might be able to reduce them by taking allergy medicines in the late winter next year," Dr. Herring says.

### SOME EASY SOLUTIONS

If you have "wet" symptoms like itchy, watery eyes or a runny nose but aren't sure if you have allergies or a cold, start with an over-the-counter antihistamine like Benadryl at night, Dr. Herring says.

"Sometimes, just getting the symptoms under control at night can make you feel better during the day," she says. "Make sure you read the label, because not everyone should take antihistamines."

Dr. Abrams also suggests keeping a "sniff diary" for a couple of weeks. If you have "wet" symptoms, try an antihistamine every night for a week, and note any symptoms you have.



MARK ABRAMS, MD  
OTOLARYNGOLOGY



KATRINA HERRING, MD  
FAMILY MEDICINE

A trip to a specialist can help you determine the cause of your symptoms, and get you started on the right treatment.

### SWEET RELIEF FROM ALLERGY SYMPTOMS

If you have allergies, physicians at Piedmont Medical Center offer these tips:

- Keep windows closed, especially at night and on windy days.
- Use an air purifier with a HEPA filter, especially by your bed. These filters catch small, airborne particles.
- Vacuum your home and/or office once a week. HEPA filters can help here, too.
- Wash bed linens weekly, including bedspreads and comforters.
- Make sure air filters in air conditioning units and ducts are clean—at home and in your car.
- Flush out your sinuses using a Neti pot, which looks like a small teapot. Many drug and health food stores carry them, and most come with instructions. You can also get information at WebMD.com.
- Try over-the-counter medicines targeted to your symptoms.
- Limit the time you spend outside in the mornings and on dry, windy days. That's when pollen is at its worst.
- Don't bring the irritants inside. Keep your outdoor clothes where they can't irritate you. If pollen is bad, consider washing your hair when coming inside.
- Take extra care when pollen counts are high. Pollen reports are often part of the local weather reports.
- Be open to ideas your doctor offers to relieve symptoms.

**For a physician referral, please visit [www.piedmontmedicalcenter.com](http://www.piedmontmedicalcenter.com) or call 803-329-1234 and press 2.**

# Keep the Great Outdoors Great this Summer

Ahh. Summer's getting ready to pour on the heat. Experts at Piedmont Medical Center have pulled together some warm-weather tips to keep you safe and healthy at home and away.

## CUT THE GRASS. NOTHING MORE.

Without even looking at area lawns, Piedmont's emergency room physicians and nursing staff know when folks start working in the yard. They start seeing more people with crush injuries and broken bones, cuts and falls. Already this year, they've seen at least one weed-eater injury.

"A couple of times each year, we also have people come in with fingers that are cut off partially or all the way," warns Connie Foster, RN, MSN, Trauma Coordinator in the Emergency Department. "They've usually tried to dislodge something from a lawnmower blade."

About one in 10 people who need emergency care for mower injuries are under age 18, according to the American Academy of Pediatrics. Many of them are older children who cut lawns to earn money or are helping with chores. Ride-on mowers are safer only for children over age 16. Kids as young as 12 might be safe using walk-behind mowers. Adults should do some of the more dangerous tasks related to mowers, including adjusting the mower deck and clearing stopped blades.

### *To prevent yard work injuries at your house:*

- Use a mower that stops automatically when the handle is released.
- Use a sturdy stick to clear mower blades and decks, even when the mower is off.
- Wear sturdy shoes and long, thick pants.
- Wear safety glasses, especially when using a weed eater.
- Clear sticks from the area before mowing. Watch for sticks and rocks that can fly from under a mower into other people around you.
- On riding mowers, avoid hills and culverts where the machines can tip over.
- Don't let kids ride as passengers.

## SLIPPERY WHEN WET...OR MESSY...OR BROKEN.

Falls are the main reason people seek emergency care at Piedmont, according to physicians Piedmont's Emergency Department. For children, common accidents occur when climbing on playground equipment. Falls both inside the home and outside are more common for adults.



Older adults, especially, should make sure walkways are lit at night and sidewalks and stairs are clear. Exercises that build muscle and improve balance can help adults of any age.

## KEEP THE OUTDOORS HEALTHY FOR KIDS

Kids take their cues from parents when it comes to safety, according to Piedmont's emergency medicine staff. Here are some tips that can keep everyone safe:

*Heads up on helmets.* "My kids' brains are important to me," says Connie Foster, RN, MSN, Trauma Coordinator in the Emergency Department. "So I wear a bike helmet and my children do, too."



