

# Partners



*Excellent!*

**Care at  
Jackson  
Hospital**

**HEART ATTACK  
STROKE  
SPINE SURGERY**



Steven O'Mara, DO  
Emergency medicine

# PLACE YOUR TRUST IN US

## 8

### WHAT WE DO BEST

Jackson Hospital's  
Centers of Excellence  
for Heart Attack,  
Stroke and Spine  
Surgery recognized for  
outstanding work.



**4 IT'S A FAMILY BUSINESS**  
Look at your family health history  
for traces of diabetes.



**12 CHLAMYDIA, GONORRHEA & CO.**  
STIs are hard to spell and nothing to  
play with. Find out how to prevent them!

**6 | CARE 24/7**  
What are hospitalists, and  
what do they do?

**10 | TAKE HEART**  
Why screenings matter—  
for you too.

**13 | INSURANCE**  
It's health insurance  
open enrollment time.

## Thanks for 2015!



DEAR FRIENDS:

Fall is fresh upon us.

It's a time for reflection and thinking  
of all we are thankful for at Jackson—  
especially our community!

2015 has seen many enhancements  
in our services provided for the River  
Region. We are now recognized as  
a center of excellence in the care of  
those who experience a stroke or  
heart attack or who require spinal  
surgery. Our centers of excellence are  
the first in Alabama to receive the  
gold seal of approval from The Joint  
Commission. Our focus on centers  
of excellence supports our strong  
commitment to providing the highest  
level of care right here at home. (See  
story on page 8.)

I am also very pleased that we have  
assisted in recruiting more than 30 new  
physicians to the area over the past  
three years. The 11 new physicians  
introduced in this edition represent  
specialties much needed in our commu-  
nity. (Turn to page 5 for details.)

Finally, please consider supporting  
our annual Jackson Hospital Founda-  
tion Lights of Love campaign. This  
beautiful ceremony and tree lighting  
honors our friends and loved ones and  
heralds in the Christmas season. I in-  
vite you to join us on December 3 for  
this very special event. (See page 14.)

I wish you and your family a  
blessed Thanksgiving and a joyous  
holiday season.

**Joe B. Riley**  
President and CEO

## Next time you're online

Check out [www.facebook.com/jacksonhospital](https://www.facebook.com/jacksonhospital),  
[www.twitter.com/jacksonhospital](https://www.twitter.com/jacksonhospital) and  
[www.youtube.com/jacksonhospital](https://www.youtube.com/jacksonhospital).

Also be sure to visit Jackson at [www.jackson.org](http://www.jackson.org).



Find us on  

**PARTNERS** is published as a com-  
munity service for the friends and  
patrons of  
**JACKSON HOSPITAL**  
1725 Pine St.  
Montgomery, AL 36106-1117  
334-293-8000 | [www.jackson.org](http://www.jackson.org)

**PETER FROHMADER**  
Marketing Director

**MARY TYLER SPIVEY**  
Communications Specialist

For address changes, comments  
or suggestions about PARTNERS,  
please contact us at  
334-293-8805.

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.

2015 © Coffey Communications,  
Inc. All rights reserved.

On the cover, from left: Patrick Ryan, MD;  
Howard Brazil, MD; and Steven O'Mara, DO



# ME ME MISSION EXCELLENCE

## From good to GREAT

*Mission Excellence* takes patient care to an entirely new level.

**A mission** underway at Jackson Hospital seeks to lift the organization to excellence while taking patient care quality to a level higher than it's ever been.

The *Mission Excellence* initiative kicked off last April, when the hospital entered into a three-year partnership with the Studer Group. The consultant firm partners with healthcare organizations around the country, providing coaching and other assistance to help them excel.

Cody Butts is Jackson Hospital's director of operational and business planning. He says the Studer partnership will help create a positive cultural transformation that benefits patients and employees alike.

"It's about taking the good things we're already doing and making them great, and being there for the patients we serve, the physicians we serve and

the peers we work with," Butts says. "All those things are very important to us."

### **Driven to be even better**

High-quality care has always been a part of Jackson Hospital's commitment to the community. But hospital officials asked, "Could we do more?"

"We know we provide good care and we get a lot of positive comments from patients about their experiences," Butts says. "But one of the things Studer said is, 'Good is the enemy of great.' So we want to take it to the next level. With that in mind, we started to look at different programs that would improve that experience."

As part of the partnership, Studer will help introduce hospital best practices. "We also have a dedicated coach with real-world clinical experience who comes on site once a month," Butts says. Through the coaching, conferences and access to other resources, Studer will serve as a guide, sharing tools and tactics that help hospitals achieve exceptional results.

