

Partners

Staying
active is a

TALL
ORDER

Brainy ideas for summer fun

STROKE

Don't wait to seek
care—treat it as
an emergency.
Remember, time
lost is brain lost.





JACKSON HAS SPRING IN OUR STEP!

DEAR FRIENDS,

I hope you are enjoying the beautiful, warm weather with family and friends.

May is National Stroke Awareness Month, and Jackson is proud to be recognized with Advanced Certification as a Primary Stroke Center of Excellence by The Joint Commission in conjunction with the American Heart Association and American Stroke Association. This achievement reflects our dedication to fostering better outcomes for our patients.

Stroke symptoms happen swiftly, and the first hour after a stroke is crucial. You can read more about stroke risk factors and symptoms plus learn about the lifesaving F.A.S.T. acronym in this issue of *Partners*.

Summer is right around the corner, and we've highlighted some fun events for "day-cations" in Alabama and great tips to keep healthy during summer activities. We also have ideas for gadgets to keep Dad healthy—and just in time for Father's Day.

I appreciate the trust you have placed in Jackson Hospital for your family's healthcare needs, and I wish you good health and a great spring and summer.

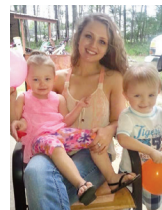
Joe B. Riley
President and CEO

WELCOME

INSIDE

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ONLINE

DO YOU KNOW
THE FACTS ABOUT
STROKE?

Find out by
taking our quiz at
www.jackson.org/stroke.

Know the signs of a
STROKE
Every Minute Counts!

MORE JACKSON:

www.jackson.org

- www.facebook.com/jacksonhospital
 www.twitter.com/jacksonhospital
 www.youtube.com/jacksonhospital

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For address changes, comments or suggestions about PARTNERS, please contact us at partners@jackson.org or 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.

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NEW MRI FIRST IN REGION

On February 23, the Jackson Imaging Center installed a MAGNETOM Skyra 3T open-bore MRI from Siemens Healthcare. The Skyra's large 70 centimeter open bore—along with its short length (173 centimeters)—can reduce patients' anxiety and put them at ease. Another patient-friendly feature is the quiet mode, which can help create a calming environment.

Why would you choose this scanner over others? Here's why:

- Highest image quality leading to

more accurate diagnosis

- Fastest scan time
- Most powerful magnet clinically available
- Large-bore scanner delivers more comfortable scan
- Quiet feature for sound-sensitive patients
- Audio sound system for a more relaxing experience

**3T MRI
imaging—only
at Jackson
Imaging
Center**



Bradley Thomas, MD, speaking with an orthopedic patient before using The Jackson Imaging Center's new 3T MRI scanner. Check out a video of the MRI installation at www.JacksonImagingCenter.com/MRI.



THE JACKSON CLINIC IS MAKING MOVES!

Why is The Jackson Clinic moving to a new location? In a word, convenience. We want to give you quick, convenient care, with easy access to your providers.

This new location gives the clinic more space and an accessible location with easy parking.



Jade Hoy, DO
701 McQueen
Smith Road S.
Prattville
334-351-2040



Jennifer Groff, CRNP
703 McQueen
Smith Road S.
Prattville
334-365-2217

BLUE DISTINCTION CENTER = PROVEN BETTER RESULTS

Blue Cross Blue Shield has recognized Jackson Hospital as a Blue Distinction Center+ for Hip and Knee Replacements, Maternity Care, and Spine Surgery.

Blue Cross Blue Shield's evaluation criteria are based on what impacts you and your care the most, including:

- The expertise of the medical team
- The number of times the facility has performed the procedure

- The facility's track record for procedure results

Quality remains key. Only those facilities that first meet nationally established, objective quality measures for Blue Distinction Centers will be considered for designation as a Blue Distinction Center+.

Blue Distinction Centers have a proven track record for delivering better results—including fewer complications and readmissions—than facilities without these recognitions.



Designated
**BlueDistinction®
Center+**
Knee and Hip Replacement



Designated
**BlueDistinction®
Center+**
Maternity Care



Designated
**BlueDistinction®
Center+**
Spine Surgery

Blue Distinction Centers (BDC) met overall quality measures for patient safety and outcomes, developed with input from the medical community. A Local Blue Plan may require additional criteria for facilities located in its own service area; for details, contact your Local Blue Plan. Blue Distinction Centers+ (BDC+) also met cost measures that address consumers' need for affordable healthcare. Each facility's cost of care is evaluated using data from its Local Blue Plan. Facilities in CA, ID, NY, PA, and WA may lie in two Local Blue Plans' areas, resulting in two evaluations for cost of care; and their own Local Blue Plans decide whether one or both cost of care evaluation(s) must meet BDC+ national criteria. National criteria for BDC and BDC+ are displayed on www.bcbs.com. Individual outcomes may vary. For details on a provider's in-network status or your own policy's coverage, contact your Local Blue Plan and ask your provider before making an appointment. Neither Blue Cross and Blue Shield Association nor any Blue Plans are responsible for non-covered charges or other losses or damages resulting from Blue Distinction or other provider finder information or care received from Blue Distinction or other providers.