*Warm Weather.* Saturday ballgames expose kids to a lot more than team sports. Though the days might be cooler, that sun on children's tender skin can cause burns. People get 80 percent of their sun exposure before age 18.



Use sunscreen with a sun protection factor (SPF) of 30 or greater. Apply 30 minutes before going outside. Re-apply every two hours. And don't forget the sunglasses. They should have protection from both UVA and UVB rays.

*Don't get bugged.* Teach your children what some of the most common stinging insects and bugs look like, and teach them to keep out of their way.

**SWAT, SPRAY OR JUST STAY OUT OF THE WAY**  
Mosquitoes, ticks, fire ants, spiders, yellow jackets and hornets can cause much more than an itchy, painful bite. Some, like ticks, can carry diseases. Others can cause allergic reactions.

**FOR BUGS LIKE THESE, IT'S BEST TO JUST STAY OUT OF THE WAY. HELP YOUR FAMILY TO RECOGNIZE THEM**

Mosquitoes in this region can carry West Nile Virus. If you use insect sprays, follow instructions carefully, especially with children.

Fire ants are a somewhat new nuisance to the region, and even the smallest of bites can cause a lot of discomfort.

Their mounds can be in the middle of a lawn, flowerbeds and along sidewalks.



Some spiders, including the black widow spider and brown recluse, carry venom that can damage tissue and sometimes cause death. They live in places you'd expect, such as storage sheds and garages, in-ground water shut-off boxes and even in shoes left in dark places.

Bees, hornets and yellow jackets can cause allergic reactions. They like bright colors, plants with flowers or fruit, sweet-smelling lotions and other cosmetics, and trashcans.

"Most people don't know they're allergic to stinging insects until they get stung," says Connie Foster, RN, MSN, trauma coordinator in Piedmont's Emergency Department. "And if they have a reaction, they might not be able to communicate well."

If you see these signs of an allergic insect-sting reaction, call 9-1-1 immediately.

- Trouble breathing
- Coughing, wheezing
- Feeling of fullness in the mouth or throat
- Swollen lips, tongue, ears, eyelids, hands or feet
- Light-headedness or confusion
- Nausea, diarrhea or cramping
- Hives or reddening skin
- Sweating, especially behind the neck and ears
- Chest pain
- Sudden weakness or numbness

#### TICKED OFF

Wooded bike and walking paths and evening picnics on the lawn might put you in the line of fire for ticks this spring and summer. Learn these signs of two tick-related diseases that are in our part of the country.

**Piedmont now offers InQuickER – an emergency room service that allows you to hold a place at our emergency room online, while waiting in the comfort of your home. Visit [www.PMCIInQuickER.com](http://www.PMCIInQuickER.com) today.**

“CREATE YOUR WEIGHT” CLASSES:

# New Series Helps You Find Your Path to a Healthy Weight

According to dietitians at Piedmont Medical Center, “diet” is a four letter word.

“And it’s one we don’t like to use,” jokes Sarah Neumann, a registered dietitian who’s heading up an extensive new program at Piedmont. It’s called “Create Your Weight,” a six-month series of classes and screenings to help people become more aware of food. This includes how food, mood and activity can all work together to help people reach their health goals.

“The series is open to every adult—of any age or level of fitness,” Neumann says. “If you’re ready for a healthy change and are ready to learn how to do accomplish it, this class is for you.”

## TAKING TIME FOR CHANGE

One key to making successful changes to eating—or anything else—is to stick with it over time, Neumann says.

“The class is running for six months. That gives participants time to try new ideas, come back to share successes and challenges, and make new habits routine,” she says. “You’ll be able to personalize your goals, and we’ll work together to help you reach them.”

Beginning this summer, the class will meet weekly for the first three months, and then once a month

## PIEDMONT’S NEW WELLNESS CENTER REACHING FOR THOSE AH-HAH! MOMENTS

“Healthcare is moving away from a focus just on diseases and treatments. We’re now moving towards wellness and prevention,” says Stacey Bumgardner, Nurse Practitioner and Director of the new Wellness Center at Piedmont Medical Center. “This new center is an example of that change.”

The center, located on the ground floor of the Women’s Tower, is bringing together experts in a field called integrative medicine. This is a relative new field in the US that focuses on overall health across a person’s life, instead of simply managing disease.

Piedmont’s Wellness Center combines traditional medical practices with “complementary and alternative” care such as therapeutic massage and meditation. The center’s medical director, Kashyap Patel, MD, is board certified in integrative medicine, and Bumgardner recently completed studies at Duke Integrative Medicine, part of Duke University School of Medicine. She is also a board certified family nurse practitioner. Registered nurses and a registered dietitian are also part of the team.