"As you start those best practices that are proven to work, high quality care

and patient satisfaction follows," Butts says.

And just what does excellence look like? Butts summed it up this way: It means patients choose the hospital because they know they'll receive exceptional care. Employees are engaged and feel they're doing purposeful, worthwhile work. And physicians see Jackson Hospital as a world-class institution for their patients.

"That's what we're constantly striving for," Butts says.

### **Empowering hospital staff**

The initiative starts with improving day-to-day processes and communication among hospital leaders and staff. Healthcare workers are already passionate about providing quality care, as Butts points out. Empowering them makes it easier for them to accomplish that goal. And better employee engagement means that patients will ultimately have a better experience.

"That's really what it's all about," Butts says. "It's about focusing on quality for the patient. That's at the heart of this."





# Could it be diabetes?

Don't chalk up symptoms to getting older

**We know** our health can change as we age. Eyesight may falter. Hearing may fade. Fatigue may build. But are we right to blame it all on aging? Maybe not, experts say. In fact, many so-called signs of aging may actually point to another serious condition: insulin resistance that eventually leads to type 2 diabetes.

## Is it the sugar?

Diabetes is related to how we convert food to energy. When we eat, our bodies break down food into glucose, a type of sugar. Glucose powers our cells. Insulin

helps glucose move from the blood into the cells.

"People with insulin resistance have to produce a lot of insulin to force the glucose into cells," explains Ahmet Bahadir Ergin, MD, CCD, ECNU, of The Jackson Clinic Endocrinology. "A lot of insulin means a lot of tiredness. When insulin finally starts to fade, type 2 diabetes will develop. Namely, you will still have a lot of insulin in your body, yet your blood glucose will start to rise."

High blood sugar causes a number of symptoms as well, some of which can be confused with aging. For instance:

**Poor vision.** Too much glucose can distort structures in the eye and blur vision.

**Trouble hearing.** High glucose damages blood vessels and nerves. When that damage occurs in the ear, hearing can suffer.

**Growing fatigue.** When food isn't properly converted into energy, you can feel run down.

**Greater appetite.** Glucose trapped in the blood can't reach—and fuel—your cells. Your body believes more fuel is needed. Result? Hunger pangs.

**Increasing thirst.** Kidneys remove excess glucose from the blood. The body expels it as urine. The more you urinate, the thirstier you get.

If you have any of these symptoms, see your doctor. You may need a blood test to check for type 2 diabetes.

## Are you at risk?

"A lack of symptoms doesn't always mean you're diabetes-free," Dr. Ergin says.

"Many people with type 2 diabetes have no symptoms if it isn't yet severe enough. That's why it's also important to know the risk factors for diabetes and take early

measures to prevent diabetes and treat it earlier than later. Only early treatment can prevent complications of diabetes. You should seek attention if you are overweight and above age 25 and have family members with diabetes."

Ask your doctor if you should be tested for type 2 diabetes. If you have prediabetes, your doctor can help you prevent becoming diabetic. If you already have diabetes, you can take advantage of early intervention to prevent future complications, such as eye, kidney and nerve disease.

Ahmet Bahadir Ergin, MD, CCD, ECNU  
The Jackson Clinic Endocrinology



## DIABETES SEMINAR AND SCREENING

### DIABETES PREVENTION STARTS WITH YOU!

This seminar will equip you with the knowledge you need to avoid diabetes—or to live better if you already have the condition.

**PRESENTER:** Ahmet Bahadir Ergin, MD, CCD, ECNU, of The Jackson Clinic Endocrinology

**WHEN:** Monday, Nov. 30, 11:30am (screening begins), noon (lunch and seminar)

**FEE:** \$5 (includes glucose, blood pressure testing and heart-healthy lunch). Free for My Hospital Card members!

### REGISTRATION REQUIRED:

Register at [www.jackson.org/events](http://www.jackson.org/events), or call 334-293-8805.

Not sure what to dish up? See [www.jackson.org/DiabetesSuperfoods](http://www.jackson.org/DiabetesSuperfoods) for incredible edibles that teem with good-for-you nutrients.