BRAINY IDEAS for summer fun

Ah, those lazy, hazy days of summer. Think vacations. Think school breaks. It seems like a good time for the entire family to just chill and not do any heavy mental lifting.

As tempting as that may sound, however, maintaining good brain health is a year-round activity. Here are a few fun and easy ways to help keep everyone's brain healthy this summer:

Get physical. Head outside with the kids for some hiking or biking—aerobic exercise gets the heart pumping. And that helps keep the brain fed with a healthy supply of blood and oxygen. It can even spur production of new brain cells, according to the Alzheimer's Association. One large study linked fitness in midlife with a reduced risk for dementia in older age.

Just make sure all bike riders wear a helmet—it helps protect the brain from trauma in case of an accident or fall.

Be a brainiac. Read a book while lounging at the beach. Break out word games for family game night. Forcing yourself to think can add new brain cells and solidify their connections.

Serve some food for thought. Summer is the perfect time to head to your local farmers market for foods high in brain-friendly antioxidants. Look for:

- Dark-colored vegetables, like kale, spinach, broccoli and beets
- Berries—blue, black and red
- Cherries and plums

Also, when firing up the grill, throw on some salmon, trout, mackerel or other fish high in omega-3 fatty acids, which are good for the brain.

And, finally, don't forget that all-time favorite summer food—corn on the cob. It's a brain pleaser too. Don't slather it with butter, however. Eating too many foods high in cholesterol and saturated fat, like butter, may raise the risk for Alzheimer's disease.



CATHEDRAL CAVERNS STATE PARK

256-728-8193

637 Cave Road, Woodville, AL 35769

www.alapark.com/cathedral-caverns-state-park

Originally called Bat Cave, Cathedral Caverns was opened to the public by Jacob Gurley in the 1950s. The cave was renamed because of its cathedral-like appearance. Cave tours are scheduled throughout the day. The cave is also wheelchair-accessible. In addition to cave tours, Cathedral Caverns State Park also features gemstone mining, an activity for any age but especially popular with younger visitors.

Seven Alabama

THE CHILDREN'S HANDS-ON MUSEUM

205-349-4235

2213 University Blvd., Tuscaloosa, AL

www.chomonline.org

The Children's Hands-On Museum permanent exhibits were designed to stimulate children's curiosity about their community and their place in it and to involve children, parents, teachers and others in participatory education. Exhibits include a Choctaw Native American village; a historical gallery, including a general store, a bank, a print shop and Grandmother's Attic; a hospital; and a planetarium. Newer exhibits include a replica of the wheelhouse of a towboat; a developmental center for preschoolers called Beavers' Bend; the Japan House; Central Drug; and the Arts Studio. The most recent additions include Once Upon a Farm; Lil' Sprouts Farmers Market; the Creation Station, a hands-on center for art and creativity; and Beyond the Garden Gate.

GULF COAST EXPLOREUM SCIENCE CENTER

251-208-6880

65 Government St.,
Mobile, AL 36602

www.exploreum.com

With more than 150 interactive exhibits; thought-provoking, larger-than-life IMAX films; and fun, hands-on educational programming, the Gulf Coast Exploreum Science Center aspires to increase science literacy among the people of south Alabama and the Gulf Coast region, residents and visitors alike. Permanent exhibits accommodate all ages and spark more than just fun. Kids will actively learn and inspire true creativity as they explore.



U.S. SPACE & ROCKET CENTER

256-837-3400

1 Tranquility Base, Huntsville, AL 35805

www.rocketcenter.com

Since opening its doors in 1970, nearly 16 million people have toured the U.S. Space & Rocket Center (USSRC). The vast majority of those visitors have been from out of state or from foreign nations. The USSRC is more than just artifacts! Experience the physics of astronaut training like never before in simulators like Space Shot™ and G-Force. The Spacedome IMAX® Theater and National Geographic Theater transport visitors to different worlds with amazing documentary films like *Hubble*, and live demonstrations in the Discovery Theater will have you seeing space science in a whole new light. The family space camp program is the perfect weekend for adventurous families. Parents and children, ages seven and up, launch into a mission to space or aerial combat scenario in our authentic training simulators!

Notable artifacts:

- National historic landmark Saturn V Moon Rocket
- Pathfinder—the world's only full-stack space shuttle display
- Apollo 16 command module
- Skylab Orbital Workshop
- Apollo 12 moon rock



family-friendly "daycations"

THE MONTGOMERY ZOO

334-240-4900

2301 Coliseum Parkway, Montgomery, AL 36110

www.montgomeryzoo.com

What began in a small downtown park in Montgomery, Alabama, has now grown, expanded and become a premiere American zoological facility. Kids will love to take a ride on the train which tours the entire facility. Among the other attractions are a petting zoo, lion training sessions, elephant keeper talks, a parakeet cove and the giraffe encounter post. The Zoofari Skyline Ride sets sail atop the zoo, providing guests with spectacular views of the many exhibits and animals below. The Montgomery Zoo and Mann Wildlife Learning Museum are open from 9am to 5:30pm, seven days a week, year-round, with the exception of Thanksgiving Day, Christmas Day and New Year's Day.

