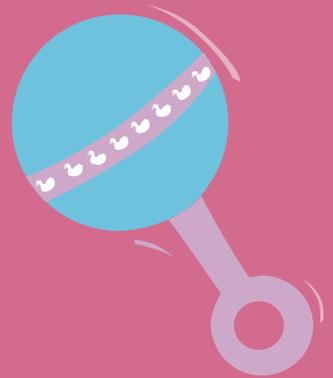
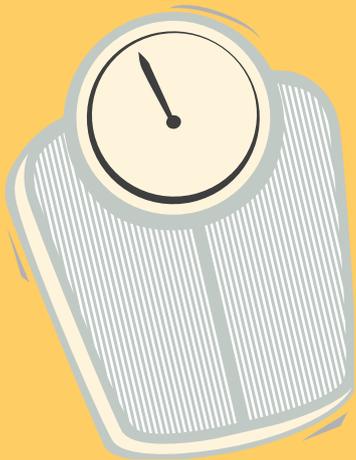


# Partners



**EXPECT BIG CHANGES  
AT THE MOM & BABY  
CENTER P. 6**

**A COMMUNITY THAT  
CARES: THANK YOU TO  
OUR 2014 DONORS P. 10**





# 6

## WELCOMING BABY

We are renovating the Mom & Baby Center—take a look!



**3 PARTNERING FOR YOU** Together, two groups expand healthcare.

**4 NEW YEAR, NEW YOU** Bariatric surgery has many healthy effects.

**9 EASE BACK PAIN** Minimally invasive procedure offers pain relief.

### 10 | THANK YOU, GENEROUS DONORS AND SUPPORTERS

We would not be where we are today without the help of our amazing community.

## What's new at Jackson?



DEAR FRIENDS AND COMMUNITY MEMBERS:

A new year always brings hope for an exciting new beginning. At Jackson Hospital, 2015 really will bring plenty of “new” to the community.

We’re just days away from beginning a major renovation of our women’s center. Approximately \$3 million will go toward this project to update the space where we welcome so many new lives into the world.

A new surgical procedure being offered at Jackson Hospital is leading patients to a new, healthier lifestyle. Patients have seen tremendous weight loss success with our gastric sleeve surgery, and we look forward to continued success for more patients into the New Year.

As we enter 2015, we’re proud to announce our new partnership with the All Med physician group. Jackson Hospital and All Med are now working alongside each other to provide better access to care for those we serve in the River Region. And we’ll be expanding our partnership, opening new facilities in Millbrook and East Montgomery this year, making it easier for patients in those communities to access our services.

Thank you for entrusting your family’s health to Jackson Hospital. We look forward to sharing our new services and growth with you in 2015.

**Joe B. Riley**  
President and CEO

## Next time you're online

Check out [www.facebook.com/jacksonhospital](http://www.facebook.com/jacksonhospital),  
[www.twitter.com/jacksonhospital](http://www.twitter.com/jacksonhospital) and  
[www.youtube.com/jacksonhospital](http://www.youtube.com/jacksonhospital).  
Also be sure to visit Jackson at [Jackson.org](http://Jackson.org).



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Founded in 1946, Jackson Hospital is a community not-for-profit hospital serving Montgomery and the Alabama River Region. Our comprehensive healthcare services include cardiac, cancer, neurosciences, orthopedics, surgical care, and women’s and children’s care, along with 24-hour emergency services.

Information in PARTNERS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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# STRONGER TOGETHER

Jackson Hospital and All Med join forces for patient-centered care

**In October of 2014,** Jackson Hospital announced a new joint venture partnership with All Med physicians. This partnership will enable both organizations to provide better access to healthcare for the River Region.

Jackson Hospital and All Med share common foundations that make this union a natural fit. Both locally owned organizations set patient care as their highest priority and have been actively expanding healthcare services throughout the community. Rather than working independently, combining resources and efforts will benefit patients greatly at all levels of medicine.