# NEW FACES

## at Jackson

### CARDIOLOGY



**SCOTT W. SIMS, MD**  
MONTGOMERY  
CARDIOVASCULAR  
ASSOCIATES, PC  
273 Winton M.  
Blount Loop  
Montgomery  
**334-280-1527**

### HOSPITAL MEDICINE



**NITIN WIDHANI, MD**  
JACKSON  
HOSPITALIST  
GROUP  
1725 Pine St.  
Montgomery

### PATHOLOGY



**JOSHUA D. GAPP, MD**  
ALABAMA  
PATHOLOGY  
ASSOCIATES  
225-B Winton M.  
Blount Loop  
Montgomery  
**334-293-8794**

### HEMATOLOGY/ONCOLOGY



**KENT TAYLOR, MD**  
MONTGOMERY  
CANCER CENTER  
4145 Carmichael  
Road  
Montgomery  
**334-273-7000**

### NEPHROLOGY



**EUGENE ESSANDOH, MD**  
FRESENIUS  
VASCULAR CARE  
MONTGOMERY  
4760 Woodmere  
Blvd.  
Montgomery  
**334-288-0814**

### PULMONOLOGY



**PRIYANKA VYAS, MD**  
MONTGOMERY  
PULMONARY  
CONSULTANTS  
440 Narrow Lane  
Parkway  
Montgomery  
**334-281-4140**

### HOSPITAL MEDICINE



**LEENA BHASIN, MD**  
JACKSON  
HOSPITALIST  
GROUP  
1725 Pine St.  
Montgomery

### OCCUPATIONAL MEDICINE



**KRISTOPHER JONES, MD**  
THE JACKSON  
CLINIC  
OCCUPATIONAL  
MEDICINE  
11123 Chantilly  
Parkway  
Pike Road  
**334-832-2301**

### VASCULAR SURGERY



**GINO CASTANEDA, MD**  
THE JACKSON  
CLINIC VASCULAR  
SPECIALISTS  
1758 Park Place,  
Suite 300  
Montgomery  
**334-293-8922**

### HOSPITAL MEDICINE



**NGOZI OKEKE, MD**  
JACKSON  
HOSPITALIST  
GROUP  
1725 Pine St.  
Montgomery

### OPHTHALMOLOGY



**KATHERINE DONNITHORNE, MD**  
MONTGOMERY  
EYE PHYSICIANS  
752 Zelda Road  
Montgomery  
**334-271-3804**

### MORE DOCS AT YOUR FINGERTIPS

To browse our complete physician directory, go to [www.jackson.org](http://www.jackson.org) and click on "Find a Doctor."



Hospitalists and primary care physicians work together to help you be well.  
Do you need a primary care physician? Call 334-293-8888 for a referral.



Hospitalists  
**Providing**  
**24/7**  
**inpatient**  
**CARE**

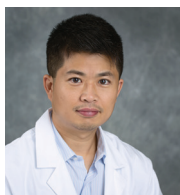
"We have much more time to be available to patients and their families. We help increase patient satisfaction by being available, by responding quickly."

—Eagle Chen, MD

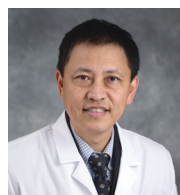
 **THE  
DOCTOR  
IS IN...**  
Meet our  
hospitalists



Leena Bhasin, MD



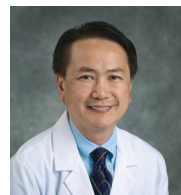
Xinyu Chen, MD



Eagle Chen, MD



Eric S.  
Cunningham, DO



Ronaldo de  
Jesus, MD



## HOSPITALISTS: WE'VE GOT THEIR NUMBERS

50%

The number of Jackson Hospital patients who receive care from our hospitalists.

16

The number of years hospitalists have been providing expert care at Jackson Hospital.

### When you're hospitalized,

you want—and deserve—the very best care. At Jackson Hospital, expert healthcare providers called hospitalists are dedicated to giving you exactly that. These doctors and nurse practitioners have devoted their careers to one area: hospital medicine. And they're on-site at all times to make sure you receive seamless and compassionate care, right when you need it.

Eagle Chen, MD, program director for Jackson Hospitalist Group, and the program's clinical director, Jan Hill, RN, answer a few questions about the care hospitalists provide.

### Q What is a hospitalist?

A hospitalist is a healthcare provider who practices hospital medicine and cares only for hospitalized patients. Hospitalists are often physicians. But they can also be nurse practitioners or physician assistants. According to Dr. Chen, "Hospital medicine recently became a new subspecialty, and if one desires, its own medical board to pass."

The Jackson Hospitalist Group includes:

- 12 board-certified internal medicine physicians
- Two certified nurse practitioners

All are internal medicine experts. And their only role is to care for inpatients.

"We don't have any outpatient duties," says Dr. Chen. "We're really specialized in patients' hospital care."

And as members of the Jackson Hospital staff, they're fully invested in this medical community, serving on committees throughout the hospital.