In addition to monthly health screenings and classes such as the new “Create Your Weight” program, the center plans to offer yoga, massage and meditation, plus health coaching and counseling with the Nurse Practitioner on topics related to living with chronic disease.

after that. Each participant can also meet one-on-one with Neumann, a registered dietitian. These meetings will focus on goals that range from getting more exercise to losing weight and lowering blood sugar or cholesterol. Each session will be repeated during both daytime and evening hours, making it convenient for more people.

Over 50 Piedmont employees are going through the first series of classes now, Neumann says. “They’re already giving us some good feedback. They’re reporting that they’re losing weight, that they feel better and that the meetings are motivating them to keep at it.”

## NEED MORE INFORMATION?

**For information about the free introductory session or to get on the mailing list, contact Sarah Neumann at [CreateYourWeight@tenethealth.com](mailto:CreateYourWeight@tenethealth.com).**



## NEW CERTIFICATION AS A PRIMARY STROKE CARE CENTER:

# “It’s already making a difference.”

In the spring of 2010, a variety of staff at Piedmont Medical Center began a program to focus on getting the fastest, most advanced care for patients with life-threatening stroke. They assembled a team of clinicians and therapists at Piedmont and partnered with the Medical University of South Carolina to ensure expert care is available here locally 24/7.

By December, they saw improvements in how quickly stroke patients arrived at the hospital and how many received a special clot-busting drug. And by December, The Joint Commission had named Piedmont as an Advanced Certified Primary Stroke Care Center—one of only 11 such centers in the state. In addition, by February 2011, the American Heart Association had also awarded Piedmont with the Silver Plus Award for excellence in stroke care.

“With stroke, time is brain, and fast treatment is critical,” says Mark A. Porter, MD, a neurologist and Director of Piedmont Medical Center’s Stroke Program. “By becoming a Primary Stroke Care Center, we’ve streamlined how we give care. We’ve gotten the entire medical community involved and on the same page. And it’s already making a difference.”

For people needing care for stroke, the numbers are impressive. Before the program began, less than half of area patients with stroke arrived to Piedmont’s emergency department by ambulance.

By December 2010, over 75 percent arrived by ambulance. That’s important, because those patients had a better chance of receiving the clot-busting drug, tPA, which must be given within three hours of the first signs of stroke.

“Before our stroke program was a year old, we earned two awards from the American Heart Association ‘Get With the Guidelines’ program,” says Tina Cronin, APRN, Director of Neurosciences at Piedmont. “So far we’ve earned every level of award we’re eligible for in that program.”

### A FUTURE WITHOUT STROKE

People who have had a stroke are at risk to have another one. So, in addition to emergency care, Piedmont’s Primary Stroke Care Center focuses on educating and supporting patients and their families, beginning while they are in the hospital.

“Our focus over the next months will be to improve our care even more, and reduce how long patients need to stay in the hospital as they recover from stroke,” Dr. Porter says. “We’ll be watching how many patients are readmitted for stroke, too.”



MARK PORTER, MD  
NEUROLOGY

Longer term, Dr. Porter is looking at ways to partner with academic medical centers, so area patients have the opportunity to benefit from research into the latest treatments and rehabilitation available.

“Certification as a Primary Stroke Care Center is a great start,” he says. “We’ll continue to look for programs like this to bring advanced care to everyone living in our community.”

To learn more about Piedmont’s Certified Advanced Primary Stroke Center, visit [www.piedmontmedicalcenter.com](http://www.piedmontmedicalcenter.com).

## STROKE IS AN EMERGENCY. KNOW WHEN TO CALL 9-1-1

That call puts stroke experts and the entire Stroke Team at Piedmont Medical Center and the Medical University of South Carolina on alert. With that call, they will begin preparing for your arrival in the Emergency Department to give you the best chance to stop brain damage from stroke.

### SIGNS OF A STROKE, FROM THE AMERICAN HEART ASSOCIATION:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking; dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

### CHANGE YOUR RISK FOR STROKE

Some risks for stroke run in the family, and others come with age (being over age 55), your race (African Americans have a higher risk), or because of your health history. But you have the power to do some things to limit your risk for stroke, according to the American Heart Association.

Eat healthy foods. Control high blood pressure, cholesterol and weight, plus diabetes, heart and artery diseases. Work your way up gradually to at least 150 minutes of exercise every week, with your doctor’s permission.