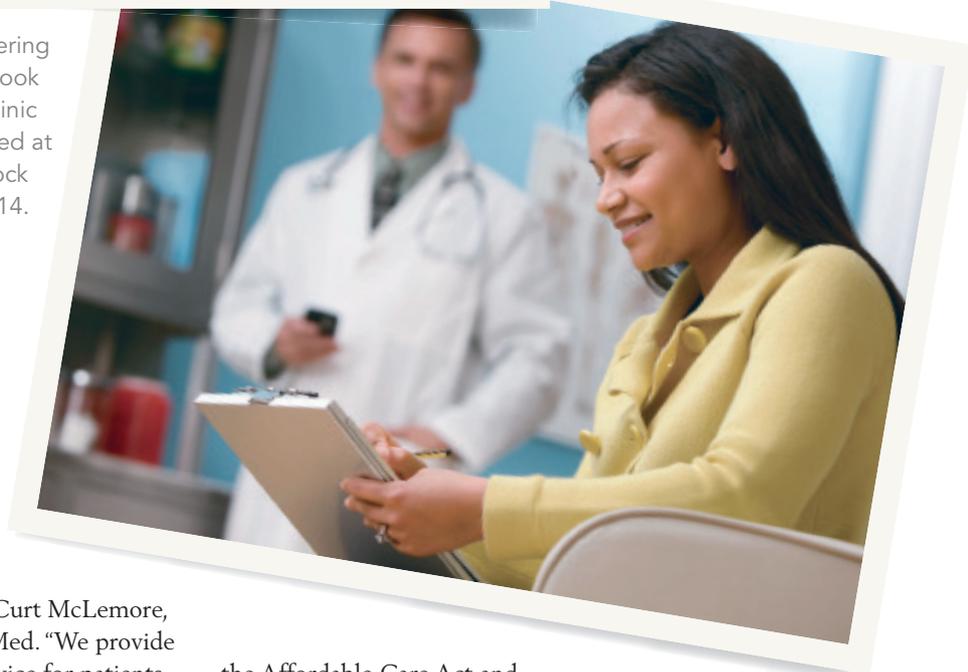
## Accessible care, across the board

"The partnership between Jackson Hospital and All Med was created from our mutual goal to enhance access to both primary and specialty care services," said Joe Riley, CEO of Jackson Hospital. "As two organizations with a long history of providing high-quality care for the River Region, we're looking forward to meeting our patients' needs together."

This partnership will link All Med patients directly with Jackson Hospital's specialists, outpatient imaging centers, diagnostic centers and hospitalists. "Most people have a hard time understanding the healthcare system. We try to make things simple for pa-



Artist's rendering of the Millbrook clinic. The clinic will be located at the 3400 block of Highway 14.



tients," said Curt McLemore, MD, of All Med. "We provide a unique service for patients and are able to expedite next levels of care in all specialties. This partnership will make that connection even easier."

Don Brobst, MD, All Med medical director, agrees. "We have been very impressed with the Jackson medical staff and how much they have reached out to us," he said. "It is clear that they share our core values and commitment to this community. This partnership will help us meet the challenges presented by

the Affordable Care Act and other changes being introduced by insurers."

## Coming soon

All Med and Jackson Hospital have now committed to building a new All Med walk-in primary care center off Highway 14 in Millbrook, to be known as All Med at Millbrook.

The 6,500-square-foot walk-in primary care facility is expected to open in August 2015. The facility will be



**WE'RE GROWING**  
Get the latest on  
what's going on at  
[Jackson.org/AllMed](http://Jackson.org/AllMed).

fully equipped with all-new diagnostic equipment and will operate seven days a week, from 7am to 7pm Monday through Friday and 8am to 5pm on weekends. All Med at Prattville on East Main Street will remain open 24/7/365, for continued service after hours.

The organizations also plan to break ground on a freestanding location in East Montgomery, which is set to open in August as well.

Bariatric surgery

# Ready to gain a new you?

For many people, the new year brings a renewal of weight-loss goals—whether that means shedding a few extra holiday pounds, getting in shape for swimsuit season, or improving overall health and wellness. But for some people, even the best diet plans and exercise regimens aren't effective for losing weight and keeping it off.

Sound familiar? If you are overweight and struggle with weight loss, bariatric surgery may be an option. Brian C. Gary, MD, a general surgeon with The Jackson Clinic, offers a minimally invasive laparoscopic vertical gastric sleeve surgery that has proved successful in helping people lose weight.

## About obesity

Obesity is a complex and chronic metabolic disease. It occurs when fat has accumulated to the extent that a person's health is impaired. People with a body mass index (BMI) of 30 or above are considered obese. A variety of factors may contribute to obesity, including genetic, environmental,



## JOIN THE JOURNEY

Read Cindy's blog about her weight-loss journey at [Jackson.org/Cindy](http://Jackson.org/Cindy).

behavioral, psychological, physiological and metabolic influences.

"Some people have all of those factors, some people have a few, but they all contribute to why we may be obese as a nation," Dr. Gary said.

Regardless of the cause, many serious health conditions are related to obesity, including pulmonary disease, nonalcoholic fatty liver disease, gynecologic abnormalities, osteoarthritis, skin conditions, gout, depression, stroke, gastroesophageal reflux disease, cardiometabolic syndrome, severe pancreatitis, cancer, phlebitis and even premature death.

Bariatric surgery may lessen the severity of many of these conditions, and it can also help patients achieve increased self-confidence and enhanced productivity, giving them the ability to spend more time on physical activities. For those who qualify and are willing to make permanent choices that lead to a healthier lifestyle, the procedure can be lifesaving and life-changing.

## What is gastric sleeve surgery?

In short, gastric sleeve surgery removes a portion of the stomach to create a new tube-shaped stomach about the size of a banana. With such a large portion of the stomach gone, patients feel full much faster and thus consume less food.