### Q Do they treat every patient?

The Jackson Hospitalist Group cares for those who:

- Don't have a primary care doctor
- Have a doctor who doesn't admit patients to Jackson Hospital

Since follow-up care is so important for outpatients, our hospitalists help ensure that anyone admitted without a primary care doctor has access to one before discharge. "The resource management staff help us get these patients into someplace where they will have physician follow-up," Jan says.

### Q Do hospitalists replace a primary care doctor?

Not at all. In fact, they work together.

"We obtain your records and communicate well with your primary care doctor, especially if something happens and when you're being discharged," Dr. Chen says. "That means your inpatient care will be connected with your outpatient care."

Communication between your hospitalist and your primary care doctor will include:

- Discussions about your care, whenever necessary
- A full report on your hospital stay
- Your written discharge summary

### Q What are the upsides of hospitalist care for patients?

Dr. Chen and Jan agree: The biggest advantage is easy access to your hospitalist.

Hospitalists are on duty 24 hours a day, 365 days a year. Our physician hospitalists work 12-hour shifts, seven days in a row. Nights are covered by our two nurse practitioners.

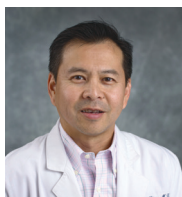
"There is always someone in our group at this facility to help you," says Jan.

"We have much more time to be available to patients and their families," Dr. Chen adds. "We help increase patient satisfaction by being available, by responding quickly."

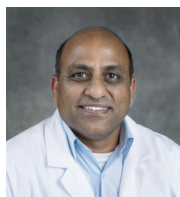
And because they spend most of their time in the hospital, members of the Jackson Hospitalist Group know the discharge planners and social workers on a first-name basis. "They have better collaboration and efficiently coordinate each patient's care with different departments," Jan says.

"Hospital work is challenging and intense," Dr. Chen says. That's part of what draws providers to this specialty. There's peace of mind in knowing your care comes from medical professionals who:

- Practice only hospital medicine and have daily experience with the type of issues that arise in a hospital setting
- Are skilled in the latest diagnostic techniques and treatments
- Are committed to ensuring continuous care for you—from admission to discharge and back to primary care



Gerald Lim, MD



Pavan Madadi, MD



Ngozi Okeke, MD



Praful Patel, MD



Sandeep Virk, MD



Nitin Widhani, MD

# PLACE YOUR TRUST IN US

*Jackson Hospital offers  
certified high-quality care for  
heart attack, stroke and  
spine surgery*

**Sometimes good enough** is just not good enough. It simply won't do to settle for adequate or average and not look for the perfect option.

That's particularly true when the stakes are high. A case in point: your healthcare. Especially if you're facing a serious medical problem.

At those times, you want the very best care. And that's exactly what you'll find at Jackson Hospital's centers of excellence for heart attack, stroke and spine surgery.

## **Excellence confirmed**

The Joint Commission, the nation's leading accreditor of healthcare organizations, has recognized all three centers for their consistently exceptional patient care.

"Rigorous on-site reviews show that each center routinely meets—or exceeds—state-of-the-art quality and safety standards for providing care, from the moment a patient is admitted through discharge," says Karen Holland, director of quality and regulatory compliance at Jackson Hospital.

Among the highlights:

- Jackson Hospital is designated as a Primary Stroke Center with advanced certification by The Joint Commission and the American Heart Association/American Stroke Association.
- Jackson Hospital has earned The Joint Commission's gold seal of approval for heart attack care and spine surgery. What's more, Jackson is Alabama's first hospital to receive this gold seal certification for either type of care.

"We are so proud that Jackson is leading the way in heart attack care and spine surgery, as well as providing the highest level of stroke care," says Jackson Hospital president and CEO Joe Riley. "We are committed to a hospitalwide culture of excellence so that any area resident can receive the latest and best care possible, right here in the River Region."

Also worth noting: The certification process is completely voluntary. "It takes significant time and effort and truly reflects our desire to constantly improve patient care," says neurosurgeon Patrick Ryan, MD, chairman of Jackson's board of trustees.

Here's a closer look at that superior care.



Patrick Ryan, MD  
Neurosurgeon

Howard Brazil, MD  
Cardiologist





## HELP FOR DAMAGED SPINES

Jackson's gold seal of approval for spine

surgery means that you can count on our doctors to follow best practices when performing back and neck surgeries—whether they're done to ease the chronic pain of degenerative disk disease or spinal stenosis, repair a fracture or spinal deformity, or remove spinal cord tumors.