MCWANE SCIENCE CENTER

205-714-8300

200 19th St. N., Birmingham, AL 35203

www.mcwane.org

McWane Science Center has a number of permanent exhibits that are a regular part of the science education experience. These include Just Mice Size, Explore! Collections Center, Alabama Dinosaurs and Sea Monsters, NatureScope, Fox 6 Weather Lab, Science on a Sphere, High Cycle, World of Water Aquarium, Shark and Ray Touch Tank, the John W. Woods IMAX Dome Theater, and Birmingham Children's Museum "Itty Bitty Magic City."



WATERWORLD

334-615-3750

401 Recreation Road, Dothan, AL 36303

www.waterworlddothan.com

Waterworld offers recreation for the entire family. Try out the giant wave pool, Great White Slide, triple-flume water slide, kiddie pool, video arcade, souvenir shop, or mouth-watering concessions. It's open seven days a week beginning May 21 and weekends from August 4 to September 5.





Upcoming events



CLASSIC CAR SHOW
Saturday, July 23
10am to 3pm



Jackson Hospital WHITE HOT PARTY
Thursday, Aug. 25
7pm
Wynlakes Golf and Country Club poolside



SWINGING FORE HEALTHCARE
Friday, Aug. 26
Shotgun starts at 8am and 1:30pm
Wynlakes Golf and Country Club



MIDTOWN GOES DOWNTOWN
Thursday, Oct. 13
7 to 11pm
Central Restaurant

Attend a fun event above, and support the Jackson Hospital Foundation at the same time—now that's a win-win.

Building success

Answers to common questions about the hospital's foundation

Our foundation is crucial to the success of our hospital. Many people have questions about the foundation and what it does. Carl Barker, Chairman of Jackson Hospital Foundation, answers some of the most common questions we receive:

Q WHAT IS THE FOUNDATION?

ANSWER: You can think of the foundation as the fundraising arm of the hospital. It helps obtain the financial resources we need to accomplish our mission.

Q HOW DOES THE FOUNDATION BENEFIT THE HOSPITAL?

ANSWER: The costs of providing high-quality medical care are high. The foundation raises philanthropic dollars to ensure the hospital acquires needed medical equipment and has a modern healing environment for our patients. Several new projects on the horizon will depend on foundation support.

Q HOW DOES THE FOUNDATION RAISE FUNDS?

ANSWER: The foundation has an annual giving program for individuals called **The Touchstone Society** with various membership levels. **Corporate Partners in Health** channels support from businesses while providing participation in one of several special fundraising events.

Q HOW CAN I GIVE TO THE FOUNDATION?

ANSWER: There are many options. For instance, you can make a tax-deductible cash donation, either as a one-time gift or on a recurring basis. If you'd like, these donations may be made in honor or in memory of a loved one. Planned giving that includes gifts of stocks or bonds, real estate, retirement assets, and life insurance policies is also possible.

Q CAN A SMALL GIFT MAKE A DIFFERENCE?

ANSWER: Gifts of all sizes help support the work of the hospital. They are happily accepted and essential to the hospital's work.

Q IS MY DONATION TAX-DEDUCTIBLE?

ANSWER: We operate as a nonprofit. This means your donations are tax-deductible to the extent allowed by law.

Q HOW CAN I LEARN MORE ABOUT THE FOUNDATION AND MAKING A DONATION?

ANSWER: You can visit our website at www.jackson.org/foundation. Or call us at 334-293-6940.



Our latest project is the new Jackson Hospital Family Birth Center. Take a look! Visit www.jackson.org/baby.



Hey there, sleepyhead

What's keeping you up?

Slumbering. Snoozing. Sawing logs. No matter what it's called, a good night's sleep never becomes tiresome.

Unfortunately, millions of people aren't getting the seven to nine hours of ZZZs every adult needs—every night—to support good health. Angela Dansby, RPSGT, director of the Jackson Sleep Disorders Center, warns, "Don't ignore your symptoms! It is estimated that 85 percent of people with a sleep disorder remain undiagnosed."

If you're among those sleepyheads, perhaps it's one of these common sleep disorders that's keeping you up:



DISORDER	SIGNS AND SYMPTOMS	POSSIBLE TREATMENTS
Insomnia	<ul style="list-style-type: none"> • Trouble falling asleep or staying asleep at night • Waking up too early • Sleeping for only short periods of time • Difficulty focusing during the day 	<ul style="list-style-type: none"> • Sleep medications • Lifestyle changes, such as exercising more and avoiding alcohol, caffeine and tobacco • Better sleep habits, such as going to bed at the same time every night and getting up at the same time every morning • Therapy to relieve sleep anxiety
Narcolepsy	<ul style="list-style-type: none"> • Sudden sleep attacks during the day—even when doing something active, like walking • Extreme or irresistible daytime sleepiness • Sudden muscle weakness when awake (called cataplexy), often triggered by a strong emotion • Hallucinations 	<ul style="list-style-type: none"> • Stimulant medicines to increase daytime alertness • Medicine to promote sleep at night • Medicines that treat depression—which can help with muscle weakness, sleep paralysis and hallucinations • Lifestyle changes, such as taking naps, following a regular sleep schedule and relaxing before bedtime
Restless legs syndrome (RLS)	Creeping sensations in the legs that create an urge to move them (walking or kicking offers some relief)	A combination of two medicines—one to regulate dopamine levels and one to promote sleep
Sleep apnea	<ul style="list-style-type: none"> • Frequent pauses in breathing while sleeping • Nighttime gasping or snoring • Morning headaches • Irritability or depression • Dry mouth upon waking • Treatment of underlying conditions, such as a nasal condition or heart failure 	<ul style="list-style-type: none"> • Breathing devices worn while sleeping, such as a continuous positive airway pressure (CPAP) machine • Surgery • Weight loss • Mouth piece

If you think you have a sleep disorder, ask your doctor for help finding your way back to dreamland.