"Now that we've seen the success of the gastric sleeve surgery over the last 10 years—of its efficacy and safety—I believe it is a good thing to bring to the people of our city and the River Region," said Dr. Gary. Unlike gastric banding surgery, which

## WEIGHING IN: THE BENEFITS OF WEIGHT LOSS

Vertical sleeve gastrectomy has a mean excess weight loss at 3 years of 66 percent. In addition to weight loss, the surgery also helps to resolve obesity-related health conditions. These include:

- Obstructive sleep apnea: 45 percent to 76 percent resolved
- Asthma: 39 percent improved
- Urinary stress incontinence: 50 percent resolved
- Osteoarthritis and other degenerative joint disease: 41 percent resolved
- Depression: 47 percent reduced
- Migraines: 46 percent improved
- Type 2 diabetes: 45 percent to 68 percent resolved
- High blood pressure: 42 percent to 66 percent resolved
- Nonalcoholic fatty liver disease: 37 percent resolution of steatosis

uses a band to constrict the stomach, vertical sleeve gastrectomy does not involve inserting a foreign object into the body.

"The fear I have with the band is, it is a foreign object, which gives us more of a possibility for risks and complications," Dr. Gary explained.

The average hospital stay after vertical sleeve gastrectomy is 1 to 2 days. "In most cases, the stay is 23 hours and you'll go home the next day," Dr. Gary said.

Recovery from vertical sleeve gastrectomy will take time and patience. Because of the drastically reduced size of the stomach, the diet is very strict.

"It is important that we rethink food, because the stomach is a muscle and it can be stretched out," Dr. Gary said. "The surgery is set up so you will feel full sooner and eat fewer calories. You must be dedicated to a complete lifestyle change so we can set you up for a lifetime of success."

As the body heals from the surgery, patients may experience discomfort and pain. The length of time to return to normal activities can vary from patient to patient, but your healthcare team will advise you on when to return to work and resume prior activities.

### One patient's story

For Cindy Tucker, one of Dr. Gary's first vertical sleeve gastrectomy patients, the weight-loss surgery has been a resounding success.

In the summer of 2014, Tucker weighed 372 pounds and decided it was time to make a life change. With a BMI of 54, she had vertical sleeve gastrectomy surgery in September 2014. After four months, she has lost 70 pounds, and the weight continues to come off.

"I am so happy," she said. "I have tried to lose weight in the past, but the plans did not work for me. I believe, partially, that was due to the fact that my mind was not quite ready yet, to be honest. As I approached 40 years old, I realized that I needed to change my ways fast. This surgery is a permanent tool.

"I have changed my lifestyle completely," Tucker added. "I now go to the gym, which I was afraid to do before. But now, it makes me feel better every time I go! Even my family is involved in my weight-loss journey. I would absolutely recommend this to anyone who is ready for a lifestyle change."

What's your BMI? Find out at [Jackson.org/BMICalculator](http://Jackson.org/BMICalculator).

## IS GASTRIC SLEEVE SURGERY FOR YOU?

Gastric sleeve surgery isn't an option for all people with obesity. Ideal candidates meet the following criteria:

- Have a BMI greater than 35 and an obesity-related disease, or greater than 40 without
- Are healthy enough to undergo a major operation
- Have not succeeded with previous attempts at medical weight loss
- Are free of drug and alcohol problems
- Have no uncontrolled psychological conditions
- Understand the surgery and its risks
- Get approval by consensus from a multidisciplinary team

The most important factor is that candidates for surgery must be dedicated to a permanent lifestyle change, along with a lifetime of follow-ups.



Vertical sleeve gastrectomy is a laparoscopic procedure in which two-thirds to three-fourths of the stomach is removed, leaving the remaining portion of the muscle. The stomach can typically hold 1.5 to 2 liters of fluid or food, but after the surgery, the stomach is roughly the size of a banana and can only hold about 150 milliliters.



Brian C. Gary, MD

Considering bariatric surgery? Attend our next weight-loss seminar with Brian Gary, MD, on March 24. Visit [Jackson.org/events](http://Jackson.org/events) to find out more.



# A NEW SPACE TO WELCOME NEW LIFE

## Jackson Hospital renovates Mom & Baby Center

“The main entry will have a custom mosaic mural that will be colorful, upbeat and hopeful. The first impression for visitors will be, ‘You have arrived at a special place.’”

— AnnMarie Jackson, director of interior design at Sherlock, Smith and Adams, Inc.



Elaina Marie was born on October 13, 2014, at Jackson Hospital.

### A \$3 million renovation

is planned for the women’s center at Jackson Hospital, giving a fresh new look to the existing Mom & Baby Center on campus. Funded largely by the Jackson Hospital Foundation, the renovations are expected to be complete in November 2015.