# Piedmont's Heart Experts Achieve Double National Honors

"It's scary for anyone to wake up in the middle of the night and not be able to breathe," says Harry Hicklin, MD, a cardiologist on the medical staff at Piedmont Medical Center and medical director of the hospital's Congestive Heart Failure Program. "But when you've already had heart failure and know this could be a heart attack, it can be even scarier."

To help patients replace that fear with knowledge, the staff at Piedmont Medical Center recently achieved two broad-reaching national certifications in congestive heart failure. They earned *The Joint Commission's Gold Seal of Approval*<sup>™</sup> for Heart Failure Care by demonstrating compliance with The Joint Commission's national standards for health care quality and safety in disease-specific care. The hospital was also awarded the American Heart Association's *Get With The Guidelines*<sup>®</sup> *Gold Plus Performance Achievement Award for Heart Failure*.

The Piedmont team is one of only three in the state to earn one of these designations and is the only one to earn both.

"Early in 2010, we began putting a great amount of

effort and energy into earning these prestigious designations," Dr. Hicklin says. "It's a very detailed process that covers everything from patient and staff education, to treatment and follow up with patients for up to a month after they leave the hospital."

## INFORMED PATIENTS, HEALTHIER PATIENTS

The goal of these efforts is to ensure that patients understand the steps they can take to be as healthy as possible with congestive heart failure, and to know the warning signs that mean they need medical care. "Heart failure" includes coronary artery disease, damage to the heart muscle or valves, high blood pressure and heart attack.

Piedmont has devoted a lot of time and expense to get the program up and running, and to become leader in treating congestive heart failure in the region, Dr. Hicklin says.

"This should give area residents reassurance that if they're admitted here for heart problems," he says, "they can expect care from a strong team of experts who are working hard for them every day."

**To learn more about cardiac services available at Piedmont, visit [www.piedmontmedicalcenter.com](http://www.piedmontmedicalcenter.com).**



HARRY HICKLIN, MD  
CARDIOLOGY

# Teens and Binge Drinking Your Impact as a Parent

With the end of the school year and teens social calendars filling up, parents can play a role in keeping their kids safe while enjoying fun and friends.

Parents might not have a big impact in *whether* a teen tries alcohol, research shows. But they have important opportunities to prevent binge drinking. Based on studies of thousands of teens, researchers say that getting involved and engaged in children's lives is the key. And it's the best way for parents to keep teens from drinking large and dangerous amounts of alcohol, according to a Brigham Young University study in the *Journal of Studies on Alcohol and Drugs* (June 2010).

Teens least likely to try heavy drinking have parents who ask questions about friends and how they spend their time. They also have warm, loving

relationships with their children. These teens are less likely to have non-drinking friends, as well, the study shows.

On the other hand, when teens think their parents are "indulgent" (by not asking questions, for example) or don't care, they're two to three times more likely to try heavy drinking.

Related research published this spring says it's also important to address alcohol use and other risky behaviors as early as possible. Healthy habits formed today can keep kids safer for life.



# Calendar of Events

Most of our classes, groups and events are 60 minutes or less and (unless otherwise noted) are held at Piedmont Medical Center. Registration is required, call **803-329-1234** or **1-800-578-4555** and press **2** or visit **www.piedmont-medicalcenter.com/events**.

## Beyond Breast Cancer

Support group for women who have faced a breast cancer diagnosis and are committed to restoring their quality of life. Sessions are educational, interactive and supportive.

*1st and 3rd Thursday of every month*  
Aug. 18; Sept. 1, 15; Oct. 6 – 5:30 p.m.  
Cancer Yoga after each meeting from 6:30-7:00 p.m.  
Women's Diagnostic Center

## Us Too Support Group

For prostate cancer survivors and their spouses.

*1st Tuesday of every month*  
Sept. 6; Oct. 4 – 7:00 p.m.  
Doctor's Dining Room

## Diabetes Support Group

For people living with diabetes.

*1st Thursday of every month*  
Sept. 1; Oct. 6 – 6 p.m.  
Women's Center Auditorium

## Orthopedic and Spine Joint Class

Information for those scheduled to have hip or knee replacement.

*1st Monday of every month*  
Sept. 5; Oct. 3 – 3 p.m.  
Physician's Conference Room

## Spinal Cord Injury Support Group

For people affected by spinal cord injuries. Open to patients, families and friends.