Sources: Centers for Disease Control and Prevention; National Heart, Lung, and Blood Institute



The Jackson Sleep Disorders Center can help you stop counting sheep and get some sleep. For information, call 334-293-8168.



Anatomy of a str

Why emergency

Maybe you've heard the phrase "Time lost is brain lost." That simple sentence says a lot about the need to treat stroke as an emergency.

The longer you wait to seek help for a stroke, the greater the likelihood of damage to the brain—damage that can lead to long-term disability or even death. If you act quickly, however, treatment may stop a stroke and help you or a loved one avoid the devastating consequences of this sudden event.

Knowing what happens inside the brain during a stroke is key to understanding why all of this is important.

Inside a stroke

A stroke occurs when blood flow to the brain is suddenly disrupted. This can happen in two ways:

Ischemic stroke. In more than 80 percent of strokes, a blood vessel leading to the brain is blocked by a blood clot. Blood clots can form in arteries narrowed by plaque deposits. Clots also can travel to the brain from other parts of the body, such as the heart. For example, an irregular heartbeat called atrial fibrillation is a common cause of these traveling clots.

Hemorrhagic stroke. Less commonly, a weakened blood vessel breaks, spilling blood into or around the brain. One frequent cause is an aneurysm, which occurs when a section of blood vessel weakens and balloons out. Untreated, it can rupture, leaking blood into the brain. Blood vessels weakened by high blood pressure may also be prone to rupture.

Brain cells quickly die when they are starved of oxygen and nutrients because of a clot or when they are damaged by bleeding.

Stroke can affect any area of the body. One can experience weakness of

one side of the body, slurred speech or the inability to speak, numbness, visual disturbances or blindness, trouble walking, sudden confusion, or a droopy face.

Why minutes matter

Stopping a stroke is key to limiting the damage. At the hospital, doctors work to quickly determine what caused the stroke.

For ischemic strokes, they can use a drug called tissue plasminogen activator (TPA) to dissolve the clot and restore blood flow to the brain.

To do the most good, TPA must be given within a four-and-a-half-hour window after symptoms start. However, you should arrive at the hospital much sooner than that—within 60 minutes—in order to receive evaluation and treatment.

The other type of stroke, hemorrhagic, is treated differently. One way to stop the bleeding is with surgery to place a metal clip at the base of the aneurysm.

If you think someone is having a stroke, it's essential to call 911.

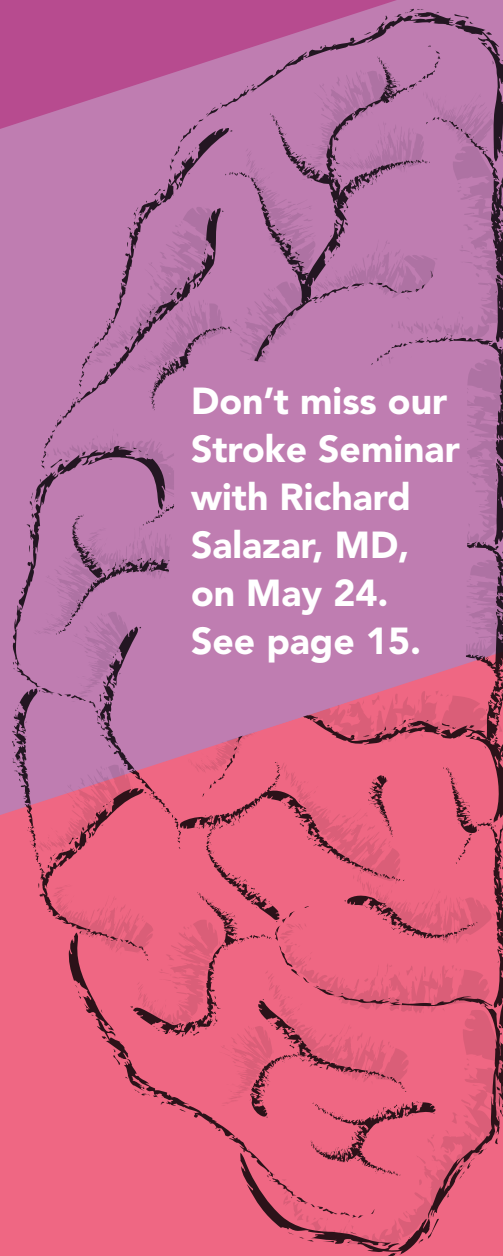
The sooner you arrive at the hospital, the sooner treatment may begin.

Lower your risk

Talk with your doctor about your personal risk for stroke.

Richard Salazar, MD, a neurologist with The Jackson Clinic, says, "Not all risk factors can be changed, such as age or having a family history of stroke. However, you can prevent or treat many risk factors, such as high blood pressure, diabetes, smoking, being overweight or not exercising. Lifestyle changes and medicines are some ways you can address your risk."