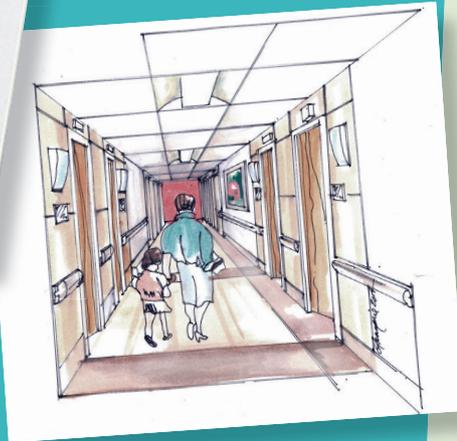
“Welcoming a new baby is such an exciting time for families and we want our Mom & Baby unit to reflect the joy that comes with new life,” said Janet McQueen, president of the foundation. “These renovations will give our new moms spacious labor and delivery rooms and recovery suites, while giving our physicians new state-of-the-art equipment they need to make Jackson Hospital a premier location for labor in delivery in the River Region.”

### Designing for women

Local architects/engineers Sherlock, Smith and Adams, Inc., were tasked with designing the new space by identifying with the female patient base and creating a look that represents women’s current tastes and preferences.

“The overall color scheme is light and airy, balanced by cheerful accents of orchid, fresh green, rouge, sky blue and aqua,” said AnnMarie Jackson, director of interior design at Sherlock, Smith and Adams, Inc. “The main entry will have a custom mosaic mural that will be colorful, upbeat and inspirational. The first impression for visitors will be, ‘You have arrived at a special place.’ By integrating nature photography, we will be reinforcing new life and hope.”

To maintain a focus on family-centered



## WHO WILL BE THERE?

These physicians deliver at Jackson Hospital:

Winston M. Ashurst, MD  
Winston "McCain" Ashurst II, MD  
Latoya S. Clark, MD  
Joseph A. Desautels, MD  
Christopher R. Duggar, MD  
Roger S. Duggar, MD  
Allen R. Dupre, MD  
Joseph A. Ferlisi, MD  
Jason K. Gentry, MD  
Donald K. Green, MD  
Benjamin C. Griggs, MD  
Henry G. Johnson, MD  
Gregory P. Jones, DO  
David L. Kouri, MD  
Byron P. Lawhon, MD  
Jennifer J. Logan, MD  
Keith C. Martin, MD  
Roosevelt McCorvey, MD  
Julian E. McIntyre, MD  
Natalie R. Needham, MD  
William A. Newman III, MD  
Victor E. Peña, MD  
Matthew E. Phillips, MD  
Edward W. Reed, MD  
Glenn J. Saucer, MD  
Paula J. Sullivan, DO  
William E. Thomas, MD  
Gregory A. Waller, MD  
F. Kim Whittington, MD  
Charles D. Williams Jr., MD  
Cheryl A. Zimmerman, MD

care, rooms will have a family zone with comfortable sleeping and seating accommodations. In addition to maintaining a comfortable environment, safety will also be a priority with the use of quality materials and design details to address infection prevention while maintaining hospitality like feel.

Jackson will be working alongside healthcare architect Terry Wilson on the project.

"We are both Evidence Based Design Accredited certified through the Center

for Health Design," Jackson explained. "We approach our healthcare projects by utilizing current research and findings to produce the best possible outcomes. We share our expertise with the goal of increasing staff productivity and reducing medical errors while also promoting overall patient, family and staff well-being through the built environment."



# Why moms love Jackson

For mothers who deliver at Jackson, a renovated space will be another reason for choosing Jackson. Yet the main reason, they say, is the compassionate care given by the staff.

"The staff really has a heart for moms and babies," said Brittony Henderson, who delivered baby girl Elaina Marie in October of 2014. "This was my second child, but my first planned C-section. I was definitely nervous when I arrived that morning, but I was immediately put at ease when I got to the Mom & Baby Center. The staff was kind, compassionate, and concerned for my comfort and well-being. The nurses walked me through the process I would go through before, during and after delivery."

## More than she expected

Henderson said the care she received in the days after labor exceeded her expectations.

"I really can't express how extraordinary the postpartum nursing care is," she said. "The staff anticipated my needs and made sure I was comfortable. They included my family in their care and made my 5-year-old feel important and included as a new big brother."

Henderson said once she arrived home

with her new baby, she realized she needed guidance from Jackson Hospital's nurses. And again, she said, they delivered.

## The time it takes

"It was really important to me that I breastfeed my newborn, but after several weeks at home we were still having trouble with it," she said. "I called the lactation consultant, who said she could see me right away. She took the time to sit with me through a feeding, assisting and giving tips. Her encouragement helped boost my confidence and determination to keep at it, and after three months, we're still going strong!"

"The team in the Mom & Baby Center at Jackson is a phenomenal group of professionals who take wonderful care of new moms, babies and families, and they help ease the transition into life with a newborn. If we ever decide to have baby number three, we'll definitely be coming back to Jackson!"