What's more, Jackson's spine surgeons often perform minimally invasive surgeries—using small incisions and specialized instruments—to speed recovery.

Among the surgeries our doctors perform:

**Spinal fusion.** One of the most common surgeries for back pain, a spinal fusion permanently joins two or more vertebrae in the spine.

**Laminectomy.** Here surgeons often remove bony overgrowths in the spinal canal that can trigger pain and numbness in the arms and legs.

**Discectomy.** Involves removing all or part of a slipped or ruptured disk that's putting pressure on a spinal nerve and causing pain and tingling.

Another plus for patients: During surgery, our spine surgeons are continuously guided by a 3-D imaging system. This helps them operate with even more precision.

"We have an exact roadmap of each patient's spine," Dr. Ryan says.

"Consequently, we can place implants—such as screws and rods during a spinal fusion—with incredible accuracy." That accuracy also makes surgery safer by reducing the risk for harming healthy tissue during complex procedures.

And after the procedure, every patient is cared for by a specialized medical team dedicated to spine surgery—another way we ensure quality care.

But as successful as spine surgery is at Jackson, our surgeons only advise it when it's clearly beneficial and more conservative measures—such as physical therapy and medication—aren't effective.

"We don't rush to the OR," Dr. Ryan says. "And when surgery is necessary, we are very careful to select the right surgery for the right problem for the right patient."



## TREATING HEART ATTACKS

By some estimates, every year nearly

250,000 people nationwide have the most dangerous type of heart attack. Called a STEMI—that's short for *ST-segment elevation myocardial infarction*—it's caused by a completely blocked artery affecting a large part of the heart.

Anyone experiencing a STEMI needs emergency angioplasty, a procedure in which doctors open the blocked artery with a small balloon at the tip of a catheter. And to give patients the best odds

of survival and limit damage to the heart, that angioplasty needs to be performed quickly—within 90 minutes of arriving at the hospital.

"That's a national standard of care our hospital consistently meets," says Jackson Hospital staff cardiologist Howard Brazil, MD. "We pride ourselves on opening blocked arteries swiftly."

To ensure that frequently lifesaving treatment, Jackson Hospital has the following practices in place:

An interventional cardiologist is always available to perform emergency angioplasties and insert stents to keep newly opened arteries from narrowing again.

Jackson Hospital also partners with emergency medical personnel to streamline care. These first responders often perform EKGs—which measure the heart's electrical activity—on the way to the hospital, so treatment can start as soon as the patients arrive.

Still another measure of our excellence: Jackson is one of only two area hospitals providing heart bypass surgery, says Dr. Brazil. "In an emergency, we can stop a heart attack with angioplasty and a stent. But if heart disease is so severe that open heart surgery is the best long-run solution, that's an option too. We offer complete, first-rate care."



## SPARING BRAIN CELLS WITH SPEEDY STROKE TREATMENT

Successfully treating a stroke is a minute-by-minute race against time. And it's one that Jackson Hospital—as a primary stroke center—is committed to winning.

Why the hurry? Most strokes happen when a blood clot blocks blood flow to the brain and brain cells—starved of oxygen and nutrients—quickly begin to die.

"The more time passes between a stroke's start and treatment, the more likely that brain functions are permanently lost," says Jackson staff neurologist Gregory Lipscomb, MD.

A powerful clot-busting drug called tPA can restore blood flow, greatly increasing the odds of surviving a stroke with little or no lasting disability. But to be effective, it must be administered in a very narrow window of time: generally within three hours after symptoms start.

To ensure the swiftest possible treatment, Jackson Hospital has in place:

**A rapid-response stroke team.** "Our team is available 24/7 to quickly evaluate and treat—with tPA, if appropriate—anyone who might be having a stroke," says Dr. Lipscomb. That team always includes a physician and others experienced in diagnosing and treating strokes.

**Excellent coordination with emergency medical personnel.** This allows

care to start even before patients reach our door. So our stroke team is fully prepared to take over as soon as patients arrive.

**Fast brain imaging.** This is crucial, since imaging—typically a CT scan—is necessary to rule out bleeding in the brain, which is an infrequent but possible cause of a stroke. Because tPA can be dangerous in this case, imaging is always a part of diagnosis.

"Everything is in place to give stroke patients the best chance of a complete recovery," says Dr. Lipscomb. That includes rehabilitation services—such as speech or physical therapy—that can start during a hospital stay.



Call Jackson Hospital at **334-293-8600, option 2**, to schedule your cardiovascular screening. For just \$49, this screening is your chance to be sure about your heart health.