Sources: American Stroke Association; National Institutes of Health



Don't miss our Stroke Seminar with Richard Salazar, MD, on May 24. See page 15.

2X African Americans have nearly twice the risk for a first-ever stroke as Caucasians and a much higher death rate from stroke.



oke

treatment is vital



Act F.A.S.T.

Stroke symptoms happen suddenly. To help people recognize them and act quickly, the American Stroke Association (ASA) encourages everyone to learn the acronym F.A.S.T. It stands for:



FACE

Face drooping or numbness. Does one side of the face droop? Ask the person to smile.



ARM

Arm weakness or numbness. Have the person raise both arms. Does one drift downward?



SPEECH

Speech difficulty. A person having a stroke may have slurred speech or be unable to speak.



TIME

Time to call 911. If you notice any stroke symptoms in yourself or someone else, call 911 right away.

Source: American Stroke Association

STROKE CENTER OF EXCELLENCE

The Joint Commission, in conjunction with The American Heart Association/American Stroke Association, has recognized Jackson Hospital with Advanced Certification for Primary Stroke Centers. Achievement of Primary Stroke Center Certification reflects an organization's dedication to fostering better outcomes for patients. Jackson Hospital's Primary Stroke Center Certification has demonstrated that the program meets critical elements of performance to achieve long-term success in improving outcomes for stroke patients.



THE JACKSON CLINIC IS PLEASED TO WELCOME RICHARD SALAZAR, MD

Relocating from southern Colorado, Dr. Salazar is board certified in neurology. Dr. Salazar completed medical school at Cayetano Heredia University in Lima, Peru.

After completing his neurology residency at Henry Ford Hospital in Detroit, Michigan, he completed specialty fellowship training in movement disorders at the University of Maryland School of Medicine in Baltimore.

Dr. Salazar has a strong clinical interest in Parkinson's disease, Parkinsonism, essential tremor, dementias, multiple sclerosis, headaches, epilepsy, myasthenia gravis, Lou Gehrig's disease and acute stroke care.



Dr. Salazar is accepting new patients at
1801 Pine St., Suite 202, Montgomery.
Call 334-293-8082 for an appointment.

1.9 million brain cells die
every minute after a stroke

■ = Area of bleed in the brain

10 MINUTES



1 HOUR



3 HOURS



6 HOURS





LIFE-CHANGING

benefits of bariatric surgery

Brian Gary, MD



Undergoing a bariatric

procedure to lose weight is not a decision to be taken lightly. Surgeries like sleeve gastrectomy are not for everyone who is extremely overweight. But for those who qualify and are willing to make permanent choices to lead a healthier lifestyle, the procedures can be lifesaving and life-changing.

Back in the summer of 2014, Cindy Tucker decided to take control of her life.

"I realized I was about to be 40 years old, and I was about to reach 400 pounds," she says. "My child is 18 years old now, and I wanted to be able to enjoy traveling with my husband. I couldn't fit into an airplane seat. I was mentally prepared to change my life."

General Surgeon Brian Gary, MD, with The Jackson Clinic, performed Tucker's vertical sleeve gastrectomy procedure. She has lost a remarkable 172 pounds since her surgery.

"I feel like a new person!" Tucker says.

When asked about her journey, Tucker says the next step is to get rid of her excess skin. She has almost reached her goal to lose 180 pounds.

Is sleeve gastrectomy for you?

What is sleeve gastrectomy? The laparoscopic sleeve gastrectomy is a bariatric procedure in which the surgeon removes approximately 85 percent of the stomach, shaping the remaining stomach into a tube or *sleeve*. It can be used as a first-stage operation prior to a gastric bypass or as a stand-alone procedure.

What are the advantages of the laparoscopic sleeve gastrectomy?

During the laparoscopic gastric sleeve procedure, the nerves of the stomach and the outlet valve (pylorus) are not

NUMBERS AND QUOTES

69%

of Americans older than 20 are **OVERWEIGHT** or **OBESE**.



What's your BMI? Find out at www.jackson.org/bmicalculator.



"I wanted to be able to enjoy traveling with my husband. I couldn't fit into an airplane seat." —Cindy Tucker



altered, preserving the function of the stomach. Other advantages include:

- The rest of the gastrointestinal tract anatomy is not altered, so the food ingested follows the normal course. This results in less chance of developing a lack of vitamins and minerals and eliminates dumping syndrome.
- A minimal chance of developing ulcers.
- Significantly decreased hunger due to the removal of the part of the stomach that produces the main stimulating hormones.
- Fewer office visits than the Lap Band, since there is no need for band size adjustments.

How does sleeve gastrectomy compare to gastric bypass? Gastric bypass surgery is the most common form of bariatric surgery. During this procedure, the intestines are rerouted and a small stomach pouch is created by stapling off the main body of the stomach. Following the procedure, when eating, food flows through the created pouch, bypassing the main portion of the stomach and emptying slowly into the small intestine where it is absorbed.

Gastric bypass is not for everyone. More patients qualify for a gastric sleeve procedure, which promotes rapid, long-term weight loss without implants and without rerouting the intestinal tract. This makes the surgery ideal for those who do not need something as serious as gastric bypass. It also means that the sleeve gastrectomy is sometimes used in the morbidly obese who do not qualify for gastric bypass.