McKenzie was born on February 2, 2015, at Jackson Hospital.



The \$3 million renovation of the Mom & Baby Center is being funded by the Jackson Hospital Foundation. The generosity of our donors will make a significant impact in the lives of mothers throughout the River Region. If you'd like to participate by donating to the Foundation, please visit [Jackson.org/Foundation](http://Jackson.org/Foundation) or call 334-293-6940.

To preregister for your baby's birth, please complete our preregistration form at [Jackson.org/Baby](http://Jackson.org/Baby).

## IS THIS ALL NEW? WE CAN ANSWER YOUR QUESTIONS

If you are expecting your first baby, you'll probably have lots of questions about childbirth. When should I come to the hospital? How long will labor last? What pain relief options are there?

Thankfully, those questions (as well as many you probably haven't thought of yet) can be answered through childbirth education classes. These sessions help you and your labor

coach—usually your partner, a family member or a good friend—prepare together for the arrival of your baby.

In the classes, you can expect to learn the signs and stages of labor, options for managing pain, ways to stay relaxed and in control during labor, and much more.

**Join us for a class.** We offer breastfeeding classes and prepared childbirth classes. We recommend registering for childbirth classes by your fourth month of pregnancy. For class dates and times or to register, visit [Jackson.org/events](http://Jackson.org/events) or call 334-293-8497.

# New procedure eases BACK PAIN

As you age, you may notice an increasing amount of pain in your legs when you walk. If this pain goes away upon sitting or is accompanied by tingling or numbness that begins in the lower back and radiates to the buttocks and legs, you may suffer from a condition called lumbar spinal stenosis (LSS) and neurogenic claudication.

LSS is a narrowing of the spinal canal, causing compression on the spinal nerves in the lower back. LSS is most commonly triggered by aging or degenerative arthritis. It can become quite debilitating for the estimated 400,000 Americans who have it.

Jackson Hospital neurosurgeon Thomas Whisenhunt, MD, PhD, offers a new minimally invasive lumbar decompression (MILD) procedure which provides significant pain reduction from LSS. The procedure has effectively helped patients increase their standing and walking time while also restoring mobility.

“The minimally invasive lumbar decompression uses a 1-inch incision working through a dilation tube to decompress the nerves that cause back and leg pain and dysfunction,” Dr. Whisenhunt said. “Through this method, we can do laminectomies to decompress overgrown bone and tissue, as well as perform diskectomies causing nerve compression.”

## Why go minimally invasive?

Dr. Whisenhunt said there are many benefits to the MILD procedure over a traditional one.

“Benefits are less post-operative pain, less blood loss, less tissue disruption, lower infection rates, lower complication rates from spinal fluid leak, faster wound healing and shorter hospital stay,” he said. “The outcomes for back and leg pain and nerve dysfunction are equivocal to the traditional open procedure.”

Marion, one of Dr. Whisenhunt’s patients, found much-needed relief from her back pain after the procedure.

“The pain started in the back of my leg, and then it got in my lower back,” she recalled. “I had suffered a long year of shots and pills and the whole works, and that’s when I called and made an appointment with Dr. Whisenhunt. I said ‘Can you help me?’ I was really in a lot of pain, and he said he knew just what to do.”

After her procedure, Marion was able to get back on her feet, and to her workouts, with much less pain than before.

“The main thing for me is now I can stand on that one foot and it doesn’t just kill me,” she said. “I had seen enough doctors and I knew I needed help. Dr. Whisenhunt inspired my confidence.”

What are your treatment options for chronic back pain? Join Thomas Whisenhunt, MD, PhD, on Thursday, April 23, to find out. Turn to page 15 for details.



Thomas Whisenhunt, MD, PhD

Standing strong: Marion has had MILD surgery to get relief from back pain.

# LIGHTS OF LOVE 2014

In honor or in memory of loved ones and people special to them, many people gave to Lights of Love in 2014. Each gift of \$15 purchased a light for the Lights of Love tree. Gifts of \$100 or more purchased a miniature Moravian star, and gifts of \$500 or more a miniature angel. The tree shone with light, thanks to all of you!

## IN HONOR

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Robert B. Harris, MD

Montgomery Family Residency Program  
Robert B. Harris, MD

Montgomery Medical Associates  
Robert B. Harris, MD



David Kouri, MD, and Fran Boyette, MD, attended the 2014 Lights of Love ceremony. This year's tree was lit in memory of Dr. Boyette's mother, Bea Boyette, who was a loyal supporter of the Foundation.