# The BIG REVEAL

Why you need heart-health screenings



**What you don't know** can't hurt you, right? Don't believe it—not even for a heartbeat. You might be headed for heart disease or even a heart attack and not know it. That's because some of the major risk factors—like diabetes, high cholesterol and high blood pressure—often don't have symptoms you would easily notice.

But there are ways to learn where you and your heart stand: routine screenings.

Many times you can get these tests at your doctor's office. And if they happen to reveal cardiovascular risks, then you and your doctor can discuss treatments that will lower those risks.

## The what, when and why.

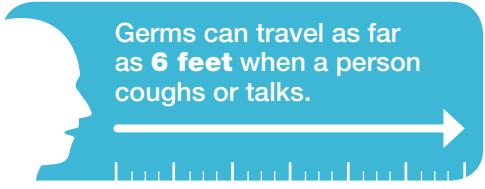
Talk with your doctor about the following screenings and the health of your heart. It's also important to discuss lifestyle changes that can help keep a heart going strong, such as exercising, eating a heart-healthy diet and stopping smoking. Keep in mind that these are general guidelines. Some people need more frequent or additional testing.

SCREENING TEST	WHEN TO GET IT	WHY HAVE IT
<b>Cholesterol.</b> Also called a fasting lipid profile, this test measures total cholesterol, LDL, HDL and triglycerides (another type of fat) in the blood.	Every four to six years starting at age 20.	Having too much LDL cholesterol (the bad kind that clogs arteries) or too little HDL cholesterol (the good kind that helps remove excess cholesterol) can contribute to heart disease. High triglycerides can also affect heart health.
<b>Blood sugar (glucose).</b> Various tests may be used to check for prediabetes (a possible precursor to full-blown diabetes) and diabetes.	Starting at age 45; sooner if you're overweight and have at least one other diabetes risk factor—for instance, a family history of the disease. Repeat testing is often recommended about every three years.	An elevated blood sugar level can damage the body—including the heart. Bringing blood sugar down, however, can help protect the heart.
<b>Blood pressure.</b>	Every two years starting at age 20.	High blood pressure contributes to hardened arteries and overworks the heart, setting the stage for heart disease, stroke and other serious problems.
<b>Body mass index (BMI).</b> Calculated from your height and weight, this number helps determine whether you're overweight or obese.	During regular checkups, your doctor may calculate your BMI and possibly measure your waist.	Unwanted pounds, especially around the midsection, can mean trouble for your heart and boost other health risks too.



## FLU FACTS: Don't let the flu get you down

Germs can travel as far as **6 feet** when a person coughs or talks.



Flu viruses can survive on surfaces for

**2-8 hrs.**

**5-20%**  
of the people  
in the U.S.  
**get the flu  
each year.**



— **+** —  
The flu sends  
**200,000+**  
**PEOPLE**  
to the hospital  
each year.

**YOUR BEST  
PROTECTION:**  
A YEARLY FLU VACCINE.

Nearly everyone  
older than  
6 months should  
get one.



### MORE STAY-HEALTHY TIPS:

Wash your hands often.  
Avoid touching your face.  
Steer clear of people who are sick.

**Have you gotten your flu  
shot? Call your doctor  
to make an appointment.**

Source: Centers for Disease Control and Prevention

### CLOSE-TO-HOME CARE IN THE RIGHT VEIN

In October, Brian Sellers, DO, with The Jackson Clinic Vascular Specialists opened a satellite office in Greenville, Alabama. This new location makes it much easier for patients living south of Montgomery to receive vascular care. Dr. Sellers will be seeing patients twice a month to start in this location on the L.V. Stabler hospital campus. For more information, call **334-293-8922**.



Photo by Lee McElvaine

### CONGRATULATIONS, PHOTO CONTEST WINNERS!

We're happy to introduce the winners of our photography contest: Randy Sewell, Maria Nunez, Mickey Fountain, James Guier, Lee McElvaine and Cathy Johnson. The winning photographs will become part of the permanent collection in the newly renovated Jackson Hospital Family Birth Center, opening in late 2015.



### IN THE FULL SWING OF THINGS

The Jackson Hospital Foundation's Swinging Fore Healthcare golf charity event celebrated its 10th year on August 28. The event was bigger than ever with 54 teams playing in two flights at Wynlakes Golf & Country Club. Highlights included the helicopter ball drop made possible by Haynes Life Flight, a chance to win three cars, and lots of food and fun from the sponsored vendor tents throughout the course. The event is expected to net more than \$110,000 for cardiovascular services at Jackson Hospital.