*2nd Tuesday of every month*  
Aug. 9; Sept. 13; Oct. 11 – 5:30 p.m.  
Women's Center Auditorium

## Childbirth Preparation Class

Labor and delivery nurses teach stages of labor, birthing options, relaxation/ breathing techniques and methods of pain control. Car seat safety will be covered. Feel free to bring snacks and bag lunches.

*1st & 3rd Saturday of every month*  
Aug. 6, 20; Sept. 3, 17; Oct. 1, 15 – 8:30 a.m.-2:30 p.m.  
Women's Center Auditorium

## Infant CPR

Infant CPR and basic emergency preparedness.

*2nd Sunday of every month*  
Aug. 14; Sept. 11; Oct. 9 – 3-5 p.m.  
Women's Center Auditorium

## Infant Care Class

Basic newborn care, bathing, feeding and recognizing signals that may require a doctor's care.

*4th Monday of every month*  
Aug. 22; Sept. 26; Oct. 24 – 7-9 p.m.  
Women's Center Auditorium

## Young Parents to Be

Geared toward parents 21 and younger; encompasses all aspects of pregnancy.

6:30 p.m.; Women's Center Auditorium  
Call for schedule

## Prenatal Breast-feeding Class

Taught by International Board Certified Lactation Consultants.

*3rd Monday of every month*  
Aug. 15; Sept. 19; Oct. 17 – 7-9 p.m.  
Women's Center Auditorium

## Very Important Grandparents

Information on current techniques for caring for a new baby.

*1st Sunday of every month*  
Aug. 7; Sept. 4; Oct. 2 – 3-4:30 p.m.  
Women's Center Auditorium

## Siblings Boot Camp

For siblings on what to expect with a new baby. Includes a tour of the OB unit.

*1st Sunday of every month*  
Aug. 7; Sept. 4; Oct. 2 – 2-3 p.m.  
Women's Center Auditorium

## Car Seat Safety Class

All aspects of car seat safety taught by a certified car seat safety technician.

*2nd Tuesday of every month*  
Aug. 9; Sept. 13; Oct. 11 – 6:30-8:30 p.m.  
Women's Center Auditorium

## Surgical Weight Loss Surgical Weight Loss Information Session

For people with a body mass index (BMI) equal to or greater than 35 who are interested in gastric bypass or Lap-Band Surgery.

Aug. 11, 24; Sept. 8, 21; Oct. 13, 26 – 6-8 p.m.  
Women's Center Auditorium

## Surgical Weight Loss Support Group

For people who have had gastric bypass or Lap-Band surgery. Adult family members also welcome.

*1st Tuesday of each month*  
Sept. 6; Oct. 4 – 7 p.m.  
Women's Center Auditorium

## Cardiovascular Services Mended Hearts

For people who have had heart surgery or are living with heart disease.

*4th Tuesday of each month*  
Aug. 23; Sept. 27; Oct. 25 – 6:30-8 p.m.  
Doctor's Dining Room

## Blood Pressure Education

Get the facts on high blood pressure.

July 8 – 12:15 p.m.  
Women's Center Auditorium

## Soul Support

Men's caregiver of breast cancer patient support group

*1st Thursday of each month*  
Sept. 1; Oct. 6 – 5:30-7 p.m.

## Young Survivor's Support Group

*2nd Thursday of each month*  
Aug. 11; Sept. 8; Oct. 13 – 5:30-7 p.m.

## Joint Class

Information for people who are scheduled to have hip or knee replacement. *1st Monday of every month*

Sept. 5; Oct. 3 – 3:00 p.m.  
Physicians Conference Room

## Empty Arms Support Group

For people who have experienced a miscarriage or the loss of an infant.

*3rd Monday of every month*  
Aug. 15; Sept. 19; Oct. 17 – 7:00 p.m.  
Doctor's Dining Room

## Look Good Feel Good

Teaches beauty techniques to women undergoing treatment for cancer to help them combat the appearance related side effects of treatment.

*1st Monday of every 3 months (Quarterly)*  
Women's Center Auditorium

## Minimal Invasive Surgical Options

Aug. 16 – 12:15 p.m.  
Women's Tower Auditorium

## Pain and Sleep 'Take control of your pain & improve the quality of your sleep'

Sept. 2 – 12:15 p.m.  
Women's Tower Auditorium

## Learn & Live – Breast Health & Breast Cancer

Oct. 7 – 12:15 p.m.  
Women's Tower Auditorium

## Expectant Parents Tour

Tour the OB Unit and Floor.  
Every Sunday – 2:30 p.m.

## Baffled by Cancer?

Join us to explore the puzzling disease of cancer.  
Aug. 25th – 6:00 p.m.