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Robert B. Harris, MD

Karen Flanagan, DO  
Robert B. Harris, MD

Dr. and Mrs. Henry Frazer  
*Dr. and Mrs. Larry Epperson*

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Patricia M. Gordon

# CORPORATE PARTNERS IN HEALTH

## EXECUTIVE COUNCIL—

\$10,000 or more

## BUSINESS SPONSOR—

\$5,000–\$9,999

## BUSINESS FRIEND—

\$2,500–\$4,999

## BUSINESS SUPPORTER—

\$1,000–\$2,499

## EXECUTIVE COUNCIL

Haynes Ambulance

## BUSINESS SPONSOR

Alabama Oncology Hematology Associates  
Alabama Pathology Associates  
Alabama Power Company  
ALFA Insurance  
Berney Office Solutions  
Harmon Dennis Bradshaw  
Holloway Credit Solutions  
Hospital Physician Partners  
Pro Assurance  
Regions Bank

Rehab Select / Hillview Terrace  
River Region Facial Plastics  
Rushton Stakely Johnston & Garrett  
Servis 1st Bank  
VALIC

## BUSINESS FRIEND

Alabama Office Supply  
Anonymous  
Athena Health  
BlueCross/BlueShield of Alabama  
Boston Scientific  
Central Alabama Radiation Oncology  
Crown Health Care Laundry Services  
Gilpin Givhan  
Healogics  
Health Services, Inc.  
HealthSouth  
HealthSpring of Alabama  
Iberia Bank  
Jackson Surgery Center  
Knox Kershaw, Inc.  
LogoBranders  
Montgomery Anesthesia Associates  
Noland Health Services

Progressive Perfusion  
Rehab 1st at Capitol Hill  
Reinhardt Motors, Inc.  
Rehab Associates  
Russell Construction  
Sherlock Smith & Adams  
Taylor Chandler LLC  
TCU Consulting Services  
TotalCom Marketing  
Wakefield & Enslin, Attorneys  
Walgreens  
Welch Hornsby  
W.K. Upchurch Construction Company

## BUSINESS SUPPORTER

Aflac  
Alabama Artificial Limb & Orthopedic Service  
Alacare Home Health & Hospice  
Aliant Bank  
Allstate Beverage Company  
Bama Budweiser  
Bern Butler Capilouto & Massey  
BBVA Compass  
Buffalo Rock Company  
Cardiology Associates of Montgomery

Casals Clinic  
Central/129 Coosa Street  
Clement Group  
Copy Products Company  
Costco  
Dixie Electric Company  
Dixon Hughes Goodman LLP  
Gentiva Hospice  
Jack Ingram Motors  
Jackson Thornton  
JMS Health Services  
McKesson Information Solutions  
Medtronic  
Montgomery Cardiovascular Associates  
Montgomery Family Practice  
Montgomery Neurosurgical Associates  
Owens & Minor  
Mr. Jim Ridling  
River Bank & Trust  
William D. Smith, MD  
Stonehenge  
Thompson Insurance  
Trane  
Trustmark Bank  
Uniformacy  
Warehouse Services, Inc.

—Continued from page 13 **FRIEND**

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 Sandra J. English  
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 Beverly Gissendanner  
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 Patricia Grice-Dupre  
 Kristie L. Hamilton  
 Roosevelt Hampton  
 Tori J. Hardy  
 Montena Harris  
 Shatarra Hatcher  
 Brittony Henderson  
 Lindsay Hill  
 Dereatha Hogan

**PARTICIPANT**

**MIDTOWN GOES DOWNTOWN**



Top left: Reza Seirafi, MD, and his wife, Trudie, attended the Midtown Goes Downtown event in support of the Jackson Hospital Foundation.