Because sleeve gastrectomy is ideal for so many obese patients, it is the procedure that Jackson Hospital performs and recommends to patients who qualify.

A new beginning

Tucker worked with the hospital to transition into a new, healthy post-surgery lifestyle.

“The hardest part was cooking appropriate food for myself,” she says. “I had to retrain myself on how to fix myself a plate.”

She adhered to a diet intended for healing and acclimation. She began with clear liquids and then transitioned to full liquids, purees, soft foods and—eventually—with a regular diet. Jackson Hospital staff helped to guide Tucker through the post-op process, but she knows her health depends on her daily choices.

“I feel like I am in charge of my health,” Tucker says. “This journey has changed my life, and I was ready for the challenges and the changes. I can’t wait to go to an amusement park and ride a roller coaster. It’s going to be so much fun!”

Dr. Gary says, “Changes in your diet, exercise and behavior patterns are vital for success in the long run. Keep in mind the changes you make now will benefit your health and quality of life. The lifestyle changes are significant in accomplishing and maintaining weight-loss goals. Weight loss always has obstacles, but when you overcome them, the journey becomes very fulfilling.”



If you or someone you love is considering a bariatric procedure, please contact Jackson Hospital for a consultation. To schedule a consultation with Dr. Gary, call 334-293-6858.



“I can’t wait to go to an amusement park and ride a roller coaster. It’s going to be so much fun!” —Cindy Tucker

“I feel like a new person!” —Cindy Tucker



Father knows best

Be a healthy role model for your kids

GIFTS FOR FITNESS DAD THIS FATHER'S DAY

Dads love gadgets, and wearable tech is booming this year. We've rounded up some favorite Father's Day gifts for dads who want to get in shape—or who are already in great shape and want to stay that way.

Avery Ainsworth, from Fleet Feet Sports here in Montgomery, says, "I really love the Garmin products because the company's customer service is second to none." Fleet Feet Sports carries many different Garmin products.

Fleet Feet Sports is located at 2934 Carter Hill Road. You can give them a call at 334-356-5412 or go visit them online at www.fleetfeetmontgomery.com.

Avery Ainsworth and family

Eat your veggies. That's enough TV for one day. Time for bed.

When it comes to a child's well-being, dads want what's best for their kids. And while it's great to tell kids what's good for them, it's just as important to show them. Why? Because your everyday behaviors can have a big impact on your children's behaviors. Habits they learn from you can last throughout their lives.

Be a good role model for your kids by making these healthy choices:

1 Make safety a priority. Whenever a situation calls for safety, let your kids see you make the right move. For starters, always wear a seat belt every time you drive or ride in a vehicle and a helmet whenever you ride a bike or motorcycle. Make sure your kids do the

same. And it almost goes without saying: Never drink and drive.

2 Feast on healthy fare together. Kids keep a keen eye on what you put on your plate. So be sure you eat plenty of fruits and vegetables.

If you're the main chef in the house, bring the kids in the kitchen with you. It's a great way to spend time with them and to teach them about cooking nutritious foods.

Also, gather everyone around the table for meals as often as possible. Research shows that kids consume more vegetables and fruits and less fried foods and sugary drinks when they eat with the entire family.

3 Help your kids get their move on. Show your kids that regular physical activity is a priority—and that family fitness can be fun. For instance, you might play ball, go on bike rides, or take walks or nature hikes together.

4 Get checkups. Teach your kids that real men see a doctor. Remember, you can't take care of your family unless you take care of yourself. Having—and seeing—a primary care doctor will help ensure that you get all the vaccines and screening tests you need to stay ahead of many diseases, including heart disease and cancer.



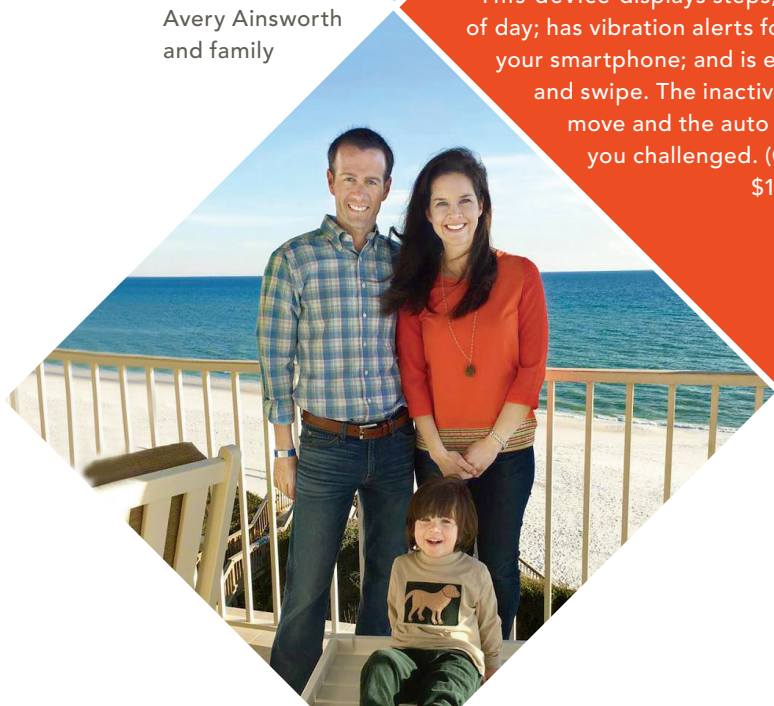
GARMIN VIVOSMART

This device displays steps, calories, distance and time of day; has vibration alerts for calls, texts and emails from your smartphone; and is easy to operate using touch and swipe. The inactivity alert reminds you to move and the auto goal program keeps you challenged. (Garmin Vivomart, \$150)