# STI spells danger

Education, prevention, testing have a role in stopping sexually transmitted infections

**Some health issues** are easy to talk about—and some aren't. Sexually transmitted infections (STIs) are nothing we like to put on the table.

Still, knowing about STIs is important. According to the American Sexual Health Association (ASHA), more than half of all people will have an STI at some point in their lifetime.

Young people are especially at risk. The ASHA reports that each year, one in four teens gets an STI. And one in two sexually active people will have an STI by age 25.

## The risk in Montgomery

There's more cause for concern in our area. One report, based on cases of syphilis, gonorrhea and chlamydia, called Montgomery the most sexually diseased city in the U.S.

These illnesses raise the risk of reproductive health problems, including infertility.

They also increase the risk for acquiring HIV, the virus that causes AIDS. And without treatment, that can be deadly.

It's important to take the report on Montgomery with a grain of salt, says Michael Murphree, CEO of Medical AIDS Outreach of Alabama. "A lot of patients come here for their medical care when they actually may be living in other countries."

Even so, rates of STIs in the area are high.

## Education is key

Part of the challenge with STIs is that people can have them—and spread them—without knowing it. Several of the most common infections produce no signs or symptoms. And it's estimated that as many as one-quarter of people who are HIV-positive don't know it.

The key to fighting STIs is education,

according to Murphree.

"Unless we get information to people, behaviors will not change," he says. What's more, that information must be passed on to young people.

"Parents need to be educated with good information, and then they need to be comfortable enough to share it with their kids."

## Stay safe

The ASHA offers these tips to reduce the risk of contracting STIs:

**Get tested.** If you've been sexually active, before having sex in a new relationship, you and your partner should be screened for STIs. Because some infections aren't detectable through screening for weeks, ask your doctor when to be tested.

Murphree recommends annual HIV screening.

"That way you know one way or the other and treatment can be started early if necessary," he says. "Then you can live long and healthy."

**Use protection.** Barriers, such as condoms, lower the risk of STIs.

**Communicate.** Talk with your partner and your doctor about STIs and your sexual health.

**Stay faithful.** If you choose to have sex, doing so with just one partner may limit exposure to STIs. However, be aware that if either partner has had sex with someone previously, there is a risk.

**Avoid alcohol and recreational drug use.** Both can impair judgement and increase STI risk.



## PUT DOWN YOUR TILES

To learn more about STIs, getting tested and talking with your kids, start here:

- **Alabama Department of Public Health**  
[www.adph.org](http://www.adph.org)
- **American Sexual Health Association**  
[www.ashasexualhealth.org](http://www.ashasexualhealth.org)
- **Medical AIDS Outreach of Alabama**  
[www.maoi.org](http://www.maoi.org)



# Get your health insurance



**Have you** given any thought to your health insurance lately? If you buy yours in the marketplace—or if you don't currently have

insurance—it's a good time to do so. The reason: It's open enrollment. That's the

time period between November 1, 2015, and January 31, 2016, when you can purchase

a health plan for 2016 or change your existing health coverage. Here are five things

about health insurance and open enrollment that everyone should know:

**1**

**Having health insurance is required—and makes good sense.**

No one plans to get sick or injured, but at some point, most of us do. "You don't know what's going to happen," says Ghandi Williams, Wellness Program Coordinator with the Wellness Coalition, a Montgomery-area organization that works to improve access to healthcare for people with little to no insurance. Coverage protects you from high medical costs. It also helps you get free preventive care like screenings, vaccines and checkups that help keep you well.

**2**

**Penalties for not having health insurance increase in 2016.**

If you don't have coverage, you'll pay the higher of these two amounts on your federal income taxes:

- Two-and-a-half percent of your yearly household income
- \$695 per uninsured adult and \$347.50 per uninsured child younger than 18

**3**

**A variety of insurance plans are offered.**

According to Williams, plans are offered at four levels—bronze, silver, gold and platinum. Bronze and silver plans generally cost less, but have higher deductibles. Gold and platinum plans cost more, but they offer more benefits. When enrolling, you provide income information. It determines whether you qualify for financial help to make your insurance purchase.

**4**

**It's important to weigh your options carefully.**

You can browse health plans at **healthcare.gov**. It's important to consider your personal health and weigh factors such as what the plan covers, its out-of-pocket expenses and whether your preferred healthcare provider is in the plan's network. "If you know what you're looking for, it's a simple process," says Williams. "But if you don't know what you're looking for, there are certified application counselors or navigators to assist you in enrolling. They help you choose which plan would be best for you."