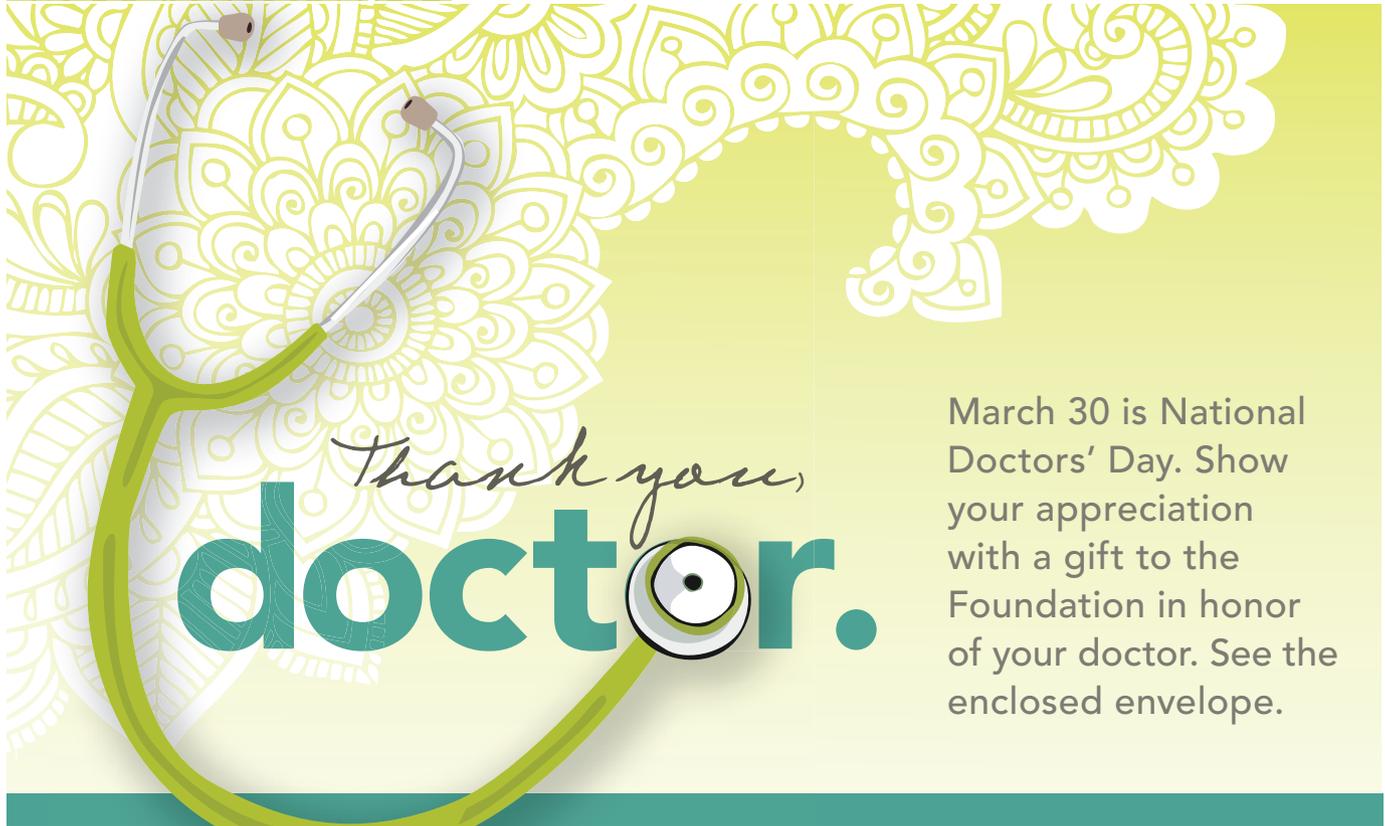
Left: A custom ice sculpture was used as a beverage fountain at the 2014 Midtown Goes Downtown event benefiting the Jackson Hospital Foundation.

Above: Jackson Hospital Foundation Board Chairman Carl Barker and board members Laura Harmon and John Yelverton enjoyed live music and southern cuisine at Central Restaurant at Midtown Goes Downtown.

health steps

## Find out more online

There's more about these and other classes on Jackson Hospital's website, [Jackson.org/events](http://Jackson.org/events).



Thank you,  
**doctor.**

March 30 is National Doctors' Day. Show your appreciation with a gift to the Foundation in honor of your doctor. See the enclosed envelope.

### WELLNESS AND SAFETY

#### Joint Venture Class

FIRST AND THIRD THURSDAYS,  
9 TO 10:30AM

JACKSON HOSPITAL, CLASSROOM 1

Before your total joint surgery, you and a coach are required to attend this pre-surgery class. Please schedule at least four weeks before surgery.

334-293-8805

#### Back Pain Seminar

THURSDAY, APRIL 23, 6PM

GOODE BUILDING, 11TH FLOOR

Learn more about the latest treatments for chronic back pain. Presented by neurosurgeon Thomas Whisenhunt, MD, PhD. Visit [Jackson.org/events](http://Jackson.org/events) or call 334-293-8805 to register.

#### Weight Loss Seminar

TUESDAY, MARCH 24, 5:30PM

GOODE BUILDING, 11TH FLOOR

Attend our next weight-loss seminar with Brian Gary, MD. Visit [Jackson.org/events](http://Jackson.org/events) or call 334-293-8805 to register.

### CHILDBIRTH AND PARENTING

Classes require registration. For class dates and times or to register, please visit [Jackson.org/events](http://Jackson.org/events) or call 334-293-8497.

#### Breastfeeding Class

\$15 | JACKSON HOSPITAL,  
CLASSROOM 1

Breastfeeding and lactation support designed for expectant mothers. Class includes dealing with common problems.

#### Prepared Childbirth Classes

\$25 | JACKSON HOSPITAL,  
CLASSROOM 1

Topics include labor and delivery terminology, stages of labor, the role of a support person, and care after delivery. Register by your fourth month of pregnancy.

### COMMUNITY EVENTS

#### WALK MS: River Region

SATURDAY, MARCH 21, 9AM  
Riverwalk Stadium

#### Walk for Autism

SATURDAY, APRIL 25

Ida Belle Young Park

#### Walk of Life

SATURDAY, APRIL 18, 8:30AM

Downtown Montgomery

#### Relay For Life

FRIDAY, MAY 1, 6PM TO MIDNIGHT

YMCA indoor soccer complex

#### UPDATE:

In the last issue of *Partners*, Dr. Viplove Senadhi's office information was incorrect.