TOMTOM RUNNER CARDIO FITNESS WATCH

A great fitness watch with a sporty look, the TomTom Runner Cardio has GPS tracking and monitors heart rate while you're working out. It could be a great gift for dads who are already making tracks but want to get even faster. (\$169.99, TomTom, www.tomtom.com)





PEERING INSIDE PAINFUL KNEES

ARTHROSCOPY HELPS DOCTORS DIAGNOSE AND TREAT KNEE PROBLEMS

Millions of people every year hobble into a doctor's office because something is wrong with one or both of their knees.

From the outside, it can be hard to tell exactly what's causing that knee trouble. But from the inside, those problems can quickly come into focus.

To get that unique inside-out view, an orthopedic surgeon can put a pencil-sized camera—an arthroscope—directly into the knee joint.

Detailed images from the camera are sent to a display screen, allowing the surgeon to diagnose the problem and, if needed, use other tiny tools to treat it.

The process rarely requires an overnight stay in the hospital. Usually, there's less pain and a quicker recovery compared to traditional open-knee surgery.

WHY GET SCOPED?

Arthroscopy—sometimes called a knee scope—can be used to repair, remove or otherwise treat problems like:

- Tears in the anterior cruciate ligament (ACL) or posterior

cruciate ligament (PCL)

- Torn meniscal or articular cartilage
- Broken bones
- Swollen tissues lining the joint
- Cysts that sometimes form behind the joint

Dexter Walcott, MD, is part of Jackson Hospital's sports medicine team and works at Alabama Orthopaedic Specialists P.A. "We perform these procedures at Jackson Hospital or the Jackson Surgery Center as a part of the Jackson Sports Medicine Program," he says.

WHAT YOU NEED TO KNOW

If a knee scope is in your future, you may need to stop taking certain medications in the days leading up to the scope. You'll likely be told not to eat or drink several hours before the procedure.

At the surgical center, you'll meet with an anesthesiologist, and the two of you will decide what type of anesthesia—local, regional or general—is best for you.

Once the anesthesia takes effect:

- Your doctor will make a few small incisions around your knee.
- He or she will inject fluid to clean the joint and to make structures clearly visible on the camera.
- The doctor will insert the camera; diagnose the problem; and, if treatment is needed, fix it.



Dexter
Walcott,
MD

After that, the fluid is drained, the incisions closed, and you'll spend an hour or two in recovery before going home.

HEALING AT HOME

Your knee will likely be swollen and painful after the scope. Prescription medications can help ease the pain. To reduce swelling, keep your leg elevated and use ice as recommended by your doctor.

It's also important to keep the area clean and dry and to watch for signs of infection or unusual bleeding. You may need to use crutches for a time and do special exercises to restore your range of motion and strength.

Sources: American Academy of Orthopaedic Surgeons; National Institutes of Health



If you have achy joints, our sports medicine team can help. Call 334-293-8500.



JAWBONE UP24, FITBIT FLEX

If you're a fan of the streamlined look of the original wearable fitness trackers, the Jawbone UP24 and FitBit Flex are very comparable to one another. These are definitely more for guys who are trying to establish good habits—and these wearables have a cheaper price tag. (\$83.99, Jawbone, www.jawbone.com) (\$99.95, FitBit Flex, www.fitbit.com)



ARMPOCKET RACER RUNNING BAND

Dads who dig fitness data probably won't want to be without a phone. The Armpocket Racer is perfect for carrying gadgets and even a little more. It will fit comfortably around his bicep (or yours, if he lets you borrow it) and unlike similar bands, this one features a reflective design on both sides to help ensure cars, cyclists and other runners can see him easily. Definitely reassuring. It also happens to be really roomy, with space for a phone and some cash. (\$29.95, Armpocket, www.armpocket.com)



Our Jackson babies

Corrine Rollan: My dad was born at Jackson; I was born at Jackson; and now my daughter, **Ellorie James**, was born at Jackson on February 5, 2016. My mom also works at Jackson in the nursery! My water broke at 12:42am. I got to the hospital at about 1:30am and was treated amazingly by my labor and delivery nurse, Jessie. She coached me through the whole thing alongside my mother. I delivered my baby girl at 7:42am, exactly seven hours after my water broke! I was treated with such care from all of the nurses, and I couldn't ask for a better birth experience.