**5**

**There are four ways to apply for coverage:**

- **Online.** Visit **healthcare.gov**, and click on "Get coverage."
- **By phone.** Call **800-318-2596**.
- **With in-person help.** A certified counselor or navigator can help you fill out an application and enroll. Visit **localhelp.healthcare.gov** to learn who can help. Or dial the statewide information and referral system at **211**.
- **By mail.** To get an application, call **800-318-2596**.

**Get coverage, change or update your plan, or get the answers you need at [www.healthcare.gov](http://www.healthcare.gov).**

# Honor family, friends with **LIGHTS OF LOVE**

The Jackson Hospital Foundation invites you to remember a loved one or honor someone special during the holiday season by purchasing a light on the hospital's Lights of Love tree.

The event marks the beginning of the holiday season on the Jackson Hospital campus. A towering tree is placed in the main lobby, with hundreds of lights celebrating the lives of family members and friends.

Those honored will be listed on a plaque that will remain alongside the tree throughout the month of December. For each contribution of \$15, a symbolic light will be placed on the tree. A generous gift of \$100 or more will purchase a miniature Moravian star. For a donation of \$500, an honoree will be remembered with an angel.

A tree lighting ceremony will be hosted the evening of Thursday, December 3, at 6pm in the Jackson Hospital lobby. We invite you to celebrate the holiday season by honoring a caregiver, friend, business associate or family member—and investing in the health of our community.

Proceeds from this year's event will benefit the hospital's oncology center.

## HOW YOU CAN CONTRIBUTE

Donate online at [www.jackson.org/LOL](http://www.jackson.org/LOL).

Or use the envelope included in this publication.

## \$5 Jewelry Sale

*Find the  
perfect  
holiday gift!*

Sun, Dec 13

6pm-10pm

Mon-Wed, Dec 14-16

7am-10pm

Thurs, Dec 17

7am-2pm

Located in the Jackson Hospital Main Lobby

Benefiting:



JACKSON HOSPITAL  
FOUNDATION

1725 Pine Street  
Montgomery, AL 36106



# health steps

## Find out more online

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



### WELLNESS AND SAFETY

#### Heart Saver CPR Class

THURSDAY, JAN. 14, 9AM TO NOON  
\$30 | JACKSON HOSPITAL, CLASSROOM 4  
For anyone who wants to learn basic CPR skills and how to use an AED.  
334-293-6886

#### 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 presurgery class. Please schedule at least four weeks before surgery. 334-293-8805

### CHILDBIRTH AND PARENTING

Classes require registration. For class dates and times or to register, please visit [www.jackson.org/events](http://www.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

#### Diabetes Seminar & Luncheon

MONDAY, NOV. 30 | JACKSON HOSPITAL  
Screening at 11:30am  
Luncheon and seminar at noon

#### Arthritis Foundation Jingle Bell Run/Walk

SATURDAY, DEC. 5 | HUNTINGDON COLLEGE  
Activities begin at 7am  
Run/walk starts at 8:31am

#### Vintage Affair

SATURDAY, FEB. 20 | WYNLAKE GOLF & COUNTRY CLUB  
Visit website for tickets and more event information:  
[www.vintageaffairmontgomery.org](http://www.vintageaffairmontgomery.org).



# LOVE!

Honor a friend or  
loved one with  
**Lights of Love.**  
See page 14  
for details.

Jackson Hospital & Clinic, Inc.  
1725 Pine St.  
Montgomery, AL 36106

Nonprofit Org.  
U.S. Postage  
PAID  
Jackson  
Hospital

Recycle me! Share this magazine with others, and recycle when finished.

Photo By: Randy Sewell



INTRODUCING

NEW ADDITIONS

*for your new addition*

We're working on a spectacular \$3-million renovation of our **FAMILY BIRTH CENTER AT JACKSON**. A colorful mosaic mural welcomes families to the unit, while light and airy design elements and elegant nature photography let you know you've arrived at a special place. Our new moms will enjoy spacious labor and delivery rooms and recovery suites that let their families share in their joy. New state-of-the-art equipment will give you and your baby the exceptional care you'd expect in one of Alabama's most advanced obstetrical facilities.



FOR THE DELIVERY  
OF YOUR NEWEST  
ADDITION, COME VISIT  
OURS AND SEE WHY  
JACKSON HOSPITAL IS  
THE PREMIER LOCATION  
IN THE RIVER REGION  
FOR YOUR LABOR  
AND DELIVERY.



Family Birth Center at

**JACKSON  
HOSPITAL**

[jackson.org/baby](http://jackson.org/baby)