Viplove Senadhi, DO  
1722 Pine St. #801  
Montgomery, AL 36106  
Phone: 334-239-7059



Want to read **more** from Jackson?

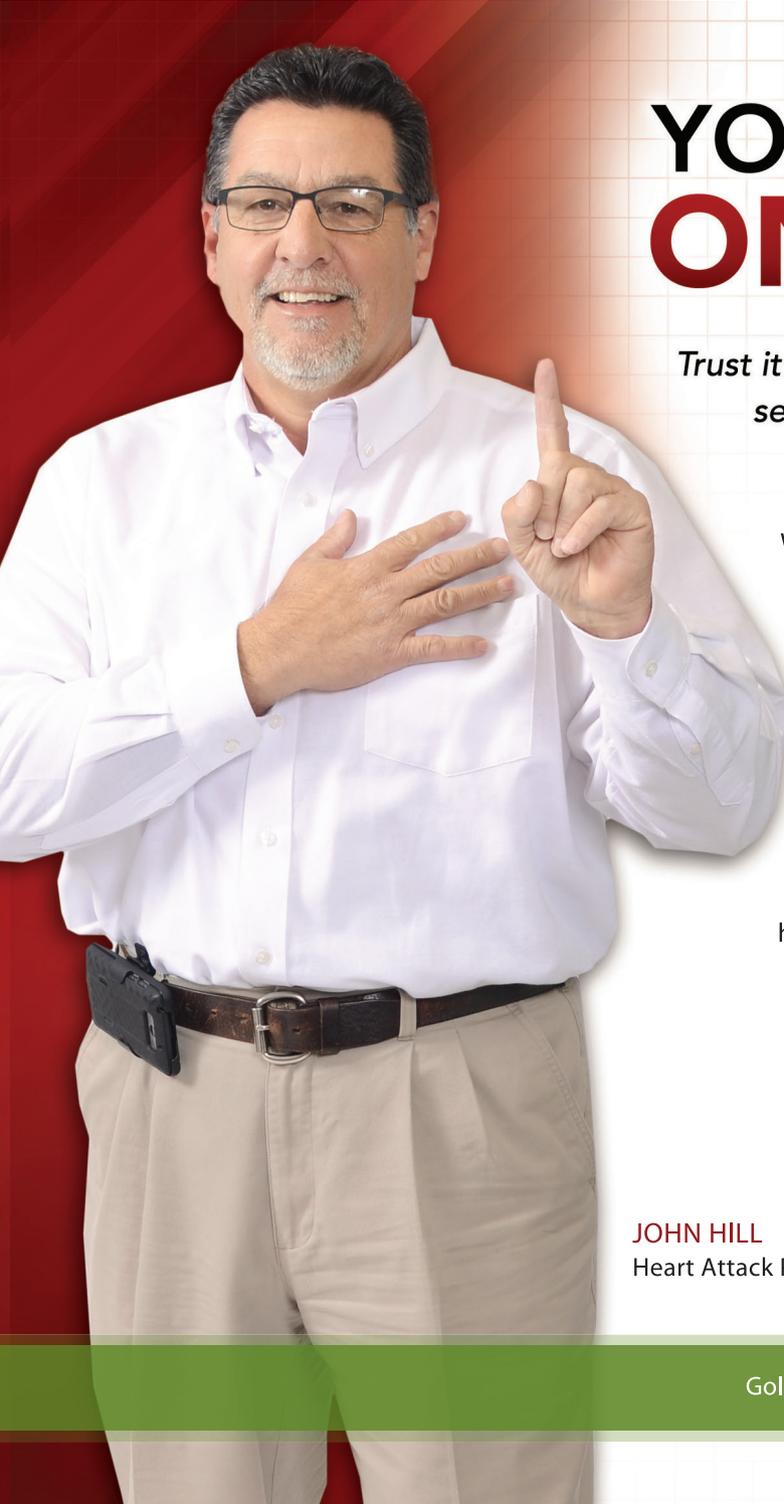
Scan this code or go to [Jackson.org/KeepingWell](http://Jackson.org/KeepingWell) to sign up for our free e-newsletter.



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# YOU ONLY HAVE **ONE HEART.**

Trust it to the **ONE** hospital that gets the gold seal of approval in heart attack care.

When John had a heart attack, he chose Jackson Hospital—the first and only hospital in Alabama to be certified by The Joint Commission for the treatment of Acute Myocardial Infarction (AMI). This distinction means that heart attack patients like John are treated by a team of experts who are committed to providing the highest level of care in the River Region. When you're having a heart attack, turn to the one hospital you can trust.



**JOHN HILL**  
Heart Attack Patient

Gold seal of approval in heart attack care