Lindsey Mills: I gave birth to both of my children at Jackson. My firstborn is **Connor Reid Weathers**. He was the New Year's baby, born January 1, 2012, at 12:12am. I went into labor around 8pm New Year's Eve. My original OB-GYN, Dr. Whittington, was on vacation when I went into labor. The doctor on call that night was Ed Reed, MD, which is very ironic because I had already picked out Reid for a middle name for my son. The assisting nurse was the same nurse that took care of me in 2010 after a severe car wreck. What a blessing to have the nurse that took care of me when I could have lost my life be there to witness God had bigger and better plans for my life! My daughter was also born at Jackson. **Kamryn Elizabeth** was born on December 1, 2012, at 5:12pm, seconds before Alabama won the NCAA national championship football game! I gave birth to both my children in the same year exactly 11 months apart. With two very special people and on two unforgettable days: New Year's Day and a national championship.



Rebecca Myrick: My one and only son was born at Jackson Hospital on a very beautiful Saturday evening, June 12, 1993. The awesome young nurse Paulette Springer helped Glenn Saucer, MD, deliver him! I remember that day as if it was yesterday! I walked onto the fourth north wing, smiling from ear to ear. I began to explain to them that I had two much older daughters who were born in 1980 and 1981, and that because of the vegetarian diet that I was on, I would probably not experience severe labor pains. So to pass the time, before being sent back home, they said I could walk the halls. I walked onto the floor before 4pm, and my handsome son was born at 7:30pm surrounded by a roomful of family, including his two older sisters. My son, **James Myrick Jr.**, known as JJ, also served as a volunteer at Jackson Hospital. Now he is serving his country in the Air Force as an airman/load master. He has been in the Air Force since he was 18. His crew is now deployed and serving in Afghanistan until May 2016! JJ is also doing some volunteer work at the hospital in Bagram, Afghanistan.

Jessie Platt: On October 1, 2009, I had an emergency c-section due to placental abruption. Needless to say, I was terrified but hopeful that my baby would be OK. **October Marina Platt** (AKA Tobì) was born that day at four pounds, 11 ounces, and stayed in the Jackson Hospital neonatal intensive care unit (NICU) for two weeks. Although it was very hard to leave the hospital without my baby, I knew that she was in good hands. Hayley Hooks, Julie Rogers and all the other nurses took such wonderful care of Tobì, and for that I will be forever grateful. Jackson Hospital is truly a great place to have a baby! Today, Tobì is a six-year-old kindergartner who loves art, animals and donuts.



DID YOU HAVE YOUR BABY AT JACKSON?

We want to hear from you. Send us your baby photo or tell us your story—and get a chance to win a special gift. Simply email us at partners@jackson.org.

Health steps



Find out more online

There's more about these and other classes on Jackson Hospital's website, www.jackson.org/events.

WELLNESS AND SAFETY

Stroke Seminar with Richard Salazar, MD

TUESDAY, MAY 24

SCREENINGS FROM 10AM TO NOON, LUNCH AT NOON
\$20 for glucose, cholesterol and blood pressure screenings
11th floor, Goode Building, 1725 Pine St., Montgomery

Joint Venture Class

FIRST AND THIRD THURSDAYS, JUNE 2, JUNE 16
9 TO 10:30AM

Before total joint surgery, you and a coach are required to attend this class. Schedule at least four weeks before surgery.
Jackson Hospital Classroom 1
334-293-8500

Prepared Childbirth Class

SATURDAYS, JUNE 4, AUG. 6

9AM TO NOON

\$25

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.

Jackson Hospital Classroom 1
334-293-8497

AARP Driver Safety Course

SATURDAY, JUNE 25

8:30AM TO 3:30PM

\$15*/ \$20

Jackson Hospital Classroom 1

Reservations required: 334-293-8805

*Discount for AARP members

Breastfeeding Class

SATURDAY, JULY 9

10AM TO NOON

\$15

Jackson Hospital Classroom 1

334-293-8497

COMMUNITY EVENTS

Great Strides: Walk for Cystic Fibrosis Foundation

SATURDAY, MAY 21

REGISTRATION AT 9AM, WALK AT 10AM

Tipping Point at Hampstead, 5015 Long Acre St., Montgomery

March of Dimes March for Babies

SATURDAY, JUNE 4

REGISTRATION AT 7AM, WALK AT 8AM

301 Brown Springs Road, Montgomery

LifeSouth Blood Drive

WEDNESDAY, JUNE 15

10AM TO 6PM

Jackson Hospital Classroom 1



Recipe

PEACH LEMONADE

Peaches add a sweet, mel-low roundness to traditional lemonade for a refreshing summertime beverage.

INGREDIENTS

- 4 cups water
- 2 cups coarsely chopped peaches
- $\frac{3}{4}$ cup sugar
- 1 cup fresh lemon juice (about 6 lemons)
- 4 cups ice
- 1 peach, pitted and cut into 8 wedges
- Mint leaves

DIRECTIONS

- Combine the water, peaches and sugar in a medium saucepan over medium-high heat. Bring to a boil; reduce heat, and simmer three minutes.

- Place peach mixture in a blender; let stand for 20 minutes. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid. Blend until smooth.
- Pour into a large bowl. Refrigerate for at least three hours.
- Press peach mixture through a sieve over a bowl, reserving liquid; discard solids.
- Stir in lemon juice.
- Place $\frac{1}{2}$ cup ice in each of eight glasses. Pour about $\frac{2}{3}$ cup lemonade into each glass; garnish each glass with one peach wedge and a sprig of mint.

Coming soon!

Jackson Hospital's new website



www.jackson.org

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